



SUISSE RUGBY
— FSR —

Return to Rugby

SAFETY CONCEPT AND GENERAL GUIDELINES FOR COMMUNITY RUGBY IN SWITZERLAND

Before going to Training or Competition: SELF-ASSESSMENT



1 Do I have any of these:
Symptoms of acute respiratory disease (including cough, sore throat, or shortness of breath) OR fever over 38 degrees OR sudden loss of smell or taste?

YES -> GET TESTED!
Don't go to training or to the competition. Stay isolated, until you have been symptom-free for 10 days. Follow the instructions of local health authorities - Take the online COVID-19 self-check and follow the instructions given: <https://check.foph-coronavirus.ch/screening>

NO -> Next Question

2 Have I or anyone in my household tested positive for COVID-19 in the last 10 days?

YES -> Don't go to training or to the competition. Stay isolated until you have been symptom-free for 10 days. Take the online COVID-19 self-check and follow the instructions given: <https://check.foph-coronavirus.ch/screening>

NO -> Next question

3 Have I been in contact with anyone who has tested positive for COVID-19 in the past 10 days?

YES -> GET TESTED!
Don't go to training or to the competition. Stay isolated until you have been symptom-free for 10 days. Take the online COVID-19 self-check and follow the instructions given: <https://check.foph-coronavirus.ch/screening>

NO -> OK, you can go to training or to the competition



National Rules & Restrictions Valid from March 1st, 2021



ADULTS: OVER 20 YEARS

Government Restrictions (If born before 2001)

OUTDOOR TRAINING

Max : 15 (USE 1/2 PITCH PER 15 PLAYERS)

Distance:
Min: 1.5 m



NO CONTACT



NO COMPETITIONS



Recommended Activities:

Global physical preparation: Strength, Plyometrics, Aerobic conditioning, Stretching, Neuro-muscular, Strength & Conditioning.

Technical work, Individual skills, Tactical work, passing, Kicking, Lineout Throws (no lifting).

Small group training max. 15. Running lines, always observing 1,5 m distance.



YOUTH: UP TO 20 YEARS

Born 2001 and Later

NO GOVERNMENT RESTRICTIONS

FULL TEAM



CONTACT ALLOWED



COMPETITIONS ALLOWED



NO SPECTATORS!

Recommended Activities:

Strength & Conditioning, Global physical preparation.

Passing, Kicking, Lineout Throws. Small-and large-unit play with opposition.

Backline, forward play with opposition. Set pieces (lineouts, scrums), Training games.

Player welfare: Return to Play Timeline for Youth & Adults

1st Day of Contact Training



Conditioning, Training with Light Contact, Skills Work

Week 1 & 2



Full Contact Training, Unit Work, Technical Work

Week 3 & 4



Full Contact, Full Team, Match Preparation

Week 5 & 6

Start Competition



Positive COVID-19 Case in a Club

If a player or coach in a club tests positive:

THE PLAYER (or parents):

- Contact the cantonal health authorities and follow their instructions.
- Inform the Club right away
- Isolate him- herself for min 10 days.

THE CLUB:

- Entire training group or competition team must go into isolation for 10 days (no training, no games or tournaments)
- The Club must inform the FSR in case of official competitions
- Players and team staff must inform employer and/or School
- During 10 day quarantine: perform Coronavirus self-check every day: <https://check.foph-coronavirus.ch/screening>.
- Follow the instructions of the online tool and/or the cantonal authorities.
- In case of symptoms: Contact cantonal health authorities and get tested.
- If no symptoms for 10 days: entire group can re-start training and competitions.

In case of SUSPECTED Covid-19, follow the same instructions above until a test can give certainty

General Rules



Tracking Presences

At each training or competition session, the club must keep track of the first name, last name, e-mail address, and phone number of each person present.



Hygiene

Everyone must wash or sanitize hands before and after each session, avoid touching their faces, and cough or sneeze into their elbow. Each player must bring and use their own water bottle, labelled with their name.



Special Requirements

Each club must stay up to date with the special local requirements of their own canton, municipality and owner of their sporting infrastructure, and follow them at all times.



Player Safety

As always, player safety must remain at the Center of each activity, in training and in competition.



Masks

Players and staff should wear masks at all times except when on the pitch in training or competition sessions.



COVID Testing

Players, staff, and clubs should take advantage of frequent Covid testing as much as possible, practical, and available



Vaccine

It is recommended to get vaccinated whenever this will be possible and available.



Education

Follow the COVID-19 Awareness online courses available at <https://playerwelfare.worldrugby.org/covid-19-courses>



Transportation

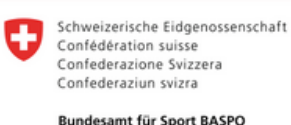
Players should walk, bike, or use private transport whenever possible. If public transport is needed, peak times should be avoided whenever possible



Infrastructure

Clubs must work with their local municipalities and sport office and follow the local rules and requirements at all times. In case of closed changing rooms, players must arrive to training sessions already changed.

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