

DOWNINGTOWN RUGBY FOOTBALL CLUB RETURN TO PLAY PLAN

Step One – Reference Local Health Mandate

Consider and ensure compliance with CDC, State of Pennsylvania and Chester County COVID-19 guidance.

Pennsylvania – <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

Chester County – <https://www.chesco.org/4376/Coronavirus-COVID-19>

Step Two – Reference USA Rugby Return to Play Guidelines

Follow current USA Rugby guidance for return to play activities at Stage Four.

Step Three – Implement Club and Player Protocol

Practice and training plans will incorporate social distancing where possible, engage in intra-squad activities only and minimize close contact while recognizing that rugby is a contact sport.

The club will distribute this plan among our members and submit to local health and governing bodies upon request.

Maintain contact with RugbyPA for regional return to play and safety guidance.

Additional Considerations and Guidance

While our sport is not governed or sanctioned by PIAA (Pennsylvania Interscholastic Athletic Association) we will follow their stated plan for permission of Fall sports competition.

The club also elects to follow guidance for student/player interaction from DASD (Downingtown Area School District). Currently the DASD Athletics guidance outlines a voluntary practice plan. Our club practice schedule and instruction reflect that.

WORLD RUGBY – GENERAL RULES OF ENGAGEMENT – DRFC ACTIONS

1. Education

- Recognize the symptoms of COVID-19 and educate your club members of these details.

2. Daily screening

- A COVID-19 symptom check will be completed upon arrival for every player. This will require identification of high temperature or fever or if other recognized symptoms are evident.
- A temperature check prior to participating in rugby activities will be conducted. If a player's temperature is above 99.6F, they will not participate in any rugby or group activities.

3. Practice extensive hygiene protocol

- All shared equipment (rugby balls) will be cleaned prior to and post-practice.
- Hand sanitizer will be available and must be used upon arrival.
- Avoid spitting
- No shared water bottles

4. Observe social distance rules

- A distance of at least 6 feet between the players and coaches during instruction. Due to the movement involved in the sport, the distance should be kept at as generous as possible during training.

5. Reduce body contact to a minimum

- Shaking hands, high-fives, embracing and cheering in a group is to be completely avoided.
- Per STAGE 4 guidelines previously identified, body contact training will be limited and uncontested to further minimize close player interaction.

6. Change and shower at home

- No lockers rooms are used.

7. Temporary suspension of car pooling

- Players have been instructed to arrive individually.

8. Go virtual with events such as general meetings and celebrations

- Where possible, training guides and team meeting will be held virtually.

9. Reduce the size of training groups

- Local government measures define gathering size which the team practices will not exceed. Training drills will be managed in a small group format, retaining those players groups throughout a practice session.

10. Where possible, outdoor activities are more safe

- All practices are held outdoors

RETURN TO PLAY STAGE GUIDELINES

	REGIONAL HEALTH MANDATE	TRAINING	TEAM ACTIVITIES	COMPETITION	INSURANCE
STAGE ONE	STAY AT HOME	<ul style="list-style-type: none"> At home individual training Participant should be symptom free before engaging in training activities Use of personal equipment Rigorously clean and disinfect home training area. 	<ul style="list-style-type: none"> All communication and interaction done via virtual method 	<ul style="list-style-type: none"> No competition or intra-squad scrimmage. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims <u>not</u> accepted
STAGE TWO	STAY AT HOME LIFTED SOCIAL DISTANCING	<ul style="list-style-type: none"> Individual training at home or state approved outdoor locations Use of personal equipment Adhering to social distancing rules if not at home Coaching occurs virtually Rigorously clean and disinfect training area 	<ul style="list-style-type: none"> All communication and interaction done via virtual method 	<ul style="list-style-type: none"> No competition or intra-squad scrimmage. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims <u>not</u> accepted
STAGE THREE	SMALL GATHERINGS NO CONTACT	<ul style="list-style-type: none"> Group size under local government approved amount Non-contact drills and activities No participation of players or coaches experiencing symptoms within previous 14-days Temperature check all participants on arrival must register lower than 99.6 F No use of communal equipment, including balls 	<ul style="list-style-type: none"> All communication and interaction done via virtual method or at distance of 6ft Coaches: Permitted on site, continue to adhere to social distancing and PPE protocols 	<ul style="list-style-type: none"> No inter-squad competition Non-contact intra-squad scrimmage. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims accepted
STAGE FOUR	MID-LARGE GATHERINGS OPEN PUBLIC FACILITIES	<ul style="list-style-type: none"> Group size under local government and facility approved amount Limited contact drills No participation of players or coaches experiencing symptoms within previous 14-days. Temperature check all participants on arrival, must register lower than 99.6 F Rigorous cleaning of communal equipment 	<ul style="list-style-type: none"> Team meetings and gatherings under local government approved amount. Team meetings and communication preferred virtually Coaches: Permitted on site, continue to adhere to social distancing and PPE protocols 	<ul style="list-style-type: none"> No inter-squad competition Intra-squad scrimmage permitted with limited contact. Uncontested scrum, ruck and mauls. Touch rugby scrimmages suggested. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims accepted.
STAGE FIVE	NORMAL SOCIAL ACTIVITIES FULL TRAINING & COMPETITION	<ul style="list-style-type: none"> Traditional training and contact protocol Continue rigorous cleaning of communal equipment 	<ul style="list-style-type: none"> Traditional team gathering protocol Continue rigorous cleaning of communal equipment 	<ul style="list-style-type: none"> Full sanctioned competition permitted with permission from local rugby organization. Fan and crowd attendance permitted with permission from local health officials. Continue rigorous cleaning of communal equipment 	<ul style="list-style-type: none"> Accident and Liability Insurance claims accepted.

Daily Practice Questionnaire (Each Player and Each Coach must answer all questions)

1. Have you had any of the following symptoms in the last 14 days
 - a. Cough
 - b. Shortness of Breath
 - c. Difficulty Breathing
 - d. Fever (100 or above)
2. Have you been exposed to any one that has tested positive for COVID-19 in the last 14 days
3. Have you had direct contact with saliva or mucus from a positive COVID-19 person in the last 14 days
4. Have you had two of the following in the last 14 days
 - a. Chills
 - b. Repeated Shaking with chills
 - c. Muscle Pain
 - d. Headache
 - e. Sore Throat
 - f. Loss of taste or smell
 - g. Nausea, Vomiting or diarrhea
5. Has a public health official advised you or anyone in your household to get a COVID-19 test?

If you answer YES to any of these questions you will not be permitted to practice. You should stay at home and inform medical practitioner. You should follow the current local Public Health guidance for testing and quarantine should your test be positive.

Each player and each coach will have their temperature taken and recorded prior to the start of every practice

WHAT SHOULD I DO IF I'M EXPERIENCING COVID-19 SYMPTOMS?

- Do not participate in any rugby or team activities if experiencing symptoms, precaution is most important. Immediately inform your club administrator and consult your primary doctor.

WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

- Immediately inform your club administrator of your case, and refrain from rugby or team activities for a minimum of 14 days. Individuals may not return to play until cleared by their primary care doctor.