



RETURN TO PLAY FOR WHEELCHAIR RUGBY

5 STEP PLAN

STEP 1

Individual Training



Fitness | As advised by medical practitioner

Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity whilst maintaining social distancing

Activity

- Chair acclimatisation
- Individual Strength & Conditioning
- Ball handling - personal ball

Conditions

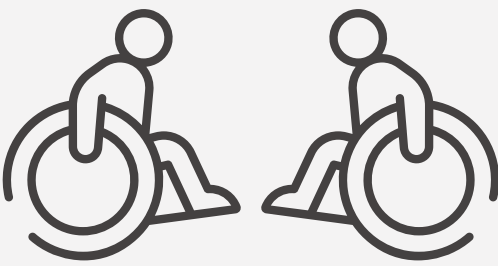
-  Risk assess playing venue
-  2m social distance
-  No ball sharing
-  No games
-  No contact
-  No spectators

Hygiene

-  Gloves & Facemasks
-  Clean Ball every 15 mins
-  No chair sharing
-  Post training full cleansing routine

STEP 2

Training in Pairs



Fitness | As advised by medical practitioner

Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity whilst maintaining social distancing

Activity

- Chair acclimatisation
- Individual Strength & Conditioning
- Passing in pairs permitted

Conditions

-  Risk assess playing venue
-  2m social distance
-  Same pairs train together
-  Ball sharing between pair only
-  No games
-  No contact
-  No spectators

Hygiene

-  Gloves & Facemasks
-  Clean Ball every 15 mins
-  No chair sharing
-  Post training full cleansing routine

STEP 3

Team Training Groups (in groups up to 4)



Fitness | As advised by medical practitioner

Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity whilst maintaining social distancing

Activity

- Individual Strength & Conditioning
- Group passing permitted

Conditions

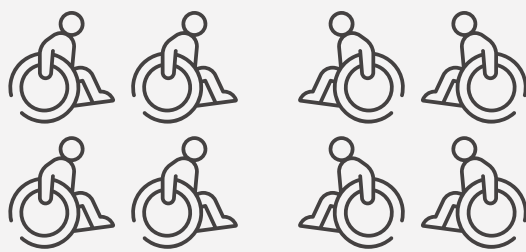
-  Risk assess playing venue
-  2m social distance
-  Ball sharing in same groups of 4 only
-  No games
-  No contact
-  No spectators

Hygiene

-  Gloves & Facemasks
-  Clean Ball every 15 mins
-  No chair sharing
-  Post training full cleansing routine

STEP 4

Team Training Groups (in groups up to 8)



Fitness | As advised by medical practitioner

Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity whilst maintaining social distancing

Activity

- Individual Strength & Conditioning
- Group passing permitted
- Team tactics
- Wheelchair contact permitted
- Wrestling ball permitted

Conditions

-  Risk assess playing venue
-  2m social distance
-  Social distancing relaxed during training only
-  Ball sharing in same groups of 8 only
-  No spectators

Hygiene

-  Gloves & Facemasks
-  Clean Ball every 15 mins
-  No chair sharing
-  Post training full cleansing routine

STEP 5

Game Play (GBWR sanctioned competition)



Fitness | As advised by medical practitioner

Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity whilst maintaining social distancing

Activity

- Competition resumes
- Group passing permitted
- Wheelchair contact permitted
- Team tactics
- Wrestling ball permitted

Conditions

-  Risk assess playing venue
-  2m social distancing remains other than for play (eg off-court staff & coaches)
-  Ball sharing permitted
-  Spectators (TBC)

Hygiene

-  Gloves & Facemasks
-  Clean Ball every 15 mins
-  No chair sharing
-  Post training full cleansing routine