

SUISSE
RUGBY

— FSR —

Annex II: Tools for Implementation – Adult Rugby

U16 – U18 - SENIORS
PHASE I

Contents



Introduction



Ball-Handling



U16-U18 & Adult Rugby



Templates & Further Information

Introduction

These Tools are designed to help clubs and coaches organize and run training sessions in Phase I of the Return-to-Play concept, while respecting the rules put in place by the government to combat the Coronavirus.

BALL-HANDLING & PASSING: Please note that medical experts advise against passing balls from one player to another. Suisserrugby recommends following this expert advice. Different Swiss Sports Federations propose different solutions regarding ball-handling. You can find an overview of these on the next page. The ultimate responsibility for ensuring proper hygiene precautions lies with each Club and each player.

Ball-Handling: Recommendations from different sports federations

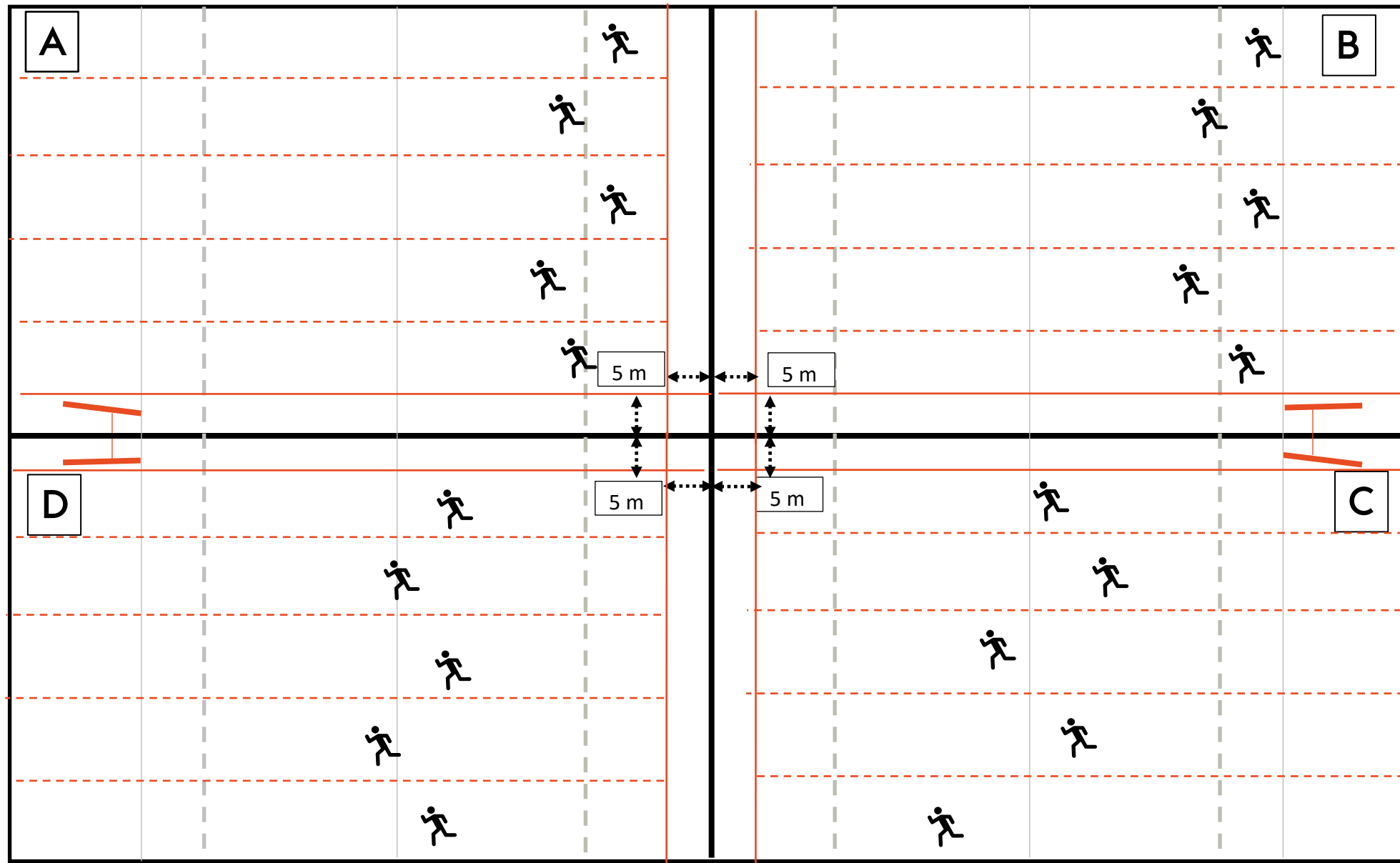


FEDERATION	PHASE I RECOMMENDATIONS	CONDITIONS
Swiss Rugby	No passing of balls from one player to another	From Phase II, passing can be introduced.
Swiss Basketball	No passing of balls from one player to another	Each player has his/her own ball, can't touch another player's balls
Swiss Tennis	Balls can not be touched by other players	Each player brings own balls, players can not touch another player's balls
Swiss American Football Federation	Ball can be passed between max 2 players if they both wear gloves	No more than 2 players to touch the same ball. Ball and gloves disinfected before and after training.
Swiss Tchoukball	No passing of ball from one player to another	Each player has own ball, other players can't touch the ball
Swiss Football	Balls can only be played with foot, no head or hand contact with ball.	Balls and other material must be disinfected before and after. Goalie must wear own gloves, disinfected.
Swiss Handball	Balls can be passed between players in the small group of 5	Players must disinfect hands and balls before and after. Balls can't be touched by a member of another training group.
Volleyball	Balls can be played with hands.	Balls to be disinfected before and after training

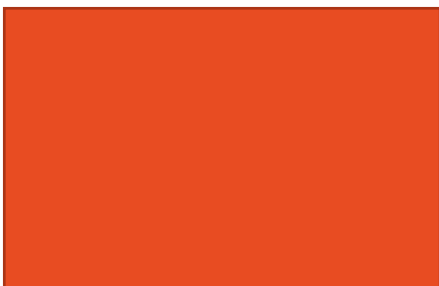
U16-U18 & Adult Rugby

- **Objectives: Returning to the fields while respecting the rules of protection and avoiding injuries due to prolonged interruption.**
 - 2 meters between each person standing/sitting
 - 10 meters during the running phases
- **Instructions:**
 - The rugby field is divided into 4 parts (black line) of 50 meters x 30 meters.
 - In each of the 4 parts, 5 corridors are marked by cones.
 - 1 player per corridor with his own disinfected ball. Each player runs in his/her own corridor.
 - The person in charge must note the presences with the help of the presence document and the fields used by the players.
 - Each player must be vigilant of his own space during practice. He/she must keep a distance of min 2 meters to other players.
 - Coaches may circulate between the fields, always keeping a distance of at least 2 meters from each person.
 - At the end of the training the players can leave their working area taking care to stay at a distance of 2 meters from their partners.
 - The balls must be disinfected before the next session.

Set-up of the Pitch



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Example 1: Group Planning

	Group 1	Group 2	Group 3	Group 4
Quadrant	A	B	C	D
Player 1				
Player 2				
Player 3				
Player 4				
Player 5				

Example 2: Session Planning (1 h 05 min for each group)

TIME	Welcome & Introduction (5 min)	Activity 1 Warm-up (10 min)	Activity 2 (15 min)	Activity 3 (15 min)	Activity 4 (15 min)	Goodbye (5 min)
18:30	Group 1					
18:35		Group 1				
18:45	Group 2		Group 1			
18:50		Group 2	Group 1			
19:00	Group 3		Group 2	Group 1		
19:05		Group 3	Group 2	Group 1		
19:15	Group 4		Group 3	Group 2	Group 1	
19:20		Group 4	Group 3	Group 2	Group 1	
19:30			Group 4	Group 3	Group 2	Group 1
19:35			Group 4	Group 3	Group 2	
19:45				Group 4	Group 3	Group 2
19:50				Group 4	Group 3	
20:00					Group 4	Group 3
20:05					Group 4	
20:15						Group 4
20:20	END	END	END	END	END	END

Reminder: Health & Hygiene Rules

- **Hygiene:** Players must wash or sanitize hands before and after each training or competition session, avoid touching their faces, and cough or sneeze into their elbow. Each player must bring their own water bottle, labelled with their name. They are encouraged to strictly follow the confederation hygiene rules and respect health, prevention, and general recommendations.
- **Self-Assessment:** before going to their training or competition session, each player must complete a daily health self-assessment:
Do I have one of the following symptoms : symptoms of acute respiratory disease (including Cough, sore throat, shortness of breath) OR Fever over 38 degrees OR sudden loss of smell or taste. If YES: do not go to training/competition, follow the advice of local health authorities
- Each player must inform their coach if the answer to the question above is YES. Each club has the responsibility to ensure this information is provided by their players and that the rest of the group is informed if a player has such symptoms.
A player may not go to training if he/she has any of the symptoms above or if he/she or anyone in their household has been diagnosed with COVID-19
- **Tracking Presences:** at each training/competition session, the club must keep track of the first name, last name, e-mail address, and phone number of each person present at the training session.
- **Player Safety:** as is always the case in the sport of rugby, player safety must remain at the berruyer of each activity, be it in training or in competition. This rule takes on an extra-special importance in the current time, as injury prevention not only serves to keep players healthy, but also to avoid overburdening our emergency health care system.

Reminder: The 5 Phases of Return-to-Play

PHASE	DURATION	PREMISE	GENERAL PRACTICE	SPECIFIC ACTIVITIES	NOTES
Phase I	Min 6 weeks	For Phase I, the following restrictions are in place: Max Number of People: 5 Social distancing: 2 meters Balls & Sports Equipment: Follow directives of Government	Small-Group training sessions, max 5 people. No contact, keep a distance of Min 2 meters between individuals, keep a distance of 10 meters when running behind another athlete. Try to keep the training groups always to the same 5 people (no mixing), to avoid cross contagion. The intensity and duration of the training sessions must be moderated. Maximum 1 hour, less than 80% of Maximum cardiac Frequency. (Ref.: Diagram on COVID-19 Training Considerations)	Global physical preparation: Strength Plyometric Aerobic conditioning Stretching Neuro-muscular Technical work Individual skills Tactical work, etc. Individual Kicking Games involving these skills, always observing the 2-meter rule In case the federal directives allow manipulation of rugby balls from one player to another, then the following activities can be added: Passing Lineout Throws Games involving these skills.	To avoid Cluster creation, if 1 person in the Training-Group of 5 is diagnosed with COVID-19, his entire training group must return to self-isolation unless a test can exclude that they have contracted COVID-19. Isolation must be kept for 10 days. Those without symptoms for 10 days can go back to the training sessions.
Phase II	Min 2 weeks	Phase II can begin once the government has eased the rules as follows: Max Number of People: 15-20 Social Distancing: 2 meters Balls & Sports Equipment: Follow directives of Government	Larger-Group training sessions, (Maximum 15-20 people, according to rules of government). No contact, keep a distance of Min 2 meters between individuals. Keep a distance of 10 meters when running behind another athlete.	Strength & Conditioning Passing, Kicking, Lineout Throws Unopposed Backline play, Attacking plays, running lines, always observing the 2 meter rule Games involving larger groups, always observing the 2 meter rule	To avoid Cluster creation, if 2 persons in the Training-Group are diagnosed with COVID-19, the entire training group must return to self-isolation unless a test can exclude that they have contracted COVID-19. Isolation must be kept for 10 days. Those without symptoms for 10 days can go back to the training sessions.
Phase III	Min 2 weeks	Phase III can begin once the government has eased the rules as follows: Max Number of people: 30+ Social Distancing: Rules are eased and body contact is allowed. Balls & Sports Equipment: no restrictions in place	Whole-team training sessions, light contact	Strength & Conditioning Passing, Kicking, Lineout Throws Small-and large-unit play with light opposition. Backline, forward play with light opposition. Touch rugby with full team.	To avoid Cluster creation, if 3 persons in the Team are diagnosed with COVID-19, the entire training group must return to self-isolation unless a test can exclude that they have contracted COVID-19. Isolation must be kept for 10 days. Those without symptoms for 10 days can go back to the training sessions.
Phase IV	Min 2 Weeks	Same rules as Phase III	Whole-team training sessions, Full contact preparation for competitions.	Strength & Conditioning Passing, Kicking, Lineout Throws Small-and large-unit play with full opposition. Backline, forward play with full opposition. Set pieces (lineouts, scrums) with full opposition. Training games with full team.	Same as Phase III
Phase V	Min 3-4 Weeks	Phase V can begin once the government has eased the rules as follows: Max Number of people: 50+ Social Distancing: Rules are eased and body contact is allowed. Balls & Sports Equipment: no restrictions in place	Whole-team training sessions, friendly Matches, final preparation for re-start of championship or league play.	Full-team training, match preparation, playing friendly matches.	Same as Phase III & IV

COVID-19 : TRAINING CONSIDERATIONS

By Chevalier, MD - Cardiologist, Blanchard, MD & Dusfour, MD – 2020 *Designed by @YLMsportScience*

Many athletes can be infected without knowing it, with little or no symptoms at rest. They are, however, likely to suffer from severe exercise-related heart problems if they do not follow the following simple advice

EXERCISE & IMMUNITY

01 Regular physical exercise is good for your general health, weight management, for boosting your mood and your immune system against the virus

02 But too intense or overly long sessions lowers your defenses. This could increase the risk of being infected or the risk of worsening an existent clinical condition, as the virus can spread through the body and reaches other organs, such as the heart

Images provided by PresenterMedia



Fever

03 Even if you're feeling well, measure your temperature twice a day. Do this also when you feel feverish or have a strong cough

04 If you have or have had a fever, you must refrain from any physical activity for a minimum of 14 days after the fever has subsided. Above all, you must contact your doctor

05



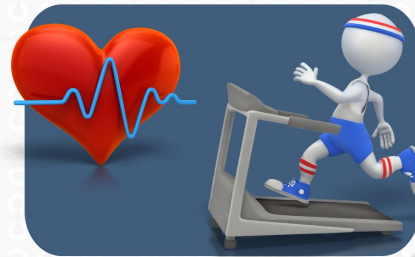
If you have no symptoms, do not take paracetamol as a preventive measure: this could mask the fever and make you unaware of your infection.

06

It is forbidden to consume anti-inflammatory drugs, cortisone or aspirin

CARDIO-TRAINING

07



Limit the session duration to 1 hour maximum

08

Do 2 sessions during the day instead, with a minimum of 3 hours of rest and rehydration between the sessions

09

Limit the maximum effort level to 80% of your maximal heart rate



STRENGTH

10

Limit resistance training sessions to 1 hour

11

Do not work out with maximum loads

12

Do not perform exercises until exhaustion

13

Avoid overly intense "CrossFit" sessions



HYDRATION

14

Dehydration increases the risks: make sure you are well hydrated before, during and after the sessions

15

It is especially important not to wear extra clothes to sweat more

TOBACCO

16

Do not smoke 1 hour before and 2 hours after physical activity

17

Cigarette smoke also likely weakens your defense against the virus



RED FLAGS

18

The following signs should prompt immediate cessation of activity and require medical advice: chest pain, discomfort during exercise, sudden changes in heart rate (sudden increase or sharp and sudden fluctuations)