

**PLAYERS WITH DISABILITIES AND/OR  
PRE-EXISTING MEDICAL CONDITIONS**

COVID-19 FURTHER GUIDANCE  
& HEALTH CONSIDERATIONS

It is important for Clubs to read this section in conjunction with the [Community Game Covid-19 Return to Training and Competition Operating Guidelines](#).

All information below is subject to change based on government guidance. Clubs and individuals to whom this applies if in any doubt, seek medical advice / government guidance.

Further guidance for those who are shielding or for those who are living with a family member who is shielding are available in [this link](#)

## 'At Risk' Groups

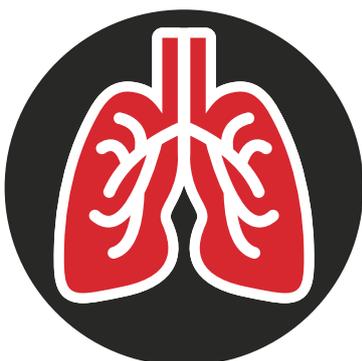
Players who are high risk (clinically extremely vulnerable) should follow the medical guidance issued to them. People in this category should have received a letter from the Welsh Government and NHS informing them that they are at high risk. If they have not we suggest they contact their GP or local care team. The information below is accessible on [this link](#) and highlights some people who are at high risk.

## People Deemed At High Risk (Extremely Vulnerable)

(Important - the list below may not include everyone who is at higher risk from coronavirus and may change as we learn more about the virus).

People at high risk from Covid-19 include people who:

- Have had an organ transplant
- Are having chemotherapy or antibody treatment for cancer, including immunotherapy
- Are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- Are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- Have blood or bone marrow cancer (such as leukemia, lymphoma or myeloma)
- Have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- Have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- Have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- Are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- Have a serious heart condition and are pregnant.
- Health Survey
- Training venue assessment



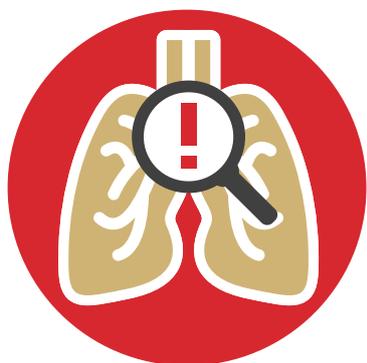
## People at Moderate Risk (Clinically Vulnerable)

(Important - the list below may not include everyone who is at higher risk from coronavirus and may change as we learn more about the virus).

It is very important they follow the general advice on social distancing. Unlike people at high risk, they will not get a letter from the NHS.

The information below is accessible on the NHS at [this link](#) and highlights some people who are at moderate risk:

- Are 70 or older
- Are pregnant
- Have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- Have heart disease (such as heart failure)
- Have diabetes
- Have chronic kidney disease
- Have liver disease (such as hepatitis)
- Have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- Have a condition that means they have a high risk of getting infections
- Are taking medicine that can affect the immune system (such as low doses of steroids)
- Are very obese (a BMI of 40 or above).



## Guidance for Clubs with Players with Disabilities

### Prior to attending any form of rugby

It is understood that there may be players within teams with disabilities or pre-existing medical conditions, both these individuals and all players with disabilities that sit within the WRU Inclusive Rugby Landscape (Annex A) should pay particular attention to the guidance below:

- Players should seek medical advice before returning to any group training
- Players or parents, carer/chaperone (where required due to age or ability) must have completed World Rugby's online Covid-19 Return to Play awareness course, please see the link: <https://playerwelfare.worldrugby.org/Covid-19-courses> prior to resuming training.
- Players or parents, carer/chaperone (where required due to age or ability) must have completed online registration via My WRU, please see the link: <https://www.mywru.co.uk>
- Players or parents, carer/chaperone (where required due to age or ability) must complete the WRU online Covid-19 symptom check by logging into the WRU Game Locker <https://www.wrugamelocker.wales>

[Those that are unable to access internet services should undertake daily Covid-19 symptom check found below and confirm that;](#)

#### **Prior to attending any form of rugby;**

- they are, to the best of their knowledge, currently free from Covid-19;
- they have not had any symptoms, being a high temperature or fever, a new continuous cough, new unexplained shortness of breath or loss of smell or taste (anosmia) related to Covid-19 in the 7 days immediately prior;
- they have not been in contact with a Covid-19 confirmed or suspect case in the 14 days immediately prior; and
- where applicable, he/she has undergone relevant Covid-19 testing (whether antigen testing, antibody testing or otherwise) or immunisation (and if so he/she should give his/her Club's Operations Manager or nominated Operational Lead written evidence of any testing or immunisation, whether or not that has been validated and/or recommended by the relevant public health and/or government authorities).

#### **Further guidance on returning to training**

- Where feasible social distancing should be adhered to at all times.
- Players who need assistance and utilise a parent/carer/chaperone (for example getting changed or accessing the facility) should bring only one parent/carer/chaperone with them.
- Players, parents, carers who use guide dogs are able to attend training. The guide dog should not be smoothed or patted by anybody other than the person(s) they are there to support.
- Guide dog owners please follow the guidance from [Guide Dogs UK](#) and the Animal and Plant Health Agency.
- Players who use equipment to access the pitch or playing area, or specialist equipment for training, should continue to use this equipment.

#### **Equipment commonly used:**

- Wheelchairs (powered and manual)
- Assisted Walkers
- Prosthetic limbs
- All equipment (including above) must be cleaned with anti-bacterial wipes/spray before entering the facility.
- All equipment (including above) must be cleaned with anti-bacterial wipes/spray after the training session.
- Equipment (including above) must only be handled by the player or their parent/carer/chaperone.
- All players must only touch and handle their own equipment.
- All parents/carers/chaperones only to remain pitch side if deemed essential and must adhere to social distancing rules during the training session.
- When players return to training it must be gradual, progressive, and for those in high risk groups, (or anyone with concerns), we suggest they do so following consultation with their medical approval practitioner.

**Clubs are advised to review all medical information provided by their members and update risk assessments. To identify members who are categorised as people of high and/or moderate risk by the NHS.**

## Annex A – WRU Inclusive Rugby Landscape

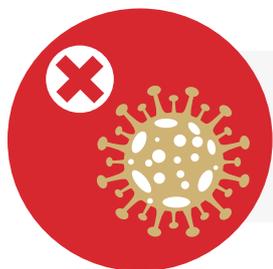


## APPENDIX 1

### THE DAILY COVID-19 SYMPTOM CHECK

This is in addition to the WRU online symptom tracker.

Prior to attending any form of rugby individuals should always conduct a self symptom check and confirm that:



**They are, to the best of their knowledge, currently free from Covid-19;**



**They have not had any symptoms (high temperature or fever, a new continuous cough, new unexplained shortness of breath or loss of smell or taste (anosmia)) related to Covid-19 in the 7 days immediately prior;**



**They have not been in contact with a Covid-19 confirmed or suspect case in the 14 days immediately prior; and**



**Where applicable, he/she has undergone relevant Covid-19 testing (whether antigen testing, antibody testing or otherwise) or immunisation (and if so he/she should give his/her Club's Operations Manager or nominated Operational Lead written evidence of any testing or immunisation, whether or not that has been validated and/or recommended by the relevant public health and/or government authorities).**

If so, that individual should remain at home, inform a medical practitioner and his/her Club's Operation Manager, and follow instructions from the relevant public health and/or government authorities;

## APPENDIX 2

### Hyperlinks throughout the document

1. **Welsh Government Guidance on shielding and protecting people**

<https://gov.wales/guidance-on-shielding-and-protecting-people-defined-on-medical-grounds-as-extremely-vulnerable-from-coronavirus-covid-19-html#section-38744>

2. **Coronavirus (Covid-19) Shielded Patients List**

<https://digital.nhs.uk/coronavirus/shielded-patient-list>

3. **World Rugby Covid-19 online education module**

<https://playerwelfare.worldrugby.org/covid-19-courses>

4. **WRU Registration**

<https://www.mywru.co.uk>

5. **WRU Game Locker**

<https://www.wrugamelocker.wales>

6. **World Rugby Covid-19 online education module**

<https://playerwelfare.worldrugby.org/covid-19-courses>

7. **Guide Dogs UK**

<https://www.guidedogs.org.uk/Covid19>