



RUGBY ONTARIO

PHASE 2 RTP ACTIVITY LIST (SENIORS)

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 use in phase 2 of Returning to Play

Warm-Up / Physical Prep

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

Physical Conditioning

NAME	LINK
Ladder Bound	RC National Skills Resource - pg. 111
Goal Keeper Catch	RC National Skills Resource - pg. 107

Passing

NAME	LINK
Passing Under Pressure	RC National Key Themes - pg. 14
Role of the First Receiver	RC National Key Themes - pg. 18

Kicking

NAME	LINK
Kicking in Pairs	RC National Skills Resource - pg. 6
Kicking Tennis	RC National Skills Resource - pg. 12

Defence

NAME	LINK
Speed of Ball Practice	RC National Skills Resource - pg. 71
Tracking & Tackling	The Rugby Site

Set Piece

NAME	LINK
Swiss Ball Target Throwing	RC National Skills Resource - pg. 10, 102, 104, 106
Core Drill - Partner Ball Balance	RC National Skills Resource - pg. 35

Competitions

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

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