



RUGBY ONTARIO

PHASE 1 RTP ACTIVITY LIST (SENIORS)

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 use in phase 1 of Returning to Play

Warm-Up / Physical Prep

NAME	LINK
Activate Injury Prevention Exercise Program *Individual exercises only	World Rugby

Physical Conditioning

NAME	LINK
Core Drill	RC National Skills Resource - pg. 34
Core Drill - Ball Balance	RC National Skills Resource - pg. 36

Passing

NAME	LINK
Individual Passing Techniques	RC National Skills Resource - pg. 46, 48, 51
Target Throw	RC National Skills Resource - pg. 96

Kicking

NAME	LINK
Place Kicking Challenge	RC National Skills Resource - pg. 25
Goal Kicking Test	RC National Skills Resource - pg. 26

Defence

NAME	LINK
Strength & Stabilization Body Position Technique	World Rugby RC National Skills Resource - pg. 34

Set Piece

NAME	LINK
Individual Body Position Technique	RC National Skills Resource - pg. 36, 37
Individual Target Throwing	RC National Skills Resource - pg. 96, 98

Competitions

NAME	LINK
Rugby Golf	Rugby Ontario Rugby Golf

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