



# Ren-G's Rugby Training Guidelines



Let's enjoy playing rugby while preventing the spread of COVID-19!

OK

Check your temperature and physical condition every morning

OK

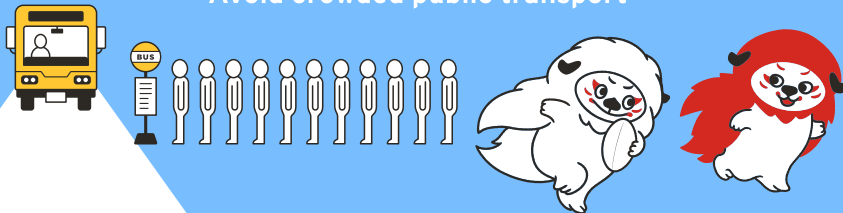


If you have any concerns, tell your coach!

Organise meetings online



Avoid crowded public transport



Cycling and walking are good alternative options!

Wash your hands frequently and use hand sanitizer



Respect the 2-metre social distancing rule



Wear a mask before/after training

No high fives or similar direct physical contact



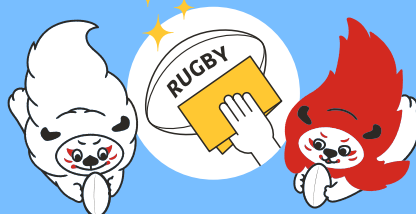
It's okay to have fun together but remember to remain cautious

No spitting on the field



Spitting could spread COVID-19

Clean and disinfect shared training equipment regularly



Many people infected by COVID-19 don't show any symptoms.

Keep in mind that you can spread the virus to your family, friends and those you love without knowing it.

Eat and sleep well to strengthen your body's immune system.

Keep yourself hydrated and make sure to replace minerals lost during training.

Be responsible for your own belongings



Do not share your gear or personal belongings with teammates!

High tackles and head-down tackling are dangerous and strictly prohibited.

The safety of your teammates and yourself should be top priority when training.



Please follow the guidelines and/or policy from your local government, or your school club to ensure a safe return-to-play.



**Self-Assessment Questionnaire:**  
**Fill in Before Attending Rugby Training!**



**Check the below every day before attending training**



**Did you check your temperature?**



**Is your temperature normal?**



**Do you have any cold-like symptoms such as coughing or sneezing?**



**Do you have a mask?**



**Do you have your own water bottle?**



**Do you have your own towel?**



**Do you have your own small towel for drying your hands?**



**Are you ready to play rugby with your teammates?**



**All Set! Have fun playing rugby!**



**JAPAN RUGBY  
FOOTBALL UNION**

公益財団法人 日本ラグビーフットボール協会

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