

STEP 1

Individual Training



Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity
whilst maintaining social distancing

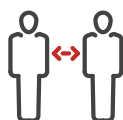
Conditions



**Risk assess
playing venue**



**No
games**



**2m social
distance**



**No
contact**



**No ball
sharing**



**No
spectators**

Activity

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

Hygiene



**Gloves
& Facemasks**



**No chair
sharing**



**Clean Ball
every 15 mins**



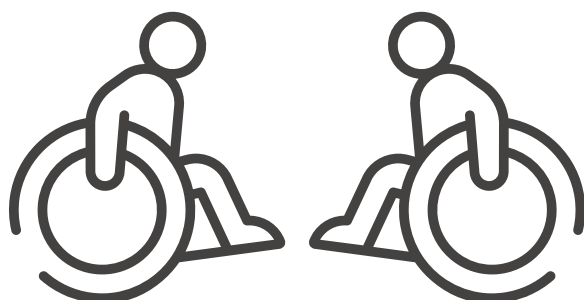
**Post training full
cleansing routine**

Fitness | As advised by medical practitioner

If you have any concerns or queries please speak with your Club COVID-19 Lead,
or contact the GB Wheelchair Rugby COVID-19 Officer at covid-19@gbwr.org.uk

STEP 2

Training in Pairs



Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity
whilst maintaining social distancing

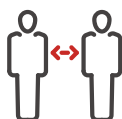
Conditions



**Risk assess
playing venue**



**Same pairs
train together**



**2m social
distance**



**Ball sharing
between pair only**



**No
games**



**No
contact**



**No
spectators**

Activity

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

Hygiene



**Gloves
& Facemasks**



**No chair
sharing**



**Clean Ball
every 15 mins**



**Post training full
cleansing routine**

Fitness | As advised by medical practitioner

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STEP 3

Team Training Groups (in groups up to 5)



Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity
whilst maintaining social distancing

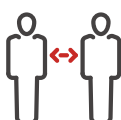
Conditions



**Risk assess
playing venue**



**No
games**



**2m social
distance**



**No
contact**



**Ball sharing in same
group of 5 only**



**No
spectators**

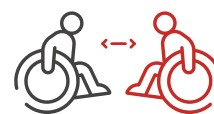
Activity

- Individual Strength & Conditioning
- Group passing permitted

Hygiene



**Gloves
& Facemasks**



**No chair
sharing**



**Clean Ball
every 15 mins**



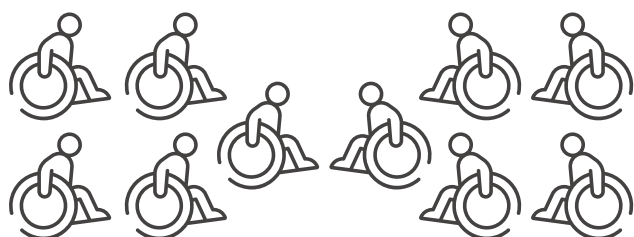
**Post training full
cleansing routine**

Fitness | As advised by medical practitioner

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STEP 4

Team Training Groups (in groups up to 10)



Participants

Maximum 12 players



Maximum of 8 staff/
support workers



Player numbers dependent on venue capacity
whilst maintaining social distancing

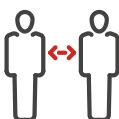
Conditions



Risk assess
playing venue



Ball sharing in same
group of 10 only



2m social
distance



No
spectators



Social distancing relaxed
during training only

Activity

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

Hygiene



Gloves
& Facemasks



No chair
sharing



Clean Ball
every 15 mins



Post training full
cleansing routine

Fitness | As advised by medical practitioner

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STEP 5

Game Play

(GBWR sanctioned competition)



Participants

Maximum 12 players



Maximum of 8 staff/
support workers

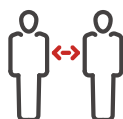


Player numbers dependent on venue capacity
whilst maintaining social distancing

Conditions



Risk assess playing venue



2m social distancing
remains other than for play
(eg off-court staff & coaches)



Ball sharing
permitted



TBC
Spectators
(TBC)

Activity

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

Hygiene



Gloves
& Facemasks



No chair
sharing



Clean Ball
every 15 mins



Post training full
cleansing routine

Fitness | As advised by medical practitioner

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