

# IRFU GUIDELINES FOR LIVING WITH COVID-19: OVERVIEW



	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
TRAINING	Normal training sessions can take place with protective measures	Contact training in pods of up to 15*	Non contact training only in pods of up to 15	Non contact training only in pods of up to 15	Individual training only with exception of non-contact training for school aged children, outdoors in pods of 15*
MATCHES	Permitted	Permitted	None	None	None
SHOWER & CHANGING FACILITIES	Open with protective measures	TBC	Closed	Closed	Closed
SPECTATORS	200 permitted**	100 permitted**	None	None	None

These guidelines apply to clubs and schools under the jurisdiction of the Government of Ireland only and are superseded by Government and Health Authority guidelines at all times.

\*\* To host up to 200 spectators, club must have a minimum accredited safe holding capacity of 5,000 calculated in accordance with the Code of Practise for Safety At Sports Grounds.

## ALWAYS:



STAY AT HOME  
IF FEELING SICK



OBSERVE HAND HYGIENE  
& COUGHING ETIQUETTE



KEEP SOCIAL  
DISTANCING

## LEVEL 5: GUIDELINES

TRAINING	No training should take place, with the exception of non-contact training for school aged children, outdoors in pods of 15. All other training activities should be individual only. Exercise within 5 kilometres of home. Details on exemptions are available below.
MATCHES	No matches permitted in clubs or schools.
FACILITIES	Shower & Changing facilities to remain closed.
SPECTATORS	Spectators are not permitted. Parents/Guardians attending in a safeguarding /supervisory capacity are not classified as a spectator. However, strict social distancing and public health guidelines should be adhered to at all times. In that context, one parent/guardian per child is permitted to attend should they consider it necessary. (Source: Sport Ireland Practical Guidance on Covid-19 Measures) All Parents/Guardians must complete a Pre-Rugby Personal Assessment Declaration Form prior to arriving on site.
HEALTH & SAFETY	Clubs must ensure their COVID-19 Health & Safety Plan is up to date in line with the latest government guidelines. A Risk Assessment should be carried out where appropriate for activities not previously included.
*EXEMPTIONS	Non-contact training can continue for school aged children, outdoors in pods of 15, including tag or touch rugby. These exemptions apply to all schools rugby players in primary and post-primary schools as well as club players from mini to U18 age-grades (inclusive). Coaching or taking school aged children to permitted training is exempt from domestic travel restrictions. Remember the following: Pre-Rugby Personal Assessment Declaration to be completed before every session. Training is on an opt-in basis for all participants. Strict avoidance of gatherings before or after. Strict adherence to 2 metre physical distancing before and after, on the sidelines and avoidance of team huddles. Hand sanitisation facilities available at all times. Good coughing and sneezing etiquette.