

Eagan Rugby COVID-19 Guidelines

The following tracks state and federal guidelines for youth sports, including guidelines issued by the Minnesota Department of Health (MDH) as we return to the field for flag/touch rugby camps. As the MDH guidelines change, explicit reference should be made to those as issued directly from the MDH (including those referenced below). All athletes and parents/guardians will be asked to understand these guidelines, as well as read and sign the EAA COVID-19 waiver form before being allowed to take part in activities.

- Self-Evaluation and return to play: athletes, coaches and spectators must complete a self-evaluation symptom assessment before coming to any activity. Anyone having symptoms (listed below) after participating in an Eagan Rugby activity should refrain from further participation and notify an Eagan Rugby coach or administrator.
 - o Symptoms consistent with COVID-19 include:
 - New onset or worsening cough
 - New loss of taste or smell
 - Shortness of breath
 - Fever (100.4F or higher)
 - Chills, Muscle pain, Headache, or Sore throat
 - Please refer to the “Is it COVID-19?” resource page from the State found here and their self-screening tool for more info: <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>
 - o Anyone who has symptoms can return in one of the following ways:
 - Not Tested: Must be symptom free without aid of medicine for at least 3 days AND at least 10 days have passed since your symptoms first appeared
 - After seven days with a PCR-negative test (not an antigen test or antibody/blood test) if the test occurred on day five after exposure or later.
 - Alternative Diagnosis: If diagnosed with something that explains the symptoms (Ex. Strep Throat, Norovirus, etc.), then you should stay home until symptoms improve (Siblings and household are free to resume immediately)
- Contact Exposure: any athlete, coach or spectator who has had “close contact” with someone who has tested positive for COVID-19 should refrain from participation in any Eagan Rugby activity in accordance with the MDH
 - o Close contact is considered being within 6 feet for 15 minutes with anyone from 2 days before either the onset of symptoms or date a test specimen was collected until criteria to discontinue home isolation is met
 - o Any athlete, coach or spectator who learns they have been in close contact someone awaiting COVID-19 test results should refrain from participation until the test results are known and proceed accordingly
- Confirmed COVID-19 Cases: For any athlete testing positive for COVID-19 after participating in an Eagan Rugby activity, an Eagan Rugby coach or administrator should be immediately notified. Any such athlete is required to follow the imposed isolation period provided by the MDH in order to participate (e.g., 10 days from onset with no fever in previous 24 hours, in accordance with MDH guidelines current as of March 2021).
- Masks and social distancing:
 - o Masks should be worn when required by the MDH
 - o Athletes and coaches should maintain social distancing of 6’ or greater when possible
 - o Pod size will be limited in practice, where required by the MDH.
- Players should use hand sanitizer before and after each session. Players and coaches should sanitize their hands anytime they cough, sneeze, and or touch with their face
- While we cannot restrict activities in the greenspace areas adjacent our fields, we ask that spectators maintain proper social distancing and wear a mask
- Each athlete should bring their own water