

Summary Guidelines

Virginia COVID-19 Phase	Rugby Virginia Phase	Contact	Live Play	Equip.
Phase 0	None	None	None	None
Phase 1 =<10 ppl	Phase 1	None	None	No shared
Phase 2 10 ppl	Phases 2-4*	Limited Contact drills	Touch	Shared with rigorous cleaning
Normal Activity	Normal Activity	Full contact	Full contact	Shared with rigorous cleaning

*Teams may move between phases based on their ability to ensure protocols are enforced

Notes:

- USA Rugby will only accept insurance claims from Phase 1

Phase 2 suggested activities

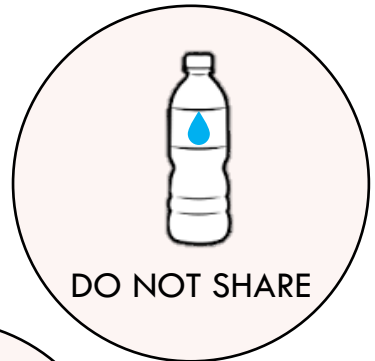
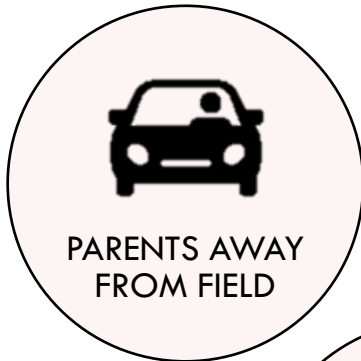
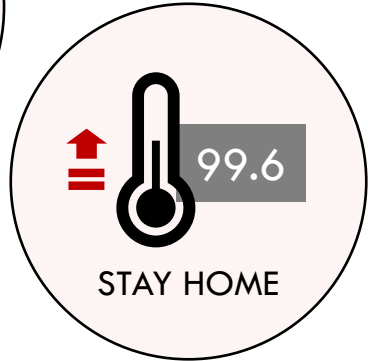
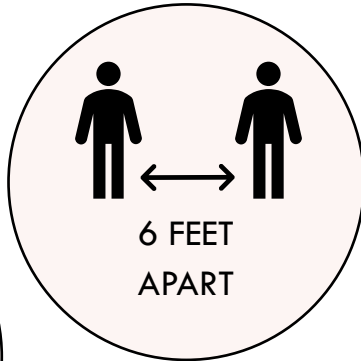
BALL HANDLING

- Team practice times set to maximize social distancing
- Practice sessions to last 1 hour
- 10 players or less in quad (1/4) of a playing field
- No contact
- Participants must remain a minimum of 6 feet apart
- 1 ball per 5 players
- Players can move throughout the training area while remaining 6 feet apart
- **The next phase will introduce light contact (touch rugby, etc) and more advanced skills and drills**



It's ok, if you are not comfortable with a return to play, do not return

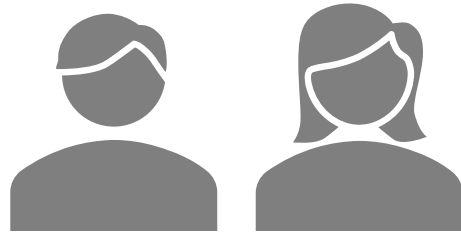
General Recommendations



It's ok, if you are not comfortable with a return to play, do not return

Return to Play

The Player



 It's ok, if you are not comfortable with a return to play, do not return

- Adhere to all protocols
- Check your temperature before attending any training session
- Notify your coach if your temperature is equal to or above 99.6 f (do not attend practice)
- Notify your coach if you or a family member are not feeling well
- Wash your hands thoroughly before and after practice
- Upon exiting your vehicle, thoroughly sanitize your hands
- Wear a mask to the field to and from your vehicle
- Do not share water, food, or training equipment
- Always practice social distancing
- No high fives, no handshakes, no knuckle bumps, and no hugs

Return to Play

Parents

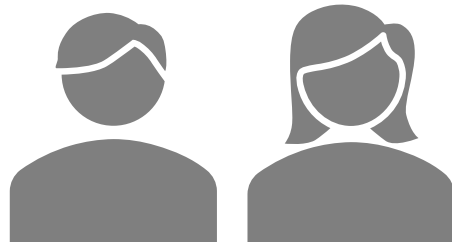


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- Adhere to all protocols
- Check your child's temperature before attending any training session → equal to or above 99.6 f = your child stays home
- Notify your coach and keep your child home **IF** →
 - Your child has a temperature equal to or above 99.6 f
 - Your child has close contact with a sick individual or anyone with confirmed case of COVID-19.
 - Your child has a documented case of COVID-19 in the last 14 days
 - Is currently not feeling well or showing symptoms of COVID-19
- If possible, no carpooling to or from training
- Please arrive no earlier than 15 minutes before practice
- Ensure your child has their own hand sanitizer & water
- Stay in your car / assist with minimizing social distancing issue
- Wash all your child's practice clothing after each practice

Return to Play

Staff



👉 It's ok, if you are not comfortable with a return to play, do not return

- Follow all protocols / follow each practice phase protocols
- Notify your club administrator **IF** →
 - You have had close contact with a sick individual or anyone with a confirmed case of COVID-19
 - You have had a documented case of COVID-19 in the last 14 days
 - You are currently not feeling well or showing symptoms of COVID-19
- Check your temperature before training session → if temperature is equal to or above 99.6 f please stay home
- Connect with your players before each training / remind players of protocols
- Ask how players are feeling and send a player home if not feeling well
- Wear a mask during training until otherwise notified
- Wash / disinfect your hands thoroughly before and after training
- Coach is the only person allowed to touch cones and / or other training equipment
- Clean / disinfect all training equipment after each training

Return to Play

Club

It's ok, if you are not comfortable with a return to play, do not return

- Distribute and display return to play protocol
- Train and educate coaches, players, and families concerning protocols
- Ensure teams have the appropriate field space for practice
- Check with facilities management on bathroom access and procedures
- Provide players with appropriate equipment and supplies
- **Club member will administer temperature screening kids, data recording of every player prior to field access**
- **Club member will clean and sanitize equipment during practice breaks**