

### The following guidance is for Scottish Rugby National/Society & Club/School Match Officials

In line with Scottish Government guidance, Scottish Rugby have produced this detailed guidance for match officials to assist all match officials in their safe return to officiating full contact rugby.

This should be read in conjunction with the latest Scottish Government guidance and Scottish Rugby's Return to Rugby guidelines which can be found [\(here\)](#).

This Return to Match Officiating guidance provides principles to help safeguard your wellbeing during this period.

Each club or school has been asked to identify a Covid-19 Safety Coordinator to coordinate the safe return to rugby in their environment.

Before attending a match we advise all match officials to contact the club or school Covid-19 Safety Coordinator, or Team Lead, to ensure they are fully aware of the procedures at the host venue.

### Feeling Unwell?

- **STAY AT HOME** – do not go outdoors to officiate a match, self isolate & book test if you have symptoms.
- **INFORM** your relevant Society appointment secretary or Covid-19 Safety Coordinator so an alternative match official can be organised.
- **Follow Scottish Government and PUBLIC HEALTH GUIDELINES.**

#### PRE-MATCH BEFORE MATCH DAY

**ENSURE YOU ARE UP TO DATE WITH SCOT GOV GUIDELINES**



Personal details updated on Whos' the Ref [\(WTR click here\)](#)



**FLAGS CAN NOW BE USED**



Expect contact from the Club for match day protocols



**PERSONAL MATCH DAY KIT**  
Sanitise all personal equipment that is to be used during the game.  
**Whistle - Cards - Pencil - Coin**



**ONLY USE YOUR OWN WATER BOTTLE.**

#### MATCH DAY

Travel on match day should follow current Transport Scotland travel guidance. The current guidance can be found [HERE](#)



**WEAR A FACE COVERING** when using public transport or indoors.

#### PRE-GAME PRE MATCH PREPARATION



**WORLD RUGBY LAW TRIALS**  
Remind all players and coaches of the law trials in place for competitions this season.



**COIN TOSS**  
Action should be completed by the referee. Both captains to be present with one captain selecting "heads/tails". The winning captain of the toss deciding whether to kick-off or choose an end.

#### GAME ON

A friendly fixture can be played under flexible 'game on' laws to help stop fixtures being called off. The team captains must agree before kick off and communicate to the match official.



**ON-FIELD EQUIPMENT CLUB TO SANITISE & PREPARE** - Match Balls, Post Protectors & Pitch Flags

**COVID-19 SAFETY BRIEFING**  
Home club to provide a safety briefing to Officials and Players prior to the start of the match.

#### ON ARRIVAL

Arrive **NO MORE THAN 45 MINUTES** before kick-off.

**ARRIVE READY TO OFFICIATE**  
Changing rooms may be available - please liaise with the host club for details).



**CHECK-IN** on arrival



**NO HANDSHAKES**  
**NO HIGH FIVES**  
**NO FIST BUMPS**



**WASH HANDS** thoroughly (min 20 secs) before and after the match.

#### MATCH



**RESPIRATORY HYGIENE**  
Avoid touching your mouth where possible. Avoid spitting, clearing nose. Apply cough & sneeze etiquette.



**WASH / SANITISE** hands regularly (Pre-match, Half-time, Post-match)

**HALF-TIME STAY ON THE PITCH**

#### POST MATCH




**CLEAN / SANITISE** all personal equipment that was used during the game as soon as possible

**METAL WHISTLES**, can be cleaned using a pan of boiling water and a teaspoon of baking soda for 1 minute.

**PLASTIC WHISTLES**, boiling it can cause damage. Instead, soak the whistle in a bowl of antiseptic mouthwash for 30 to 60 minutes, then rinse the whistle with cool water and let it dry thoroughly.

Once your metal or plastic whistle is clean, store it in the freezer when you're not using it to help prevent bacteria build up.



If you've developed COVID-19 symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested:

[NHSINFORM.SCOT](https://nhs.uk/inform-scot)

Do not go to your GP, pharmacy or hospital. You should remain at home until you get the result of the test, and then follow the advice you will be given based on the result.

**MOST COMMON COVID-19 SYMPTOMS:**

- CONTINUOUS COUGH (last more than 1 hour, 3 or more episodes in 24hrs)
- FEVER/HIGH TEMPERATURE (37.8C or greater)
- LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (anosmia)

**It's time to roll up our sleeves**  
Vaccinations for COVID-19 are underway





