



# 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



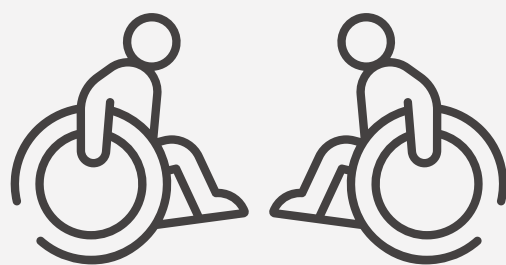
No chair sharing



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 5)



**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 5 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 10)



**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 10 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