



RUGBY ONTARIO

PHASE 2 RTP ACTIVITY LIST (MINORS)

PHASE 2 REQUIREMENTS & RESTRICTIONS

PHASE					
2	Max Participants 100	Distance Req. 2M Always	NON-CONTACT ACTIVITIES*	SHARED BALL ONLY	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 2 of Return to Play

Hand-Eye / Ball Skills

NAME	LINK
Individual Ball Skills	Rugby Bricks
Partner Reaction Training	Hand-Eye Coaches

Warm Up / Physical Prep

NAME	LINK
Animal Friends	Active for Life
Hop Scotch	Active for Life

Movement Competencies

NAME	LINK
Circuit Circus	PlaySport
Floating Pond	Active for Life

Passing

NAME	LINK
Individual Passing	Munster Rugby
Bucket Toss Golf	Active for Life

Kicking

NAME	LINK
Kick Tennis	RC National Skills Resource - pg. 11
Kick on the Move	RC National Skills Resource - pg. 12

Defence

NAME	LINK
Body Position Technique	RC National Skills Resource - pg. 34, 36
Preparation for Contact with the Ground	Rugby Ontario

Set Piece

NAME	LINK
Ball Ladder	RFU
Mini Rugby Line-out Throw	Rugby World - Mini Rugby

Competitions

NAME	LINK
Rugby Golf	Rugby Ontario Rugby Golf Game Card
Ultimate Rugby	Rugby Ontario Ultimate Game Card

Ensure you are following ALL requirements and restrictions in Phase 2

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