



# RUGBY ONTARIO

## PHASE 3 RTP ACTIVITY LIST (SENIORS)

### PHASE 3 REQUIREMENTS & RESTRICTIONS

PHASE



3

Max  
Participants  
**100**

Distance Req.  
**2M**  
Brief Breaches

NON-CONTACT  
TRAINING &  
SMALL SIDED  
FLAG GAMES

SHARED  
BALL, FLAGS  
& S&C  
EQUIPMENT

**75**  
MIN MAX.

**Non-Contact Rugby:** training or games that involve brief, limited breaches of physical distancing between teammates and the opposition. This includes Flag. – TOUCH RUGBY IS NOT PERMITTED

## LIST OF RECOMMENDED ACTIVITIES

The activities below have been identified by the National Return to Play Working Group as safe to use in phase 3 of Returning to Play

### Warm-Up / Physical Prep

NAME	LINK
Activate Injury Prevention Exercise Program *Individual exercises only	<a href="#">World Rugby</a>

### Physical Conditioning

NAME	LINK
Two Touch *use flags	<a href="#">RC National Key Themes</a> - pg. 25
Drop off Touch *use flags	<a href="#">RC National Skills Resource</a> - pg. 80

### Passing

NAME	LINK
Clearance Pass Touch *use flags	<a href="#">RC National Key Themes</a> - pg. 69
First Receiver Touch *use flags	<a href="#">RC National Key Themes</a> - pg. 84

### Kicking

NAME	LINK
Tactical Kicking Game	<a href="#">RC National Skills Resource</a> - pg. 14
Kicking Tennis	<a href="#">RC National Skills Resource</a> - pg. 12

### Defence

NAME	LINK
Flag Fury	<a href="#">Rookie Rugby</a>
Recycle Run	<a href="#">Rookie Rugby</a>

### Set Piece

NAME	LINK
Individual Body	<a href="#">RC National Skills Resource</a> - pg. 29
Position Basic Scrum	<a href="#">RC National Skills Resource</a> - pg. 111
Set-up	<a href="#">RC National Skills Resource</a> - pg. 111
Ladder Bound Activity	<a href="#">RC National Skills Resource</a> - pg. 111

### Competitions

NAME	LINK
2020 RUGBY ONTARIO RETURN TO PLAY FLAG RUGBY LAWS	<a href="#">Rugby Ontario RTP Laws</a>

**Ensure you are following ALL requirements and restrictions in Phase 3**

For any questions on these activities and how to use them contact:  
[covid19manager@rugbyontario.com](mailto:covid19manager@rugbyontario.com)