

16 October 2020

# SA RUGBY: AMATEUR RUGBY RETURN TO TRAIN AND PLAY GUIDELINES



***SA RUGBY***



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## **SA Rugby: Amateur Rugby Return Train and Play Guidelines**

### **Introduction**

Given the current regulations, SA Rugby has a responsibility to guide rugby players back to training and matches in manner as provided for in the Government Gazette 43776 and the NOTICE ON THE IMPLEMENTATION OF THE LEVEL 1 SPORT DIRECTIONS issued on 10 October 2020. This return to train and play must consider the participants health & safety by mitigating risks through strategies of physical distancing, wearing of masks, frequent hand washing/sanitizing and promoting personal hygiene whilst considering vulnerable groups.

### **These guidelines apply to the following rugby bodies.**

1. SA Rugby and Provincial Unions Elite Player Development Players
2. Amateur / Community Clubs affiliated to Provincial Unions
3. All Associations affiliated to SA Rugby

A recent journal article published in the South African Sports Medicine Association (SAJSM Vol.32 No. 1 2020) *“Implications of COVID-19 for resumption of sport in South Africa: A South African Sports Medicine Association (SASMA) position statement”*, makes a compelling analysis of the return to play for sports organization. They highlight key considerations that need to be incorporated into any post COVID-19 return to play strategy, namely;

- Education
- Preparing the environment
- Risk Stratifying the sport
- Risk Stratifying the participants
- Practical implementation of mitigating measures of the sport

These guidelines should be read in conjunction with all applicable South African Government regulations and directions pertaining to COVID-19 and the **Safety at Sports and Recreational Events Act 2010** <https://www.srsa.gov.za/content/safety-sports-and-recreational-events-act-2010#:~:text=To%20provide%20for%20measures%20to,players%3B%20to%20provide%20for%20certain>

SA Rugby retains the right to amend and update these guidelines whenever required. Please ensure that you are referring to the most up-to-date version of these guidelines, and always confirm that your actions, and the information that you disseminate, reflects the most up-to-date Government Covid-19 and Disaster Management regulations and guidelines.



### **Criteria for Return to Train and Play**

1. Each Provincial Union and SA Rugby Associate member will have to nominate a COVID-19 Manager to oversee that all bodies that fall under their jurisdiction adhere to the stipulated requirements per the SA Rugby Amateur Rugby Return Train and Play Guidelines.
2. All rugby bodies that fall under the jurisdiction of a Provincial Union must confirm in writing to the union that they have adhered to the requirements in the SA Rugby Return to train and Play Guidelines for Amateur Rugby. A template will be provided for these rugby bodies to complete, sign off and send to the Provincial Union. (Appendix A)
3. The Provincial Union in return, following receipt and review of the written notification from the said rugby body, will then send then a Certificate of Operation noting that they can commence training. SA Rugby to provide the template (Appendix B)
4. The Provincial Union and SA Rugby Associate members must provide in writing to SA Rugby that all rugby bodies that fall under the jurisdiction, and who have applied to return to train, have met all the requirements as stipulated in the SA Rugby Return to train and Play Guidelines for Amateur Rugby. (Appendix C)
5. The same process applies to other rugby bodies affiliated to SA Rugby; e.g. Tag Rugby, Touch Rugby and Rugby League.
6. Resumption of training can only begin on receipt of the Certificate of Operation from either your Union or Association.
7. Each **club** must implement the below minimum requirements.

#### **7.1. COVID -19 Compliance Officer**

- Appoint a Club and Association COVID-19 Compliance Officer. Forward the name and contact details of the COVID-19 Compliance Officer to the Provincial Union or Association. (Appendix D and Appendix E)
- The Club and Association COVID-19 Compliance Officer will be responsible for the implantation of the SA Rugby Amateur Rugby Return Train and Play Guidelines.
- The Club and Association COVID-19 Compliance Officer will ensure that all who attend training and matches adhere to the SA Rugby Amateur Rugby Return Train and Play Guidelines.

#### **7.2. Registration**

- The Training Venue must be registered with the applicable Provincial Union
  1. Name of the Venue Club
  2. Address
- All players, support staff and officials must be registered with the club. This register needs to be kept on record at the club for a minimum of 6 months. The register needs to contain the following information:
  1. Name and Surname



2. Residential address
  3. Cell Number/Telephone Number
  4. Email address
  5. Contact details of the people living in residence with you.
- All relevant documentation must be submitted by all players, support staff and officials that are registered at the club and kept on file.
    1. Indemnification Form (Appendix F)
    2. Player Declaration and Risk Stratification Form (Appendix G)

### **7.3. Non-Pharmaceutical Intervention Control Measures**

- Ensure that all COVID-19 information material is strategically placed around the training or match venue.
- Strict access control measures must be in place.
- Adequate access to sanitizers and or water & soap for hand washing. Hand sanitization and hand washing must be performed regularly
- All players, support staff and officials must wear their masks at all times except when they are physically training. Please visit the following link for information on how to place your mask on your face and then advice on what to do once your mask is in place:  
<https://www.ucsf.edu/news/2020/04/417171/video-emergency-care-doctor-explains-when-wear-face-mask-how-do-it-right-way>
- Practice coughing and sneezing etiquette at all times
- Social distancing guidelines should be adhered to at all times. The only time the social distancing criteria can be breached is during contact training.
- Avoid handshaking and high-five celebrations
- Do not spit
- There will be no sharing of water bottles. Each player, support staff and official must bring their own water bottle to use at the training venue.
- There will be no food permitted to be made available at the training venue. Players may bring their own snack.
- The use of hot showers will not be permitted at the training venue. Cold showers may be used if necessary.
- The use of recovery ice baths is not permitted.
- All meetings at the club must adhere to the government directions for gatherings. These can be found at the following link: [http://www.gpwnonline.co.za/Gazettes/Gazettes/43776\\_07-10\\_SportArtCulture.pdf](http://www.gpwnonline.co.za/Gazettes/Gazettes/43776_07-10_SportArtCulture.pdf)
  - Limit the number of persons permitted to a venue to 50% of the capacity of the venue.
  - Adhere to social distancing criteria (1, 5m)
  - Wear your mask while attending the meeting
  - Make sure the venue is well ventilated.



#### **7.4. Education**

- It is compulsory for all players, support staff and officials to undergo education on COVID -19
- The following links can be used by players, support staff and officials to access education regarding COVID-19
  - i. World Rugby COVID – 19 Courses: <https://playerwelfare.worldrugby.org/covid-19-courses>
  - ii. Q&A on coronaviruses (COVID-19): <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses#:~:text=symptoms>
  - iii. About COVID-19 (Coronavirus): <https://sacoronavirus.co.za/information-about-the-virus-2/>

#### **7.5. Cleaning of the Venue and Equipment**

- The training venue and other applicable rooms (e.g. change rooms, meeting rooms, toilets) must be thoroughly cleaned and sanitised prior to the commencement of any sporting activity.
- All equipment must be sanitised and cleaned before and during the activity.
- How to Make Strong (0.5%) Chlorine Solution from Liquid Bleach (Appendix H) or the WHO advice - “Cleaning and disinfection of environmental surfaces in the context of COVID-19” <https://www.who.int/publications/i/item/cleaning-and-disinfection-of-environmental-surfaces-inthe-context-of-covid-19>

#### **7.6. Access to the Training Venue**

- Access to the training venue must be through a single dedicated point.
- There must be strict access control measures in place at this single dedicated point to prevent persons not registered at the club or spectators from entering the training or match venue.
- Only persons who are registered with the club and have undergone the applicable screening will be permitted to enter the venue.

#### **7.7. Screening**

- **Vulnerable Groups:** All players, support staff and officials who are over the age of 60 years old and/or have any of the documented health comorbidities or have a health condition, that according to their doctor permits them from safely attending training or matches, ***are not permitted to attend training/matches.***
- Screening will take place outside of the single dedicated access point to the training venue
- All players, support staff and officials must adhere to social distancing criteria while waiting to be screened.



- All players, support staff and officials must complete and sign the screening register (Appendix I)
- All players, support staff and officials must undergo a temperature check. This temperature must be entered on the screening register.
- All players, support staff and officials who are ill or have listed any of the signs or symptoms or if their temperature is  $> 37.5$  °C are deemed to have COVID-19 and must be sent home.

#### **7.8. Persons Suspected of having COVID-19 or Persons who have COVID-19**

- All players, support staff and officials must be instructed that if they feel ill or are ill, they are not to attend the training or match.
- All players, support staff and officials who are ill or have listed any of the signs or symptoms or if their temperature is  $> 37.5$  °C they are deemed to have COVID-19 and must be sent home.
- All players, support staff and officials must follow the DoH/NICD guidelines which can be accessed on these links: <https://sacoronavirus.co.za/> or [www.nicd.ac.za](http://www.nicd.ac.za) regarding their further health management.
- All close contacts need to be managed according to the NICD guidelines [www.nicd.ac.za](http://www.nicd.ac.za). The definition of a close contact is as follows:  
*Close contact: A person having had face-to-face contact ( $\leq 2$  metres) or was in a closed environment with a COVID-19 case; this includes, amongst others, all persons living in the same household as a COVID-19 case and, people working closely in the same environment as a case. A healthcare worker or other person providing direct care for a COVID-19 case, while not wearing recommended personal protective equipment or PPE (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator, eye protection). A contact in an aircraft sitting within two seats (in any direction) of the COVID-19 case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the index case was seated.*
- The details of these players, support staff and officials must be recorded on the Suspected or Confirmed COVID-19 register
- Permission to return to the club will only be granted if they have written clearance from their medical doctor or their primary care service provider – this may be a Community Health Clinic (CHC), and a negative COVID-19 Rt -PCR test. For details on where to access a COVID-19 Rt-PCR test visit the following link  
[https://www.google.com/maps/d/viewer?mid=1BPFigDnAl4F\\_k13KaKkfWdrpRkJ8f0Ar&shorturl=1](https://www.google.com/maps/d/viewer?mid=1BPFigDnAl4F_k13KaKkfWdrpRkJ8f0Ar&shorturl=1)
- The Club COVID-19 Compliance Officer, on receipt of these documents, then must sign and date the register indicating that the documents have been received and that the persons doctor or primary care service provider have permitted them to return to train and/or play. The documents must be treated as confidential and kept securely on file.



### **7.9. Integrated Return to Training**

1. All rugby bodies that fall under the jurisdiction of SA Rugby must following an integrated return to training framework. This is a non-negotiable injury mitigation strategy.
2. The integrated return to training framework, as a minimum, must consist of the following steps:
  - i. Four (4) weeks of fitness and strength training. Examples of what is required during this phase can be found at the following links on the BokSmart webpage:
    - Strength and Conditioning for effective Rugby:  
<https://www.springboks.rugby/general/boksmart-medical-protocol-strength-conditioning-effective-rugby/>
    - Physical Preparation and Recovery Techniques:  
<https://www.springboks.rugby/general/boksmart-medical-protocol-physical-preparation-and-recovery-techniques/>
    - SAFE SIX (**SPECIAL FOCUS ON THE SAFE NECK EXERCISE – DO THESE EXERCISES FROM DAY 1**): <https://www.springboks.rugby/general/boksmart-safe-six/>
    - Management of Rugby Injuries:  
<https://www.springboks.rugby/general/boksmart-medical-protocol-management-of-rugby-injuries/>
  - ii. Four (4) weeks of gradual integration of contact rugby skills. Examples of what is required during this phase can be found at the following links on the BokSmart webpage:
    - Effective Play and Controlling the Game:  
<https://www.springboks.rugby/general/boksmart-medical-protocol-effective-play-and-control/>
  - iii. Rugby bodies affiliated to SA Rugby that play a non-contact version of rugby such as Touch and Tag Rugby must follow the four (4) weeks of fitness and strength training as noted in point i. above.

### **Matches**

- i. Rugby Matches will not be permitted until the rugby season resumes in 2021.
- ii. Rugby bodies affiliated to SA Rugby that play a non-contact version of rugby such as Touch and Tag Rugby can resume matches once the four (4) weeks of fitness and strength training have been concluded.





**7.10. Spectators**

- i. Clubs and match venues must ensure, that all times, no spectators will be permitted to attend training sessions and matches.



## APPENDIX A

### Application for Certificate of Operation

**Attention (Name of Union/Association):** \_\_\_\_\_

This letter serves to confirm that the (Name of association/club/academy/team) \_\_\_\_\_ have addressed the following requirements in order to be permitted to return to train and play.

Venue Address: \_\_\_\_\_

By ticking the applicable box, you will be indicating that the requirement has been met.

- Compliance Manager has been appointed and Appendix B, C and Appendix E have been signed and are kept on file.
- All players, support staff and officials are officially registered with the club and recorded on a database.
- All players, support staff and officials have signed the Indemnification form. These forms are kept on file at the club.
- All players, support staff and officials have signed the Health Declaration and Risk Stratification form. These forms are kept on file at the club.
- All the Non-Pharmaceutical Interventions and hygiene measures have been implemented to limit the spread of the virus.
- All players, support staff and officials have undertaken education on COVID -19.
- Measures for the Cleaning of the Venue and Equipment have been implemented.
- Access to the Training Venue via a dedicated and controlled entry point has been arranged.
- The applicable measures have been implemented to guarantee that a Robust Screening Protocol is in place for all players, support staff and officials entering the venue.
  - Symptom Screening Register
  - Temperature Checks
- Confirmation that the Compliance Officer Understands and will adhere to the requirements as indicated if a Person Suspected of having COVID-19 or if a Person who has COVID-19.
- The club will strictly adhere to the Integrated Return to Training Framework.
- Acknowledge that no rugby matches (except in the form of Tag Rugby and Touch Rugby) will take place in 2020.



- Will always ensure that no spectators attend any of the training sessions or matches.
- The COVID-19 Compliance Officer has read and fully understands the requirements set out in the SA Rugby Amateur Rugby Return Train and Play Guidelines
- The COVID-19 Compliance Officer has read and fully understands the requirements set out in the Government Gazettes of 6 July; 28 August and 7 October 2020 (where applicable).

**Date:** \_\_\_\_\_

**Club/Association President:** \_\_\_\_\_

**COVID-19 Compliance Manager:**

\_\_\_\_\_

**Signature:** \_\_\_\_\_

**Signature:** \_\_\_\_\_



APPENDIX B

CERTIFICATE OF OPERATION

This Certificate of Operation is issued to \_\_\_\_\_  
(Name of association/club/academy/team).

The association/club/academy/team have indicated that they have complied with all the requirements as set out in the "SA Rugby Amateur Rugby Return to Train and Play Guidelines" and the Government Gazettes of 6 July; 28 August and 7 October 2020 (where applicable)

The club/academy/association are permitted to commence training.

Details of person and organisation providing the Certificate of Operation:

Provincial Union or Association: \_\_\_\_\_

Name: \_\_\_\_\_

Position at Provincial Union or Association: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Provincial Union or Association Compliance Officer: \_\_\_\_\_

Date of issue: \_\_\_\_\_

Signature: \_\_\_\_\_



APPENDIX C

PROVINCIAL UNION AND ASSOCIATION CONFIRMATION LETTER

This letter is issued by \_\_\_\_\_ (Name of Provincial Union or Association) to confirm that the following club(s)/academy(s)/association/team(s) have complied with all the requirements as set out in the “SA Rugby Amateur Rugby Return o Train and Play Guidelines” and the Government Gazettes of 6 July; 28 August and 7 October 2020 (where applicable) and have been permitted to return to train.

<b><u>NAME OF CLUB/ACADEMY/TEAM</u></b>

Provincial Union or Association: \_\_\_\_\_

Name: \_\_\_\_\_

Position at Provincial Union or Association: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Provincial Union or Association Compliance Officer (If not the person listed above): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Appendix D

### APPOINTMENT OF COMPLIANCE OFFICER IN TERMS OF REGULATIONS ISSUED IN TERMS OF SECTION 27(2) OF THE DISASTER MANAGEMENT ACT, 2002

I, ..... (name and surname),  
the elected President/Chairperson of (club/academy/team/association)  
.....

hereby appoints, ..... (name and surname),

with ID number ..... as COVID-19 Compliance Officer

for..... (name of Club/academy/team/association)

This appointment is effective from the date of acceptance of the appointment until the date it is withdrawn in writing.

You are required to ensure that:

- The SA Rugby Amateur Return To Train and Play Guidelines are complied with.
- The COVID-19 health and protocols at the training venue are complied with.
- The workplace plan for the training venue is complied with.
- Your name and designation as the Compliance Officer for the training venue are displayed in a visible area in the training venue.

If required, you are to submit a written report on the level of compliance with the:

- The SA Rugby Amateur Return To Train and Play Guidelines
- The COVID-19 health and hygiene protocols at the training venue.
- The venue user compliance levels and any identified risks

Your report must include the measures taken to rectify the non-compliances if any were identified.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



APPENDIX E

ACKNOWLEDGEMENT AND ACCEPTANCE OF APPOINTMENT AS COMPLIANCE OFFICER

I, ..... (name and surname),

with ID number .....

acknowledge and accept my appointment as COVID-19 Compliance officer of

.....(association/club/academy/school)

I am committed to ensure that:

- The SA Rugby Amateur Rugby Return to Train and Play Guidelines are complied with.
- The Government Gazettes of 6 July; 28 August and 7 October 2020 (where applicable) are complied with.
- The COVID-19 health and protocols at the training venue are complied with.
- The workplace plan for the training venue is complied with; and

I hereby indemnify and hold SARU, the Provincial Unions, Amateur / Community Clubs affiliated to Provincial Unions and all Associations affiliated to SA Rugby and their staff harmless against any loss, cost, claim or liability arising as a result of a failure by myself to fulfil my duties as a Compliance Officer with reasonable care.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Appendix F

### SA RUGBY AMATEUR RUGBY RETURN TO PLAY CONSENT, INDEMNITY & UNDERTAKING FORM

I knowingly and willingly consent to attend RUGBY training and matches as permitted under the current Alert Level 1 Regulations at ..... (Association/Club/Academy/Team)

- I understand the COVID-19 virus has a long incubation period during which carriers of the virus may not show symptoms and still be highly contagious.
- I understand that due to the frequency of visits of other players, the characteristics of the virus, and the characteristics of rugby activities, I have an elevated risk of contracting the virus simply by being at a rugby training and match venue.
- High risk people include persons over the age of 60, persons who have pre-existing medical conditions such as: asthma, chronic lung conditions, hypertension, autoimmune disease, organ transplants, cancer, immunocompromised, obesity (BMI over 40) and liver or kidney disease conditions. I confirm that I do not fall into any of these high-risk categories.
- I acknowledge that if I been diagnosed with COVID-19 or suspected of having COVID-19, a letter from a medical doctor confirming that I am fit to return to train and play and A negative Rt-PCR test must be submitted to the Compliance Officer of the (Association/Club/Academy/Team) prior to being permitted back to training.
- I understand that should I have or develop a pre-existing condition which increases my risk, or if I have been in contact, or in future come into contact, with a person who has been diagnosed with COVID-19, that I need to declare this to the Compliance Officer of the (Association/Club/Academy/Team) before I present myself at any training or match venue. I acknowledge that the Compliance Officer is entitled to require that I self-isolate for a period and/or that I do not participate in any or all rugby activities at the (Association/Club/Academy/Team)
- I am aware of the risks involved with the spread of COVID-19 and the risks it may hold to my health and the health of others I come in contact with.
- I shall comply with the “SA Rugby Amateur Rugby Return To Train and Play Guidelines”, including the Government Gazettes of 6 July; 28 August and 7 October 2020 (where applicable) at all times.
- I accept all of the above risks and conditions and indemnify and hold SARU, Provincial Unions, Amateur / Community Clubs affiliated to Provincial Unions and all Associations affiliated to SA Rugby and their staff including the Compliance Officer harmless against any loss, cost, claim or liability arising as a result of a failure by the to comply with the Association/Club/Academy/Team to comply with the conditions herein.
- I accept all of the above risks and conditions and hereby indemnify and hold the South African Rugby Union, Provincial Unions, Amateur / Community Clubs affiliated to Provincial Unions and All Associations affiliated to SA Rugby and their staff including the Compliance Officer blameless should I contract the disease at any rugby training or match venue.





I undertake that I will abide by all the regulations and rules for participation in rugby as laid out in the **“SA Rugby Amateur Rugby Return To Train and Play Guidelines”**, including the Government Gazettes of 6 July; 28 August and 7 October 2020 (where applicable), a copy of which I have received and read.

I have read and understood the terms of this consent, indemnity and undertaking as laid out and confirm I will comply therewith in full.

**Name & Surname:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_



APPENDIX G

DECLARATION BY PLAYERS, SUPPORT STAFF AND OFFICIALS BEFORE RESUMING TRAINING

I, ..... (full names and surname),  
a member of .....(Association/Club/Academy/Team),  
from (insert residential address), .....  
and with the following contact details:

..... (cell phone number)

..... (e-mail address)

Declare that,

- To the best of my knowledge, I am currently free from the COVID-19 virus,
- I have not had any symptoms of COVID-19 such as in the 14 days immediately before the resumption of training:  
Cough, Sore throat, Shortness of breath, Fever (body temperature of 37.5 degrees or more), Loss of smell, Loss of taste, Diarrhoea, Nausea & vomiting, Chills, Body pains and Headaches
- I have not been in contact with a COVID-19 confirmed or suspected case in the 14 days immediately before the resumption of training, or
- I confirm that I do not fall into any of the following high-risk categories: Over the age of 60 and/or have pre-existing medical conditions such as asthma, chronic lung conditions, hypertension, autoimmune disease, organ transplants, cancer, immunocompromised, obesity (BMI over 40) and liver or kidney disease conditions.

To comply with the Regulations and the Directions pertaining to contact tracing, I herewith provide the contact details of a person or persons living in the same residence (as indicated above) as me.

\_\_\_\_\_ (full name and relationship),

\_\_\_\_\_ (Contact details) and

\_\_\_\_\_ (full names and relationships)

\_\_\_\_\_ (contact details)


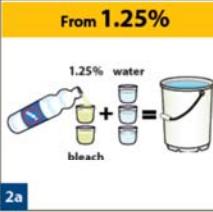
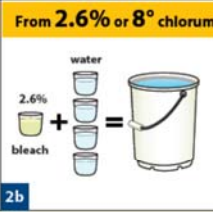
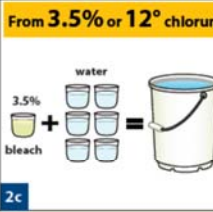
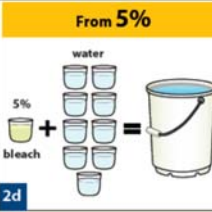
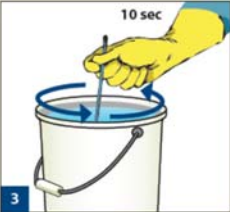



\_\_\_\_\_  
Signature


\_\_\_\_\_  
Date


APPENDIX H


## How to Make Strong (0.5%) Chlorine Solution from Liquid Bleach


Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.  
**Make new strong (0.5%) chlorine solution every day.** Throw away any leftover solution from the day before.


	From 1.25%	From 2.6% or 8° chlorum	From 3.5% or 12° chlorum	From 5%
 <b>1</b>	 <b>2a</b>	 <b>2b</b>	 <b>2c</b>	 <b>2d</b>
<p>Make sure you are wearing <b>extended PPE</b>.</p>	<p>Pour 2 parts liquid bleach and 3 parts water into a bucket. Repeat until full.</p>	<p>Pour 1 part liquid bleach and 4 parts water into a bucket. Repeat until full.</p>	<p>Pour 1 part liquid bleach and 6 parts water into a bucket. Repeat until full.</p>	<p>Pour 1 part liquid bleach and 9 parts water into a bucket. Repeat until full.</p>
 <b>3</b>	 <b>4</b>	 <b>5</b>	 <b>6</b>	
<p>Stir well for 10 seconds.</p>	<p>Label bucket "Strong (0.5%) Chlorine Solution - Cleaning."</p>	<p>Cover bucket with lid.</p>	<p>Store in shade. Do not store in direct sunlight.</p>	


  
 Measuring cup or liter bottle

  
 Bucket with lid

  
 Water



  
 Liquid bleach

  
 Stick for stirring

  
 Label

**WARNING**

Do NOT drink chlorine water.  
Do NOT put chlorine water in mouth or eyes.

**Supplies Needed**

Figure 1: Centre for Disease Control (CDC)

