

## WELCOME TO RETURN TO TRAINING ON RESTRICTED CONDITIONS

As had been previously noted following the lifting of some restrictions due to the COVID-19 pandemic and in consultation with National and State organisation, including Rugby Union South Australia and the South Australian Government Departments for Health & Wellbeing and Recreation & Sport, we are pleased to be able to commence training again for Rugby Union at our Club.

At this stage there are several restrictions in place which allow us to return to training in the current circumstances in a safe way. While this may seem inconvenient in the short-term, these protocols have been developed with your health and wellbeing at the forefront and will allow us as a Sport and as a State to effectively monitor our return to the sport we love.

During **Step 1** return to play, we will be limited to:

- Training in groups of 10 or less;
- Training in a defined area of the pitch (to maintain social distancing requirements in small groups);
- Non-contact training (i.e. only practicing passing, kicking, fitness, body shape and game structure);

The Club will also be following recommended sanitisation of equipment and effective social distancing required under Step 1. This means that only the public toilets at Tregenza Oval will be available during training times.

To enable all of the necessary preparation to be put in place it is our intent to commence training on Monday 18<sup>th</sup> May 2020 and with the following training schedule to be adhered to during Step 1.

### Training Times:

#### Monday nights:

U14's 5:45pm - 6:45pm

U16's 7pm - 8pm

#### Tuesday nights:

U18's & Women's team 5:45pm - 6:45pm

Men Seniors 7pm - 8pm

#### Wednesday nights:

U7's & U8's 5pm - 5:45pm

U10's 6pm - 6:45pm

U12's 7pm - 7:45pm

#### Thursday nights:

U18's & Women's team 5:45pm - 6:45pm

Men Seniors 7pm - 8pm

#### Friday nights:

U16's 6pm – 7pm

Each Training session will be followed by a 15 minute spacing gap to allow for equipment cleaning, players to leave the ground and change over following hand washing and sanitation, which will also be done at the start of each session.

Players in each training group will be allocated to train in either Area A / B / C prior to the commencement of their training session. See diagram below.

**You must be prepared for training as follows:**

1. Be registered in Rugby Xplorer (minimum "Training Only" registration) – see photo below;
2. Arrive to training on time and ready to train (dressed appropriately, strapping done at home etc.)
3. Bring your own water bottle!
4. Notify your coach/manager on arrival (so your attendance can be recorded on an attendance sheet)
5. Leave any personal effects (including water bottle) at the sanitisation station for your training area.

**Spectators / Parents / Guardians:**

During Step 1 and Step 2 restrictions we need to keep attendees to our Club at an absolute minimum. As such, we request that we do not have any spectators to training sessions at this time.

For **parents and guardians**, please limit attendance to at most 1 parent/guardian where possible. Please also note that our Club Rooms remain closed at this time, meaning we do not have food or beverages available, and do not have indoor shelter available. We will also require any persons at the Club to observe a minimum 1.5m distance from each other.

This is our first step back to playing Rugby in our State. If we can effectively stick to these current restrictions (and effectively monitor any change in the pandemic) we trust we can return to play our competition as soon as possible.

A special thank you to all our coaches, managers and other volunteers for their commitment to help facilitate our training sessions and cleaning practices.

Whilst your coaching teams will be in touch shortly should you have any queries or know of someone who is interested in playing this year please reach out as follows;

Seniors, Womens & U18s – Danny MacCartan – Ph – 0412 849 004 / E-mail - [Danny.Mccartan@northline.com.au](mailto:Danny.Mccartan@northline.com.au)

Juniors – Chris Killick – PH – 0410 005 315 – E-mail – [chrisakillick8@mail.com](mailto:chrisakillick8@mail.com)

Thank you for your cooperation.

Old Collegians RUFC - Committee