



## The Sacramento Police Activity League's

### COVID-19 Rugby Practice Plan

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*By: Sgt. Jim Magee, SacPAL Program Director and COVID Manager*

#### Overview

The Sacramento Police Activities League (SacPAL) is committed to the safety and wellbeing of our participants, coaches, and volunteers. Therefore, we have established the following COVID-19 Rugby Practice Plan in an effort to ensure that everyone participating in our youth activities is taking the necessary precautions to prevent the spread of the Corona virus. The SacPAL COVID-19 Rugby Practice Plan specifically addresses how practices will be conducted while Sacramento County is under restrictions due to the COVID virus.

This practice plan has been created to provide a framework for SacPAL coaches, managers, volunteers, and administrators to ensure that our rugby program is in compliance with local, state, and league guidelines regarding COVID-19. Everyone involved in SacPAL Rugby is expected to follow the guidelines in this practice plan as well as the guidelines outlined in the **SacPAL COVID-19 Prevention Plan**. The COVID protocols shall be followed as long as Sacramento County is assigned to COVID tiers by the state of California and/or USA Rugby, World Rugby, or Rugby NorCal.

#### Preparation Prior to Practices

**Coaches/Administrators** – Coaches and Administrators will work in conjunction with the COVID Manager to ensure that there are ample supplies of hand sanitizer, wipes, face coverings, latex gloves, and COVID signs available for use in the rugby storage container located behind the pool at Pannell Community Center.

**Players and Parents** – Players and parents will be provided with copies of the this document along with the SacPAL COVID Prevention Plan, SacPAL/RNC COVID Waiver form, and the Rugby NorCal Self-Health

Check forms for use at home. Prior to leaving home for each practice, the RNC Self-Health Check form must be completed. If anyone from a player's household is sick, experiencing flu-like symptoms, or tested positive for COVID-19 in the last 14 days, that player, along with any other player who has been in contact or in the company of anyone who is sick, experiencing flu-like symptoms, will not be permitted to attend SacPAL Rugby activities until the player gets a negative COVID test.

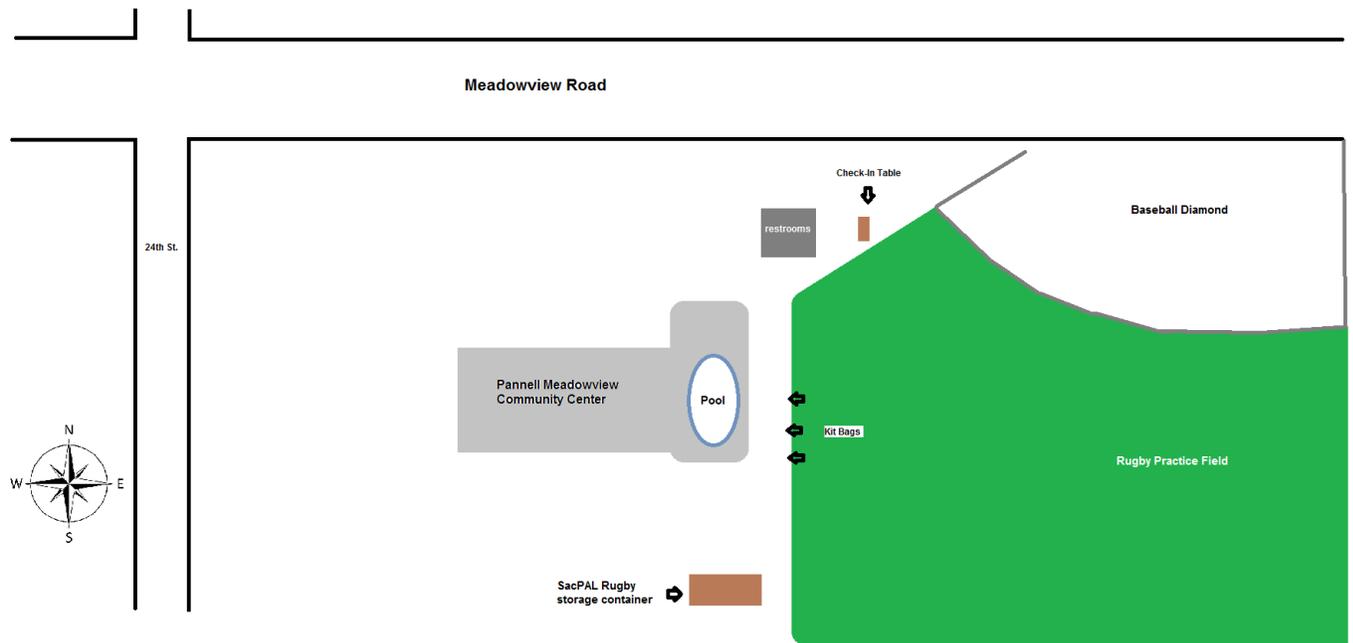
Parents and players should be familiar with the procedures and restrictions documented in the SacPAL COVID Prevention Plan and the SacPAL Rugby Practice Plan to ensure proper protocols are adhered to.

### **Arrival at Practices**

**Coaches, managers, administrators, and volunteers** assisting with practices shall arrive to the practice facility at least 15 minutes prior to the start of practice to assist with preparing stations and ensuring that the COVID protocols are in place and followed. The following must be completed prior to allowing any parents and/or players to exit their vehicles and begin checking in for practices during all tiers/stages of COVID prevention:

#### **Checking In**

1. A check-in table will be set up on the concrete pad near the rest rooms. (see map)
2. At least two team managers shall be assigned to work the check-in table.
3. SacPAL COVID-19 signs shall be displayed at the check-in table, outside the restroom doors, and anywhere else that is highly visible upon arrival to the practice facility.
4. Duct tape lines shall be placed on the concrete to designate where individuals checking in should stand in line. The tape should be at least 6 feet apart.
5. Everyone shall wear face coverings; including players and parents checking in.
6. **Managers** working the check in table will review the Self-Health Check forms to ensure players are eligible to attend practice (see form; appendix 1)
7. **Managers** working the check in table will use non-contact thermometers to verify that players do not have a fever (99.6 F or higher). Players with a fever shall be sent home and marked as such on the attendance sheet.
8. **Managers** must confirm that players checking in are city residents while Sacramento County is assigned to the state's purple, red, or orange tier.
9. Players that check in shall be documented on the attendance sheet (see appendix 2) and assigned to a group for practice (if Sacramento County is in the state's purple or red tier) Groups of no more than 10 players shall be assigned to each coach. Siblings or players from the same household should be assigned to the same group whenever possible. Groups should remain the same for each practice if possible.
10. All attendance sheets shall be scanned and emailed to the COVID Manager at [jmagee@pd.cityofsacramento.org](mailto:jmagee@pd.cityofsacramento.org) within 12 hours of the conclusion of practice.



### Gathering Groups

1. After checking-in, players shall be directed to the area east of the pool to prepare for practice and choose a space to store kit bags during practice. A team manager shall be assigned to this area to ensure that kit bags are spaced at least 6 feet apart to allow for social distancing while players are putting on cleats and preparing for practice.
2. While players are preparing for practice in the kit bag area, coaches should be spread out on the practice field in the areas where they will work with their assigned groups. If permitted, coaches should have any equipment they plan on using already in their assigned area of the field. Coaches will make sure all equipment being used has been sanitized prior to and after use. Coaches are required to wear face coverings.
3. Once players are ready to take the field, the team manager working the kit bag area will direct players to their assigned groups. Players must adhere to social distancing requirements while moving to their assigned groups. The team manager can help ensure this by sending one player to each group in waves.
4. Once all players are positioned with their coaches in their assigned groups, practice may begin.

## Practice Sessions During COVID Restrictions

Practice activities and drills during COVID restrictions will be based on the SacPAL COVID Prevention Plan as well as this document, and must be in compliance with state and local recommendations to mitigate the spread of the virus. Coaches may plan activities and drills that are within the guidelines established. The following are examples and recommendations on planning drills and activities for each tier of COVID prevention: (Suggested drills are only for example. Coaches may use them, modify them, or use other drills that meet the restrictions for each tier)

### A. Purple Tier (Widespread Cases of COVID in Sacramento County) – USA Rugby Stage 2

Whenever Sacramento County is assigned by the state to the purple tier, coaches are restricted to conducting fitness training sessions with no shared equipment permitted on the field. Throughout the training session, players must remain 6 ft. apart at all times, stay in small groups of no more than 10 players per coach and remain with that group and coach throughout the entire practice session.

Suggested drills:

1. Varied speed straight line running – *Spread out players in a line formation facing downfield. Players jog to start drill; on double whistle players sprint; on single whistle players jog ½ speed. Alternate throughout drill.*
2. Sprinting with ground drops – *Sprint from line formation; on whistle players must drop to ground touching stomach to ground, return to running as quickly as possible.*
3. Pushups/ situps/ burpees – *Begin drill by establishing stations in a circle. Players should be spread out in a large circle formation. Players will jog clockwise around circle and perform 10 pushups at one station before continuing to jog around circle to next station where they will perform 10 sit-ups, then on to the next station for 10 burpees. Repeat as needed.*  
<https://www.youtube.com/watch?v=F6Lo2ctKJBw>  
<https://www.youtube.com/watch?v=c9ceoHvFgfE>
4. Sprint with sidestepping past an obstacle – *Players will start spread out on a line facing downfield. Players will run straight; players will take a step to the right, plant that foot and push off to the left to practice sidestepping an opponent prior to continuing straight downfield.*
5. Sprinting with directional changes – *Players begin sprinting, on first whistle cut left 90 degrees and continue sprint; On second whistle, cut right 90 degrees and continue sprint; on third whistle back peddle.*

B. **Red** Tier (Substantial Cases of COVID in Sacramento County) – USA Rugby Stage 3

Whenever Sacramento County is assigned by the state to the red tier, coaches are restricted to conducting fitness training sessions with no shared equipment permitted on the field. Throughout the training session, players must remain 6 ft. apart at all times, stay in small groups of no more than 10 players per coach. In this tier, groups are permitted to mix, so coaches may rotate groups from coach to coach or assemble new groups during practice to facilitate particular drills.

Suggested drills:

1. See list of drills previously mentioned in the purple tier
2. Assemble groups by position (groups of backs and groups of forwards) to allow position coaches to work with their personnel.
3. Backline defense – *Backline coaches can address defense from the scrum or lineout. Players assemble a flat line of defense facing the opposition. Simulate the ball coming out from the scrum or lineout, and players will practice moving toward the opposition in a flat line.*  
*Also <https://www.rugbycoachweekly.net/rugby-drills-and-skills/fitness-conditioning/video-two-defensive-based-conditioning-drills/> (see first drill without bags).*
4. Backline offense – *Assemble players in an offensive (diagonal) line by position. Simulate scrum half feeding the ball to the backs from a scrum or line out. Players will practice providing a target for the pass with hands, passing the ball across their bodies and presenting their hands toward the targeted player while moving downfield.*  
*Coaches may also work on movements and positioning of set plays from the scrum, line out, or ruck. Assemble players in a backline by position. Simulate passes. Work on switches, loops, etc.*
5. Forwards defense – *Designate three areas on the field to serve as breakdowns where a ball carrier has been tackled. Assign a number to each area. Players will perform drill 3 at a time. Coach starts drill by calling out a number of one of the designated areas. Players must move quickly to defensive positions at the breakdown indicated by the coach. Coach then calls out another number and players must quickly reposition the defense.*  
<https://www.youtube.com/watch?v=0Vbgn7zU4o8> (alternate drill)

C. **Orange** Tier (Moderate Cases of COVID in Sacramento County) – USA Rugby Stage 4

In addition to being able to mix groups, coaches may now use equipment during sessions as long as anything used is cleaned with a disinfectant between use and prior to storage. Also, the 6 ft. distancing during sessions is no longer a requirement. Participants are still limited to city of Sacramento residents only.

In this tier, coaches have the ability to conduct practices that are more consistent with “normal” pre-COVID practice sessions. This is the last tier that requires we limit participation to city residents only, so team managers checking in players for practice must still confirm that players are city residents.

Suggested drills:

1. With the ability to utilize equipment, drills during this tier should focus on ball handling skills, tackling using tackle bags, and rucking using ruck bags, line outs, and other such drills related to specific rugby skills.  
[https://www.youtube.com/watch?v=YkKcgW8\\_5c8](https://www.youtube.com/watch?v=YkKcgW8_5c8)  
<https://www.youtube.com/watch?v=4ZKuQZj3r9Q>
2. Contact should be limited during this time. Coaches should gradually introduce contact into drills. Intra-squad scrimmages are permitted however no scrums, rucks, mauls, or lifting lineouts.
3. Touch rugby is suggested. [https://www.youtube.com/watch?v=1P\\_GxGyq4eE](https://www.youtube.com/watch?v=1P_GxGyq4eE)

D. **Yellow** Tier (Minimal Cases of COVID in Sacramento County) – USA Rugby Stage 5

Once Sacramento County is assigned to the state’s yellow tier, coaches may begin traditional training and contact protocols. At this time, full sanctioned competition is permitted by USA Rugby and parents/ spectators are permitted to attend practices and games. Non-city residents are now permitted to attend practices and games.

At this point, players must still check in as described previously (including temperature checks and completion of the Self-Health Check forms). Team managers and coaches must wear masks during practices and equipment must still be disinfected with rigorous cleaning of communal equipment.

**APPENDIX 1**



**ATHLETE/COACH/REF/AT/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 and medical practitioner. You should follow your local government's current Public Health guidance.**



## SACPAL RUGBY PRACTICE ATTENDANCE SHEET

Date \_\_\_\_\_

	Name <small>(Player)</small>	Level <small>(U10, U12, MSB, MSG, HSB, HSG)</small>	City Resident <small>(Y or N)</small>	Passed Self Health Check <small>(Y or N)</small>	Passed Temp Check <small>(Y or N)</small>	Sent Home <small>(X)</small>	Assigned Coach
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PLEASE HELP KEEP OUR COMMUNITY HEALTHY



Please **DO NOT ATTEND** SacPAL activities if you are experiencing any of the following:

**FEVER – COUGH – SHORTNESS OF BREATH – COLD OR FLU LIKE SYMPTOMS**

If healthy, please proceed to the hand sanitizer station prior to checking in.

Face coverings are required during check-in.

You must present a completed Health Self-Check form at Check-In.

Temperature must be below 99.6 F to participate.

**Participants will be required to follow all of the Guidelines and restrictions as instructed during check-in and throughout the activity.**



