



Rugby Ontario Return To Play Plan

RUGBY ONTARIO

PHASE



1

Max Participants
25 Outdoors
10 Indoors

Distance Req.
2M
Always

NON-CONTACT
ACTIVITIES

NO SHARED
EQUIPMENT

60
MIN MAX.

Red - Control

2

Max Participants
25 Outdoors
10 Indoors

Distance Req.
2M
Always

NON-CONTACT
ACTIVITIES

SHARED BALL
ONLY

60
MIN MAX.

Orange - Restrict

Yellow - Protect

Green - Prevent

3

Max Participants
100 Outdoors
50 Indoors

Distance Req.
2M
Brief Breaches

NON-CONTACT
TRAINING &
SMALL SIDED
GAMES

SHARED BALL,
FLAGS & S&C
EQUIPMENT

75
MIN MAX.

4

Max Participants
100 Outdoors
50 Indoors

Distance Req.
1M
Timed Breaches

LOW-CONTACT
TRAINING &
SMALL SIDED
GAMES

SHARED BALL,
TACKLE BAGS

90
MIN MAX.

5

Max Participants
-

Distance Req
-

FULL CONTACT,
MIN 2 WEEKS
OF CONTACT
TRAINING

NO
RESTRICTION

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Non-Contact Activity: training or games that always maintain physical distancing between all participants.

Non-Contact Rugby: training or games that involve brief, limited breaches of physical distancing between teammates and the opposition. This includes Tough & Flag. (Flag **ONLY** at this time).

Low-Contact Rugby: training or games that involve modified versions of tackling, rucks, mauls, scrums and/or line outs, to reduce the risk of transmission of COVID-19.

Disinfection of Equipment: Disinfect all equipment before & after use from Phase 1 to Phase 4.