



SUISSE
RUGBY
— FSR —

SWISS RUGBY UNION

PROTECTION CONCEPT FOR EXIT FROM THE CORONA-LOCKDOWN AND RESUMPTION OF SPORTS ACTIVITIES

Version 1.1, 08/05/2020

Swiss Rugby Union

Rautistrasse 12

CH-8047 Zurich

T +41 78 685 0271

ceo@suisserugby.com

www.suisserugby.com



Introduction

On 22.04.2020, the Swiss Federal Council made its first statement on the subject of an "Exit from the lockdown" for sport in Switzerland. Although primary health care and the saving of human lives must stay at the top of the list of priorities, sport nevertheless plays an important role in getting society back into a functioning economic and social life.

While it is logical that individual outdoor sports, as well as those where participants don't come closer than several meters, may be resumed more easily in full, compared to indoor sports, team sports, and contact sports, it is nevertheless important and necessary that a sport such as rugby (a team contact sport) can gradually and safely make its way out of the lock-down.

Together with Swiss Olympic and the Federal Office of Sport (BASPO) the Swiss Rugby Union is therefore working on an exit concept from the lockdown, naturally accompanied by a concept of protection for its members and their families and communities. The concept is designed to gradually re-start our sport, all while respecting the rules issued by the Federal Office of Public Health (BAG) as well as the Federal Council, and at the same time guaranteeing Player Welfare and safety while maximizing injury prevention strategies. A sport can not resume its activities without a federally approved exit concept.

Naturally, this concept will be continually adapted depending on the rules and regulations issued by the Swiss Federal Council. World Rugby, the International Federation of our sport, is also issuing sport-specific directives for a return to play, which the Swiss Rugby Union will incorporate into its technical concept.

This concept applies for adult players as well as U18 and U16. For players younger than those categories, the concept will be adapted depending on the rules and regulations developed for school aged children by the Federal Council, including their regulations for school sports etc.

1. Risk Evaluation, Triage, and Hygiene

Throughout the 5 Phases, the following rules always remain in place:

1. 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.
2. 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



3. 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.
4. Player Safety: as is always the case in the sport of rugby, player safety must remain at the Center 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.

2. Transportation to and from Training

Most Rugby Players in Switzerland train and play in or near the city where they live. They are encouraged to go to training by bicycle. Those who live further, are encouraged, in the current situation, to use private transportation, to avoid overcrowding public transport. Those who must use public transport, should try to avoid peak hours to avoid overcrowding. If needed, training hours and duration will be adapted.

3. Infrastructure

Rugby in Switzerland is practiced on grass fields. Usually they are soccer football pitches, which belong to the local municipality. The rugby club usually pays for 4-10 hours of usage per week. The municipality or their Sports Bureau is normally in charge of the management, maintenance, and cleaning of the structures. All rugby clubs are obligated to cooperate closely with their local Sports Authorities and municipalities regarding the re-opening and use of the sports facilities, as well as regarding observing all hygiene rules put in place by the local sports authority for the specific infrastructure they are using.

It is presumed that in the 1st phase, the dressing rooms, showers, catering facilities or kiosk/buvettes normally provided by the sports facilities will remain closed. Players are required to come to training already in their training outfits, to bring and change of clothes, and to shower after training back at their homes. In addition, they are expected to bring any nutrition and beverages with them and keep them separated and always well-marked with their name.

No organized or spontaneous social gatherings are to be held, besides the training sessions.

If possible: dispensing points for hydro-alcoholic gel and disposable paper with waste bins are to be put in place.

4. Organisation of Training and Competitions

The re-start strategy for rugby training and competition is designed to be deployed in 5 Phases. Each new phase can only be reached once the Federal Council has approved each set of rules for society. Each phase is of course contingent on the cantons' and municipalities' individual decisions to re-open their sports facilities and to implement the new sets of rules.

It is recommended for clubs to set up online or phone team groups to organize training, follow-up and information remotely.

Phase I



Duration: Minimum 6 Weeks.

Before re-starting club training after the lock-down, each player must, in addition to the daily self-assessment, go through the following questions:

1. Do I currently have any of these 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.
YES -> Don't start training, follow instructions of local health authorities:
Make the online COVID-19 assessment and management: <https://coronavirus.unisante.ch/>
NO -> Next question
2. Do I currently have COVID-19 or did I have it in the past 2 months, to my knowledge?
YES -> Don't start training, ask doctor if and when you can start
NO -> Next question
3. Do I have a history of cardiac problems or other pre-existing health conditions?
YES: Don't start training, ask doctor if and when you can start
NO: OK, you can go to training starting with Phase I

Premise:

The Swiss Federal Government has put in place the following rules & constraints, valid from April 27th, 2020:

- a. Number of people: No more than 5 people can gather at any one time or place
- b. Social Distancing: 2 meters of distance must be observed at all times between one individual and the other.
- c. Any directives regarding the manipulation of balls and other sports equipment must be followed at all time.

General Practice:

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)

Specific Activities:

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

No passing of the ball from one player to the other, each player must have their own ball.

In case the federal directives allow manipulation of rugby balls from one player to another in the future, then the following activities can be added:

Passing

Lineout Throws

Games involving these skills.

Please note:

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 at least 10 days, and the instructions of the OFSP must be followed.

(LINK: <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/selbst-isolierung-und-selbst-quarantaene.html>)

Phase II

Duration: Minimum 2 Weeks.

Premise:

Number of People: Phase II can be launched once the Swiss Federal Government will ease the rules on the number of people who can gather, from 5 to 15 or 20.

Social Distancing: 2 meters of distance must still be observed at all times between one individual and the other.

General Practice:

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.

Specific Activities:

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

Please note:

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 at least 10 days, and the instructions of the OFSP must be followed.

(LINK: <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/selbst-isolierung-und-selbst-quarantaene.html>)



Phase III

Duration: Minimum 2 Weeks.

Premise:

Number of People: Phase III can be launched if the Swiss Federal Government allows groups of 30 people to gather.

Social Distancing: Phase III can be launched once the social distancing rules are eased by the government and some body contact is allowed such as in Soccer Football, Basketball, and Handball

General Practice:

Whole-team training sessions, light contact

Specific Activities:

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.

Please note:

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 at least 10 days, and the instructions of the OFSP must be followed.

(LINK: <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/selbst-isolierung-und-selbst-quarantaene.html>)

Phase IV

Duration: Minimum 2 Weeks.

Premise:

Number of People: Phase IV can be launched if the Swiss Federal Government allows groups of 30 or more people to gather.

Social Distancing: Phase IV can be launched once the social distancing rules are eased by the government and body contact is allowed.

General Practice:

Whole-team training sessions, Full contact preparation for competitions.

Specific Activities:



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.

Please note:

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 at least 10 days, and the instructions of the OFSP must be followed.
(LINK: <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/selbst-isolierung-und-selbst-quarantaene.html>)

Phase V

Duration: Minimum 3-4 Weeks.

Premise:

Number of People: Phase V can be launched if the Swiss Federal Government allows groups of 50 or more people to gather.

Social Distancing: Phase V can be launched once the social distancing rules are eased by the government and body contact is allowed.

General Practice:

Whole-team training sessions, friendly Matches, preparation for re-start of championship or league.

Specific Activities:

Full-team training, match preparation, playing friendly matches.

Please note:

To avoid Cluster creation, if 3 persons in the Team are diagnosed with COVID-19, the entire training group must return to self-isolation until a test can exclude that they have contracted COVID-19. Isolation must be kept for at least 10 days, and the instructions of the OFSP must be followed.
(LINK: <https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/selbst-isolierung-und-selbst-quarantaene.html>)

5. Contact persons and responsibilities

Each player, coach, parent, and club administrator is responsible for taking responsibility in playing his



or her part in implementing this concept, and in standing together in solidarity to ensure the health and safety of all those involved.

Each club is further responsible for nominating one person in charge of each training session (generally coach or team manager), who will have the duty of completing the list of presences, supervising the sessions and the compliance to the special constraints dictated by the current situation.

6. Communication of the Concept

The Swiss Rugby Union (Schweizerischer Rugby Verband / Fédération Suisse de Rugby) is responsible for communicating this concept to its clubs and regional associations, as well as to the public. This will be done through the creation of graphics, posters, and documents, which will be made available to all clubs and regional associations and will be made available on its website and spread through social media channels.

Each club is then responsible for communicating to all of its members, and for ensuring the good understanding and implementation of the concepts throughout its own activities.