

# 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
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These guidelines apply to clubs and schools under the jurisdiction of Government of Ireland only and are superseded by Government and Health Authority guidelines at all times, with the exception of those matches which are permitted.

\*\* 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 3: GUIDELINES

TRAINING	<p>Non-contact training only in pods of up to 15 (exemptions apply).                      Strict avoidance of gatherings, including social 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.                      Pre-Rugby Personal Assessment Declaration to be completed before every session.</p>
MATCHES	<p>No matches to take place with the exception of those deemed exempt under government guidelines                      Commercial activities operated by clubs including bar and café facilities are subject to relevant sector guidelines</p>
FACILITIES	<p>Shower &amp; Changing facilities to remain closed                      Matches taking place must be held behind closed doors and follow IRFU COVID-19 Match Management Guidelines</p>
SPECTATORS	<p>Spectators are not permitted.                      A behind closed doors event can "include any individual involved in the participation, running, delivery, and broadcasting (if relevant) of the event"</p>
HEALTH & SAFETY	<p>Clubs must ensure their COVID-19 Health &amp; 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.</p>
*EXEMPTIONS	<p>The following are the only domestic rugby matches permitted in all four provinces:</p> <ul style="list-style-type: none"> <li>• Energia Men's and Women's All-Ireland League matches</li> <li>• Energia Men's Community Series – All Conferences</li> <li>• Energia Women's Community Series – Connacht Conference 1, Leinster Conference, Munster Conference 1, Ulster Conference.</li> </ul> <p>No friendly matches are permitted.                      Teams training for the above matches are exempt from non-contact and pod restrictions in Level 3.                      These measures will remain in place for all competitions until October 27th, after which an update will be provided.</p>