

RETURN TO PLAY PROTOCOL



The below protocol is mandatory and must be followed by all players, coaches, and administrators. PLEASE read carefully and thoroughly.

If you have not:

- 1) Completed the world rugby course and sent in your certificate
- 2) CIPPed

You will unfortunately be turned away from practice. We cannot afford to break CARFU/Midwest Rugby's rules, so we will be taking this seriously.

All administrators, coaches, and participants must successfully complete the World Rugby COVID-19 Return to Play Awareness course. Once completed, the Certificate of Completion must be sent to the team compliance officer (Amanda Loftus) at vixens.rugby.club@gmail.com. Please save an electronic copy of your certificate and keep a physical copy of the Certificate of Completion in your kit bag. Registration with World Rugby is required to complete the course.

The Player/Coaches course can be found at: <https://playerwelfare.worldrugby.org/?documentid=module...>

The Coaches/Administrator course can be found at:
<https://playerwelfare.worldrugby.org/?documentid=module...>

Pre-Activity Screenings – Prior to Arriving at the Field, Social Team Gatherings, or Events (must occur prior to activity, training, match, any other team gatherings, or events):

- 1) Before leaving to travel to the field or other meeting location for team gatherings and/or events, all players and coaches must have completed the applicable questionnaire:

The questionnaire will confirm your completion of the COVID-19 Return to Play Awareness Course, and 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 pitch or other specified meeting location. It is highly encouraged to travel by yourself or only with co-habitants (family members or roommates), and to avoid public transportation.

https://docs.google.com/forms/d/e/1FAIpQLSeB4mGxm6k9PMnoe0HxHmIaETi5QKciUiYcGOTtnD5xfc5-rQ/viewform?usp=sf_link

- 2) A face covering must be worn to and from the field, and at all times at the field except during training. Coaches will always wear masks in which they cannot maintain a distance of 6 ft or greater from all training participants.
- 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 personal training gear must be cleaned after each training session. It is your responsibility to clean any personal equipment (tees, headgear, etc.) before and after every training session. No personal gear may be shared with anyone else. No team gear (extra shorts, pinnies, cleats, socks, etc.) will be distributed for use at practice.

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Pre-Activity Screenings – Arrival at the Field:

- 5) Upon arrival at the field, keep your face covering on. Following arrival to the field, a team administrator will check to see that you have completed your COVID-19 Questionnaire. If you have not completed the questionnaire upon arrival, you will be asked to return to your vehicle and complete the questionnaire before proceeding to temperature checks.
- 6) Once verified the COVID-19 questionnaire has been completed, participants will be temperature checked by team administrators in the parking lot using a limited-contact thermometer (temp). The limited-contact thermometer will be sanitized between each use. Please do not leave the parking lot until the check is completed and the administrator has cleared you. Any participant with a temperature reading above 99.5° F will be denied access to the field and asked to return home. Additionally, if anyone is asked to return home due to temperature above 99.5° F, the CARFU Compliance Officer will be immediately notified via email. The team administrator will record the temperature check in the same tracking spreadsheet that recorded the symptom questionnaire.
- 7) If cleared to join training, masks must continue to be worn until training begins. Social distancing must be observed (a minimum of six feet). Handshakes, hugs, fist bumps, “circle up” or “hands in” are not allowed at any time.
- 8) All kit bags and gear must be placed on the sidelines of the field at least six feet from any other bags.
- 9) All players and coaches must remain within our designated practice area, marked off with agility poles.

Positive COVID-19 Symptoms:

- 10) Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- 11) Any person with positive symptoms will be denied from participation until completion of either a two-week quarantine or a negative test result.

Training:

- 12) Training is not to exceed 50 participants, including coaches. No spectators or pets are allowed. Any individuals that are not a player, coach, or administrator of the team, must remain in their car.
- 13) Training will be planned and conducted as to maximize the distance between participants and to minimize any personal contact. The sessions are to be non-contact (see below for specifics). However, flag rugby will be permitted. The head coach running training is required to have and maintain a copy of the training plan for each session.
- 14) Non-contact means the following activities are not allowed: tackling, rucking, mauling, touch and set pieces (line outs, scrums) or any other activity that involves physical contact. However, flag rugby is permitted as a non-contact activity.

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15) Tackle bags, dummies and the scrum machine are not permitted for use.

Equipment and Field Protocols:

16) Team training bags consisting of balls, cones, and proper cleaning equipment (wipes/sprays) will be available at each training session and will be kept on the sidelines 6 feet away from any other personal equipment/bags.

17) The team administrators and compliance officer are responsible for ensuring that all equipment used in training needs to be thoroughly cleaned before and after training, and this process will be tracked centrally.

18) Appropriate field signage will be posted before the match play. Please follow all field signage accordingly.

Match Day:

19) When competitive match play resumes, the Fox Valley Vixens will follow the Midwest Rugby Football Union Pre-Match and Match Day Safety Protocols.

Contact Tracing and Record Keeping:

20) Attendance logs are to be maintained and stored on the team's shared Google Drive. View only access has been granted to LAU Administrator, president@chicagorugby.org. Attendance will be updated after each event.

21) MWRFU Liability waiver is to be maintained in a hard binder by the team. Each participant will be required to sign the waiver initially and prior to each match. Documentation to be made available to LAU upon request.

22) Emergency Action Plan is to be maintained in a binder available at each practice. Additionally, a copy will be available on the teams shared Google Drive. View only access has been granted to LAU Administrator.

23) Practice plans are to be maintained on the MWRFU Template in hard copy and electronic format and available upon request.

Positive COVID-19 Test Results:

24) Fox Valley Vixens compliance officer will notify LAU compliance officer of a COVID-19 positive test result.

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- 25) Fox Valley Vixens compliance officer will seek guidance from CARFU (president@chicagorugby.org) on any potential changes in requirements and best practices to ensure 100% compliance and safety.
- 26) Fox Valley Vixens compliance officer will notify team members of the existence of a positive test and inform team members of the dates in the prior 14 days in which member participated in club activities.
- 27) Fox Valley Vixens compliance officer will inform member to quarantine from all team activities until they provide the team with written approval from a medical professional and team has provided written permission for them to return to the team.