



RETURN TO CONTACT ROADMAP

SPORT: RUGBY

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OVERVIEW

RETURN TO CONTACT ROADMAP

This document is designed by the **Philippine Rugby Football Union (PRFU)** to provide a template and resources to Philippine clubs and schools planning to return to the sport soon after more than a year of no face-to-face rugby activities due to the Covid-19 global pandemic. The clubs and schools are encouraged to follow this roadmap to enable a safe return to regular rugby. Thanks to **Singapore Rugby Union (SRU)** for the support in creating this document.

Player welfare has always been the number one priority in rugby and using this resource as guide will ensure that it remains at the highest level. This document also aims to provide a positive and purposeful experience to all the people involved in the community as they return to the sport.

KEY COMPONENTS

TECHNICAL

Skill Acquisition

CONDITIONING

Players are suitably conditioned

WELFARE

Systems are in place to protect players

OUR RETURN TO PLAY FRAMEWORK

MITIGATE THE RISK

STEP 1: TAKE PRE-ONLINE TEST

- EACH PARTICIPANT TO TAKE THE TEST
- COURSE PRODUCES A CERTIFICATE

STEP 2 : EDUCATION ON PREVENTION

- EACH PARTICIPANT TO UNDERSTAND PREVENTION MEASURES

STEP 1.
TAKE PRE-
ONLINE TEST

STEP 2 :
EDUCATION
ON
PREVENTION

STEP 3:
PREPARE
TO TRAIN

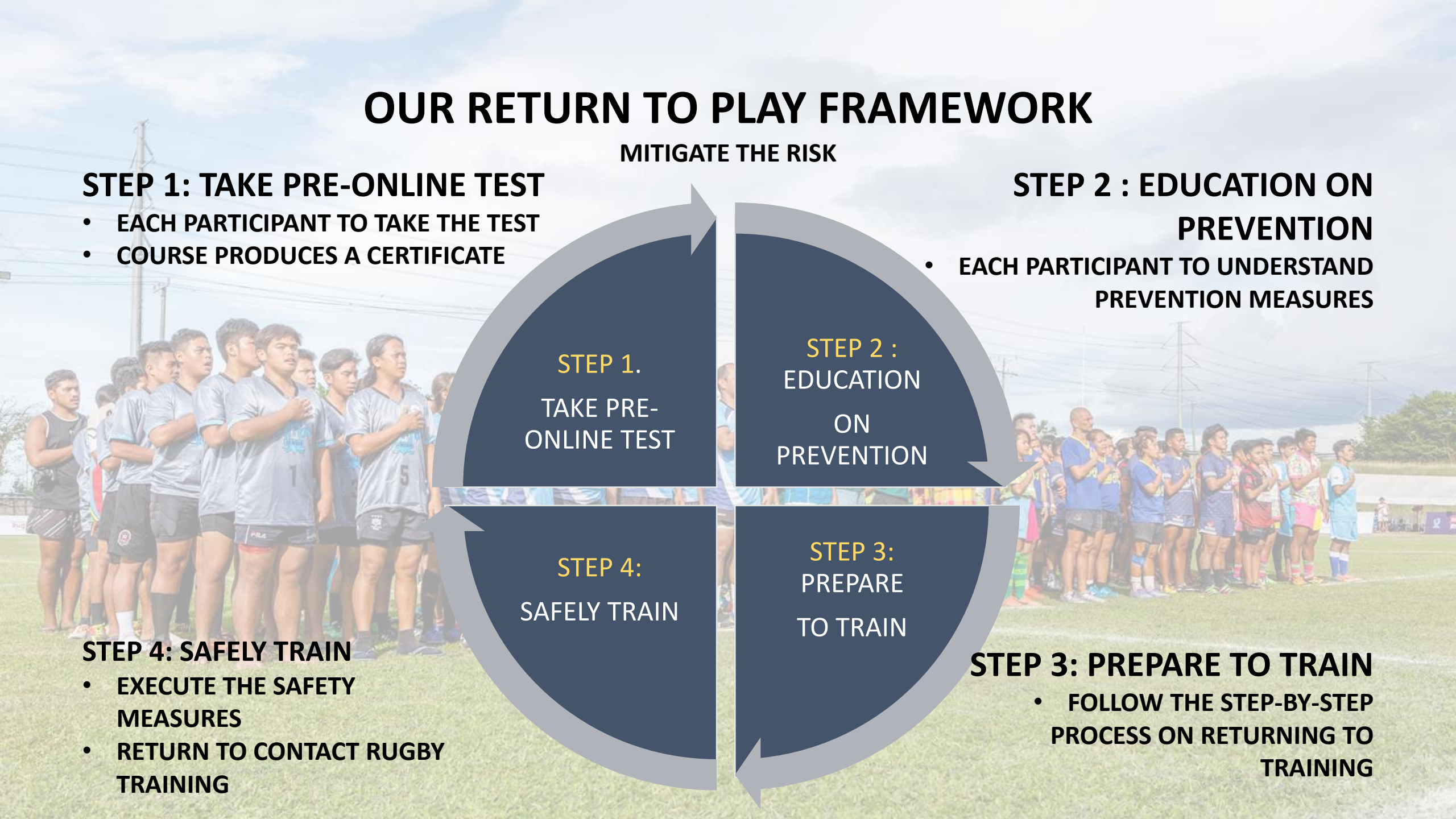
STEP 4:
SAFELY TRAIN

STEP 4: SAFELY TRAIN

- EXECUTE THE SAFETY MEASURES
- RETURN TO CONTACT RUGBY TRAINING

STEP 3: PREPARE TO TRAIN

- FOLLOW THE STEP-BY-STEP PROCESS ON RETURNING TO TRAINING



HYGIENE AND SAFETY

MINIMUM HEALTH STANDARDS



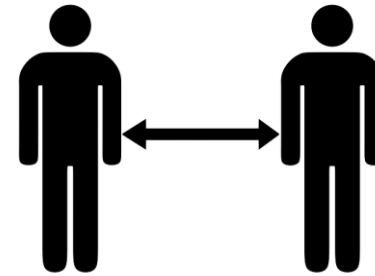
Always clean your hands with soap and water or hand sanitizer



Wear face mask in public



Cover your mouth and nose when coughing or sneezing (with elbow or a tissue)



Observe physical distancing whenever possible



If you have Covid19 symptoms, isolate yourself and see medical advice immediately.

COVID-19 ALERT LEVEL SYSTEMS

New Community Quarantine classifications for dealing with COVID-19 covering entire cities, municipalities and/or regions; aimed to manage and minimize the risk of the disease through System Indicators, Triggers and Thresholds determined by the IATF to specify the with Amendments as of November 18, 2021.

Alert Level 1

Areas wherein case transmission is low and decreasing, total bed utilization rate, and intensive care unit utilization rate is low.

Alert Level 2

Areas wherein case transmission is low and decreasing, healthcare utilization is low, or case counts are low but increasing, or case counts are low and decreasing but total bed utilization rate and intensive care unit utilization rate is increasing.

Alert Level 3

Areas wherein case counts are high and/or increasing, with total bed utilization rate and intensive care unit utilization rate at increasing utilization.

Alert Level 4

Areas wherein case counts are high and/or increasing, with total bed utilization rate and intensive care unit utilization rate at high utilization.

Alert Level 5

Areas wherein case counts are alarming, with total bed utilization rate and intensive care unit utilization rate at critical utilization.

WHEN CAN WE START CONTACT RUGBY TRAINING FOR GROUPS?

WHEN YOUR LOCATION IS CLASSIFIED UNDER
GENERAL COMMUNITY QUARANTINE ALERT LEVEL 2

GCQ ALERT LEVEL 2

Contact sports approved by the LGU where
such games shall be held;

Maximum of 50% indoor venue capacity for
fully vaccinated individuals and those below
18 years of age, even if unvaccinated, and
70% outdoor venue capacity



WHO MAY START CONTACT RUGBY TRAINING WITH GROUPS?

Person fully vaccinated with Covid19 vaccine at least
14 days before the scheduled training

*Fully vaccinated (2 doses): Moderna, AstraZeneca, Sinovac, Pfizer, Sputnik

*Fully vaccinated (1 dose): Janssen

Person who has not shown symptoms
for the last 14 days.

Person who has completed the World Rugby Covid-
19 symptom checklist that has been provided.

Here's a sample Return to Contact Attendance form/Contract Tracing form which clubs may use as guide to create their own:

https://docs.google.com/forms/d/e/1FAIpQLScBL6wMrdLq_Y3divBDbZp3bOsSr5TZHbpREgxmgYh_XOBWLQ/viewform

WHAT RISK MITIGATION MEASURES DO WE NEED TO TAKE?

DISCLAIMER: COMPLETION AND APPROVAL OF THE FRAMEWORK DOES NOT GUARANTEE PREVENTION OF VIRUS INFECTION

PRE-TRAINING

*COMPLETE PRE-ONLINE TEST
(ONCE ONLY) & COMPLETE WR
SYMPTOM CHECKER FORM
PRIOR TO EACH TRAINING
SESSION (See ANNEX A & B)

APPOINT A COVID-19 TRAINING
SESSION MANAGER FOR VENUE
SET UP AND CONTACT TRACING

ARRIVE READY TO TRAIN -
BRING OWN WATER BOTTLE
AND PERSONAL TOWEL (NO
SHARING)

USE OF MASKS TO AND FROM
TRAINING, AND WHEN NOT
EXERCISING

ON ARRIVAL

TEMPERATURE
GUN CHECKS ON ENTRY

CONTACT TRACING MEASURES
IN PLACE

HAND-WASHING FACILITIES/
DISPENSERS WITH ALCOHOL
BASED SOLUTIONS

SIGNS TO PRACTICE PHYSICAL
DISTANCING AT ALL TIMES

DURING TRAINING

FOLLOW VENUE CAPACITY
LIMITATIONS

OBSERVE PHYSICAL DISTANCING
WHENEVER POSSIBLE

ROUTINE DISINFECTION OF
FREQUENTLY TOUCHED
SURFACES, OBJECTS AND RUGBY
EQUIPMENT AROUND VENUE &
ALSO PRE, DURING & POST
TRAINING

MONITORING AND
REPLACEMENT OF HAND SOAPS,
SANITISERS AND OTHER
DISINFECTANTS

AFTER TRAINING

NO CONGREGATING –
CHANGE AT HOME

MONITOR SYMPTOMS

REPORT ANY CASES TO COVID-
19 TRAINING SESSION IF FOUND

CONTACT TRACING SYSTEM IN
PLACE IF REQUIRED

OUR RETURN TO CONTACT ROADMAP

OVERVIEW – THE 4 STAGES



RETURN TO CONTACT TRAINING

PRINCIPLES

PROGRESSIVE OVERLOAD

Return to full contact and full play must be gradual and progressive. This applies to every element of training and performance, from running to full contact.

COMMUNICATION

Players will have different fitness levels coming from lockdown. Proper communication among coaches and players will help in decision-making on how to progress the team.

KNOW YOUR PLAYERS!

- Training Age
- Training history
- Injury history
- Technical proficiency

The adjustment of overall load, and specific activity management, depends on your assessment of whether your players are adapting to and capable of the sessions you prescribe. That assessment, in turn, is affected by different factors, so remain mindful of them, and don't hesitate to deviate from the general guidelines provided here if you assess that any of your squad are at greater risk of injury for any reason.

RETURN TO CONTACT TRAINING

PLANNING A SESSION

Active

Is everyone participating?

Purposeful

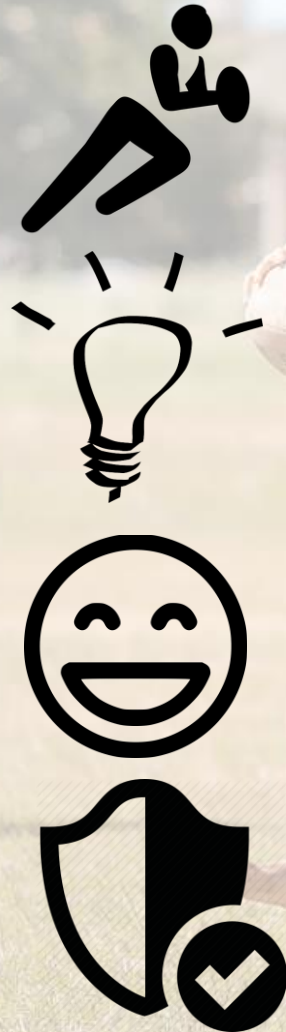
What is the goal of the session?

Enjoyable

Are there fun games involved?

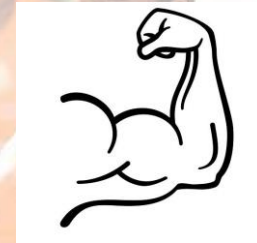
Safe

Have you reduced the possible risks?



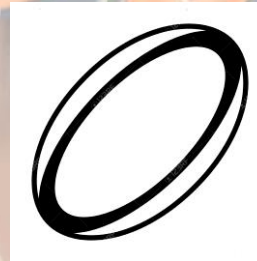
Frequency

How often you exercise



Intensity

How difficult an exercise is



Type

What type of exercise




Time

Duration of an exercise

ACTIVATE INJURY PREVENTION PROGRAMME

Activate is a structured, progressive exercise programme that is designed to be used as part of training sessions and pre-match warm-up routines



**26-40%
FEWER SOFT
TISSUE
INJURIES**



**29-60%
FEWER
CONCUSSIONS**

WHAT ARE THE BENEFITS OF ACTIVATE?

- **General movement control and skill** – Many of the exercises in Activate can help to develop the stability and mobility that underpin the safe and effective performance of various movements when playing rugby
- **Conditioning and athletic performance** – The progressive nature of Activate can help to improve parts of players' athletic performance; such as: strength, power, running speed, and ability change of direction efficiently
- **Physical robustness** – Using Activate can help to develop the ability of muscles, tendons, and ligaments to handle the forces they experience when playing rugby, leading to a lower risk of these structures being damaged when playing rugby and other sports.

ACTIVATE INJURY PREVENTION PROGRAMME

The “Key Activate 8” coaching cues

Each exercise in the Activate programme typically includes two or three associated Key Activate 8 cues.

The “Key Activate 8”:

- Head neutral / lifted
(Think “Look over your sunglasses”)
- Chest up
- Pinch the shoulders together
- Shoulders level with hips
- Brace through the trunk
- Soft knees
- Hip, knee, ankle in line
- Knee over toes



Head neutral



Head lifted



Chest up



Pinch shoulders



Shoulders level with hips



Brace through trunk



Hip, knee, ankle in line



Knee over toes

Soft knees



Register on the World Rugby passport site and check link below for the full resources of the Activate Injury Prevention Programme:
<https://passport.world.rugby/injury-prevention-and-risk-management/activate-injury-prevention-exercise-programme/>

RETURN TO CONTACT TRAINING

TACKLE READY

Aims to introduce consistent terminology across the game, and to provide a deeper understanding of what makes a safe and effective tackle. It provides coaches and players with the specific tackle stages and detailed KPIs, which will develop the individual tackler and ball-carrier.

Register on the World Rugby passport site and check link below for the full resources of the Tackle Ready:
<https://passport.world.rugby/injury-prevention-and-risk-management/tackle-ready/>



RETURN TO CONTACT TRAINING

TACKLE READY: 5 STEPS

TRACKING

- 1. Vision, Decision, Action cycle (VDA)
- 2. Laser Focus (find, fixate and maintain focus on the ball-carrier).
- 3. Communication.
- 4. Angle and approach (how the tackler approaches the ball-carrier).
- 5. Change of direction.
- 6. Approach Height and Speed.
- 7. Come to Balance.
- 8. Anticipation (individual opponent analysis).
- 9. Anticipation (opposition team analysis).

PREPARATION

- 1. Ability to Get Square (square is strong).
- 2. Drop Height (stay big and dip time).
- 3. Dominant Contact Angle (hips, spine, head, eyes).
- 4. Balance and Foot Placement.
- 5. Shoulders in front of Hips (load the toes, never sit).
- 6. Claws up, elbows in (wrist above elbow).
- 7. Foot in the Hoop.

CONNECTION

- 1. Initial shoulder contact accuracy left/right.
- 2. Shoulder Jab ("cut through" mentality).
- 3. Shoulder Connection point.
- 4. Arm Wrap and Clamp
- 5. Iron Grip (strong fingers).
- 6. Hip and core activation.
- 7. Arrowhead (ear to body).
- 8. React and reshape.

ACCELERATION

- 1. Roll over the front foot.
- 2. Studs in the grass (generating controlled power and strong feet).
- 3. Leg Drive.
- 4. Control the ball-carrier.
- 5. Regain feet.
- 6. Acceleration through torque (circular speed on roll finish).
- 7. Never stop working.

FINISH

- 1. Ability to reshape and regrip.
- 2. Tighten the clamp and grip (no space, no daylight).
- 3. Dominate to the ground.
- 4. Finish on Top.
- 5. Tackler / Legal Exit

COMPETITIONS – PLAY ON!

PRFU's domestic competition for 2022 will be organized in a staged format in order to provide participants with opportunities to participate in competitive matches that support the progression and conditioning at training.

The FIT touch/tag/GIR 7s version and the modified laws (see below 'Play On!') versions of the game will provide flexibility in the organization of competitions and will fit within the constantly changing government guidelines.

These competitions will also be used as benchmark in the return to regular contact competitions.

What is 'Play On!'

In rugby officiating, the referee says, 'PLAY ON!' to communicate with the players on field to keep playing. Philippine Rugby adapted that term to a variation in the traditional style of rugby to allow teams to keep on playing and maintain participation in the game.

'Play On!' is a modified format of rugby 15s game, wherein the two teams involved agree on an alternative set of rules to play the game. This format was developed to ensure that rugby is still played despite factors that may prevent the teams from playing in the traditional format of 15 a side. The goal is still to play in the traditional format, however, 'Play On!' allows more flexibility, whether it is for a single fixture or a match in a festival or tournament.

This modified format is applicable to all - men's and women's matches, age-grade and adult matches.

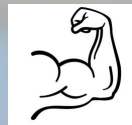


TRAINING AND COMPETITIONS RESOURCES

STAGE 1 – TRAINING



- 1 to 2 sessions per week



- General
- Low - Medium
- Contact: Low



- General Fitness & Skills
- Contact Fundamentals



- 45 to 60 mins
- Max 20 mins contact

AGE GROUP: 17 years old and below

STAGE 1	Duration	Session 1 - 2	Session 3 - 4	Session 5 - 6	Session 7 - 8
Warm up	20 mins	Activate Phase 1			Activate Phase 2
Speed & Agility	10 mins	Rugby Focused – with rugby ball Technique Focused – cones, poles, other props etc.			
Technical	15 mins	Contact fundamentals			
Game Focus	15 mins	Small-sided games – Attack or Defense Focused (See Coaching Children Modules)			
Cool down & debrief	10 mins	Cool down – Stretching / Jogging Feedback and review			

Register on the World Rugby passport site and check link below for the full resources of the Coaching Children:
<https://passport.world.rugby/coaching/coaching-children/>

STAGE 1 – TRAINING

AGE GROUP: 18 years old and above

1 to 2 sets each	AGILITY	SPEED	CONTACT
Week 1 to 4	<ul style="list-style-type: none">• Snake Run• Shuttle Runs• Lateral Shuffle• Carioca• L Cut• Run, Set, Cut• Ladder drills• Cone drills• Back Pedal	<ul style="list-style-type: none">• Mountain Climbers• Squat Jumps• Single Leg Hops• Burpees• Pogo Jumps• Lunges• High Knees• Butt Kicks• Broad Jumps• Sprints (5, 10, 15, 20, 40, 60, 100 Meters)	<ul style="list-style-type: none">• Bear Crawl• Crab Walk• Spiderman Push Ups• Push Ups• Wheelbarrow• Piggyback carry• Falling Technique• Neck Isometrics
Week 5 to 8	<ul style="list-style-type: none">• Reactive Snake Run• Shuttle Run Mirror• Lateral Shuffle Mirror	<ul style="list-style-type: none">• Ankling• Walking Crunch• Fast Leg• Straight Leg Shuffle• Skip for height• High Knees• A Skips• B Skips• Sprints (5, 10, 15, 20, 40, 60, 100 Meters)	<ul style="list-style-type: none">• Over Unders• Swim Throughs• Get Ups – Partner lie on Top• Low level grapple/swivel 1v1• Sink, wrap, clamp, grip• Connection to shield• General contact work in pairs 1v1• Neck Isometrics

STAGE 2 – TRAINING



- 1 to 2 sessions per week



- General
- Medium - High
- Contact: Medium



- General Fitness & Skills
- Contact Conditioning



- 60 to 75 mins
- Max 20 mins contact

AGE GROUP: 17 years old and below

Warm up	20 mins	Activate Level 2		Activate Level 3	
Speed/Agility /Fitness	15 mins	Contact Conditioning/Grappling/Wrestling Traditional Fitness/Speed/Agility – Interval running, down ups, planned & unplanned changes of direction. Rugby Fitness/Speed/Agility – Game based fitness with rugby ball			
Technical	15 mins	Contact Fundamentals			
Game Focus	20 mins	Small-sided games – Attack or Defense Focused Building phase play Set-piece/Scrum/Lineout technique			
Cool down & debrief	10 mins	Cool down – Stretching / Jogging Feedback and review			

STAGE 2 – TRAINING

AGE GROUP: 18 years old and above

	AGILITY (2 – 3 sets)	SPEED (1 – 2 sets)	CONTACT (2 – 3 sets)
Week 1 to Week 8	<ul style="list-style-type: none">• Reactive Snake Run• Shuttle Run Mirror• Lateral Shuffle Mirror	<ul style="list-style-type: none">• Ankling• Walking Crunch• Fast Leg• Straight Leg Shuffle• Skip for height• Skip for distance• High Knees• A Skips• B Skips• C Skips• Sprints (5, 10, 15, 20, 40, 60, 100 Meters)	<ul style="list-style-type: none">• Shoulder Tackle – Front On• Shoulder Tackle – Side On• Tackle from Behind• Ruck vs Shield• Ruck 1 – Roll• Ruck 2 – Arm Under• Ruck 3 – Shoulder Under• Level 1 Wrap +Roll Tackle on tackle bag• Connection to shield (2 man hold)• Up/down, cones angle into 3 Tackle Bag choice• 1 v 1 Carrier & Tackler• 2 v 2 Win the race• Tackle circuit• Breakout Reaction Triangle• Neck Isometrics

STAGE 2 – COMPETITIONS

Non-Contact format (Tag or Touch)

	17 years old and below (Tag - GIR 7s)	18 years old and above (Tag - GIR 7s)	17 years old and below (Touch – FIT Rules)	18 years old and above (Touch – FIT Rules)
Pitch Size	20 meters x 30 meters	50 meters x 70 meters	20 meters x 30 meters	50 meters x 70 meters
Players on Field (per team)	Minimum 3 and maximum 4 players	7 players	Minimum 3 and maximum 4 players	6 players
Match Duration	10 minutes	2 x 7 minutes	10 minutes	2 x 10 minutes
Half Time	None	2 minutes	None	2 minutes
Kick Off & Restart	Tap kick of non-scoring team	Drop Kick of scoring team	Tap kick of non-scoring team	Tap kick of non-scoring team
Penalty	Tap Kick on mark – Opposition moves back 3 meters (or 3 steps)	Tap Kick on mark – Opposition moves back 10 meters	Tap Kick on mark – Opposition moves back 3 meters (or 3 steps)	Tap Kick on mark – Opposition moves back 10 meters
Offside in General Play	Where tag was made or line of ball	Where tag was made or line of ball	3 meters	7 meters
Scrum	N/A	Uncontested – 3 v 3 (5 m offside line)	N/A	N/A
Line Out	N/A	Uncontested – 3 v 3 (5 m offside line)	N/A	N/A
Kicking in general play	N/A	Grubber and chip kick	N/A	N/A
Yellow/Red card	Forced Substitution	YES	Forced Substitution	Forced Substitution

STAGE 3 – TRAINING



- 2 to 3 sessions per week



- General
- Medium - High
- Contact: Medium/High



- General Fitness & Skills
- Contact Conditioning



- 60 to 90 mins

AGE GROUP: 17 years old and below



CONTACT READY

Warm up	20 mins	Activate Phase 3	Activate Phase 4		
Speed/Agility /Fitness	15 mins	Contact Conditioning/Grappling/Wrestling Traditional Fitness/Speed/Agility – Interval running, down ups, planned & unplanned changes of direction. Rugby Fitness/Speed/Agility – Game based fitness with rugby ball			
Technical	15 mins	Contact Fundamentals			
Game Focus	30 mins	Set-piece/Scrum/Lineout technique Team Run – Preparation for match			
Cool down & debrief	10 mins	Cool down – Stretching / Jogging Coach Feedback / Check players’ understanding			

STAGE 3 – COMPETITIONS

Play **On!** Mechanics

COMMUNITY LAW VARIATIONS

 x 10-15	Numbers		Scrum
	Game duration		Lineouts
	Replacements		Kicking
	Tackle height		Weight based banding
	Ball size		Pitch Size

Number of players – The teams must have equal players on field, whether it is 10v10, 11v11, 12v12, 13v13, 14v14, or 15 a side. If a team has a smaller number of players/substitutes, the other team may choose to lend players to their opposing team.

Match duration – The match must be a minimum of 40 minutes but may be split into equal halves or thirds. Examples are: 20 minutes x 2, 30 minutes x 2, 20 minutes x 3

Scrum – Teams may request for contested or uncontested scrum. No pushing if its uncontested scrums, however, a strike contest between the hookers may be allowed. Second row pick up from base of scrum may also be not allowed.

Lineouts – Teams may request for contested or uncontested lineouts. No mauls direct from lineouts if uncontested. Ball must be passed by the jumper to the scrumhalf.

Kicking – Regular rules on kicking will be followed. Age grade teams may request for punt kicks in restarts and conversions if needed.

Other modifications of rules aside from the ones mentioned above are accepted, as long as both teams agree to it.

*You may also check **World Rugby's Game on Global** for the full modifications that may be applied:*

<https://www.world.rugby/news/673997/game-on-global-community-law-variations-to-advance-rugby-accessibility-and-welfare>

RETURN TO CONTACT TRAINING

RESOURCES

LOW INTENSITY

Drill No.	Name	Description
1	General contact work in pairs 1v1	Grapple work and 1 v 1 wrestling and bodyweight exercises etc
2	Breakout Reaction Triangle	Ball carrier breaks out of triangle; 3 defenders create the triangle, and they must attempt to prevent break out from ball carrier who starts in the middle of triangle. This drill can be developed to include passing between players then drill start on coach command etc. (1 v 3)
3	Low level grapple/swivel 1v1	Player 1 on all fours, Player 2 attempts to de-stabilise Player 1 by driving with shoulder, push, pull trying to get underneath player on all fours who will attempt to keep strong body position throughout. (1 v 1)
4	Stay square into corner 1v1	Players start connected Player 1 the defender aims to stay square on body of Player 2 the ball carrier, carrier will attempt to reach the corner of the 5mtr x 5mtr square while the defender uses accurate body-height, strong connection and footwork to remain square on carrier (1v1)
5	Sink, wrap, clamp, grip	Player 1 starting 1 mtr away from Player 2 will step in and connect around hips or just above waist of Player 2 will wrap, clamp and grip then lift and turn through 180 degrees and place player 2 back onto the ground this drill should be fast and dynamic, and the players should go through 2 rotations each. (1v1)
6	Connection to shield	Player 1 in strong stance will hold shield around waist height, player 2 from a 1mtr distance will step into shield and connect using, same foot same shoulder, fast wrap, clamp and grip to drive shield holder back approx. 3 mtrs go through four rotations using left and right shoulders (1v1)

RETURN TO CONTACT TRAINING

RESOURCES

MEDIUM INTENSITY

Drill No.	Name	Description
7	Connection to shield (Up/down or Paddle/2mtrs out)	Same as Drill 6, but this time change angle of entry by player going into a dynamic up/down or tracking round a cone or pole into connection with the shield holder. Player can also use different feet patterns i.e Same foot, same shoulder connection or come to balance, paddle then connect.
8	Tackler & Ball carrier	Tackler & Ball carrier –Tackler using 3 different angles left shoulder, right shoulder, front on. Medium intensity connection and ball carrier must attempt to present the ball within the exercise. Tackler can work on different levels of tackle within this exercise.
9	Pairs Breakdown combo 2v1v2	2 players start on a line with a dynamic up down player 1 gathers ball that is passed, rolled or thrown into grid. Player 1 carries into shield, late change of movement, the player has a number of options pass the ball to beat shield, connect with shield and offload, go to ground and present, pop or pass the ball from the ground. Player 2 acts as a first support player and re-acts to ball carrier. Once action with ball is complete leave ball and both players go to tackle bags that are placed on the ground so players must crawl over bags, drop height early, chest on bag, activate hands and feet to crawl along bag. Both players then get back to start point immediately.
10	Level 1 Wrap +Roll Tackle on tackle bag	Tackler to change entry point i.e down/up, around cone or pole & attack 4mtrs out, finish on top of bag then roll out back to feet
11	Connection to shield (2 man hold)	Same as Drill 6, but this time change angle of entry by player going into a dynamic up/down or tracking round a cone or pole into connection with the shield holder. Shield is this time held by one player with a second player in behind first player to add resistance. Attacking player can also use different feet patterns i.e Same foot, same shoulder connection or come to balance, paddle then connect.

RETURN TO CONTACT TRAINING

RESOURCES

HIGH INTENSITY

Drill No.	Name	Description
12	Up/down, cones angle into 3 Tackle Bag choice	Player starts on a line with down/up then around one of three coloured cones, into and through gate into 3 Tackle Bag choice (Coach call) – Tackler can also change entry by down/up, all fours into roll and back to feet then enters gate and reacts to coach call on what tackle bag to target, set tackle bags up in a semi-circle so that there is a front-on, left and right tackle to be made. Once tackle is complete tackler must get back to start point to finish.
13	1 v 1 Carrier & Tackler	Close contact, make tackle, tackler get back to feet then show daylight and onto attempted jackal on ball. Ball carrier attempt ball presentation – this drill can be carried out at a 1mtr distance and then can build up distance between ball carrier and tackler
14	2 v 2 Win the race	Ball carrier, plus support v tackler and jackal. All players start face down on ground and re-act to coaches call or whistle, 2 attackers v 2 defenders. Attackers made up of one ball carrier and one support player and defence made up of one tackler and one jackal. Aim of the drill is to “Win the Race” attacking support player must get there before jackal and vice versa.
15	Tackle circuit	Left, right, frontal Tackler v Ball Carrier. Tackler will be up against three ball carriers. Ball carriers will attack one at a time at different angles putting pressure on tackler to track, prepare, connect, accelerate and finish each tackle. Tackler must roll out after each tackle and get back to feet.
16	Breakout Reaction Triangle	Ball carrier breaks out of triangle; 3 defenders create the triangle, and they must attempt to prevent break out from ball carrier who starts in the middle of triangle. This drill can be developed to include passing between players then drill start on coach command etc. To further develop this drill, nominate one player within the defensive triangle that immediately becomes the support player to the ball carrier. The drill finishes when ball carrier has managed to get the ball to the support player by a pass, offload or has gone to ground presented and the support player has won the race to protect the ball carrier on the ground.

WELFARE



SAFEGUARDING AND CODE OF CONDUCT

PRFU has a duty of care to safeguard all children involved in PRFU from harm. All children have a right to be safe emotionally and physically, and the needs of disabled children and others who may be particularly vulnerable must be considered. PRFU will take appropriate measures to ensure the safety of all children involved in PRFU through adherence to the Child Safeguarding guidelines adopted herein.

All management, staff, visitors, partners and volunteers involved in PRFU activities are required to read, understand, and sign the Child Safeguarding Policy to ensure the safety and best interest of everyone involved in the Union. Please email the signed forms to safeguarding@philippines.rugby

See link below for the PRFU Child Safeguarding Policy:
<https://www.philippines.rugby/prfu-child-safeguarding-policy.html>

The Code of Conduct is an important part of your participation with PRFU and commits you to practice the five (5) core values of rugby: Integrity, Passion, Solidarity, Discipline, and Respect.


All management, staff, visitors, partners and volunteers involved in PRFU activities are required to read, understand, and sign the Code of Conduct to ensure the safety and best interest of everyone involved in the Union. Please email the signed forms to safeguarding@philippines.rugby

See link below for the PRFU Code of Conduct:
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THE BLUE CARD AND GRADUATED RETURN TO PLAY PROTOCOL

WHAT IS THE BLUE CARD?

The purpose of the Blue Card Initiative is to enable referees to remove players from a match if they are suspected of sustaining a concussion. However, it is important to remember that regardless of whether a concussion is Blue Carded or not, that player is required to complete the minimum stand down period and follow the Graduated Return to Play.



Concussion Guidance

Graduated Return To Play (GRTTP) Programme for the Community Game

Rehabilitation Stage		Minimum Time	
NB: Only move to the next stage if you are symptom-free at the end of the current stage		Under 19	19+
1	Complete Mental and Physical Rest 	24 Hours	24 Hours
2	Daily Activities that Don't Cause Symptoms Which may include non-structured light exercise	14 Days Including minimum 14 hours complete rest (24hrs)	7 Days Including minimum 14 hours complete rest (24hrs)
3	Light Aerobic (Structured) Exercise Symptom-guided low to moderate intensity activities e.g. light jogging, swimming, stationary cycling, etc.	24 Hours Player can start this structured exercise phase at the end of Day 14 if asymptomatic	24 Hours Player can start this structured exercise phase at the end of Day 14 if asymptomatic
4	Sport-Specific Exercise Running drills, Activities with no risk of head impact	24 Hours	24 Hours
5	Non-Contact Training Progression to more complex training drills e.g. passing, catching. May start progressive resistance training. (Players cannot undertake Stage 5 if they have not returned to education or work)	24 Hours	24 Hours
6	Full Contact Practice Following medical clearance ★ Normal training activities (contact training)	24 Hours	24 Hours
7	Return to Play! 		

At a Glance ...

	Under 19	19+
Earliest time to return to non-contact training	Day 17	Day 10
Earliest time to return to full contact training	Day 18	Day 11
Earliest time before player can return to play	19 Days	12 Days

★ Medical Assessment if Available
World Rugby strongly recommends that all players seek the highest level of medical care available following concussion, or suspected concussion

WORLD RUGBY
Putting players first

REFERENCES

SUPPORT RESOURCES:

1. IATF GUIDELINES ON THE NATIONWIDE IMPLEMENTATION OF ALERT LEVEL SYSTEM FOR COVID-19 RESPONSE as of November 18, 2021: <https://mirror.officialgazette.gov.ph/downloads/2021/11nov/20211118-IATF-GUIDELINES-RRD.pdf>
2. WORLD RUGBY ACTIVATE INJURY PREVENTION EXERCISE PROGRAMME: <https://passport.world.rugby/injury-prevention-and-risk-management/activate-injury-prevention-exercise-programme/>
3. WORLD RUGBY TACKLE READY: <https://passport.world.rugby/injury-prevention-and-risk-management/tackle-ready/>
4. SINGAPORE RUGBY UNION - RETURN TO CONTACT ROADMAP: http://www.singaporerugby.com/downloads/2021/SRU%20Return%20To%20Contact%20RoadMap%202021.pdf?fbclid=IwAR3ZWjshYEEye7jRdbrUAxhigEfFifIRKv1jD6LvgYgaeeqOO-lwTaOIA_M
5. WORLD RUGBY COMPETITION READY GUIDELINES: <https://resources.world.rugby/worldrugby/document/2021/05/05/9afc79bf-f9c2-472e-8c5b-a40f838c793b/210422-RTP-guidelines.pdf>
6. BLUE CARD: <https://www.rugbysmart.co.nz/injuries/concussion/blue-card/>
7. WORLD RUGBY CONCUSSION GUIDELINE: <https://www.world.rugby/news/612885>
8. PRFU SAFEGUARDING POLICY

SPECIAL THANKS:

1. MR. CHARLIE BROWN – RUGBY DEVELOPMENT MANAGER OF SINGAPORE RUGBY UNION
2. PRFU WORLD RUGBY TRAINING AND EDUCATION TEAM



ANNEX

STEP 1.

REGISTER & COMPLETE COURSE

TAKE PRE ONLINE TEST

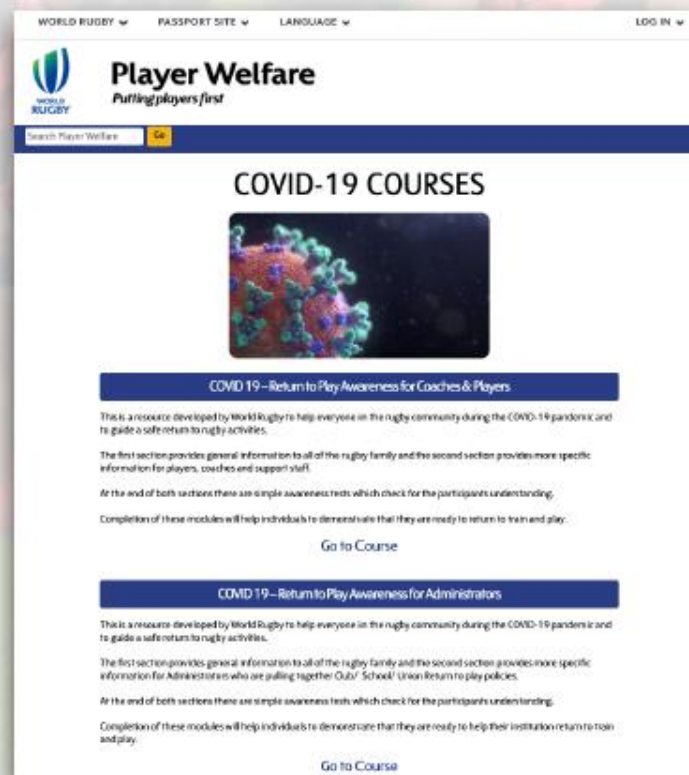
MITIGATE THE RISK



EVERY PARTICIPATE TO COMPLETE THE COVID-19 RUGBY COURSES. THESE ARE:

- FREE - NO COSTS INVOLVED
- IS A REQUIREMENT FOR ALL PLAYERS, COACHES AND PLAYERS PRIOR TO FIRST TRAINING SESSION
- TAKES 45 MINUTES TO COMPLETE
- EACH PARTICIPANT IS AWARDED A CERTIFICATE AFTER COMPLETION
- PRESENT TO COACHES ONCE COMPLETE AND ALLOWED TO TRAIN IN A TEAM ENVIRONMENT
- PLAYERS UNDERSTAND THE RISK OF RETURNING TO TRAINING (SEE APPENDIX)

ANNEX A



<https://playerwelfare.worldrugby.org/covid-19-courses>



SYMPTOM CHECKER

WORLD RUGBY COVID-19 SYMPTOM CHECKER FORM. THE INFORMATION COVERS PERSONAL INFORMATION FOR TRACING PURPOSES

Q1: DO YOU CURRENTLY HAVE ANY OF THE FOLLOWING SYMPTOMS?

- COUGH?
- SORE THROAT?
- SHORTNESS OF BREATH?
- FEVER (OVER 37C)?
- SUDDEN LOSS OF TASTE OR SMELL?

IF YES? DON'T TRAIN, FOLLOW INSTRUCTIONS OF LOCAL HEALTH AUTHORITIES AND CONTACT A LOCAL HEALTH PRACTITIONER AND ADVISE YOUR CLUB & THE PRFU FOR REFERENCE.

IF NO, PROCEED TO THE NEXT QUESTION

Q2: HAVE I TESTED POSITIVE FOR COVID-19 IN THE PAST?

IF YES, DON'T TRAIN. CONTACT BOTH YOUR CLUB, THE PRFU AND A LOCAL MEDICAL PRACTITIONER AND ASK WHEN IT'S SAFE FOR YOU TO RETURN

IF NO, PROCEED TO THE NEXT QUESTION

Q3: DO I HAVE A HISTORY OR CARDIAC PROBLEMS OR OTHER PRE-EXISTING HEALTH CONDITIONS?

IF YES, DON'T TRAIN. CONTACT BOTH YOUR CLUB, THE PRFU AND A LOCAL MEDICAL PRACTITIONER AND ASK WHEN IT'S SAFE FOR YOU TO RETURN

IF NO, YOU CAN PROCEED TO THE NEXT STEP OR PREPARING TO TRAINING

ANNEX B

DISCLAIMER: COMPLETION AND APPROVAL OF THE FRAMEWORK DOES NOT GUARANTEE PREVENTION OF VIRUS INFECTION