



Rugby Indiana Return to Play and Covid-19 Policy and Protocols for Athletics *Effective 06 April 2021*

Rugby Indiana Changes Since Last Version In Red

Any updates or changes from these agencies during the fluid COVID-19 situation for athletics/rugby are required to be implemented.

ALL PLAYERS, COACHES, REFEREES, AND ADMINISTRATORS PARTICIPATING IN RUGBY INDIANA SANCTIONED ACTIVITIES – Meetings (including club/team), training, conditioning, practices, scrimmages, freindlies, Matches - MUST COMPLETE THE DAILY SYMPTOM MONITORING QUESTIONNAIRE PRIOR TO PRACTICES AND MATCHES.

Failure to complete daily symptom monitoring will result in immediate inaliability for sanctioned activities.

Additionally, All Clubs, Teams, Parents, Players, Coaches, Administrators, and Referees will adhere to all Rugby Indiana, State, and Local COVID-19 directives. This includes but is not limited to:

- Completing the COVID-19 Participation Waiver
- Possible COVID-19 Testing for medical clearance to play – as required by those directives
- COVID-19 Prevention Training
- ANY COVID-19 Exposure will be reported to the County Health Department. Be prepared to cooperate with them, including for contact tracing.
 - HIPAA does not allow for naming anyone who has been confirmed with COVID-19. You may NOT say that XXX has COVID symptoms, etc.

General COVID-19 Protocols (for both indoors & outdoors) for Athletics:

- Before ANY rugby activity: The Rugby Club/Team must provide proof to the Executive Director of all Coaches, Adminsitrators, and Referees having completed the FREE appropriate World Rugby COVID-19 training.
- **Players, Coaches, Referees, and Adminsitrators must complete COVID symptoms tracking for their club/team. They may use the World Rugby paper form, Google Forms or other method to track symptom monitoring.**
 - **If before any match proof of completed COVID symptoms tracking is requested by the opposing team, referees, match officials, or Rugby Indiana representative, the team must provide it for inspection. Any persons not completing the required symptoms tracking becomes ineligible for the event.**
- Coaches take attendance at all practices and matches. This will be information requested by the County Health Dept for contact tracing.
- Athletes can't be penalized for not attending practice or contests due to COVID-19 concerns
- Rugby Indiana reserves the right to cancel practice/games due to COVID-19 implications
- Coaches, trainers, and administrators must wear face coverings at all times
- Athletes must wear face coverings at all times when heart rate is not elevated

- No concession stands open at events
- **There are NO after match socials for the 2021 Spring Season.**
- All County &/or state guidance regarding public events must be applied
- Everyone riding a schools bus to/from competition must wear a face covering the entire time and assigned seats are required for possible contact tracing
- **Rugby Indiana recommends that spectators are restricted to the athletes immediate household family members**
- **Rugby Indiana recommends that all spectators at events social distance by 6 ft. or more by family and wear a face covering the entire time**
- **Rugby Indiana recommends all clubs and teams provide signage that can be viewed by spectators that says:**

The COVID-19 Global Pandemic is not over yet. Your help is appreciated.

It is recommended that spectators wear masks and social distance to protect the other spectators at this event.

It is recommended that spectators are limited to the immediate household family of the athletes.

- In-person fundraisers will not be allowed
- Minimize shared sports equipment
- Immediate reporting of COVID-19 related concerns is required
- Apply any additional protocols and guidance from government directives immediately once publicly announced

Athletic Practice Protocols (for both indoors & outdoors):

- Confirm that all athletes have been completing their daily symptom monitoring questionnaire and are currently cleared for participation before all activities.
- No transportation provided
- Frequently clean and disinfect equipment
- Only athletes, coaches, administrators, referee, and trainers allowed in gym, courts, course, or fields
- Athletes must bring personal water bottle with name attached, towel, hand sanitizer, and face covering. No sharing.
- No sharing of athletic apparel – Jerseys, Shorts, etc.
- At the start and end of practice when all teams are gathered, keep them separate as a group in their own area. Athletes may not linger before or after practice. Face covering must be worn by all athletes and staff during this period.
- Coaches, trainers, and administrators must wear face coverings at all times
- ***Face coverings are not required when engaging in vigorous physical activity.***
- Eliminate unnecessary contact, including celebratory contact
- Provide a break every 30 minutes to clean hands
- Document and keep record of groups of athletes who work together for possible contact tracing

- Have athletes work in small groups as much as possible
- No spectators / parents on or near the field. They are to remain in their cars.

Athletic Match Protocols (for both indoors & outdoors) for Athletics:

- Confirm that all athletes have been completing their daily symptom monitoring questionnaire and are currently cleared for participation before all activities.
- Temperature Checks will be made before Athletes, Coaches, Referees, and Administrators are cleared to participate and join their team, including to be in team areas.
- Frequently clean and disinfect equipment for training and warmups
- Have athletes work in small groups as much as possible in Warmup areas. Warm Up Period begins 30-minutes before a match and no sooner.
- Stay with your team, in team assigned areas. Do not visit other team's areas
- Move directly between your team area and the match locations. Arrive at the location no more than 5 minutes before matches, and wait away from all spectators and other teams.
- Do not visit restrooms in large groups
- Do not use carriers for water bottles. Each athlete is responsible for their own.
- Food/Hydration: All athletes must bring their own food and hydration supplies. No sharing and no communal use/supplies.
- Once playing uniforms have been assigned, there is no swapping of jerseys, shorts, etc.
- Coaches, trainers, and administrators must wear face coverings at all times
- ***Face coverings are not required when engaging in vigorous physical activity.***
- Technical Zones: The limited areas for spectators is suspended to allow for social distancing.

Minimize Risks Protocols for Athletics:

The following is very important to keep in mind. This year is obviously very different from any other year. If you intend to participate, you need to make a commitment to yourself and to the team to minimize any potential risk of picking up COVID-19. If you are not feeling well, you need to contact the coaches, stay home, and get tested.

Minimize risk - Be smart in what you do during the season off the field. Wear a mask when you go into public places. Wash your hands frequently and exercise social distancing. It's OK to be with friends and family, but try to avoid large indoor gatherings and always social distance.

If someone has the virus and spreads it to others on the team, not only could we have several players miss games/matches at the same time due to quarantine, but if the numbers are high enough Rugby Indiana could simply cancel the remainder of the season. Minimize your risk so you don't jeopardize the team.

If you don't feel well (fever, fatigue, or any of the 14 symptoms provided in the daily check), stay home, let the coaches know, and get tested. There is a chance someone will test positive during the season even while minimizing risk. Take the precautions to minimize the chance to spread to others. Let's be smart and commit to each other to have a successful season.

COVID-19 Athletics Reporting Procedure

The purpose of this document is for Rugby Indiana to provide guidelines and recommendations for all rugby athletes, parents, administrators, referees, and coaches provided by Center for Disease Control and Prevention, USA Rugby, and our insurance broker.

Screening

- As athlete is required to self-screen at home daily (once a day), and if he/she reports one or more below symptoms, contact their coach and stay at home.
- Coaches must screen student-athletes daily. If student-athletes report one or more below symptoms, contact the Rugby Indiana Executive Director
- Coaches, Referees, and Administrators are required to self-screen at home daily (once a day), and if he/she reports one or more of the symptoms below, contact the Rugby Indiana Executive Director and stay at home.

Symptoms

- Fever - 100.4 degrees or higher or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste and/or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Suspected/Diagnosed Cases

- If an athlete develops COVID-19 symptoms during practice/competition, he/she will be removed immediately from activity and maintain social distancing. Head Coach and/or Administrator will notify the parent/guardian and direct the parent/guardian to contact their Primary Care Physician or appropriate healthcare provider. The Coach/Administrator will notify the Rugby Indiana Executive Director.
- As athlete who is suspected or diagnosed with COVID-19 is not allowed to return to participate in any athletic/club/team activity until the **Return To Sports** process is complete and approved.
- Parents/Guardians of the Athletes who might have been exposed to the COVID-19 will be notified by the Executive Direction in conjunction with the County Health Department.
- Athletes/Parents are required to report COVID-19 concerns to the Coach immediately. These include COVID-19 symptoms, test (even before results are back), close contact with a positive case and a positive case.
- Coaches are required to report COVID-19 symptoms for coaches/administrators/athletes: COVID-19 testing (even before results are back), COVID-19, COVID-19 close contact and COVID-19 positive cases immediately to Rugby Indiana Executive Director. The Executive Director will work with County Health Department Officials.

- Any team/Club with a CONFIRMED COVID infection on their team, must suspend all practices/matches/events and all members of their club/team (including coaches, referees, admins) are no longer cleared to participate and must follow the **Return to Sports** process.

Return to Sports

- Any player, coach, admin, referee must continue symptom reporting during the period they are removed due to a suspected COVID interaction/infection.
- Generally, return to the sport will not be prior to 14 days of quarantine or self-isolation, but Rugby Indiana reserves the right to determine coach, manager or athlete return to the sport after review of each individual situation.
- Documentation may be requested by Rugby Indiana from appropriate health care provider
- Clearance can come by:
 - A Medical Doctor provides written clearance
 - A Negative Test and symptom free for 48 hours
 - 14 days of quarantine and symptom free for 48 hours

REFUNDS

- USA Rugby, USA Youth & High School Rugby, and Club fees belong to those respective organizations and are not refundable by Rugby Indiana.
- In consideration of being allowed to participate in the Rugby Indiana Season/Activities, and in consideration of the impact that COVID may have on the ability to participate, the athlete/player and/or parent/guardian understands there is no refund of Rugby Indiana fees for participation in the season for what they are registered.

Signature Page

In consideration of being allowed to participate in Rugby Indiana Season/Activities, I/we acknowledge that participation is voluntary and that health safety risks of COVID-19 cannot be eliminated by participating. By signing this document, both the athlete and parent/guardian have read, understand, and will abide by all “Return to Play” procedures and protocols specific to Rugby Indiana and had the opportunity with the Head Coach to ask any questions. I/we also acknowledge and agree to the refund policy.

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____