



# RETURN TO RUGBY IN BC

*June 2020*

## PREFACE

### VALUES OF RUGBY

Now, more than ever, Rugby Canada's Core Values play a vital role in leading our sport and those that participate in the wake of the COVID-19 pandemic.

#### **INTEGRITY:**

Play by the "Laws" – Behave in the best interest of those around you.

#### **PASSION:**

Let passion inspire action – Act now to preserve the sport and community we are all so passionate about.

#### **SOLIDARITY:**

We're in this together – We must work together with a common purpose to bring rugby back.

#### **DISCIPLINE:**

A return to rugby requires a commitment to doing your part to protect yourself before, during and after participation. *"When in doubt, please sit out!"*

#### **RESPECT:**

Respect your own health and safety, and never compromise the well-being of those who participate in our sport.

#### **SPORTSMANSHIP:**

This is a 'new normal' for everyone – Be fair to others and treat every situation with respect and dignity.

#### **TEAMWORK:**

Like the sport itself, a team effort will drive a better, safer outcome everyone



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## 1. LEGAL DISCLAIMER

BC Rugby has prepared this informational document based on Rugby Canada's "A Plan to Return to Rugby in Canada" (June 2020), the latest information available to date from third-party sources, including the World Health Organization and World Rugby. The document will be updated periodically as the situation evolves and more information becomes available.

This document is meant to provide information and guidance as to the best practices based on current information. BC Rugby and all Member Organizations (e.g. a Member Rugby Club) are responsible for assessing the risks in its environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities. The document is not intended to establish a contractual obligation on part of BC Rugby.

Additionally, it is an individual's responsibility for (i) assessing their personal risks in connection with playing the sport of rugby in consultation with medical professionals and (ii) the outcome of their decisions and actions.

Should guidelines provided by public health authorities, Rugby Canada or BC Rugby be discounted, or circumvented, potential reinstatement of suspended rugby activities could result along with governmental consequences determined by local authorities.

This document will be governed by BC Rugby's Code of Conduct.

## 2. INTRODUCTION

### a. Who should read this document?

Representatives of BC Rugby and Member Organizations of BC Rugby. Representatives of BC Rugby are responsible for understanding this document and ensuring its implementation for BC Rugby in-person rugby activities and supporting Member Organizations' compliance and administration.

Each Member Organization must follow and adopt this plan to acquire sanctioning and to be compliant with BC Government COVID-19 public health orders and viaSport's provincial sport guidelines.

Following and adopting this plan also ensures that leaders of BC Rugby and Member Organizations can reasonably expect to be protected from COVID-19 liabilities in line with the BC Government's Ministerial Order No. M183.

### b. How to use this document?

This document is written as BC Rugby's plan to implement a safe return to in-person rugby activities.

Member Organizations of BC Rugby use this document to complete the required steps to request sanctioning. It is also intended that this plan and the steps required will meet any conditions of the Member Organizations' relevant local government or authorities.

This is a live document and will be updated as required.



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### c. Definitions

- **Attestation:** a formal, evidenced declaration from an individual (or their legal parent/guardian) that the individual has followed public health orders and is otherwise healthy.
- **Close contact:** A close contact is someone who has: had contact with an infected person (being contact within 1 metre and for greater than 15 minutes); provided direct care to an infected person without using proper personal protective equipment; stayed in the same close environment as an infected person (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time; travelled in close proximity with (that is, within 1 m separation from) an infected person in any kind of conveyance.
- **Community Transmission:** The source of contraction is from within a local community, and not through direct or indirect contact with an infected person, and/or from travelling to a highly infected area within Canada or abroad.
- **Infected Person:** An infected person is a person who has had a positive PCR (laboratory) test confirming the presence of COVID-19.
- **Low-contact rugby:** training or games that eliminate the use of or involve modified versions of tackling, rucks, mauls, scrums and/or line outs, to reduce the risk of transmission of COVID-19.
- **Member Organization:** refers to all Voting and Associate Members of BC Rugby.
- **No-contact activity:** training or games that always maintain physical distancing between all participants.
- **Non-contact rugby:** training or games that involve brief, limited breaches of physical distancing between teammates and the opposition. This includes Touch and Flag Rugby.
- **Outbreak:** two or more cases connected via an identified close contact or a singular community transmission.
- **Physical distancing:** keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible. Also known as, social distancing. (Canada.ca)
- **Potentially Infected Person:** A potentially infected person is someone who: has symptoms or signs suggestive of COVID19; or is awaiting results of testing following a close contact.
- **Representatives of BC Rugby:** refers to any and all Directors, Staff, Committee Members as well as coaches, therapists and officials contracted or recruited as volunteers by BC Rugby.
- **Rugby Touch Points:** refers to the sharing of rugby equipment, including, but not limited to, rugby ball, flags, tackle bags and shields, scrum machines as well as strength & conditioning equipment used for rugby training.
- **Sanctioning:** Sanctioning is how Rugby Canada and BC Rugby provide clearance to a Member Organization to resume sanctioned rugby activities within a jurisdiction. To ensure adequate levels of risk mitigation and adherence to return to play protocols, a Member Organization will be required to apply for sanctioning through a defined process and provide evidence that it will comply with all measures in place, including from government and local public health authorities, prior to commencing any form of rugby activity. For the avoidance of doubt, any activity or game variation included in these guidelines is considered automatically sanctioned; however, an authorized representative of a Member Organizations must apply for sanctioning in order for the Rugby Canada Insurance to be extended.
- **Self-Isolation:** Self-isolation is when a person who is experiencing fever, cough or other COVID-19 symptoms stays at home and does not go to work, school or public places. (WHO)



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- **Self-Monitoring:** Self-monitoring means you should be monitoring your health and the health of your children for symptoms such as fever, cough or difficulty breathing. Individuals who are self-monitoring are allowed to attend work and school and take part in regular activities.
- **Self-Quarantine:** To self-quarantine means to separate yourself from others because you have been exposed to someone with COVID-19 even though you, yourself, do not have symptoms.

#### d. Key Principles

This Plan is based on the following key principles:

- The health and safety of members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community is the number one priority.
- All members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community need to be engaged and briefed on this plan.
- In-person rugby activities cannot resume until each Member Organization has their Plans sanctioned by BC Rugby.
- At every stage of the Plan, BC Rugby and each Member Organization must consider and apply all applicable Provincial Government and local restrictions and regulations.
- Any Member Organization applying for sanctioning must be prepared for any localised outbreak at their facilities, within their membership or in their local community.
- Directors and officers of Rugby Canada, the Provincial Unions and Member Organizations are without coverage for defence costs should they need to defend a claim related to COVID-19 (i.e. virus and communicable diseases); therefore, this Plan aims to mitigate risk as much as is feasible.

#### e. General Information about COVID-19 and Rugby

The global sporting community has been largely put “on hold” by the outbreak of the Coronavirus (COVID-19) which was assessed by the World Health Organization (WHO) as a pandemic on March 11, 2020.

The following information comes from [WHO](#):

- **What is a coronavirus?** Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).
- **What is COVID-19?** COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.
- **What are the symptoms of COVID-19?** The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms.



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- **How does COVID-19 spread?** People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. Additionally, these droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth.
- **How long does the virus survive on surfaces?** The most important thing to know about coronavirus on surfaces is that they can easily be cleaned with common household disinfectants that will kill the virus. Studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard.
- **How long does it take after exposure to COVID-19 to develop symptoms?** The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.

As at June 26, 2020, the Government of Canada reported that there have been over 102,500 confirmed cases of COVID-19 in Canada, with the majority of these (> 89,000) occurring in Ontario and Quebec.

Within British Columbia, as at June 26, 2020, 2,878 COVID-19 cases had been reported covering all five health regions. While most infected persons have recovered, BC has 174 confirmed COVID-19 deaths.

Many governments, including Canada and the Canadian Provincial and Territorial Governments, have issued Public Health Orders and / or Emergency Orders that have provided restrictions along three key areas:

1. Public gathering restrictions: the limitation of public gatherings to various group sizes.
2. Social (or physical) distancing: physical distancing directives, self-isolation for all close contacts, closure of schools, non-essential businesses and services, closure of public spaces and parks.
3. Travel restrictions: border closure, internal travel restrictions, mandatory self-quarantine following entry to country or province.

### 3. RISK MANAGEMENT

#### a. Risk Ownership

As part of their fiduciary duties, the Board of BC Rugby and every Member Organization is responsible for the oversight of risk for their rugby organization.

Returning to rugby is optional.

**The National Insurance Policy will not cover “Any actual or alleged liability, injury, damage, loss, cost or expense arising directly or indirectly out of, caused by, resulting from, in consequence with or in any way involving or related to any virus or communicable disease.” This exclusion also applies to Directors and Officers Insurance for Rugby Canada, each Provincial Union and every Member Organization.**



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Regardless, leaders at all levels have a responsibility to identify the risks and plan how they will take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus. We all must be able to evidence that we have undertaken a prudent and robust process to plan for the safety of our members and volunteers, and the wider community that we serve.

This plan aims to have done much of that work, but all rugby organizations and facilities are different. Therefore, each organization must take ownership by considering and consistently re-assessing the risks for every aspect of their rugby and facility operations and implement a manageable plan that reasonably reduces the risk of transmission.

#### **b. Understanding the COVID-19 Risk**

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face.

The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near.

The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

For all in-person activities, the following aspects are to be considered and reasonably controlled:

- The number of individuals present at any one time.
- The duration of in-person activities.
- The ability to maintain physical distancing between any two participants.
- The number of shared touch points within short periods of time.

Additionally, all participants, or their parents/guardians, are responsible for determining if attending any in-person rugby activity is safe for them, their household and also their workplace, especially if the participant or any member of their household is a health care worker or an essential worker. Factors may change over time and participants, or their parents/guardians, should be regularly re-assessing the risk and the risk to their entire household and workplace.

When making that decision, they should consider the following aspects of COVID-19:

- Research indicates that children and adolescents are just as likely to become infected as any other age group and can spread the disease. (WHO)
- COVID-19 causes a respiratory (lungs) type infection that is mild in most of the population (approximately 80%) but can be more severe in those who are older adults or those with chronic underlying conditions.
- The known underlying health conditions that put one at greater risk for COVID-19 include diabetes, hypertension, asthma, chronic lung disease, severe heart conditions, chronic kidney disease, obesity, or a weakened immune system.
- Individuals with disabilities interacting with multiple care providers/supports and friends have an increased risk of contracting COVID-19 due to increased exposure.

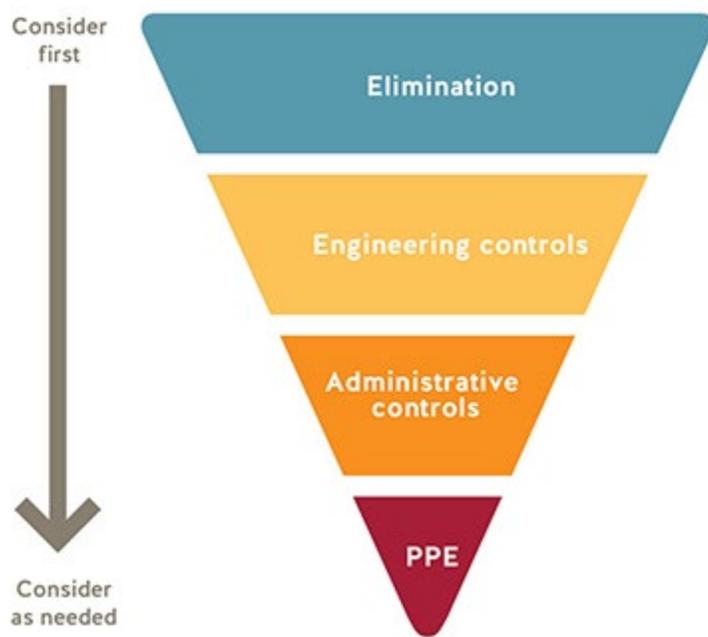


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### c. Considering Risk Mitigation Protocols for your Club

As advised by WorkSafe BC, wherever possible, use the protocols that offer the highest level of protection and add additional protocols as required.



**First level protection (elimination):** Limit the number of people in your activities where possible by establishing occupancy limits, staggering training times, or other means. Rearrange and demarcate field space to ensure that participants are at least 2 m (6 ft) from other players, coaches, and members of the public.

**Second level protection (engineering controls):** If you can't always maintain physical distancing introduce means to eliminate or reduce the risk of the breach of physical distancing.

**Third level protection (administrative controls):** Establish rules and guidelines, such as cleaning protocols, reduce sharing of equipment, or implementing one-way doors or walkways.

**Fourth level protection (PPE):** If the first three levels of protection aren't enough to control the risk, consider the use of [masks](#). Ensure masks are selected and cared for appropriately and that participants are [using masks correctly](#).



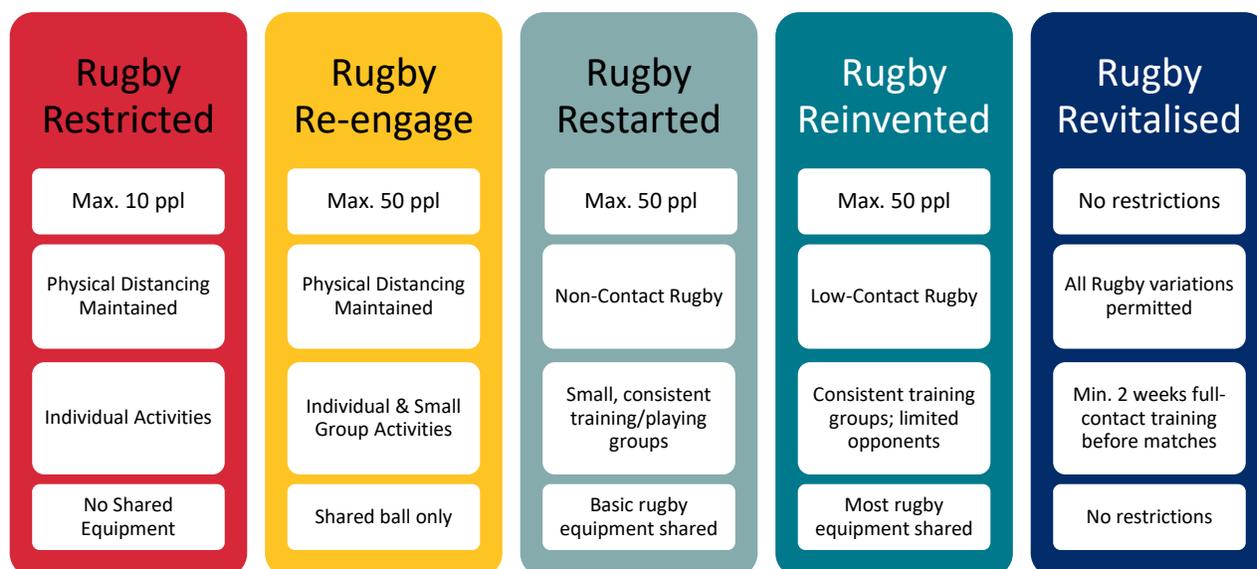
*The best thing you can do to prevent spreading COVID-19 is to wash your hands frequently with warm water and soap for at least 20 seconds. If not available, use hand sanitizer with a min. of 60% alcohol base.*



## 4. GRADUAL RETURN TO RUGBY

This plan is structured around mitigating risks through five (5) phases of gradual easing of restrictions based on public gathering restrictions and physical distancing as follows:

- Maximum number of people permitted to gather at any one time.
- Physical distancing required between any two people not of the same household.
- Limiting rugby touch points between any two people not of the same household.



BC Rugby will determine entry into each step of the Gradual Return based on the following alignment with viaSport’s Sport Activity Chart as follows:

<b>viaSport Phased Return</b>	<b>Strictest Controls</b>	<b>Transition Measures</b>	<b>Progressively Loosen</b>		<b>New Normal</b>
<b>BC Rugby Phased Return</b>	<b>Rugby Restricted</b>	<b>Rugby Re-engage</b>	<b>Rugby Restarted</b>	<b>Rugby Reinvented</b>	<b>Rugby Revitalised</b>
<b>Anticipated Timelines</b>	March to May 2020	May to September 2020	September to December 2020	January 2021	TBD – Vaccine/ Treatment

For clarity, no progression of this plan is automated by progressions made in accordance with [BC’s Restart Plan](#). However, any public health order or government instruction to regress with increased restrictions are to have immediate effect.



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## 5. RULES OF ENGAGEMENT

The following Rules are to be followed by all Provincial Unions and their Member Organizations while any Federal or Provincial COVID-19 related orders or restrictions are in place.

- a. Point of Contact: BC Rugby will appoint a COVID-19 Manager and all Member Organizations are to have an appointed and contactable COVID-19 Safety Coordinator. These appointments must take place prior to the resumption of any rugby activities and be in place until BC achieves and maintains Phase 5 for 3 consecutive months.
- b. Educate: BC Rugby's Board and Staff, and all Member Organizations' President and COVID-19 Safety Coordinator must complete World Rugby COVID-19 -Return to Play Awareness for Administrators and submit their certificate to BC Rugby:  
[playerwelfare.worldrugby.org/covid-19-courses](http://playerwelfare.worldrugby.org/covid-19-courses)
- c. Registered: all individuals attending an in-person rugby activity or facility must be registered through the Sportlomo registration database. This facilitates the acknowledgement of the updated waiver and ensures participants are insured to take part in any rugby activities. Note, all adult participants must complete registration for themselves, while a legal parent/guardian of a minor participant must complete the registration on their behalf.
- d. Attendance Records: all individuals attending an in-person activity or facility must have their attendance recorded through the Sportlomo registration database and/or league management platform. This facilitates the ability to track and trace any possible community transmission to have taken place at any rugby activity.
- e. Symptoms? Stay at Home: any individual answering 'yes' to any of the [BC COVID-19 Self-Assessment Tool](#) questions, is instructed to self-isolate and is prohibited from attending any in-person rugby activity or facility for 10 days or until they are tested for COVID-19 and have provided notice of their negative result.
- f. Attestation of all Participants: as provided by BC Rugby through Sportlomo, all member organizations delivering in-person sessions must facilitate the completion of participant attestations prior to every in-person session until further notice. Note, all adult participants must complete the attestation for themselves, while a legal parent/guardian of a minor participant must complete the attestation on their behalf.
- g. Application of Health Orders: BC Rugby and Member Organizations, and the coaches or therapists delivering/supporting the delivery of an in-person rugby activity on behalf of BC Rugby or Member Organization, reserve the right to ask any participant exhibiting COVID-19 symptoms or having failed to complete the daily attestation to follow public health orders and return home.
- h. Personal Hygiene: all individuals are to practice government recommended proper hygiene before, during and after all rugby in-person activities. See Appendix (a).
- i. Outdoor Only: until further notice, all in-person rugby activities (excluding Education) are to be delivered outdoors.
- j. Masks Are Compulsory for Designated First Aid Responder: until all Government restrictions are lifted, any individual appointed to have first aid responsibilities must correctly wear a non-medical mask at all times to attend to any injured player safely and quickly.



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- k. Equipment Hygiene: for all permitted rugby touch points, enhanced cleaning protocols are to be followed before, during and after rugby activity. If a piece of rugby equipment appears unclean or dirty, it must be taken out of use until it is properly cleaned.
- l. No shared drinks, supplements, or food: until all Government restrictions are lifted, no sharing or service of water bottles, drinks, supplements, or food is permitted.
- m. No changerooms: until all Government restrictions are lifted, use of changerooms is to be restricted to use of washroom facilities only. All participants should arrive and leave in the attire required to participate in the rugby activities. Footwear may be changed on the field.
- n. No social activities: until further notice, in-person social activities will not be covered under Rugby Canada's National Insurance Policy.
- o. No international travel: until all Government restrictions are lifted, no international tours will be given inbound or outbound sanctioning.
- p. No international player transfer: until all Government restrictions are lifted, no international player transfers will be permitted.

Additionally, the following Rugby Rules are in place for each phase of Returning to Rugby in Canada (to be modified as required by Provincial Unions to comply with Provincial Health Orders and Restrictions):



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viaSport Phased Return	Strictest Controls	Transition Measures	Progressively Loosen		New Normal
BC Rugby Phased Return	Rugby Restricted	Rugby Re-engage	Rugby Restarted	Rugby Reinvented	Rugby Revitalised
<b>Anticipated Timelines</b>	March to May 2020	May to September 2020	September to December 2020	January 2021	TBD – Vaccine/ Treatment
<b>Max. Gathering*</b>	• Max. 10 ppl	• Max. 50 ppl	• Max. 50 ppl	• Max. 50 ppl	• No restriction
<b>Distancing Requirement</b>	• Physical distance of 2m always maintained	• Physical distance of 2m always maintained	• Brief, limited breaches of 2m between teammates & opposition	• Time-controlled, limited breaches of 1m between teammates & opposition	• No restriction
<b>Total time permitted</b>	• Max. 45 min	• Max. 60 min	• Max. 60 min	• Max. 75 min	• No restriction
<b>Facilities permitted</b>	• Outdoor only • Washroom facilities only	• Outdoor only • Washroom facilities only	• Outdoor only • Washroom facilities only	• Outdoor only • Washroom facilities only	• No restriction
<b>Player Engagement</b>	• Individual activities only	• Maintain small (5-10ppl) groups min. 2 weeks	• Maintain training group min. 2 weeks	• Reduce intra- and interclub player engagement	• No restriction
<b>Equipment Restrictions</b>	• No shared equipment	• Shared ball only • Disinfect before & after use	• Shared ball, flags & S&C equipment • Disinfect before & after use	• Shared ball, tackle bags • Disinfect before & after use	• No restriction
<b>Enhanced Protocols</b>	• Daily Attestation • Increased hand hygiene	• Daily Attestation • Increased hand hygiene	• Daily Attestation • Increased hand hygiene	• Daily Attestation • Increased hand hygiene	• Maintain proper hygiene
<b>Permitted Activities*</b>	• No-contact activities	• No-contact activities	• Non-contact Rugby training & small-sided games • Only BC Rugby sanctioned in-house games	• Low-contact Rugby training & small-sided games • Only BC Rugby administered inter-club games	• Full contact games, following min. 2 weeks of full-contact training
<b>RESTRICTED Activities*</b>	• No inter-club activities • No in-person education	• No inter-club activities • No in-person education	• No inter-club activities • No in-person education	• No exhibition games • No tournaments	• Nil
<b>Travel Restrictions*</b>	• Non-essential travel not permitted • NO INTER-PROVINCIAL OR INTL TRAVEL	• Non-essential travel not encouraged • NO INTER-PROVINCIAL OR INTL TRAVEL	• No inter-regional travel • NO INTER-PROVINCIAL OR INTL TRAVEL	• NO INTER-PROVINCIAL OR INTL TRAVEL	• No restriction

\*Restrictions are subject to change in accordance with Public Health Orders and viaSport Return to Sport Guidelines.



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## 6. INFORMATION FOR LEADERS & ADMINISTRATORS: HOW TO SAFELY MANAGE RETURN TO PLAY

### a. How to Prepare for Return to Play

#### i. Mandatory Steps

##### 1. COVID-19 Point of Contact

Members Organizations must identify and appoint one or more COVID-19 Safety Coordinator(s) to be responsible for implementing BC Rugby's Return to Play plan (and all other relevant guidance, advice and instruction regarding COVID-19) in respect of certain discrete elements, such as particular training facilities, match day venues and team travel.

Member Organizations are to inform BC Rugby of the appointment and provide contact details of the individual. Please see a template job description in the appendix (b).

BC Rugby will appoint a COVID-19 Manager as a point of contact to both Rugby Canada, BC Rugby's Member Organizations and members of the public. The manager will have operational knowledge regarding COVID-19. The manager will coordinate efforts within BC Rugby for a phased approach to training and play. They will coordinate with Member Organizations providing information and strategic support.

BC Rugby will inform Rugby Canada of the appointment and provide contact details of the individual.

##### 2. Education

Member Organization's President (or equivalent) and the appointed Safety Coordinator must complete [World Rugby's COVID-19 Return to Play Awareness for Administrators](#). As stated by World Rugby, this is a resource developed to guide a safe return to rugby activities.

The first section provides general information and the second section provides more specific information for Administrators who are pulling together Club/ School/ Union Return to play policies. At the end of both sections there are simple awareness tests which check for the participants understanding.

Completion of these modules will help individuals to demonstrate that they are ready to help their institution return to train and play. Certificates from completing the course will be required when submitting sanctioning request.

##### 3. Identify, Assess & Document Risk

All Member Organizations will need to complete the Rugby Canada Risk Assessment Tool, Appendix (c).

BC Rugby has an established Risk Management Policy and has completed a Risk Assessment in line with that Policy.



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#### 4. COVID-19 Safety Plan

All Member Organizations will need to complete a COVID-19 Safety Plan that effectively takes all necessary precautions to mitigate, transfer or avoid the identified risks both common to all sporting activities and unique to your rugby and facility operations.

Member Organizations may choose to capture this Plan either in the excel Risk Assessment Tool provided or in the template provided in Appendix (e).

#### 5. Update Emergency Action Plans

All Member Organizations must review and update their Emergency Action Plans in light of the COVID-19 pandemic. Refer to Section 9 of this document to learn of advised modifications to providing First Aid.

As examples, the following aspects of your Emergency Action Plan should be considered and updated as appropriate:

- Location & access to first aid kit
- Emergency Services access points
- Assembly points (e.g. in the event of lightening & severe weather)

#### 6. Apply for Sanctioning

All Member Organizations are required to apply for sanctioning of in-person rugby activities until further notice. To receive sanctioning, Member Organizations must provide BC Rugby the following information and compliant documents:

- Name and contact details of appointed COVID-19 Safety Coordinator
- World Rugby's COVID-19 Return to Play Awareness for Administrators Certificates for the Member Organization's President (or equivalent) and appointed Safety coordinator
- Completed Risk Assessment
- COVID-19 Safety Plan
- Updated Emergency Action Plan

BC Rugby will facilitate an online form to submit all required information. Sanctioning applications will be assessed by the safety plan adequately addressing the Member Organization's Risk Assessment. See appendix (k) to view the sanctioning scorecard.

Once approved, BC Rugby will provide a Sanctioning Agreement for signing.

Additionally, all Member Organizations are responsible for ensuring that they identify and seek approvals from any other stakeholders required to resume rugby activities legally and safely. This may include Provincial or Local Governments, Health Authorities, facility owner or operator.



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## ii. Highly Recommended Steps

### 1. Education

It's highly recommended that any individual required to approve Return to Play or COVID-19 Safety Plans complete [World Rugby's COVID-19 Return to Play Awareness for Administrators](#).

It's highly recommended that any individual responsible for delivering in-person rugby activities completes [World Rugby's COVID-19 Return to Play Awareness for Coaches & Players](#).

If a Member Organization is going to ask board and staff to complete either course, it is highly recommended that the Member Organization requests and stores their certificates as a record of completion.

As stated by World Rugby, these courses are a resource developed to help everyone in the rugby community during the COVID-19 pandemic and to guide a safe return to rugby activities. Completion of these modules will help individuals to demonstrate that they are ready to return to train and play.

### 2. Communication of Responsibilities & Expectations

It is highly recommended that Member Organizations create a communications plan to regularly reinforce current Provincial or Regional public health advice to your membership, supporting them to make informed decisions about their personal and household risk.

These communications may also include reminders of 'Rules of Engagement', including the Right of Refusal, and any other specific instructions that support reducing the risk of COVID-19 transmission and represent best practice.

#### b. How to Safely Manage Return to Play

The following steps must be considered, and Member Organizations must detail specific measures they will take to effectively reduce or eliminate the risk of COVID-19 transmission. All mandatory steps must be detailed in the submitted COVID-19 Safety Plan, as well as any details of any highly recommended steps being taken.

#### i. Mandatory Steps

##### 1. Registration of all Participants

All participants must be registered *prior* to attending any in-person rugby activities. This applies to players, coaches, therapists, and officials. As the Rugby Canada registration portal, provided by Sportlomo, includes a Participant Agreement that has been updated to explicitly address the known risk of COVID-19, it's most important that registration is completed by the participant or the participant's legal guardian.

**No coach or club administrator should ever complete registration on behalf of their members.**

Rugby Canada and BC Rugby have made non-contact player categories available. Even when it is *just* non-contact, all participants must still be registered to be covered by the National Insurance Program.



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If BC Rugby progresses to the fourth step, 'Rugby Reinvented' (i.e. low-contact), players will need to 'upgrade' their membership to the 'contact' player categories. Given the exceptional circumstances, Rugby Canada will credit the non-contact membership paid against the cost of 'upgrading' to the contact membership.

## 2. Attestation of all Participants

Any Member Organization delivering in-person activities must ensure COVID-19 attestations are completed by all participants (i.e. coach and players) prior to every in-person rugby activity.

To reduce touch points, easily manage responses and store responses within a platform that the participant has consented to hold their personal information, BC Rugby is mandating the use of Sportlomo. See Appendix (e) for the attestation to be used at all levels, which includes language to collect electronic signatures.

Daily attestations will be stored by BC Rugby and the Member Organization's Sportlomo account for at least two (2) years.

## 3. Attendance Tracking

Any Member Organization delivering in-person activities must record all participants' (i.e. coach and players) attendance at all in-person activities. This applies to both intra-club (e.g. training and in-house games) and inter-club (e.g. leagues) activities.

To reduce touch points, easily manage responses and store responses within a platform that the participant has consented to hold their personal information, it is mandatory that all Member Organizations delivering in-person activities utilise the Rugby Canada registration portal, provided by Sportlomo, to record attendance. This platform will also allow coaches to assign training groups within a team session.

### c. How to Safely Deliver Return Play

The following steps must be considered, and Member Organizations must detail specific measures they will take to effectively reduce or eliminate the risk of COVID-19 transmission. All mandatory steps must be detailed in the submitted COVID-19 Safety Plan, as well as any details of any highly recommended steps being taken.

#### i. Mandatory Steps for Facility Operations

##### 1. Limiting Use of Facility

Until further notice, all rugby activities are to take place outdoors only. In relation to those rugby activities, only the washrooms may be made available for participants' use.

In accordance with BC's Provincial Health Officer's May 22 [Order limiting "mass gatherings" to 50 patrons](#), event gathering restrictions apply to any singular event or venue. To determine how many people can safely access your venue or field, reference to the BC Parks and Recreation Association's guidelines as follows:



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- Static activities – Calculate space capacity by allowing a one metre radius around each person (a 1.3 metre radius from the centre of each person allows two metres between individuals) as is demonstrated in this illustration. Typically, this will reduce occupancy by approximately 50%.
- Active activities – Calculate space capacity by allowing a two to five metre radius depending on the activity. For example, if a typical activity required a two-metre radius pre-pandemic, that same activity would now require a three-metre radius.

Until further notice, any water fountain may only be used to refill a water bottle. No participants are permitted to drink directly from the water fountain or any faucet.

## 2. Cleaning Protocols

Any Member Organization delivering in-person activities, must document the enhanced cleaning protocols that will be implemented for any high touch areas such as handrails, door handles, counter tops, sinks, taps, toilets, soap dispenses etc. Member Organizations must document their enhanced cleaning protocols in their COVID-19 Safety Plan. This may include ‘transferring’ this responsibility to third-party providers (e.g. private cleaners or cleaners provided by the facility owner), but this must be made clear in the Safety Plan. See Appendix (h) for a template example.

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19. Use only approved hard-surface disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.

## 3. Facility Access & Flow

To effectively plan for and manage maximum event gathering restrictions, any Member Organization delivering in-person activities, must plan and clearly communicate to all participants access points of the facility, including car parking, and, when appropriate, implement flow patterns and staggered arrival/departure times.

## 4. Other Users

Do not forget to factor in other users that may be able to freely access your fields and plan clear communications and signage that help both your participants and the public respect each other’s space. For other permitted user groups, you may have to coordinate arrivals and departures if the facility owner has not provided time or distance spacing between user groups.

### ii. Mandatory Steps for Rugby Operations

#### 1. Player Groups & Managing Adherence to Restrictions

Any Member Organization planning to deliver in-person activities, must first consider which participant groups are best served by resuming in-person activities at each phase of returning to sporting activities. In addition to considering if those players are at a [higher risk for severe illness from COVID-19](#), also consider their ability to understand and follow physical distancing instructions.



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Regardless of event gathering limits, Member Organizations are required to maintain smaller training and playing groups for all sessions in a two-week period. This limits the expansion of a player's "bubble" and reduces the risk of rugby in-person activities enabling a COVID-19 outbreak.

When assigning players to training groups, consider if traditional forwards and backs groupings are necessary or if training groups can be more focused on social or family groupings. This might be a consideration for youth players that have largely been excluded from their social groupings with school closures.

## 2. Rule of Two

To ensure an open and observable environment for all interactions between adults and participants, plan to have two appointed adults present and included in the maximum event gatherings permitted at that time.

If participants are minors or vulnerable adults, this Rule of Two must be adhered to. If short of club coaches or volunteers, ask a parent to be present throughout the session. The second adult should be able to easily hear and see all interactions of the coach.

## 3. Designate First Aid Responder

As is standard practice, all in-person rugby activities sessions must have at least one designated first aid responder per venue.

Until further notice, the designated First Aid Responder must wear a non-medical mask or cloth face covering for the duration of the in-person session. This will enable the First Aid Responder to attend to anyone needing assistance quickly and safely.

The designated First Aid Responder must be educated on how to correctly wear a non-medical mask. Please reference the Public Health Agency of Canada's [video](#) or [poster](#) or WorkSafe BC's [poster](#).

Please note, medical masks are not to be sourced for rugby activities as they remain essential for health care providers and others providing direct care to COVID-19 patients.

## 4. Training Processes

As stated in World Rugby's Safe Return to Rugby document, due to the movement involved in sports, the physical distance should be kept as generous a distance as possible. In addition to planning what your session will consist of, plan how you will use the outdoor space available to you and how players will safely move throughout the session.

Field map examples are provided in appendix (g).

While social distancing measures remain, all team meetings and huddles must take place outdoors where all individuals are able to practice physical distancing. If being held in-person, team meetings or huddles should be brief. If greater communication is needed, consider other options including digital/online meetings. Remember, whether in-person or online, adhere to the Rule of Two.



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## 5. Equipment Use and Cleaning Protocols

Any Member Organization delivering in-person activities, must document the enhanced cleaning protocols that will be implemented for any shared equipment that will be used. See Appendix (h) for a template example.

As advised by World Rugby's Chief Medical Officer Eanna Falvey, [Gilbert's instructions for cleaning](#) match and training balls are adequate to kill the bacteria. Before and after all in-person sessions, rugby balls must be cleaned by "a soft cloth, a light detergent and warm water".

If instructing players to bring their own ball for their own use, you must ask players to follow Gilbert's cleaning instructions before arriving at each session.

Any other rugby equipment planned for use must be cleaned before, during and after with the appropriate disinfectant product according to the label directions. Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19. Use only approved hard-surface disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.

### iii. Highly Recommended Steps for Facility Operations

Rugby Canada recognises that a significant number of Rugby Clubs own and/or operate clubhouses for their members, private users and/or the general public. For the purposes of this plan and the National Insurance Policy, any Member Organization that decides to open their club house for whatever use does so at their own risk and should hold separate insurance coverage for these separate operations.

Until further notice, the Rugby Canada Insurance Policy will not be made available to any claims related to clubhouse use or social activities.

If choosing to re-open clubhouses for social activities, the Member Organization does so at its own risk. It is highly recommended that any Member Organization adhere with relevant Provincial laws and licensing requirements, as well as current COVID-19 orders and guidelines, ensuring compliant and responsible operations are documented and implemented.

## 7. INFORMATION FOR COACHES, OFFICIALS, TEAM MANAGERS & THERAPISTS: HOW TO SUPPORT PLAYERS' RETURN

### a. Understanding your risk & your household's risk

Returning to in-person rugby activities is optional. Each coach, official, team manager or therapist is responsible for determining if attending any in-person rugby activity is safe for you and your household. You should also consider the risk to your workplace, especially if you are a health care worker or an



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essential worker. Factors may change over time and you should be regularly re-assessing your risk and the risk to your entire household and workplace.

When making that decision, consider the following aspects of COVID-19:

- Research indicates that children and adolescents are just as likely to become infected as any other age group and can spread the disease. (Source: WHO)
- COVID-19 causes a respiratory (lungs) type infection that is mild in most of the population (approximately 80%) but can be more severe in those who are older adults or those with chronic underlying conditions.
- The known underlying health conditions that put one at greater risk for COVID-19 include diabetes, hypertension, asthma, chronic lung disease, severe heart conditions, chronic kidney disease, obesity, or a weakened immune system.
- Individuals with disabilities interacting with multiple care providers/supports and friends have an increased risk of contracting COVID-19 due to increased exposure.

**b. How to Prepare in advance of Return to Activity**

**i. Education**

It is highly recommended that all coaches, officials, team managers and therapists complete relevant World Rugby COVID-19 Courses: <https://playerwelfare.worldrugby.org/covid-19-courses>.

Coaches and officials must ensure that they adhere to Rugby Canada’s PlaySmart Guidelines, which include World Rugby Rugby Ready, World Rugby Concussion Management for the General Public and Laws of the Game where applicable, as well as maintaining a current background screening check.

**ii. Managing Expectations**

There are many benefits to participating in sport, both physically and emotionally. The coach has a role in building the whole person by ensuring that playing our game is an enjoyable experience in the player’s life journey. We should all understand the impact which this pandemic has had on everyone, and that our return will be gradual, and we should adopt a long-term development approach. What was a player's desire and objective prior to the pandemic may have changed, and a greater importance should be placed on being physically active, social interaction and a player’s emotional wellbeing.

**iii. Get Organized**

The coaching process, plan – do – review, is a critical tool in getting organized and creating a safe and enjoyable environment for all, both physically and emotionally. Coaches should continue to take time to plan out their sessions, taking into account the restrictions that may be in place. Coaches will need to be creative to ensure that the sessions outcome may be achieved in different ways. The reflection can be as important as the planning, and taking the time to reflect upon what went well and what can be improved upon next time, will help build foundations for the players to continue to want to return and stay involved.



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#### iv. Plan Your Communications

As coaches we will be challenged in how we communicate with our players, and how players communicate with one another. Coaches should encourage players to self-organize when possible and keep activity levels high. Reduce the need for team huddles, and perhaps use other forms of communication to support your verbal communication, such as pre-prepared activity cards which the players can look at. Often coaches will motivate their players with positive interactions such as high fives and fist pumps, and these interactions should be minimized until social restrictions are removed.

#### c. Responsibility of Care

Returning to group training environment is going to be a vastly different experience for everyone as restrictions necessitated by the Covid-19 pandemic start to be lifted. In addition to changes in 'how' teams are able to train and the mitigation efforts required to train (i.e. masks, physical distancing), there will be a psychological component that accompanies the extent of changes, and the accumulated effects of the previous isolation period.

Coping with the uncertainty around COVID-19 has been challenging for everyone, but young people may be having an even tougher time during the pandemic. Social isolation, school closures, and uncertainty about what all this means for their friends and family are just a few of the concerns young children and teens may have at this time.

As shared by Canada's Sport Medicine Advisory Committee (May 20, 2020) and adapted from psychology expert Dr. Bill Howatt, coaches can anticipate 3 individual types of reactions:

##### 1. Come back to training with no issues - let's get back at it!

- These individuals have not been significantly impacted and are ready to start training.
- Need to manage these individuals' expectations regarding the "new normal" and be clear on risk mitigation procedures to which they must adhere.

##### 2. Fearful and anxious of contamination or second wave

- These individuals have high levels of fear and anxiety of exposure to virus and may not be comfortable with returning to group training yet feeling the pressure to do so.
- Need to explore individual comfort levels and respond without judgement, creating a psychologically safe environment for all to train and choice for all involved.

##### 3. Personally, impacted by COVID-19 or experienced secondary trauma

- These individuals are significantly impacted financially, psychologically, and/or emotionally as a result of COVID-19 related losses (e.g., loss of loved ones, job loss).
- Need to be sensitive to personal circumstances and have options for necessary supports with potential gradual reintegration.



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The following list of resources can be referred to and shared with players or their parents/guardians to support players' mental health wellness:

- Anxiety Canada, numerous free resources including Talking to Kids About COVID-19: <https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>
- Canadian Mental Health Association, numerous free resources and Provincial directories: <https://cmha.ca/>
- Here2Talk, 24/7 new mental-health counselling and referral service for post-secondary students: [here2talk.ca](http://here2talk.ca)
- Hope for Wellness Helpline, offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada: <https://www.hopeforwellness.ca/>
- Kids Helpline, Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors: <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>
- Wellness Together Canada, offers the following at no cost to Canadians (1) Wellness self-assessment and tracking; (2) self guided courses, apps and other resources; (3) Group coaching and community of support; and (4) Counselling by text or phone: <https://ca.portal.gs/>

## 8. INFORMATION FOR PLAYERS & THEIR HOUSEHOLDS: YOUR RISKS & RESPONSIBILITIES

### a. Understanding your & your household's risk

Returning to in-person rugby activities is optional. Each participant is responsible for determining if attending any in-person rugby activity is safe for you and your household. You should also consider the risk to your workplace, especially if you are a health care worker or an essential worker. Factors may change over time and you should be regularly re-assessing your risk and the risk to your entire household and workplace.

When making that decision, consider the following aspects of COVID-19:

- Research indicates that children and adolescents are just as likely to become infected as any other age group and can spread the disease. (WHO)
- COVID-19 causes a respiratory (lungs) type infection that is mild in most of the population (approximately 80%) but can be more severe in those who are older adults or those with chronic underlying conditions.
- The known underlying health conditions that put one at greater risk for COVID-19 include diabetes, hypertension, asthma, chronic lung disease, severe heart conditions, chronic kidney disease, obesity or a weakened immune system.
- Individuals with disabilities interacting with multiple care providers/supports and friends have an increased risk of contracting COVID-19 due to increased exposure.



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As highlighted by World Rugby, while regular exercise is beneficial for your immune system, prolonged, high intensity exercise may dampen the immune system, particularly when you may not be used to such high-level activity. Therefore, there is a potentially increased susceptibility to COVID-19 infection in players. This risk is probably small and if a practical approach is applied, where players do not exceed normal training load, they should be at no higher risk than the non-exercising population.

**b. How to Prepare in advance of Return to Activity**

**i. Education**

It is highly recommended that all youth and adult players complete relevant World Rugby COVID-19 Courses: <https://playerwelfare.worldrugby.org/covid-19-courses>.

Other World Rugby online courses that are strongly recommended for age-grade and adult players are:

- [Beginners Guide to Rugby](#)
- [Laws of the Game](#)
- [Rugby Ready](#)
- [Concussion Management for the General Public](#)

**ii. Goal Setting**

This is the perfect time to re-establish your goals. Even with no competition on the horizon, reflecting, remembering, and recommitting to your “why” or reason for training and competing in your sport, can help you to remain positive and motivated while adapting to current restrictions.

While the sporting calendar continues to be impacted and many major rugby events will remain uncertain, athletes at all levels are encouraged to focus on setting some internal goals – goals that are just about you and not jeopardised by things out of your control. For example, setting a time to run 5km under 30 minutes is an internal goal, whereas winning the 5km at the Provincial Championships is an external goal.

**c. Rules of Engagement for Players**

The following are mandatory steps that all players will need to complete to attend in-person rugby activities while this plan is in effect.

**i. Attestation of all Participants**

You must complete a covid-19 attestation prior to every in-person rugby activity, training and matches, you plan on attending. If you are a minor, your legal parent or guardian must complete this on your behalf.

**ii. Safely Arrive, Ready to Go**

Travel to and from rugby activities via the safest option available to you. Attend rugby activities already dressed in the appropriate kit. No access to changerooms will be permitted, other than to use the washroom facilities.



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### iii. Be Self-Sufficient

Players are required to fill their personal water bottles at home. No sharing of water bottles will be permitted at rugby activities, so bring enough water to sustain your activities and travel to and from home.

### iv. Be Considerate, Be Honest

To keep everyone safe, follow all Federal and Provincial health orders and to be honest and upfront about having any symptoms of COVID-19. Now is not the time for 'pushing through' any feelings of unwellness.

## 9. MODIFICATIONS FOR FIRST AID

The following modified protocols will be adopted by BC Rugby and should be utilised to update Member Organization's Emergency Action Plan.

### a. First aid attendant protocols during COVID-19

In addition to public health directives, such as physical distancing, hand hygiene and disinfection, [WorkSafe BC have provided additional precautions](#) that Member Organizations may take to update their Emergency Action Plans. Key considerations include:

- Information Gathering: when receiving a call for first aid, if possible, gather the following information:
  - What are the circumstances surrounding the call for assistance?
  - Are critical interventions likely required? If so, call 9-1-1
  - Are there any obvious signs of COVID-19?
- If no critical intervention required: if possible and appropriate, interview the patient from at least 2m. Ask the following questions to determine the probability of COVID-19:
  - Is anyone in your household sick or in self-isolation due to COVID-19 or suspected COVID-19?
  - Have you been in contact with anyone who has been sick with COVID-19?
- Providing care:
  - Does the patient have a minor injury that the patient can self-treat while you provide direction and supplies?
  - If providing direct patient care (within 2m), don the appropriate level of personal protective equipment (PPE) for the situation. You may also consider asking the patient to don a mask or clear face shield.
- Removal & disposal of PPE: remove and wash any PPE that is not disposable by following the BC Centre for Disease Control's directives for [cleaning and disinfecting eye and facial protection](#). To dispose of masks after use:
  - Wash your hands with soap and water before taking off your mask.



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- Dispose of used masks in a wastebasket lined with the plastic bag.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- When emptying wastebaskets, take care to not touch used masks or tissues with your hands. All waste can go into regular garbage bins.
- Clean your hands with soap and water after emptying the wastebasket.

**b. First aid protocols for an unresponsive person during COVID-19**

Canadian Red Cross has provided the following first aid protocols that should be followed when attending to an unresponsive person.

- If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference.
- It is still important to call emergency medical services and find an AED.
- If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.
- CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19.
- If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives.
- If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.

**c. Medical/First Aid Kits**

To ensure compliance with public health directives and Occupational First Aid Attendant protocols, medical or first aid kits must include the following:

- Non-medical, disposal masks
- Medical examination gloves
- Pocket mask with a one-way valve and filter
- [Health Canada authorized](#) alcohol-based hand sanitizer

When considering quantities, remember that masks, gloves and pocket masks are to be used once and then properly disposed. You may also consider supplying the patient with a non-medical mask



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depending on the treatment you are providing (e.g. assessing a shoulder injury will require close contact as opposed to assessing an ankle injury).

You may also consider including coveralls (disposable or washable) and rubbish bags if rubbish bins are not readily available at your facility to ensure immediate disposal of used masks and gloves.

## 10. MODIFICATIONS FOR COACH & OFFICIAL EDUCATION

All in-person coach and official education courses and evaluations are not permitted until a Province is able to enter the fourth phase of the National Return to Play plan. This limitation is required as practical, low-contact sessions within these courses are compulsory to ensure course participants meet quality assurances of coach/official safety standards with respect to the five contact areas of our game.

In view of this restriction, course delivery will be comprised of self-paced e-learning, synchronous online delivery, and in-person practical sessions. Three courses have been identified as priorities to facilitate during the pandemic with delivery structured as follows:

Course	E-learning Tasks	Online Session(s)	In-Person Practical Session(s)
<b>World Rugby Match Officials Level 1</b>	<ul style="list-style-type: none"> <li>World Rugby COVID-19 Return to Play Awareness for Coaches &amp; Players.</li> <li>Plus, required completion of World Rugby online courses:               <ul style="list-style-type: none"> <li>Concussion Management for the General Public</li> <li>Beginners Guide to Rugby</li> <li>Introduction to Match Officiating</li> <li>Laws of the Game</li> <li>Rugby Ready</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Principles of Play; Principles of Officiating</li> <li>Safety</li> <li>Effective communication</li> <li>Materiality &amp; Context</li> <li>Application of Advantage</li> <li>Age grade Law variations</li> </ul>	<ul style="list-style-type: none"> <li>How to move effectively, where best to position yourself to manage the game</li> <li>How to referee technical aspects of the game safely</li> <li>How to apply the laws in context</li> </ul>
<b>NCCP Community Initiation/ World Rugby Level 1</b>	<ul style="list-style-type: none"> <li>World Rugby COVID-19 Return to Play Awareness for Coaches &amp; Players.</li> <li>Plus, required completion of World Rugby online courses:               <ul style="list-style-type: none"> <li>Concussion Management for the General Public</li> <li>Beginners Guide to Rugby</li> <li>Introduction to Coaching</li> <li>Laws of the Game</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Principles of Play</li> <li>The Coaching Process</li> <li>Practice Planning</li> </ul>	<ul style="list-style-type: none"> <li>Coaching the 5 contact areas of the game safely: tackle, ruck, maul, lineout, scrum</li> </ul>



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Course	E-learning Tasks	Online Session(s)	In-Person Practical Session(s)
	<ul style="list-style-type: none"> <li>Rugby Ready</li> <li>Coaching Children</li> <li>Recommend to also complete World Rugby online courses:               <ul style="list-style-type: none"> <li>Functional Role Analysis</li> <li>Key Factor Analysis</li> </ul> </li> </ul>		
<b>NCCP Competition Introduction /World Rugby Level 2</b>	<ul style="list-style-type: none"> <li>World Rugby COVID-19 Return to Play Awareness for Coaches &amp; Players.</li> <li>Plus, required completion of World Rugby online courses:               <ul style="list-style-type: none"> <li>Concussion Management for the General Public</li> <li>Introduction to Coaching</li> <li>Laws of the Game</li> <li>Functional Role Analysis</li> <li>Key Factor Analysis</li> <li>First Aid in Rugby</li> <li>Introduction to Strength &amp; Conditioning (one module, related to age predominately coached)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>The Coaching Process</li> <li>Principles of Attack and Defense</li> <li>Planning</li> <li>Key Factor Analysis</li> <li>Functional Role Analysis</li> </ul>	<ul style="list-style-type: none"> <li>Delivery of a session</li> <li>Application of Key Factor Analysis and Functional Role Analysis</li> <li>Post-course observation:</li> <li>Portfolio and Practice Observation in Phase 4 only</li> </ul>

With this segmented delivery structure, it is recommended that no more than three weeks lapse between the conclusion of the online sessions and the in-person practical session. Should that not be achieved, it is recommended a 1-hour 'refresher' online webinar be held prior to the delayed in-person practical session to ensure key teaching points are revisited ahead of practical application.

#### **a. Mandatory Steps for Provincial Unions Hosting a Course**

In addition to normal practices, the following steps will be taken by BC Rugby when hosting a course:

- Attestations of all Participants: BC Rugby will adopt and facilitate daily COVID-19 attestation and agreements to be completed by all participants (i.e. educator and students) for all in-person sessions. To reduce touch points, easily manage responses and store responses within a platform that the participant has consented to hold their personal information, BC Rugby will facilitate daily attestations through Sportlomo. See Appendix (e) for the attestation to be used at all levels, which includes language to collect electronic signatures. Daily attestations will be safely stored by BC Rugby for two years.



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- Educator to Participant Ratio: while adhering to Provincial restrictions of event gatherings, a ratio of no less than two educators to eight participants must be adhered to.
- Outdoor venues only: until further notice, all in-person education courses and evaluations must take place outdoors, in an area that is deemed safe and appropriate for field sports activities.
- Participant tracking: BC Rugby will facilitate accurate tracking of course participants attendance at all online and in-person sessions.
- Paperless: In-person sessions must be paperless, meaning no handouts. If course participants wish to take notes, they must bring their own method of doing so. Educators must distribute any materials electronically.
- Disinfecting rugby equipment: BC Rugby is responsible for providing disinfected rugby equipment, providing Health Canada approved cleaning supplies to periodically disinfect rugby equipment in use and providing clear instructions to the Educator as to how and when to disinfect rugby equipment before, during and after the in-person session.

#### **b. Mandatory Steps for Course Participants**

##### **i. Understanding your & your household's risk**

Each course participant is responsible for determining if attending any in-person rugby activity is safe for you and your household. You should also consider the risk to your workplace, especially if you are a health care worker or an essential worker. Factors may change over time and you should be regularly re-assessing your risk and the risk to your entire household and workplace.

When making that decision, consider the following aspects of COVID-19:

- Research indicates that children and adolescents are just as likely to become infected as any other age group and can spread the disease. (WHO)
- COVID-19 causes a respiratory (lungs) type infection that is mild in most of the population (approximately 80%) but can be more severe in those who are older adults or those with chronic underlying conditions.
- The known underlying health conditions that put one at greater risk for COVID-19 include diabetes, hypertension, asthma, chronic lung disease, severe heart conditions, chronic kidney disease, obesity, or a weakened immune system.
- Individuals with disabilities interacting with multiple care providers/supports and friends have an increased risk of contracting COVID-19 due to increased exposure.

##### **ii. Course Registration**

All participants wishing to attend a course must complete registration *prior* to attending the course. While this is not a deviation from normal practice, all participants will be required to agreed to and sign the updated Rugby Canada Participant Agreement as part of the Terms and Conditions of course registration.

To view all planned coaching courses and to register, visit [bcrugby.com/get-involved/coaching-courses/](https://bcrugby.com/get-involved/coaching-courses/).



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To view all planned officiating courses and to register, visit [bcrugby.com/get-involved/becoming-a-referee/](http://bcrugby.com/get-involved/becoming-a-referee/).

### iii. Before Attending a Course

All course participants will be responsible to follow these steps immediately before attending an in-person course:

- Complete the provided daily COVID-19 attestation as supplied by BC Rugby.
- Pack all meals, snacks and plenty of water. No sharing of water bottles will be permitted at rugby activities, so bring enough water (and food) to sustain you throughout the course and travel to and from home.
- Travel to and from rugby activities via the safest option available to you.

### iv. During Attendance at a Course

All course participants will be responsible to follow these steps throughout attending an in-person education session:

- Personal Hygiene: all individuals are to practice government recommended proper hygiene before, during and after all rugby in-person activities.
- Equipment Hygiene: for all permitted rugby touch points, enhanced cleaning protocols are to be followed before, during and after rugby activity.
- No shared drinks, supplements or food: until all Government restrictions are lifted, no sharing or service of water bottles, drinks, supplements or food is permitted.

## 11. MODIFICATIONS FOR TRAINING MINOR & ADULT PLAYERS

Many activities detailed in Rugby Canada's National Skills Coaching Resource and National Key Themes can be easily delivered with coaches considering a few additional measures to either maintain physical distancing or reduce the number or frequency of touch points.

### a. Example Training Modifications for 'Restricted Rugby'

Under this first phase, in addition to provincial maximum gathering restrictions, any in-person training must always maintain physical distancing, must not involve any shared equipment, and must not exceed 45 minutes in duration. The following are examples of types of activities for all age-groups that will be sanctioned for Member Organizations or BC Rugby to deliver.

Activity	Brief Description	Key Considerations to Adhere to Restrictions	Resource
Speed Based Movements	Easily adaptable for all ages & abilities, players work through different speed-based movements	No equipment required. Each player in their own demarcated training	World Rugby, Coaching Children Module, <a href="#">Exercise</a>



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	(e.g. heel kicks, high knee drill). Drills can be performed at increasingly faster speeds or differing durations.	grid; for younger children, give more space between each child.	<a href="#">Descriptors-Speed Based Movements</a>
<b>Place Kicking Challenge</b>	Players are given three different kicking tee positions on each side of the goal posts, gradually increasing the angle to the goal posts. One player at a time from each cluster of kicking tee positions.	Players may only use own ball. Coach will need to provide clear instructions on flow.	Rugby Canada, National Skills Coaching Resource, <a href="#">Place Kicking-Kicking Challenge (pg.25)</a>
<b>Ball Balance</b>	To develop core strength and effective scrum position, player grips ball and balances maintaining good body shape for scrum position.	Players to be spaced at least 2 meters apart. Players may only use their own ball.	Rugby Canada, National Skills Coaching Resource, <a href="#">Developing Individual Scrum Technique-Ball Balance (pg. 34)</a>

#### b. Example Training Modifications for “Rugby Re-Engage”

Under this phase, in addition to provincial maximum gathering restrictions, any in-person training must always maintain physical distancing, can only use a disinfected rugby ball as shared equipment, and must not exceed 60 minutes in duration. The following are examples of types of activities for all age-groups that will be sanctioned for Member Organizations or BC Rugby to deliver.

Activity	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>World Rugby Activate</b>	<p>Activate is a structured, progressive exercise programme that is designed to be used as part of training sessions and pre-match warm-up routines. There are four versions of Activate:</p> <ul style="list-style-type: none"> <li>• Under-15 (Age 13–15 years)</li> <li>• Under-16 (Age 15–16 years)</li> <li>• Under-18 (Age 16–18 years)</li> <li>• Adult (Age 18+ years)</li> </ul> <p>Each version contains several progressive phases to be used throughout the playing season.</p>	<p>Generously space out players, the younger the player, the more space should be given to allow room for errors in judgement.</p> <p>Only select exercises that can be completed individually or with a small group of players maintaining 2m distance.</p>	World Rugby, <a href="#">Activate Injury Prevention Exercise Program</a>



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Activity	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>Kick Tennis</b>	Remember to focus on kicking technique throughout each practice - Body posture - Ball drop - Leg to target - Body to target  Game played between 22m and goal line n Players must pass backwards before kicking with point scored by landing ball in oppositions territory.	Generously space each player out along the 22m line, using cones to indicate where they should kick from. Use different coloured or types of balls for each station to reduce shared touch point	Rugby Canada's National Skills Coaching Resource, <a href="#">Kicking from Hand-Kick Tennis (pg. 12)</a>
<b>Circuit Circus</b>	Get creative and design a continuous circuit with varying activities. Players move through in single file from station to station completing various activities for 45 to 90 seconds per station.  Station activities should be a mix of cardiovascular fitness, core stability and balance, ball-handling skills and age-appropriate muscular strength & endurance exercises.	Prior to starting the circuit, place lesson cards at each station to reduce talking time. Space each station at least 4 metres apart in sequential order to create a single-file flow between each station	Ontario Physical and Health Education Association, Play Sport Resource, <a href="#">Circuit Circus</a>
<b>Depth Running</b>	Create 4 to 6 running lanes at least 2 metres apart, creating a passing line across the field. As all players run across the field, players are encouraged to be positioned 5m behind the ball carrier and run at pace to receive the ball.	Use cones to ensure players stay within their lane to maintain physical distance.	Rugby Canada, Rookie Rugby, <a href="#">Games-Depth Running</a>

### c. Example Training Modifications for "Rugby Restarted"

Under this phase, in addition to provincial maximum gathering restrictions, any in-person training may involve brief, limited breaches of physical distancing, may involve sharing of disinfected, basic rugby equipment and must not exceed 60 minutes in duration. The following are examples of types of activities for all age-groups that will be sanctioned for Member Organizations or BC Rugby to deliver.

Activity	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>World Rugby Activate</b>	Activate is a structured, progressive exercise programme that is designed to be used as part of training sessions and pre-match warm-up	Can now introduce partner exercises with limited touch points & time under contact.	World Rugby, <a href="#">Activate Injury Prevention Exercise Program</a>



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	<p>routines. There are four versions of Activate:</p> <ul style="list-style-type: none"> <li>• Under-15 (Age 13–15 years)</li> <li>• Under-16 (Age 15–16 years)</li> <li>• Under-18 (Age 16–18 years)</li> <li>• Adult (Age 18+ years)</li> </ul> <p>Each version contains several progressive phases to be used throughout the playing season.</p>		
<b>Four Side Attack</b>	<p>Splitting 8 to 10 players between a defensive team and attacking team, players attack each side of the square. Once they have attacked one side they move round to next side of square, realign and attack. Repeat until all sides of square have been attacked &amp; teams swap roles.</p>	<p>Set square up with sides measuring at least 16m. After touch happens, defence retreats at least 2m to set offside line</p>	<p>Rugby Canada’s National Skills Coaching Resource, <a href="#">Role of the First Receiver – Four Side Attack (pg. 76)</a></p>
<b>Ball out of Contact</b>	<p>Coach sets up two different coloured cones 5m apart. Attacking player stands two meters from defender. Coach calls a color and player evades the defender towards that color cone.</p>	<p>Avoid staying within the 2m space for a long period of time.</p>	<p>Rugby Canada, National Key Themes, <a href="#">Skill Practice – Offloading Tree (pg. 21)</a></p>

#### d. Example Training Modifications for “Rugby Reinvented”

Under this phase, in addition to provincial maximum gathering restrictions, any in-person training may involve brief, limited points of contact, may involve sharing of disinfected rugby equipment and must not exceed 75 minutes in duration. Most of the training activities outlined in Rugby Canada’s [National Skills Coaching Resource](#) and [National Key Themes](#) are compatible with this phase of returning to rugby.

However, activities that involve prolonged physical contact between two or more players are not permitted. For example, scrum machine, full scrum and lineout drills.

Coaches are to manage time limits for rucking and mauling activities and limiting number of players engaged.



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## 12. MODIFICATIONS FOR AGE-GRADE AND ADULT GAMES & LEAGUES

### a. Games for “Rugby Restricted”

Under this phase, in addition to provincial maximum gathering restrictions, any in-person games must always maintain physical distancing, must not involve any shared equipment, and must not exceed 45 minutes in duration. The following games can be played by all ages and co-genders.

Non-Contact Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
Rugby Golf	Rugby field is transformed to 9-hole course for directional passing & kicking. Rules assign style of kick or pass to driver, iron, wedge & putter. Hazards incur penalty of using non-dominant hand/foot.	<ul style="list-style-type: none"> <li>Limit groups to households or 4 people</li> <li>Assign tee-times to manage capacity and flow</li> <li>BYOB or provide each player their own distinguishable ball</li> </ul>	WIP – to be designed in house

### b. Games for “Rugby Re-Engaged”

Under “Rugby Re-Engaged”, in addition to provincial maximum gathering restrictions, any in-person games must always maintain physical distancing, can only use a disinfected rugby ball as shared equipment, and must not exceed 60 minutes in duration. The following games can be played by all ages and co-genders.

Non-Contact Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
Rugby Golf	Rugby field is transformed to 9-hole course for directional passing & kicking. Rules assign style of kick or pass to driver, iron, wedge & putter. Hazards incur penalty of using non-dominant hand/foot	<ul style="list-style-type: none"> <li>Limit groups to households or 4 people</li> <li>Assign tee-times to manage capacity and flow</li> <li>BYOB or provide each player their</li> </ul>	WIP – to be designed in house



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Non-Contact Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
		own distinguishable ball	
<b>Ultimate Rugby</b>	Ultimate Rugby is a modified game where players may pass or kick the ball in any direction but may not run with the ball. The emphasis is on identifying space around the field and having those without the ball move to where space can be found. Various other variations can be introduced to work on particular skills, such as only kicking is allowed, or only passes in one direction	<ul style="list-style-type: none"> <li>Alter field dimension and player numbers according to number of total participants</li> <li>Defenders maintain 2m distance except when attempting interception</li> <li>Defenders cannot encroach on 2m distance from ball-carrier</li> </ul>	WIP – to be designed in house

c. Games for Minis (U12) Players in “Rugby Restarted” & “Rugby Reinvented”

Non-Contact RUGBY Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>U8 Flag Age-Grade Variations</b>	A non-contact, half-pitch variation of 7s Rugby that substitutes the tackle for the removal of the ball-carrier’s flag, attached to a belt sitting at waist height	<ul style="list-style-type: none"> <li>Limit to 4 v 4 or 6 v 6</li> <li>Once the flag has been pulled, players should be encouraged to quickly hand the flag back and return back into the game to keep the breach of 2m brief</li> </ul>	Age-Grade Variation pdf posted at <a href="http://rugby.ca">rugby.ca</a>



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Non-Contact RUGBY Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>U10 Flag Age-Grade Variations</b>	A non-contact, half-pitch variation of 7s Rugby that substitutes the tackle for the removal of the ball-carrier's flag, attached to a belt sitting at waist height	<ul style="list-style-type: none"> <li>• Limit to 6 v 6 or 8 v 8</li> <li>• Once the flag has been pulled, players should be encouraged to quickly hand the flag back and return back into the game to keep the breach of 2m brief</li> </ul>	Age-Grade Variation pdf posted at <a href="http://rugby.ca">rugby.ca</a>
<b>U12 Flag Age-Grade Variations</b>	A non-contact, half-pitch variation of 7s Rugby that substitutes the tackle for the removal of the ball-carrier's flag, attached to a belt sitting at waist height	<ul style="list-style-type: none"> <li>• Limit to 6 v 6 or 8 v 8</li> <li>• Once the flag has been pulled, players should be encouraged to quickly hand the flag back and return back into the game to keep the breach of 2m brief</li> </ul>	Age-Grade Variation pdf posted at <a href="http://rugby.ca">rugby.ca</a>
<b>Touch Rugby</b>	A non-contact, half-pitch rugby variation very popular in other rugby Commonwealth countries. Similar to Touch 7s but a touched ball carrier needing to 'play the ball' on the point of being touched	<ul style="list-style-type: none"> <li>• Limit to 6 v 6</li> <li>• Once the touch has been completed, players should be encouraged to quickly return into the game to keep the breach of 2m brief</li> </ul>	World Rugby Leisure Rugby Laws, <a href="#">Touch Rugby</a>

#### d. Games for Age-Grade, Senior & Master Players in "Rugby Restarted"

The following games can be played with a mix of genders. If playing as mix-gender teams, teams should as best match male to female ratio. A mix of ages may also safely participate together.



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Non-Contact RUGBY Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>Touch Rugby</b>	A non-contact, half-pitch rugby variation very popular in other rugby Commonwealth countries. Similar to Touch 7s but a touched ball carrier needing to 'play the ball' on the point of being touched	<ul style="list-style-type: none"> <li>• Limit to 6 v 6</li> <li>• Once the touch has been completed, players should be encouraged to quickly return into the game to keep the breach of 2m brief</li> </ul>	World Rugby Leisure Rugby Laws, <a href="#">Touch Rugby</a>
<b>Flag Rugby</b>	A non-contact, half-pitch variation of 7s Rugby that substitutes the tackle for the removal of the ball-carrier's flag, attached to a belt sitting at waist height	<ul style="list-style-type: none"> <li>• Limit to 7 v 7</li> <li>• Once the flag has been pulled, players should be encouraged to quickly hand the flag back and return into the game to keep the breach of 2m brief</li> </ul>	Adults to follow Age-Grade Variation pdf posted at <a href="#">rugby.ca</a>

**e. Games for Age-Grade, Senior & Master Players in Phase 4**

For low-contact variations, full-contact rules will apply with respect to a player's identified gender and Age-Grade players adhering to age-bandings.

Contact RUGBY Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>Rugby 7s</b>	Variant of rugby union in which teams are made up of seven players playing seven-minute halves	Several optional variances to reduce the 5 points of contact. E.g. All penalties and free kicks must be a 'tap and go'	World Rugby, Laws of the Game, <a href="#">Sevens Variations</a>



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Contact RUGBY Games	Brief Description	Key Considerations to Adhere to Restrictions	Resource
<b>Rugby 10s</b>	Variant of rugby union in which teams are made up of ten players, typically five forwards and five backs, playing 10-minute halves	Several optional variances to reduce the 5 points of contact. E.g. No contest after tackle (offside line established at top of gate)	World Rugby, Laws of the Game, <a href="#">10s Variations</a>
<b>Rugby X</b>	XRugby was designed as a seven a side variation played on a half pitch, but it can be further modified and played with fewer or greater numbers.	Several optional variances to reduce the 5 points of contact. E.g. Lineout is uncontested quick throw-in, no mauls	World Rugby, Laws of the Game, <a href="#">XRugby</a>

#### f. Planning and Managing Leagues (Inter-Club Games)

Provincial Unions are to oversee and manage the design of any inter-club leagues, including any inter-club touch, flag or low-contact rugby variations. All inter-club leagues must be submitted to Rugby Canada for sanctioning.

As outlined in World Rugby's 'Safe Return to Rugby' plan, returning to competitive matches should consider how all teams would travel to games, and "where reasonably practical, minimise the duration of travel and stay". As such, Rugby Canada encourages Provincial Unions to play competition structures that allow for teams to travel to and from the match on the same day.

The number of opponents and the frequency of matches should also be taken into account. Consideration needs to be given to multi-team Clubs and, where possible, reduce the number of different clubs that one multi-team club may face in any week of scheduled play.

Attendance tracking must be completed for each participating team at any competition, including coaches, therapists, players and officials. It is highly recommended that all Provincial Unions utilise the Rugby Canada registration portal or league management platform, provided by Sportlomo, to record attendance (i.e. team rosters).

Until further notice, spectators are not permitted.

## 13. HIGH-PERFORMANCE TRAINING & GAMES

When planning high performance programming, Provincial Unions are reminded to consider if the player is accessing other rugby programming and ensure that attendance tracking is taking place at both.



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In addition to the training and game modifications outlined for in the above Sections, high performance players may need additional support to adjust.

Players, and/or their close support network, should be directed towards the following resource:

- Canadian Sport Institute, [Mental Performance Recommendations for Optimizing Performance Preparation with COVID-19](#)

## 14. RESPONDING TO SUSPECTED INFECTED PERSON OR OUTBREAK

The following process is to be adopted by BC Rugby and all Member Organizations for the following situations:

### a. Protocol for Persistent or Worsening Symptoms of COVID-19

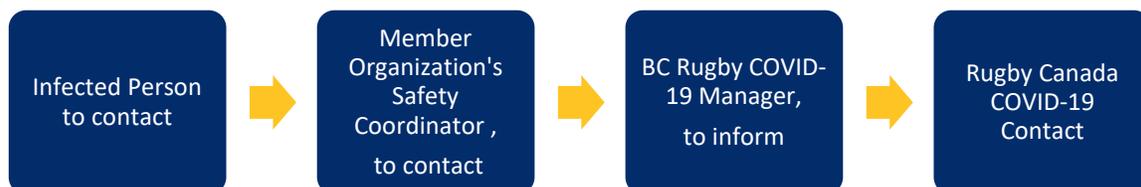
If any individual who has attended in-person rugby activities within the last 14 days is experiencing persistent or worsening symptoms of COVID-19, the following steps must be taken:

- The unwell person is to immediately notify their Member Organization’s COVID-19 Safety Coordinator or BC Rugby’s COVID-19 Manager. The Member Organization’s COVID-19 Safety Coordinator is to immediately inform BC Rugby’s COVID-19 Manager who shall inform Rugby Canada’s COVID-19 Manager.
- The unwell person is required to follow all medical and government instruction on managing their worsening or persistent COVID symptoms.
- All individuals recorded as attending the same in-person rugby activities within the last 14 days are contacted by BC Rugby’s COVID-19 Manager and instructed to self-monitor. Any notification to those individuals must avoid identifying the individual who is/was experiencing symptoms.

### b. Protocol for Positive COVID-19 Test

If any individual who has attended in-person rugby activities within the last four weeks tests positive for COVID-19, the following steps must be taken:

- The infected person is to immediately notify their Member Organization’s COVID-19 Safety Coordinator or BC Rugby’s COVID-19 Manager. The Member Organization’s COVID-19 Safety Coordinator is to immediately inform BC Rugby’s COVID-19 Manager who shall inform Rugby Canada’s COVID-19 Manager.



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- The infected person is required to follow all medical and government instruction on managing their diagnosis. The infected person may only return to rugby activities once cleared as noncontagious by provincial or local public health authorities and has provided to BC Rugby written confirmation from a medical doctor of the same.
- All in-person rugby activities and facilities that the infected person has attended in the last four weeks are immediately suspended for a minimum of two weeks.
- All individuals recorded as attending the same in-person rugby activities are contacted by BC Rugby or Member Organization's COVID Contact, informed of their close contact with an infected person and instructed to self-isolate in line with medical and government instruction. Any notification to those individuals must avoid identifying the individual who was diagnosed.
- The BC Rugby's COVID Manger shall notify the Provincial/Regional Health Authority as regulated and relay any instructions to the Member Organization and Rugby Canada.
- Rugby Canada's COVID Safety Contact shall assemble an Emergency Management Team, in line with Rugby Canada's COVID Emergency Response Plan.

**c. COVID Emergency Response Plan**

BC Rugby and all Member Organizations are to adopt and follow this collaborative, coordinated response plan in the event of one or more rugby participants testing positive for COVID.

In that event, the Rugby Canada COVID Contact will assemble an Emergency Management Team to coordinate a diligent response.

**i. Emergency Management Team Composition & Responsibilities**

The Emergency Management Team (EMT) shall be responsible for gathering and verifying the facts, determining the level of the emergency, leading communications to all stakeholders, including media, and determining a recovery process. The EMT shall consist of the following representatives:

- Paul Hunter – Rugby Canada COVID Safety contact
- Jamie Levchuk – Managing Director, Communications (Rugby Canada)
- Billy Longland – Chief Medical Officer (Rugby Canada)
- Allen Vansen – CEO (Rugby Canada)
- BC Rugby COVID Safety Manager
- BC Rugby CEO or designate
- Member Organization COVID Safety Coordinator

**ii. Determining Level of Emergency**

The EMT will classify the emergency, based on as many verified facts as possible, as an issue, an incident, or a crisis. For any of the categories below, a situation report should be prepared by the Club COVID safety coordinator to ensure facts are understood including:



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- Complete description of the situation (who, what, where, how, and who has been contacted/involved)
- Additional individuals/groups affected (if any)
- Severity/impact at time of reporting
- Current local priorities/actions

### 1. Issue Level

Event: Positive COVID test of one participant

Characterisation: Generally, does not have serious implications. Single individual impacted.

Media Involvement: Limited or None

Actions:

- First point of contact assesses facts; escalates to Club Safety Coordinator
- Appropriate local actions and communications undertaken
- PSO Safety Manager advised of issue
- Situation logged and monitored

### 2. Incident Level

Event: COVID outbreak within Club or region (two or more connected participants)

Characterization: Moderate to serious implications. Multiple individuals impacted.

Media Involvement: Limited but could escalate

Actions:

- PSO Safety Manager is advised of escalation
- Rugby Canada COVID contact is notified – EMT is convened asap
- Media stand by statement is crafted if necessary (i.e. we are assessing the facts and will advise on situation as soon as possible)
- EMT works through duties
- Provincial Health Authority is advised as required

### 3. Crisis Level

Event: Continued COVID outbreak within Club or region / Participant experiencing life-threatening illness or loss of life due to COVID

Characterization: Life-threatening implications to one or more individuals.

Media Involvement: situation has been picked up and/or request for comment has been made

Actions:

- EMT re-convenes to assess additional facts
- EMT works through duties
- Spokesperson identified
- Message development



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### iii. Role of Spokesperson

Any questions from the media must be deferred to the EMT and Managing Director, Communications who will designate an appropriate spokesperson. The principal reason for nominating spokespeople is to make sure all questions are dealt with promptly, thoroughly, and courteously. COVID safety nominees are not responsible for answering questions.

Remember that speculation is dangerous. Do not respond to media or public questions until the EMT is consulted. The first message can make the difference in managing a situation effectively.

Spokesperson guidelines:

- Communicate only information that is approved for release.
- Prepare key messages in advance, practice their delivery, and use them as often as possible in an interview.
- Stay calm. A journalist is driven by the need to get the story. The best way to respond to a journalist is by being calm, cool, and collected.
- Do not feel pressured to provide the journalist with an answer on the spot. Think about the answer. Remain composed. If the reporter wants the answer, they will wait for it.
- Honesty is the best policy. Do not take chances in an interview. Do not speculate. Do not guess. If you do not know an answer to a reporter's question, say "I can't give you an answer right now, but I will check on that and get back to you." And do that.
- No comment is the worst comment. No comment can be interpreted as a sign of guilt or ignorance. Try saying "What I can tell you is . . ."
- Do not speak or answer questions on behalf of other organizations. Simply respond by saying "You will have to ask X that question."

## 15. REFERENCES

- BC Centre for Disease Control, COVID-19 Prevention & Risks, Masks: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>
- BC Recreation and Parks Association, The Recreation & Parks Sector Guidelines for Restarting Operations (Updated, June 15, 2020): <https://www.bcrpa.bc.ca/COVIDGuideline>
- Canadian Red Cross, First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>
- Coaching Association of Canada, Three Steps to Responsible Coaching: <https://coach.ca/three-steps-responsible-coaching>
- Gilbert, Rugby Ball Care Guide, Updated June 2020: <https://www.gilbertrugby.com/blogs/news/rugby-ball-care-guide>



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- Government of Canada, Coronavirus disease (COVID-19): Outbreak update: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html?topic=tilelink>
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## 16. ACKNOWLEDGEMENTS

BC Rugby would like to thank and acknowledge the members of the Return to Play working group for their extensive efforts to compile the National Return to Rugby Plan, which this document has adopted and modified for British Columbia:

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Peter Houlihan	(Rookie Rugby Manager, Rugby Alberta)
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Sam Edmonds	(Director of Men's Rugby, Rugby Nova Scotia)
Sandy Nesbitt	(Past-President, Rugby Alberta)
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Stéphane Hamel	(Président, Rugby Québec)
Tim Hockin	(Teacher & WR Referee Educator, Rugby PEI)

## 17. APPENDICES

### a. Proper Hygiene Guidance

[Source: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink>]

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
  - use [Health Canada authorized](#) alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
  - cough or sneeze into a tissue or the bend of your arm, not your hand
  - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands



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## b. COVID-19 Safety Coordinator Job Description

### Purpose of the Position

The COVID-19 Safety Coordinator will be the key resource and central point of contact for all matters in relation to COVID-19 for our members. The Safety Coordinator will be responsible for liaising with Rugby Canada and our Provincial Union and other relevant stakeholders in relation to the Club's response to COVID-19.

### Key Responsibilities & Tasks

- Ensure compliance with all Federal, Provincial, Regional and local restrictions and orders related to controlling and eradicating COVID-19.
- Complete the relevant checklists by considering the actions set out in each checklist and implementing or arranging to implement relevant consideration in your organization and documenting justifications for not undertaking particularly actions.
- Oversee the development and implementation of the organization's COVID-19 Safety Plan and Enhanced Cleaning Procedures.
- Periodically review the effectiveness of the COVID-19 Safety Plan for your organization and amend, update or improve as necessary.
- When required, effectively implement your COVID-19 Emergency Action Plan
- Act as the contact point for the organization's members, participants and their parents/guardians – particularly around questions relating to return to rugby and the actions taken to be COVID safe.
- Assist the organization operationally to safely increase or add activity through BC Rugby's Return to Play plan and as permitted by the BC Government.

### Pre-requisites

- Certificate in World Rugby COVID-19 Course for Administrators:  
<https://playerwelfare.worldrugby.org/covid-19-courses>
- Familiarity with Sportlomo registration system

## c. Rugby Risk Assessment Tool

[Excel file – Rugby Member Organization Risk Assessment Tool & Mitigation Checklist]



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**d. COVID-19 Safety Plan Template**

**Key Principles**

This Plan is based on, and accepts, the BC Rugby Return to Rugby Plan and the viaSport Return to Sport Guidelines. The [ClubName] also acknowledges that any decision to allow access to a Member Organization or training facility is subject to the local, municipal, provincial and federal public health regulations in force at that point in time. These public health regulations take precedence over any Member Organization’s regulations and local access. The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community is the number one priority.
- All members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community need to be engaged and briefed on this plan.
- In-person activities cannot resume until [ClubName] has our Plans sanctioned by BC Rugby.
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19.
- [ClubName] has considered and is prepared for any localized outbreak at our facilities, within our membership or in our local community.

**Responsibilities under this Plan**

[ClubName] retains the overall responsibility for the effective management and implementation of the safe rugby activities under this Plan. The [Board/Committee] of [ClubName] is responsible for:

- Approving the Plan and overseeing the implementation of all elements in this Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from Rugby Canada and BC Rugby as well as the relevant government and health officials.

The [Board/Committee] has appointed the following individual as the [ClubName] COVID-19 Safety Coordinator(s) to execute delivery of this Plan and to act as the point of contact for information relating to this Plan:

Name			
Contact Email		Contact Number	



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**Rules of Engagement for All Members**

[ClubName] expects all members, participants, coaches, officials, administrators, and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time, including to practice government recommended proper hygiene before, during and after all rugby in-person activities.
- Understand and act in accordance with this Plan as amended from time to time.
- Comply with any precautionary measures implemented by [ClubName], including being asked to return home if reasonably considered to be showing symptoms of COVID-19.
- Act with honesty and integrity regarding the state of their personal health and any potential symptoms.
- Complete the registration process, acknowledging the updated participant agreement and waiver, *prior* to attending any in-person rugby activities.
- Honestly complete the COVID Attestation *prior* to attending every in-person rugby activity you plan on attending.

**Section 1 - Preparation**

Topic	Plan Requirements Under "Rugby Re-Engage"	Plan Requirements Under "Rugby Restarted"	Plan Requirements Under "Rugby Reinvented"
Approvals	Identify all stakeholders required to resume rugby activities legally and safely. Must obtain the following approvals: <ul style="list-style-type: none"> <li>• BC Rugby to sanction activities</li> <li>• Provincial Govt allowing resumption of community sport</li> <li>• Local government/venue owner permitting access to facility</li> <li>• Board/Committee approval</li> <li>• Insurance arrangements confirmed</li> </ul>	As restrictions ease, are there any new or updated approvals required from stakeholders.  Must obtain the following approvals: <ul style="list-style-type: none"> <li>• Provincial Union to sanction activities</li> <li>• Provincial Govt allowing resumption of community sport</li> <li>• Local government/venue owner permitting access to facility</li> <li>• Board/Committee approval</li> <li>• Insurance arrangements confirmed</li> </ul>	



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Topic	Plan Requirements Under “Rugby Re-Engage”	Plan Requirements Under “Rugby Restarted”	Plan Requirements Under “Rugby Reinvented”
Education	Including any mandatory certifications, identify all relevant club leaders that need to be informed on latest available guidance on the risks and transmission routes of COVID-19.	As restrictions ease and your programming increases, identify all relevant club leaders that need to be informed on the latest COVID-19 advice.	As restrictions ease and your programming increases, identify all relevant club leaders that need to be informed on the latest COVID-19 advice.
Risk Assessment	Identify all aspects of rugby and facility operations that need to be modified to adhere to public health restrictions	As restrictions ease and rugby and facility operations may be modified, identify any new risks that should be added to your plans.	As restrictions ease and rugby and facility operations may be modified, identify any new risks that should be added to your plans.
Rules of Engagement	<p>Identify how COVID-19 preventative measures will be communicated to your membership &amp; support them to make informed decisions about their personal risk and their responsibilities.</p> <p>Club to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>• Advice for higher risk members</li> <li>• Advice to not attend if unwell</li> <li>• Daily Attestations</li> <li>• Proper personal hygiene</li> <li>• Launder rugby kit and wash personal equipment</li> </ul>	<p>Regardless of restrictions easing, how will you reinforce the advice of public health officials to ensure second waves of the pandemic are avoided.</p> <p>Club to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>• Advice for members of higher risk</li> <li>• Advice to not attend if unwell</li> <li>• Daily Attestations</li> <li>• Proper personal hygiene</li> </ul> <p>Launder rugby kit and wash personal equipment</p>	
Registration & Tracking	Ensure all relevant registration categories are set-up. Detail how you will track all participants in all in-person rugby sessions & quickly communicate to <u>every</u> individual who has been a close contact of a suspected infected person.		Remind players to ‘upgrade’ to contact categories to ensure insurance coverage. Regardless of restrictions easing, the ability to track all participants through both training and any permitted inter-club matches is a must.



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Topic	Plan Requirements Under “Rugby Re-Engage”	Plan Requirements Under “Rugby Restarted”	Plan Requirements Under “Rugby Reinvented”
Emergency action plan	Modify Emergency Action Plans to make clear additional or new measures required to reduce COVID-19 transmission.	As restrictions ease, evaluate whether patient care can be improved while still ensuring appropriate measures to reduce COVID-19 transmission are in place.	Re-introducing contact may require additional precautions and staffing.
COVID Response Plan	Adapt the steps outlined in the BC Rugby’s plan to respond to a suspected infected person.		

**Section 2 – Facility Operations**

Using your completed Risk Assessment, and the guidance provided in BC Rugby’s Return to Rugby plan, identify what steps you will take to effectively reduce or eliminate the risk of COVID-19 transmission.

Topic	Plan Requirements Under “Rugby Re-Engage”	Plan Requirements Under “Rugby Restarted”	Plan Requirements Under “Rugby Reinvented”
Limiting Use & Cleaning Protocols	<p>Identify what measures you will take to avoid, transfer or reduce the risk of transmission of COVID-19 by allowing access at your facility.</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>• Areas of the facilities that are available to participants and those that are restricted</li> <li>• Accessibility of washrooms for participants to practice proper hand hygiene (or provide alternative)</li> </ul>	<p>As restrictions ease, access may be extended to new user groups or new areas of the facility. Identify how the COVID-19 risk will be reduced at your facility.</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>• Areas of the facilities that remain restricted</li> <li>• Accessibility of washrooms for participants to practice proper hand hygiene (or provide alternative)</li> </ul>	<p>As restrictions ease, access may be extended to new user groups or new areas of the facility. Identify how the COVID-19 risk will be reduced at your facility.</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>• Areas of the facilities that remain restricted</li> <li>• Accessibility of washrooms for participants to practice proper hand hygiene (or provide alternative)</li> </ul>



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	<ul style="list-style-type: none"> <li>Enhanced cleaning protocols (or details of how this is transferred to third-party provider)</li> </ul>	<ul style="list-style-type: none"> <li>Enhanced cleaning protocols (or details of how this is transferred to third-party provider)</li> </ul>	Enhanced cleaning protocols (or details of how this is transferred to third-party provider)
Access & Flow	<p>Identify how physical distancing and event gathering maximums will be communicated and maintained <u>throughout</u> the facility, as well as on arrival and departure.</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>Entry and exit procedures</li> <li>If applicable, flow map</li> <li>Limiting any modes of transport if appropriate (e.g. carpooling)</li> <li>Instructions for accessing parking lots, bike rack etc.</li> </ul>		
Identify Other Users	<p>Identify other users that may be free to access the facility, before, during or after your rugby sessions.</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>Areas that may be open to other users or the public</li> <li>Impact on managing capacity limits and/or cleanliness, including parking &amp; the sport facility</li> <li>Implement control measures or provide clear communications to all users</li> </ul>	<p>As restrictions ease, access may be extended to new user groups or other areas of the facility may now be operating (e.g. multi-sport facilities).</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>Areas that may be open to other users or the public</li> <li>Impact on managing capacity limits and/or cleanliness, including parking &amp; the sport facility</li> <li>Implement control measures or provide clear communications to all users</li> </ul>	<p>As restrictions ease, access may be extended to new user groups or other areas of the facility may now be operating (e.g. multi-sport facilities).</p> <p>Clubs to detail specifics. Should cover:</p> <ul style="list-style-type: none"> <li>Areas that may be open to other users or the public</li> <li>Impact on managing capacity limits and/or cleanliness, including parking &amp; the sport facility</li> <li>Implement control measures or provide clear communications to all users</li> </ul>



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**Section 3 – Rugby Operations**

Using your completed Risk Assessment, and the guidance provided in the BC Rugby Return to Rugby Plan, identify what steps you’ll take to effectively reduce or eliminate the risk of COVID-19 transmission in the delivery of in-person rugby activities.

Topic	Plan Requirements Under “Rugby Re-Engage”	Plan Requirements Under “Rugby Restarted”	Plan Requirements Under “Rugby Reinvented”
Player Groups & Managing Adherence to Restrictions	<p>Identify which player groups (Masters, Seniors, Age-Grades or Minors) you will be delivering in-person rugby to.</p> <p>Club to detail specifics. Should consider:</p> <ul style="list-style-type: none"> <li>• If likely to be higher risk for severe illness due to COVID-19</li> <li>• Ability to understand and follow physical distancing requirements</li> <li>• Availability of most appropriate coach for player group</li> <li>• Ability to maintain Rule of Two for all Age-grade and minor sessions</li> <li>• Management and size of training groups</li> <li>• Responsibility for tracking attendance &amp; training group assignments</li> </ul>	<p>Identify which player groups (Masters, Seniors, Age-Grades or Minors) you will be delivering in-person rugby to.</p> <p>Club to detail specifics. Should consider:</p> <ul style="list-style-type: none"> <li>• If likely to be higher risk for severe illness due to COVID-19</li> <li>• Ability to understand and follow physical distancing requirements</li> <li>• Availability of most appropriate coach for player group</li> <li>• Ability to maintain Rule of Two for all Age-grade and minor sessions</li> <li>• Management and size of training groups</li> <li>• Responsibility for tracking attendance &amp; training group assignments</li> </ul>	<p>Identify which player groups (Masters, Seniors, Age-Grades or Minors) you will be delivering in-person rugby to.</p> <p>Club to detail specifics. Should consider:</p> <ul style="list-style-type: none"> <li>• If likely to be higher risk for severe illness due to COVID-19</li> <li>• Ability to understand and follow physical distancing requirements</li> <li>• Availability of most appropriate coach for player group</li> <li>• Ability to maintain Rule of Two for all Age-grade and minor sessions</li> <li>• Management and size of training groups</li> <li>• Responsibility for tracking attendance &amp; training group assignments</li> </ul>



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Topic	Plan Requirements Under "Rugby Re-Engage"	Plan Requirements Under "Rugby Restarted"	Plan Requirements Under "Rugby Reinvented"
Designate Coach & First Aid Responder	Identify who will be responsible for safely delivering the session.  Club to detail specifics. Should consider: <ul style="list-style-type: none"> <li>• Minimum qualifications of coach/official to deliver</li> <li>• Designate first aid responder</li> <li>• Communication of COVID-19 updated Emergency Action Plan</li> </ul>	Identify who will be responsible for safely delivering the session.  Club to detail specifics. Should consider: <ul style="list-style-type: none"> <li>• Minimum qualifications of coach/official to deliver</li> <li>• Designate first aid responder</li> <li>• Communication of COVID-19 updated Emergency Action Plan</li> </ul>	Identify who will be responsible for safely delivering the session.  Club to detail specifics. Should consider: <ul style="list-style-type: none"> <li>• Minimum qualifications of coach/official to deliver</li> <li>• Designate first aid responder</li> <li>• Communication of COVID-19 updated Emergency Action Plan</li> </ul>
Training Activities & Processes	Identify how physical distancing will be maintained <u>throughout</u> the training session.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Clearly outline what type of activities will be delivered to which players</li> <li>• Detail <u>how</u> physical distancing restrictions will be adhered to</li> <li>• Field maps</li> <li>• How training plans will be communicated before &amp; during sessions</li> </ul>	Identify steps to make breaches of physical distancing as safe as possible.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Clearly outline what type of activities will be delivered to which players, making clear <u>how</u> the COVID-19 risks associated with non-contact rugby and low-contact rugby are being reduced</li> <li>• Field maps</li> <li>• Personal hygiene required of participants before, during &amp; after session</li> </ul>	Identify steps to make breaches of physical distancing as safe as possible.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Clearly outline what type of activities will be delivered to which players, making clear <u>how</u> the COVID-19 risks associated with non-contact rugby and low-contact rugby are being reduced</li> <li>• Field maps</li> <li>• Personal hygiene required of participants before, during &amp; after session</li> </ul>
Training Examples	Based on the information provided above, specify five example activities.	Based on the information provided above, specify five example activities.	Based on the information provided above, specify five example activities.



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Topic	Plan Requirements Under “Rugby Re-Engage”	Plan Requirements Under “Rugby Restarted”	Plan Requirements Under “Rugby Reinvented”
Game Activities & Processes (In-house only)	Not permitted.	Identify steps to make breaches of physical distancing as safe as possible and reduce the risk of COVID-19 transmission.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Identify what game variation</li> <li>• Clearly outline the in-house league structure</li> <li>• Clearly outline how team rosters will be managed to track player engagements</li> </ul>	Identify steps to make breaches of physical distancing as safe as possible and reduce the risk of COVID-19 transmission.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Identify what game variation</li> <li>• Clearly outline the in-house league structure</li> <li>• Clearly outline how team rosters will be managed to track player engagements</li> </ul>
Equipment Use & Cleaning	Identify what equipment will be used, cleaned and where and how it will be stored between use.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Players’ BYOB or Club supplied</li> <li>• Limit individuals responsible for set-up and pack-up of equipment</li> <li>• Cleaning procedure for used equipment before &amp; after session</li> <li>• Make clear what is restricted equipment</li> </ul>	Identify what equipment will be used, cleaned and where and how it will be stored between use.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Players’ BYOB or Club supplied</li> <li>• Cleaning procedure for used equipment before, during &amp; after session</li> <li>• Make clear what is restricted equipment</li> </ul>	Identify what equipment will be used, cleaned and where and how it will be stored between use.  Club to detail specifics. Should cover: <ul style="list-style-type: none"> <li>• Players’ BYOB or Club supplied</li> <li>• Cleaning procedure for used equipment before, during &amp; after session</li> <li>• Make clear what is restricted equipment</li> </ul>



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## e. Daily COVID-19 Attestation and Agreement

[Name of Member Organization]	
Daily COVID-19 Attestation & Agreement	
By signing below, the Participant (or his/her legal guardian, as applicable) attests that the Participant:	
✓	Does not knowingly have COVID-19;
✓	Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
✓	Has not travelled internationally during the past 14 days;
✓	Has not frequented a COVID-19 high risk area within British Columbia or Alberta during the last 14 days;
✓	Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
✓	Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.
Furthermore, by signing below, the Participant (or his/her legal guardian, as applicable) agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:	
✓	Will follow the laws, recommended guidelines, and protocols issued by the Government of British Columbia in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in the Organization's events or attending at the Organization's facilities;
✓	Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
✓	Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately: <ul style="list-style-type: none"> <li>○ Inform the Organization's COVID Safety Coordinator; and</li> <li>○ Immediately depart from the event or facility.</li> </ul>
<b>FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19</b>	
✓	By signing below, the Participant (named below) or the Participant (or his/her legal guardian, as applicable) attests that the Participant has been previously diagnosed with COVID-19, but cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this DAILY COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.
PRINT NAME: the "Participant"	DATE OF BIRTH: the "Participant"
PRINT NAME: the "Guardian" (if Participant is a minor)	
SIGNATURE: Participant or Guardian for minor	TODAY'S DATE: (mm/dd/yyyy)



The best thing you can do to prevent spreading COVID-19 is to wash your hands frequently with warm water and soap for at least 20 seconds. If not available, use hand sanitizer with a min. of 60% alcohol base.



If collecting the attestation online:

By entering my name and clicking [BUTTON NAME], I acknowledge that I have received and reviewed the preceding record, verified that the information I have provided is true, and agree that my name shall be affixed to this record and constitute my electronic signature, to the same extent as if I had used my written signature.

**f. Enhanced Cleaning Procedure Template**

Super A Rugby Club Location: 123 Backline Blvd, Forwardville V2S 1XS				
Super A Rugby Club is responsible for the cleaning of the following areas and rugby equipment. The following schedule will be met on all days when any in-person activities are planned to take place at the location.				
AREA/OBJECT	CLEANING PRODUCT(S) USED	BEFORE	DURING	AFTER
Toilets	Brand name (DIN:xxxx-xxxx)	[date & time]	[date & time]	[date & time]
		[cleaned by:]	[cleaned by:]	[cleaned by:]
Taps & Basins				
Water fountain				
Rugby balls				
Flags				
Tackle Bags				
Additionally, the local gov't / third-party owner is responsible for the cleaning of all common areas. Super A Rugby Club has been informed of the enhanced cleaning protocols being undertaken and are satisfied with the steps being taken.				
CONTACT: any concerns or complaints regarding the enhanced cleaning protocols being undertaken at this location can be made to the Club's COVID-19 Safety Coordinator, Sam Sparkling, <a href="mailto:covid19safety@superarugby.ca">covid19safety@superarugby.ca</a>				

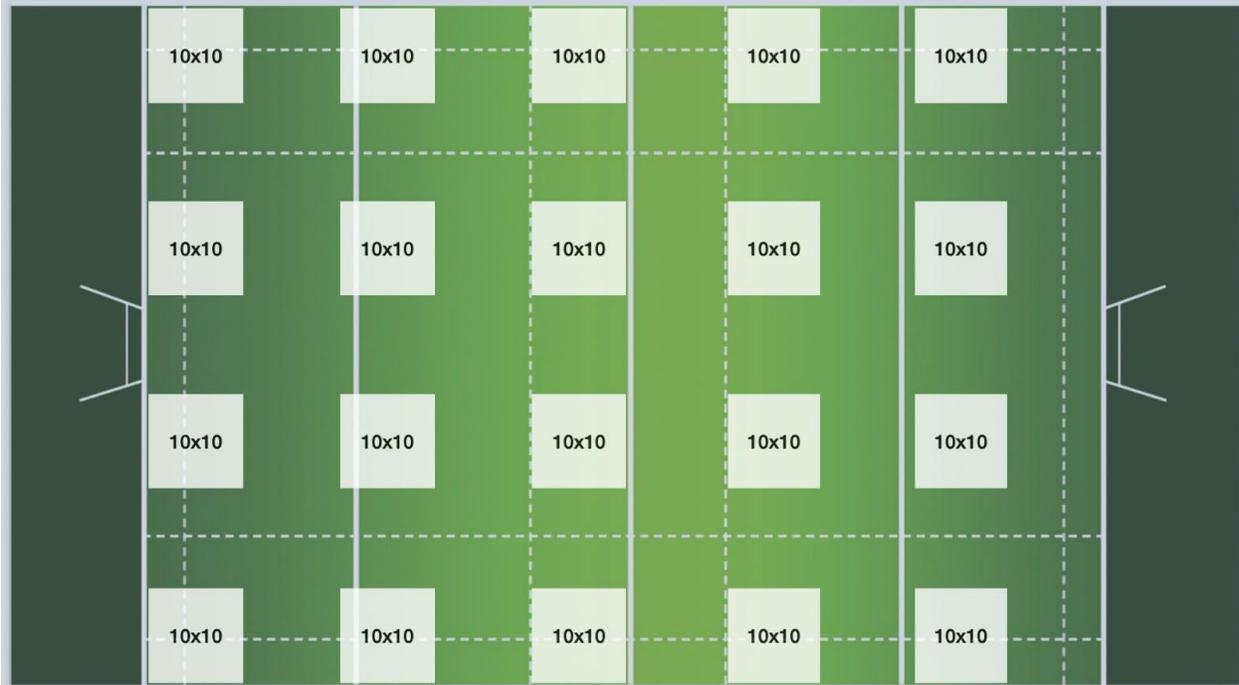


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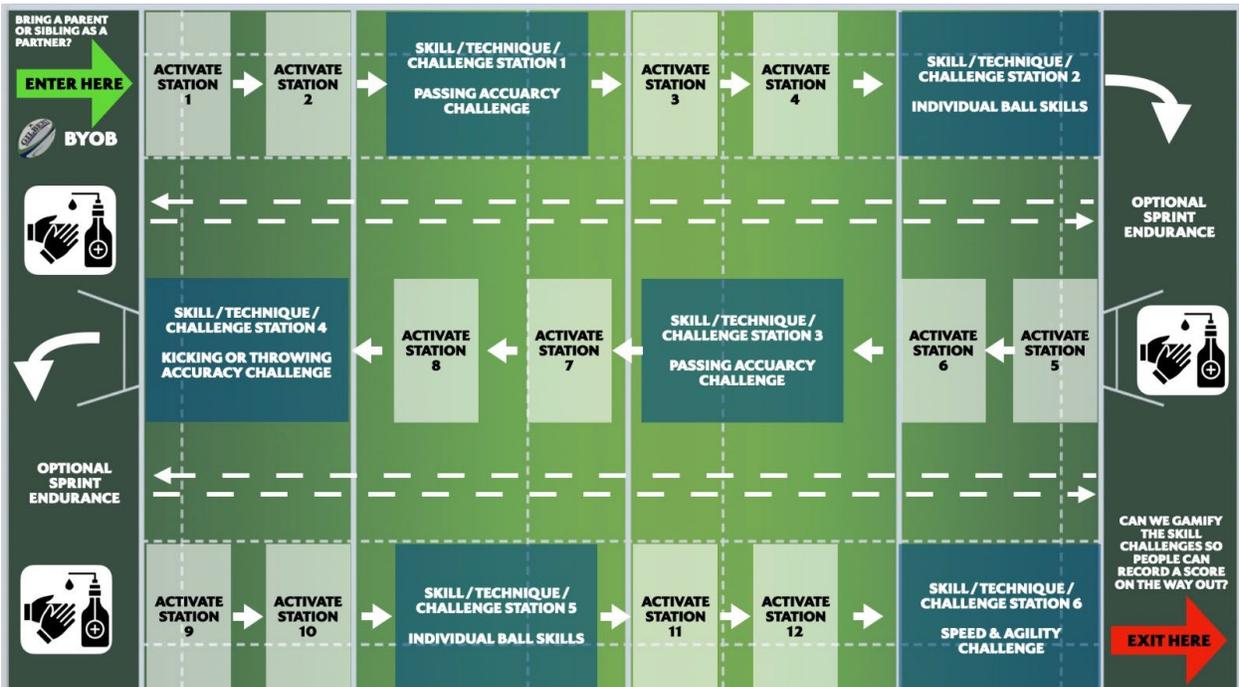


g. Example Field Maps

Full-pitch, static map



Full-pitch, flow map



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### h. Checklist for Member Organizations

#### MANDATORY STEPS

- ✓ COVID-19 Safety Coordinator is appointed, and their contact details have been provided to BC Rugby and are published on the BC Rugby's website
- ✓ President & COVID-19 Safety Coordinator of Member Organization have completed the World Rugby COVID-19 Course for Administrators and has submitted a certificate to BC Rugby
- ✓ Complete Risk Assessment
- ✓ Create a COVID-19 Safety Plan
- ✓ Update your Emergency Action Plan
- ✓ Identify what modified in-person activities you will deliver
- ✓ Apply for sanctioning with BC Rugby, submitting the following information & documents:
  - Name and contact details of appointed COVID Safety Coordinator
  - World Rugby COVID-19 Course Certificates for President & COVID-19 Safety Coordinator
  - Completed Risk Assessment & Risk Register
  - COVID-19 Safety Plan
  - COVID-Updated Emergency Action Plan
- ✓ Set up registration via SportLomo
- ✓ Facilitate Daily COVID-19 Attestation for all participants before each rugby session
- ✓ Track attendance of all participants

#### HIGHLY RECOMMENDED STEPS

- ✓ All Directors have completed World Rugby COVID-19 Course for Administrators
- ✓ All Coaches have completed World Rugby COVID-19 Course for Players & Coaches
- ✓ All Adult Players have completed World Rugby COVID-19 Course for Players & Coaches
- ✓ Parent/Guardian of age-grade and minor players have completed World Rugby COVID-19 Course for Players & Coaches
- ✓ Create and implement an enhanced cleaning procedure plan
- ✓ Create a site map to clearly communicate entry/exit points, flow of traffic, etc.
- ✓ Create and implement communications plans, including on-site signage, of key health messages

### i. Checklist for In-Person Deliverer & Designated First Aid Responder

#### MANDATORY STEPS

- ✓ Daily COVID-19 Attestation completed and submitted
- ✓ Verify all participants at in-person session have completed and submitted daily COVID Attestation
- ✓ Record attendance of all participants at in-person session
- ✓ Maintain Rule of Two
- ✓ Implement 'Recognise & Remove' Concussion Management Policy if and when required
- ✓ Proper wearing of non-medical mask if designated first aid responder



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**HIGHLY RECOMMENDED STEPS**

- ✓ Complete World Rugby COVID-19 Course for Players & Coaches
- ✓ Share field map & session plan with players in advance to reduce team huddles
- ✓ Observe all participants and provide support for any exhibiting signs of physical or mental distress

**j. Checklist for Players and their Parents/Guardian**

**MANDATORY STEPS**

- ✓ Assess your risk & your household’s risk – Returning to Rugby is OPTIONAL
- ✓ Complete registration
- ✓ Daily COVID-19 Attestation completed and submitted
- ✓ If asked to bring your own ball, clean ball following Gilbert instructions
- ✓ Arrive dressed and ready, with your own full water bottle

**k. Sanctioning Scorecard**

	<b>Insufficient/Absent (0)</b>	<b>Sufficient/Provided (1)</b>	<b>Notes</b>
<b>COVID Safety Coordinator</b>			
<b>Cert. World Rugby COVID Awareness</b>			
<b>Risk Assessment</b>			
<b>Safety Plan – Preparation</b>			
<b>Safety Plan – Facility Operations</b>			
<b>Safety Plan – Rugby Operations</b>			
<b>Updated Emergency Action Plan</b>			
<b>Adoption of COVID Response Plan</b>			



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