

Coronavirus COVID-19



NO RUGBY ACTIVITY DURING STEP 1

The IRFU are directing rugby clubs not to operate any rugby activity or organised training during Step 1 of the Northern Ireland Executive's Coronavirus Recovery Plan.

A full statement is available on IrishRugby.ie

Please Continue To:

Follow The Advice:

Follow the advice being offered by the Government based on medical and scientific evidence including the current #stayhome advice while that remains in place

Wash Your Hands:

Wash our hands regularly and in line with the best practice guidance

Have Good Respiratory Hygiene:

Follow the social distancing guidelines and stay two metres away from those outside your household whenever possible

Follow Social Distancing Guidelines:

Have good respiratory hygiene in terms of coughing or sneezing into a tissue or the crook of your elbow

Consider Use Of Cloth Face Coverings:

Consider the use of cloth face coverings (mouth and nose) for short periods of time when you are in enclosed spaces where social distancing cannot be maintained. For example when using public transport and while in some shops

Abide By Need To Self-Isolate

Abide by the need to self-isolate either because you have symptoms or because you have been in touch with someone who has symptoms or has tested positive for Coronavirus. This includes if contacted by the contact tracing arrangements in place

For The Latest COVID-19 Advice & Information Go To:
<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>