



RUGBY ONTARIO

PHASE 1 RTP ACTIVITY LIST (MINORS)

PHASE 1 REQUIREMENTS & RESTRICTIONS

PHASE					
1	Max Participants 10	Distance Req. 2M Always	NON-CONTACT ACTIVITIES*	NO SHARED EQUIPMENT	60 MIN MAX.

*Non-Contact Activity: training or games that always maintain physical distancing between all participants.

LIST OF RECOMMENDED ACTIVITIES

The activities below have been identified by the national return to play working group as safe to perform in phase 1 of Return to Play

Hand-Eye / Ball Skills

NAME	LINK
Basket Catch	Active For Life
Reaction Training *juggling*	Munster Rugby

Warm Up / Physical Prep

NAME	LINK
Rugby Says	Rookie Rugby
Follow the Leader	Rookie Rugby

Movement Competencies

NAME	LINK
Crab Walk	Active For Life
Gymnastics	World Rugby

Passing

NAME	LINK
Target throwing	Active For Life
Reaction Training *Wall-ball rebound*	Munster Rugby

Kicking

NAME	LINK
Kick - Instep	Active For Life
Kick - Sidefoot	Active For Life

Defence

NAME	LINK
Mirrored Lines	Rookie Rugby
Strength and Stabilization	World Rugby

Set Piece

NAME	LINK
Animal Walks	World Rugby
Head, Shoulder, Knees & Toes	Active For Life

Competitions

NAME	LINK
Rugby Golf	Rugby Ontario Rugby Golf Game Card

Ensure you are following ALL requirements and restrictions in Phase 1

For any questions on these activities and how to use them contact:
covid19manager@rugbyontario.com