

RETURN TO PLAY - PHASE 1

GET IN, TRAIN,
GET OUT

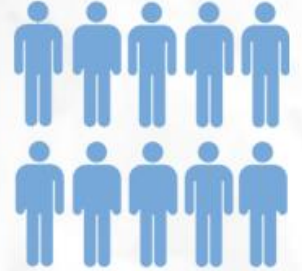
RUGBY
VIC



18 MAY - 31 MAY



SOCIAL DISTANCING



TRAIN IN GROUPS
OF 10 OR LESS

✓ **CONDITIONING**

✓ **SKILL DRILLS USING A BALL, KICKING,
AND PASSING POSSIBLE.**

✗ **INDOOR MEETINGS**

✗ **INDOOR GYM ACTIVITIES**

✗ **PLAYING MATCHES**

✗ **NO PLAYER ON PLAYER CONTACT INCL TACKLING,
RUCKS, MAULS, LINEOUTS, OR SCRUMS.**

✗ **NO TOUCH OR OZTAG.**



**PRACTICE GOOD
HYGIENE**



**STAY HOME IF YOU
ARE FEELING UNWELL!**