



United States Quad Rugby Association

4000 Ridgeway Drive, Homewood, AL 35209-5563

COVID-19 Task Force Statement – July 20th, 2020

The COVID-19 Task Force has met to decide two things: First, to decide whether the United States Quad Rugby Association (USQRA) can safely initiate the season as previously scheduled, in September of 2020. Second, to create the requirements and recommendations for starting team practices, based on the most current medical advice and evidence. The decisions of the Task Force have been reviewed by the Board of Directors of the USQRA and have been approved unanimously.

The Start of the 2020-21 Season

- At this point, based on the evidence available and the advice of medical experts, we cannot recommend starting the USQRA Regular Season in September of 2020. We will continue to re-examine epidemiological data and the advice of the medical experts to make any modifications to our recommendation. We do not see the season starting before January 2021. However, if new and valid information is presented that would make it possible to start the season before January, the Task Force would reconvene and discuss to assess the current situation.

USQRA Return to Practice Requirements and Recommendations

- In order to keep athletes, staff and volunteers safe in the practice environment, the Task Force has made **Requirements** and **Recommendations** in order for a team to initiate team practices.
 - **Requirements** are non-negotiable and if not met, the USQRA's league insurance will not cover the team or its activities – further sanctions may be enacted at the discretion of the Board of Directors, including being banned from the sport
 - **Recommendations** are guidelines that are best practice, however, a team will not be sanctioned if it is discovered that the team has not followed them
- **REQUIREMENTS**
 - Temperature must be taken before practice and recorded in a log, to be submitted to league
 - Teams must ask health screening questions and log responses, to be submitted to the league
 - All participants must be fully honest in regard to any health-related questions
 - Any individual (players or support staff) with a positive COVID test result must report it to the team representative and league (1st VP and Commissioner) within 24 hours *and* have two negative tests OR provide medical clearance prior to resuming any rugby-related activity
 - Masks to be worn by support staff at all times

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- All support staff utilize Personal Protective Equipment (PPE) *or* hand sanitizer when assisting players getting ready (utilizing in between each player)
- If you do use your mouth to apply/remove equipment, sanitizer must be used
- Players utilize own towels, spray bottles, etc.
- At the *end* of practice, players cannot remove their personal tape with their mouths
- **RECOMMENDATIONS**
 - When getting ready at the *beginning* of practice players should not rip or apply personal tape with mouth
 - Players utilize masks within practices
 - Players should only practice with one team at a time
 - Electronic whistles are recommended over typical whistle design

If you have questions or concerns about the information provided in this document, please reach out to the Chair of the COVID-19 Task Force – Dr. Michael Cottingham – vp1@usqra.org.

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