



Acknowledgement of Return to Play Policies and Guidelines

The virus COVID-19 has been declared a worldwide pandemic by the World Health Organization and is considered highly contagious. COVID-19 can lead to personal injury, disability, illness, loss, or death, and like other activities involving community interaction, infection can occur with returning to rugby activity. There are risks involved with returning to rugby without proper precautions in place, and important steps to mitigate the risk of infection should not be skipped. Rugby Arizona's main focus is making sure everyone remains safe and healthy while having fun. In order to do so, the following Return to Play policies and guidelines will be enacted. These policies are based on official World Rugby guidelines. If at any point you feel someone has violated the Return to Play policies, please contact the Executive Director immediately.

1. If a rugby player or participant is feeling ill in any way, that individual should not participate in Rugby Arizona activities, to minimize spread of illness.
2. When physically active the risk of interpersonal transmission may be higher, and it is recommended that a distance of at least 6 feet between individuals should be observed to significantly reduce the probability of virus transmission. Due to the movement involved in sports, distance should be kept generous.
3. Personal greetings and physical acknowledgement (handshake or hugging) have always been an integral part of the community which is a rugby team. These types of measures however are not consistent with the social distancing required and must be actively avoided.
4. Where possible, all players and staff should wear face masks to prevent possible spread from asymptomatic, infected players. Where this is not achievable training should be undertaken outdoors to limit possible aerosol and droplet transmission. When training must be undertaken indoors (e.g. during weight training), social distancing measures should be employed.
5. Squads should be divided into groups permitted by local and government health departments (e.g. <10). Training should be planned in a staggered manner to avoid overlap of groups.
6. Where possible each group should be assigned a specified coach, who would only supervise that group and not come into physical contact with the rest of the squad. This would limit staff close contact with players reducing the potential impact of a positive case on staff availability.
7. Players should avoid eating at their training venues, and travel alone to and from training, unless they are already living in the same household.
8. Meetings with coaching staff should be completed digitally, outdoors or if indoors in spaces which will allow individuals to be 6 feet apart. Where possible all players and staff should wear face masks.
9. Equipment sharing should be avoided where possible, when it is required (such as in the gym) equipment should be sanitized between groups.

10. Personal equipment such as water bottles should be clearly marked and not shared.

11. Communal nutritional supplements or other shared food should be avoided.

Signing below confirms that you are aware of the above policies and guidelines, and that you are aware of and accept that even with the above guidelines strictly followed, rugby activities – like other social activities – still pose the risk of possible infection from COVID-19 or other contagious illnesses.

On my behalf, and on behalf of my child, I hereby release, discharge, and hold harmless USA Rugby, Rugby Arizona, and any of their employees, agents, and representatives, of and from any and all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to risks of infection from COVID-19 or other contagious illnesses. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of USA Rugby, Rugby Arizona, and any of their employees, agents, and representatives, whether a COVID-19 or other infection occurs before, during, or after participation in any rugby activity/event.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Written Name _____

Player Signature _____ Date _____

Player Written Name _____

Coach Signature _____ Date _____

Coach Written Name _____

Referee Signature _____ Date _____

Referee Written Name _____

Administrator Signature _____ Date _____

Administrator Written Name _____

Club you are participating with: _____

Any questions about Return to Play, please contact the Executive Director at rugbyarizona@hotmail.com