



New Trier Rugby - Return to Play Protocol

New Trier Rugby Club are following all applicable State of Illinois, City of Chicago, USA Rugby, Midwest Rugby, CARFU and Rugby Illinois guidelines in order to slowly, safely and smartly return to rugby. The below protocol is mandatory and must be followed by everyone participating in any New Trier Rugby Club program as a player, coach or administrator. No exceptions are allowed, and anyone who participates or attempts to participate in a New Trier Rugby Club event without fully following the protocol is subject to discipline, up to and including being permanently banned from the organization. Failure to follow the guidelines endangers the health of your clubmates and their families, will impact the return of competitive rugby, and could subject the New Trier Rugby Club to legal liability.

Please note: this Protocol is subject to change as new information becomes available. This Protocol, once finalized and approved, will be posted on the New Trier Rugby Club website and social media. Online training sessions for all potential participants detailing the requirements of this Protocol will be held before any training starts.

Awareness Course (should be completed now)

All participants must successfully complete the World Rugby COVID-19 Return to Play Awareness for Players and Coaches course.

All coaches and administrators must complete the applicable course and submit their certificate to Philip Olson at philipolson@comcast.net.

Please save an electronic copy of your certificate and keep a hard copy in your kit bag. You can access the course at the link below. The course is free, but you will have to register with World Rugby:

<https://playerwelfare.worldrugby.org/?documentid=module&module=37>

Before You Travel to the Field

1. Symptom Check: At the field, you will need to fill out the symptom checker form. The symptom checker will ask about any recent exposure to, diagnosis of, or symptoms related to COVID-19. If you are not symptomatic, and you have not been recently exposed to or diagnosed with COVID-19, you can travel to the field for training. It is highly encouraged to travel by yourself or only with co-habitants (family members or roommates), and to avoid public transportation.
2. A face covering must be worn to and from the field, and at all times at the field except that players may remove the face covering while actively training. Coaches must wear face coverings during training.
3. No water will be available at the field. You must bring your own, clearly marked water bottle, which cannot be shared with anyone else. You should also bring hand sanitizer and wipes.
4. Your training gear must be cleaned after each training. Any personal equipment (kicking tees, headgear) must be cleaned before and after every session. No personal gear may be shared with anyone else.

Arrival at the Field

5. Upon arrival at the field, all participants will be temperature checked by New Trier Rugby Club staff using a no-contact thermometer. Please do not go past the designated checkpoint until the check is completed and the staff member has cleared you. Any participant with a temperature reading above 99.5F will be denied access to the field. The staff member will record the temperature check in the same tracking spreadsheet that recorded the symptom checker. Any temperature reading above 99.5F must be reported immediately (before the start of training) to the New Trier Rugby Club.
6. At the end of every training, the New Trier Rugby Club staff must log participant name, recorded pre-training temperature, and CIPP number (and any other requested information) to the CARFU RTP Temp Tracking shared document (link and access to be provided by CARFU).
7. Any person with COVID symptoms or a positive test result must immediately refrain from further participation until completion of the procedures set forth in Appendix 1 (below). Additional procedures for positive test results are set forth in Appendix 2 (below).
8. If cleared to join training, masks must continue to be worn until training starts. Social distancing must be observed (a minimum of six feet) unless otherwise dictated by the training drills. Handshakes, hugs, fist bumps, “circle up” or “hands in” are not allowed at any time.
9. The locker rooms will not be opened. Keep your gear in your bag in a spot on the sidelines at least six feet from any other bags. Both sidelines can be used.

Training

10. New Trier Rugby Club are only cleared for Phase 4 training activities, as detailed below, and may not progress to Phase 5 unless and until receiving written approval from CARFU and Rugby Illinois.
11. Tackling (including form/minimal impact tackling drills), rucking, mauling, and set pieces (line outs, scrums), or any other activity that involves physical contact is not allowed. Matches, either intra-squad or against another club, are not allowed.
12. Training is limited to 50 participants, including coaches. No spectators are allowed. Parents must remain in the parking lot. Players can only attend the training for their playing group. Coaches will be assigned to playing groups and will not cross over. For Youth Rugby training, age-based groups will work together with specific coaches, and the coaches and players will not cross over to other groups. Training will be scheduled to ensure sessions do not overlap.
13. Training will be planned and conducted to maximize the distance between participants and to minimize personal contact. The sessions are to be non-contact (see below for specifics) and touch rugby is not allowed. The head coach running training is required to have and maintain a copy of the training plan.
14. Examples of training activities allowed in Phase 4 include:
 - a. Fitness, strength and conditioning
 - b. Individual skill work (footwork, speed and agility, kicking, passing)
 - c. Team passing drills
 - d. Unopposed and non-contact attack pattern drills
15. Tackle bags/dummies/hit shields cannot be used. The scrum machine and the ruck sled cannot be used.

Equipment and Field Protocols

16. Separate training bags will be designated and clearly marked for each training group, consisting of balls and cones. Pinnies cannot be used unless distributed to each player who is responsible for cleaning it after each training and bringing it to/from training.
17. The Club Compliance Officers, along with the team manager and equipment manager, are responsible for ensuring that all equipment used in training is thoroughly cleaned before and after training. This process—specifically, who did the cleaning, what was cleaned, and when it was done—will be

NEW TRIER RUGBY CLUB

documented, and those records retained until further notice. Wipes, sprays and other cleaning products will be available in the equipment container.

18. The bathrooms will be cleaned and stocked daily. The doors will be propped open during training.
19. All other potential shared surfaces are cleaned daily. A full supply of cleaning equipment, personal protection equipment, and hand sanitizers will be maintained at the facility, and will be available throughout the facility during training.
20. Appropriate field signage will be posted before the first New Trier Rugby Club event. Entrance and exits will be marked. Please follow all field signage accordingly. Training times and days will be staggered to allow for groups to enter/exit without crossing paths. Guidance will be provided to ensure there is no clustering during the check-in process and that groups promptly exit the field after training.

Match Day

21. Matches (either intra-squad or against other clubs) are not currently allowed and will only be authorized in Phase 5 and with written approval from CARFU and/or Rugby Illinois. If and when competitive match play resumes, the New Trier Rugby Club will follow the Midwest RFU or Rugby Illinois Pre-Match and Match Day Safety Protocols. Recordkeeping, Reporting, Auditing and Data Protection. The club will comply with Rugby Illinois recordkeeping, reporting, auditing and data protection requirements as follows.
22. Certificates of Completion for each club player, coach and administrator stating that they have completed the World Rugby COVID-19 Education Modules. Youth will be retained and subject to audit.
23. Weekly reporting to LAU Compliance Officer:
 - a. Completed World Rugby Symptom Checkers for each player who attended practice/training, a game, or a scrimmage;
 - b. Player attendance;
 - c. Practice attendance;
 - d. Documentation of Personal Protective Equipment (PPE) being used; and
 - e. Documentation of the cleaning/disinfecting of all equipment. Youth will be retained and subject to audit.
24. The Club Compliance Officers will ensure that WR COVID-19 Guidelines require that collected data and information specific to managing return to activity/play is adequately protected in compliance with data protection requirements of any law. For example, the collection and storage of information relevant to contact tracing or the sharing of a player or staff member's medical information with teammates, opposition teams or media is being properly considered. The Club Compliance Officers (see below) are responsible for ensuring the New Trier Rugby Club compliance with this plan and any additional RTP requirements. Please contact them with any concerns or questions.

philipolson@comcast.net / 773-320-9493
stevemerds@gmail.com / (312) 831-4426

....

Appendix 1

CDC guidance provides two options for when a participant can return to the training after having a positive COVID-19 test. The New Trier Rugby Club accept either the time based or test based method.

1. The Participant tested positive for COVID-19 and had symptoms:
 - a. The players can be with others after:

- i. 3 days with no fever and
 - ii. Respiratory symptoms have improved (e.g. cough, shortness of breath) and
 - iii. 10 days since symptoms first appeared
 - b. Depending on the participant's healthcare provider's advice and availability of testing, the participant might get tested to see if they still have COVID-19. If the participant will be tested, they can be around others when they have no fever, respiratory symptoms have improved, and they have received two negative test results in a row, at least 24 hours apart.
2. The Participant tested positive for COVID-19 but had no symptoms:
 - a. If the participant continues to have no symptoms, they can be with others after:
 - i. 10 days have passed since the positive test
 - b. Depending on the participant's healthcare provider's advice and availability of testing, the participant might get tested to see if they still have COVID-19. If the participant will be tested, the participant can be around others after they receive two negative test results in a row, at least 24 hours apart.
 - c. If the participant develops symptoms after testing positive, follow the guidance above for "the participant tested positive for COVID-19 and had symptoms".

Appendix 2

- Sick individuals should not attend training. Anyone who has attended training should notify the designated Club Compliance Officer if they or anyone in their household becomes sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- Anyone who arrive with or develops COVID-19 symptoms (i.e., fever, cough, shortness of breath) at training will be immediately separated from other coaches, staff, officials, and players. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick.
- Individuals who have had close contact with a person who has symptoms will be separated and sent home as well, and follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
- In accordance with state and local privacy and confidentiality laws and regulations, the New Trier Rugby Club will notify local health officials, youth sports program staff, families and other training participants immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
- If an individual at the facility is confirmed as an infected person or potentially infected person, the facility should be thoroughly cleaned as outlined by the WHO or relevant public health authority. There is no requirement to close the facility unless required to do so for cleaning. It is recommended that the COVID-19 manager liaises with local government and health authorities to guide appropriate actions.