



**SUISSE
RUGBY**
— FSR —

Return to Rugby

SAFETY CONCEPT AND GENERAL GUIDELINES FOR COMMUNITY RUGBY IN SWITZERLAND
IN THE 2nd WAVE OF THE CORONAVIRUS PANDEMIC

Before going to your Training or Competition



1 Do I currently 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 -> 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 -> 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 Restrictions

Valid from December 18, 2020, extended on January 13th, 2021

Government Restrictions OVER 16 YEARS OLD:

Max : 5

Distance:
Min: 1.5 m

NO CONTACT

NO COM-
PETITIONS

Balls & Equipment:
No Restrictions.
Clean equipment
before training session

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.
5 ppl.

Running lines, always
observing 1,5 m distance.



SPORTS FACILITIES:

ARE CLOSED, EXCEPT FOR
TRAINING OF THE UNDER 16s

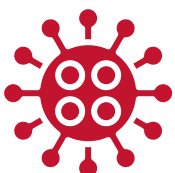


UNDER 16
YEARS OLD:

NO COMPETITIONS!
TRAINING WITHOUT RESTRICTIONS
(IF THE SPORTS FACILITIES ALLOW IT)

Additional Cantonal Restrictions

Valid in certain cantons, in addition to national restrictions (see updates at ww.suisserugby.com
-> Coronavirus Info)



Positive COVID-19 Case in a Club

If a player or coach in a club tests positive:

THE PLAYER (or parents):

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

THE CLUB:

1. Entire training group or competition team must go into
isolation for 10 days (no training, no games or
tournaments)
2. Players and team staff must inform employer and/or
School
3. During 10 day quarantine: perform Coronavirus self-
check every day: <https://check.foph-coronavirus.ch/screening>
4. In case of symptoms: Contact cantonal health
authorities and get tested.
5. 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



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.



Hygiene

Players 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.



Tracking Presence

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.



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.



Transportation

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



Infrastructure

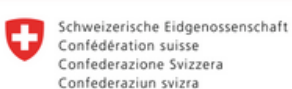
Clubs must work with their local
municipalities and sport office and
follow the local rules and require-
ments at all times. In case of closed
changing rooms, players must arrive
to training sessions already changed.



Education

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

Supported by:



Bundesamt für Sport BASPO

WWW.SUISSERUGBY.COM

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for the spirit of sport