


## PHASES

Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
<p><b>Individual &amp; Small Group Training Sessions</b> Maximum 4 People</p> <ul style="list-style-type: none"> <li>Keep a minimum distance of 2 meters between individuals</li> <li>The intensity and duration of the training sessions must be moderated and less than 80% of maximum cardiac rate</li> <li>Try to keep the training groups always to the same people (no mixing), to avoid cross-contagion</li> </ul>	<p><b>Small Group Training Sessions</b> Maximum 10 People</p> <ul style="list-style-type: none"> <li>No contact, keep a minimum distance of 2 meters between individuals</li> <li>The intensity and duration of the training sessions must be moderated and less than 80% of maximum cardiac rate</li> <li>Try to keep the training groups always to the same people (no mixing), to avoid cross-contagion</li> </ul>	<p><b>Larger Group General Practice</b> Maximum 20 Players</p> <ul style="list-style-type: none"> <li>No contact, keep a minimum distance of 1 meter apart</li> <li>Training intensity to be increased closer to maximum</li> <li>Limited Face-To-Face training</li> <li>Players must: <i>Record names &amp; contact telephone numbers at every practice session</i> <i>Sanitize hands before training</i> <i>Wear masks inside the clubhouse</i> <i>Follow normal social distancing guidelines</i></li> </ul>	<p><b>Whole Team Training Sessions</b> Unlimited Numbers</p> <ul style="list-style-type: none"> <li>Light contact, keep a minimum distance of 1 meter between individuals</li> <li>Increased Face-To-Face (F2F) training</li> <li>Mixing groups allowed</li> </ul>	<p><b>Whole Team Training Sessions</b> Preparing for Matches Unlimited Numbers</p> <ul style="list-style-type: none"> <li>Whole team training sessions</li> <li>Full contact preparation for competition</li> </ul>	<p><b>Competition</b></p> <ul style="list-style-type: none"> <li>Full contact competitive matches</li> </ul> 

## FOLLOW HYGIENE PROTOCOLS AT ALL TIMES

## SPECIFIC ACTIVITIES

Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
<ul style="list-style-type: none"> <li>Physical preparation</li> <li>Strength</li> <li>Plyometric</li> <li>Aerobic conditioning</li> <li>Stretching</li> <li>Neuro-muscular</li> </ul>	<ul style="list-style-type: none"> <li>Technical work</li> <li>Individual skills</li> <li>Tactical work</li> <li>Individual kicking</li> <li>Games involving these skills, always observing the 2 meter rule</li> <li>No passing of the ball from one player to another, each player must have their own ball</li> </ul>	<ul style="list-style-type: none"> <li>Strength &amp; conditioning</li> <li>Passing, kicking, lineout throws but no lifting</li> <li>Unopposed backline play, attacking plays, running lines, always observing the 1 meter rule</li> <li>Games involving larger groups, always observing the 1 meter rule</li> </ul>	<ul style="list-style-type: none"> <li>Strength &amp; conditioning</li> <li>Passing, kicking, lineout throws but no lifting</li> <li>Small-and-large-unit play with light opposition</li> <li>Backline, forward play with light opposition</li> <li>Touch rugby with full team</li> </ul>	<ul style="list-style-type: none"> <li>Strength &amp; conditioning</li> <li>Passing, kicking, lineout throws (lifting allowed)</li> <li>Small-and-large-unit play with full opposition</li> <li>Backline, forward play with full opposition</li> <li>Training games with full team</li> </ul>	<ul style="list-style-type: none"> <li>Full contact competitive matches</li> </ul> 