



PRACTICE PROCEDURES FOR RETURN TO PLAY

Pre-Practice Health Self-Check

ATHLETE /COACH/ REFEREE/ ATHLETIC TRAINER/ VOLUNTEER HEALTH SELF-CHECK

The below "health self-check" should be used by athletes and families before gathering for any type of fitness or rugby training.

Are you currently diagnosed with or believe you may have COVID-19? * Yes No

Have you had any of the below symptoms of COVID-19 in the past 14 days?

High temperature (fever) * Yes No

A new continuous cough * Yes No

New unexplained shortness of breath * Yes No

Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days * Yes No Maybe

**** If you have answered YES to any of these questions you should stay at home and inform your Club Covid Manager manager and medical practitioner. You should follow your local government's current Public Health guidance.**

PRACTICE CHECK-IN PROCEDURES

Arrival/Check In

Player Drop Off

- Players must arrive ten minutes before practice starts and arrive wearing a cloth face covering.
- Players will be directed to the designated waiting area.

Waiting Area for Symptom Check

- Assigned waiting spots for players are clearly marked and oblige physical distancing.

Symptom Check by the Club

- Players will be asked if they have any symptoms as per the Health Self-Check (See Above)

- Players answering YES will not be allowed to enter the facility or practice.

Temperature Check

- Players will have their temperature checked.
- A temperature above 99.6 F will not be allowed to enter the facility or practice. If a fever is found, the athlete should contact their local physician and self-isolate for 14 days unless a negative test is confirmed beforehand.

Hand Sanitizer

- Players must disinfect their hands with hand sanitizer before entering the facility.
- The club is encouraged to provide but could mandate players to bring their own.

Designated Item Drop Area

- Players must drop any items they have in the designated area.
- The designated area to drop items is marked to observe social distancing.
- Players will be directed to their assigned training area.

Assigned Training Area

- Each player will have an assigned training area.
- Assigned training areas observe social distancing.
- Assigned training areas are marked.

Practice

Practice Size/Type/Equipment

- Group size must meet the local government approved amount.
- Only non-contact drills and activities are allowed.

Coaches

- Coaches must follow the same check-in procedures as players.
- Coaches must always observe social distancing.
- Role must be taken of all players, coaches, and others in attendance.

Departure

- After practice players will retrieve any items they brought with them from the designated drop area and leave right after practice to avoid cross team socializing.

Sanitation

- Balls and equipment must be sanitized prior to practice, during breaks, and at the conclusion.
- Hand sanitizer must be available by the club and used by all in attendance prior to taking the pitch for practice, during breaks, and at the conclusion.

Restrooms

- Only one person at a time can use the restroom.
- Locker rooms, changing rooms and showers should remain closed and inaccessible.