



RUGBY ONTARIO

PHASE 1 RTP ACTIVITY LIST (JUNIORS)

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

Warm-Up / Physical Prep

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

Physical Conditioning

NAME	LINK
Gymnastics	World Rugby
Speed Based Movements	World Rugby

Passing

NAME	LINK
Individual Passing Techniques	RC National Skills Resource - pg. 46, 48, 51
Individual Passing	Munster Rugby

Kicking

NAME	LINK
Place Kicking Challenge	RC National Skills Resource - pg. 25
Individual Games and Drills	RC National Skills Resource - pg. 6, 8

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 follow ALL requirements and restrictions in Phase 1

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