

# New Zealand Rugby COVID-19 Return to Community Rugby Guidelines

## Alert Level 4 - Eliminate - *likely that disease is not contained*

**Outcome:** Strong restrictions to limit all people movement and contact to contain community transmission and outbreaks.

**Summary:** Stay at home, other than for essential personal movement and doing essential work. Stay in immediate household bubble.

**Public Health Measures:** People should keep 2 metres apart at all times outside home, including at workplaces.

## Alert Level 4 – NZ Rugby Measures – No Rugby

No rugby playing or team or small group training permitted, to align with public health requirements for Level 4.

- All forms of competition and festival rugby postponed or cancelled.
- All forms of team and group training postponed or cancelled.
- All in-person game development workshops postponed or cancelled.
- Rugby clubrooms and facilities closed.
- All staff and volunteers to stay home and stay safe.

### NZ Rugby recommends:

- Players, Coaches and Referees can continue to register online. Go to your club or school website.
- Coaches and Referees can continue to complete RugbySmart online. Go to your club or school website.
- Keep up to date with the latest Game Development offerings, including activities participants can do under COVID-19 Alert Level 4: [www.rugbytoolbox.co.nz](http://www.rugbytoolbox.co.nz)
- Keep in touch with your rugby community via social media and online. Follow RugbyToolbox and NZ Rugby on social media.

## Alert Level 3 – Restrict - *heightened risk that disease is not contained*

**Outcome:** Further restrictions on activities, including at workplaces and socially to address a high risk of transmission within New Zealand.

**Summary:** Stay at home, other than for essential personal movement, and going to work or school. Stay in extended bubble - can now include close family or caregivers.

**Public Health Measures:** People should keep 2 metres apart outside home where possible (apart from with people within their extended bubble). In a controlled environment such as a workplace, 1 metre distancing is required.

## Alert Level 3 - NZ Rugby Measures – No Rugby

No rugby playing or team or small group training permitted, to align with public health requirements that are similar to Level 4.

- All forms of competition and festival rugby postponed or cancelled.
- All forms of team and group training postponed or cancelled.
- All in-person game development workshops postponed or cancelled.
- Rugby clubrooms and facilities closed.
- All staff and volunteers to stay home and stay safe.

### NZ Rugby recommends:

- Players, Coaches and Referees can continue to register online. Go to your club or school website.
- Coaches and Referees can continue to complete RugbySmart online go to your club or school website.
- Keep up to date with the latest Game Development offerings, including activities participants can do under COVID-19 Alert Level 3: [www.rugbytoolbox.co.nz](http://www.rugbytoolbox.co.nz)
- Keep in touch with your rugby community via social media and online. Follow RugbyToolbox and NZ Rugby on social media.

## Alert Level 2 – Reduce - *disease is contained but risk of community transmission*

**Outcome:** Physical distancing and restrictions on leisure and social activities to address sporadic cases or a cluster in New Zealand.

**Summary:** Businesses open, but physical distancing applies. Avoid non-essential travel.

**Public Health Measures:** People should keep 1 metre apart (especially on public transport).

## Alert Level 2 - NZ Rugby Measures – Prepare to Play Rugby

All forms of competition and festival rugby remain postponed.

- Training can commence where players can maintain a 1 metre personal bubble, for example team fitness sessions, kicking sessions and ball skills sessions. For purposes of clarity, any group or team training that involves being within 1 metre of a team mate or coach cannot be undertaken e.g. activities such as touch, Rip Rugby, tackling, scrummaging, contact drills, lineouts, mauling or breakdown work are not permitted. Balls and cones must be washed before and after training.
- In-person game development workshops can be conducted where Ministry of Health physical distancing guidelines of 1 metre are adhered to. Maximum numbers are 100 people indoors and 500 people outdoors.
- Contact tracing measures must be put in place.
- Rugby clubrooms and facilities may open so long as Ministry of Health guidelines on Health and Safety are met.

## Alert Level 1 – Prepare - *disease is contained*

**Outcome:** Keep out global pandemic. Population prepared for increase in alert levels.

**Summary:** Be prepared and be vigilant. Border measures are in place. Public health measures in place, but no physical distancing is needed.

**Public Health Measures:** No physical distancing requirements.

## Alert Level 1 - NZ Rugby Measures – Return to Playing Rugby

All forms of rugby training and play can resume with no physical distancing required.

- All forms of competition and festival rugby permitted – minimum two weeks pre-season.
- All forms of team and group training permitted.
- All face-to-face game development workshops permitted.
- Rugby clubrooms and facilities may open so long as Ministry of Health guidelines on Health and Safety are met.
- Contact tracing measures must be put in place.

# New Zealand Rugby COVID-19 Hygiene Protocols

## NZ Rugby Measures that apply to Alert Level 1 & Alert Level 2:

### Community Rugby health advice:

- Regularly disinfect surfaces, particularly the rugby ball.
- All participants must regularly wash and dry hands e.g. before and after training, after going to the toilet and after coughing or sneezing.
- Provide adequate hand sanitiser and hand washing amenities at the facility or venue and ensure signage is visible for good hand-washing protocols.
- Cough into elbow, avoid touching your face.
- Stay home if you're sick, report flu-like symptoms.
- Do not share water bottles and do not use team water bottles.
- Avoid spitting and coughing.
- Ensure the facility and training equipment are cleaned to Ministry of Health hygiene standards.
- Ensure your facility has extensive signage and information regarding precautions for managing COVID-19.

### Contact tracing:

- Maintain a list of all facility users, participants at trainings and games, and attendees at game development (e.g. Coach and Referee) Workshops. Further details on what information is required and how this will be collected will be published once this is agreed with Sport NZ.

## Important Notes

### Subject to change:

- Please note that this advisory is current as of 24 April 2020 and is subject to change.
- NZR continues to work closely with Sport NZ and the Ministry of Health to provide the most up-to-date information for our stakeholders.

### Pre-season:

- NZR has determined that a minimum of two weeks should be allocated for a pre-season prior to competition games starting. Once a date has been set for NZ to move into Level 1, Provincial Unions will be able to set competition start dates to suit their various playing groups. The minimum of two weeks pre-season is mandatory to support player safety and well-being.