

STAGE 4 - 28TH SEPT

INTRODUCTION OF FULL CONTACT

EVERYTHING OTHER THAN MEDIUM RISK ACTIVITY SHOULD BE SOCIAL DISTANCE OF 2M



SESSION LENGTH

MAXIMUM ONE HOUR

RECOMMENDED TO ALLOW FOR MOVEMENT OF PEOPLE AND SAFE NUMBERS AT CLUBS

TOTAL SESSION SIZE

30

INCLUDING COACHES

MEDIUM RISK

Is where Social distance is breached, however, this is limited to touch or pulling a tag (no shoulder contact) now includes X-League

LARGE GROUP TRAINING

UP TO 40 MINUTES OF ACTIVITIES, THIS SHOULD BE LIMITED TO PODS OF 15 FOR THE WEEK OF ACTIVITIES

No limits on the number of days of activities.
The duration of activity stays at 40 minutes.

SOCIAL RL

PARTICIPANTS CAN PLAY 1 GAME OF SOCIAL RL OF UP TO 40 MINUTES, IN POD SIZES 30

No limits on days, however, this needs to be separate than any training days.
The numbers permitted are greater than a training session (15 v 30) due to standardisation of the game and known game risk and exposure.

INCREASED RISK

Is where social distance is breached, which includes the use of shoulder contact

FULL CONTACT ELEMENTS

DISCLAIMER

Taking part in increased risk activity, means you are classed as a "close contact" this could mean if there is a positive case of COVID-19 you and the pod may be asked to self isolate in line with the Governments test and trace protocols.

UP TO 10 MINUTES OF ACTIVITIES, THIS SHOULD BE LIMITED TO PODS OF 15 FOR THE WEEK OF ACTIVITIES

A limit of 2 days a week.
Any contact element should be within a defined drill and should not contain unregulated game play activity.

Localised friendly games, for Youth and Junior teams, will start no sooner than the 17th/18th October