



UTAH YOUTH RUGBY

SUGGESTED BEST PRACTICES

FOR RETURN TO PLAY

September 15, 2020

THIS DOCUMENT IS PROVIDED FOR AS A CONDENSED VERSION OF SEVERAL RETURN TO PLAY POLICIES FOR REFERENCE AND SUGGESTION PURPOSES ONLY.

IT IS ON ALL OF US TO EXEMPLIFY THE VALUES OF RUGBY AND RESPECT THE WELLBEING OF OUR COMMUNITY.

BE DILIGENT, BE ACCOUNTABLE

The COVID-19 pandemic is a global impact that requires diligence and respect. Ensuring clubs and athletes display the utmost consideration for the direction of local health officials is not only appropriate, but contingent to possible recourse of return to play protocol across the greater sports community.

Should the provided guidelines from National/State health officials, USA Rugby, USA Youth and High School Rugby or Utah Youth Rugby be discounted, or circumvented, potential reinstatement of suspended rugby activities could result along with consequences by local government officials.



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RETURN TO PLAY FAQ

RECOGNIZED SYMPTOMS (AS NOTED BY THE CDC):

Symptoms that may appear 2-14 days after exposure:

- Cough
- Shortness of breath or difficulty breathing
- Fever

Or at least two of the following:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

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

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

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

- ↳ Immediately inform your club administrator of your case, and refrain from rugby or team activities for a minimum of 10 days from the date you first got sick or tested positive, your symptoms have gotten better and you are fever-free for 24 hours. Individuals may not return to play until cleared by their primary care doctor.

➤ WHAT SHOULD I DO IF I WAS EXPOSED TO SOMEONE WHO TESTED POSITIVE FOR COVID-19?

- ↳ People who have been in close contact with someone who tests positive for COVID-19 are at an increased risk of getting infected and infecting others. Close contact means someone was closer than 6 feet to a person who has COVID-19 for 15 minutes or longer. Anyone who was in close contact with the person who tested positive for COVID-19 should quarantine for 14 days. Refrain from rugby or team activities during this time.

➤ IS INFECTION OF COVID-19 COVERED BY MY USA RUGBY INSURANCE?

- ↳ It's important to note there will not be coverage for claims related to COVID-19 illness regardless of timing, return-to-play protocols or government mandate.



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UNDERSTANDING THE RISK

RISK IN RUGBY

- Rugby is a contact sport. To fully train and even further play matches requires intermittent physical contact. High-risk physical contact, where players are in very close proximity (such as scrum, or face to face tackle), most likely poses a greater risk should one player be an infected person. In training, this type of contact should, whenever possible be limited, as should mixing of groups who have undertaken this type of contact. Should a teammate from high-risk physical contact or opposition player in a recent match develop an infection, all of those who have participated in the high-risk contact are likely to require isolation and testing.

PERSONAL RISK

- Regular exercise is beneficial for your immune system. Prolonged, high intensity exercise may dampen the immune system, particularly when the individual is not used to such high-level activity. Therefore, there is a potentially increased susceptibility to COVID-19 infection in athletes. 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.
- Those who suffer from underlying illness such as cardiovascular disease, respiratory disease (asthma), diabetes and some forms of cancer appear to be more severely affected by COVID-19. So too are older individuals (>60) and those who are severely obese (BMI 40+).
- Athletes without underlying conditions are not part of the vulnerable group.
- Players who have suffered a COVID-19 infection should self-isolate for at least 10 days since the player first got sick or tested positive. It is recommended that players not engage in exercise for 14 days or until their symptoms settle. When player symptoms have settled, they should consult with their primary care doctor for clearance to return to activity.
- If you have concerns about exercising after COVID-19 infection you should discuss this with your primary care doctor.



DETERMINING YOUR RETURN TO PLAY PLAN

STEP ONE – REFERENCE LOCAL HEALTH MANDATE

- Visit <https://coronavirus.utah.gov/>
- Determine current allowance of social activity as provided by your local government.

STEP TWO – REFERENCE [USA RUGBY RETURN TO PLAY GUIDELINES](#)

- Determine city or county stage on USA Rugby Return to Play guideline. (Page 6)
- Follow suggested rugby activity and cross-reference each element with local health protocol.

STEP THREE – IMPLEMENT CLUB OR PLAY PROTOCOL

- Develop rugby activity plans for training or competition based on determined stage.
- Present activity plans to local health officials for assurance of safety and public welfare.
- Contact Utah Youth Rugby to present proposed activities.



Suggested General COVID-19 Protocols for Rugby:

- Coaches, Administrators, and Referees are highly suggested to complete the [World Rugby Player Welfare COVID-19 Return to Play Guidelines](#) and submit to Utah Youth Rugby. [This is a free course for all.](#)
- Immediate reporting of COVID-19 related illness needs to be reported as directed by the local municipality/health department.
- Utah Youth Rugby reserves the right to remove sanctioning of an event with proper (which is subjective by state) notice given.
- Individual clubs/teams reserve the right to cancel practice/games due to COVID-19 implications.
- All county and/or state ordinances regarding public events should be adhered to at all times.
 - [Face coverings are not required when engaging in vigorous physical activity.](#)
 - Athletes should adhere to the local ordinances regarding face coverings when not participating in training, conditioning and/or match play.
 - Coaches, trainers, volunteers and administrators should adhere to the local ordinances regarding face coverings.
 - All spectators should adhere to the local ordinances regarding face coverings.
- Athletes will not be penalized for not attending training sessions or contests due to COVID-19 concerns.
- Concession stands and/or team stores are strongly discouraged.
- In-person fundraisers are strongly discouraged.
- No shaking hands before/after games



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Suggested Club/Team Protocols:

- It is highly recommended that teams complete for pre-entry to training session, a “Symptom Check”, clubs/teams can reference the attached Symptom Questionnaire and update as needed.
- It is a best practice to clean and disinfect equipment prior to and at the completion of training under “normal” circumstances in addition to the current pandemic.
- Have staff available to assist in the regular sanitization of all shared equipment during training.
- Verify with your local authority regarding interaction with athletes during the training sessions.
- Athletes should bring their personal training gear which includes but is not limited to water bottles, towel, hand sanitizer, and face covering.
 - No sharing of any personal items to include mouth guards, water bottles, face coverings, towels and athletic apparel – Jerseys, Shorts, etc.
 - Do not use carriers for water bottles or community water dispensers. Each athlete should bring their own water bottle.
 - All athletes are strongly encouraged to bring their own food.
- When entering and leaving a facility, athletes, staff and spectators should adhere to the posted policies regarding social distancing and face covering.
- Schedule regular hydration breaks.
- It is a recommended to maintain records of groups of athletes, coaches and trainers who work together.

Reminder – it is highly suggested that all players, coaches, referees, administrators and volunteers participating in Rugby Sanctioned Events – to include meetings (including club/team), training, conditioning, practices, scrimmages, friendlies, matches which include touch, tag, flag, limited contact and full contact, complete a symptom screening prior to participating in the event. See attached Symptom Questionnaire.



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COVID-19 Reporting Procedure

All participants (to include athletes, coaches, administrators, volunteers and referees) should report a suspected case as directed by their local municipality/health department and immediately consult with their primary care physician.

Return to Rugby:

- For either a positive or negative COVID-19 test result, documentation of clearance should be provided by their health care provider, prior to return to any club/team activities.



Assumption of the Risk and Waiver of Liability relating to Coronavirus/COVID-19

The novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly by person-to-person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have, in many locations, either prohibited or limited the congregations of groups of people.

By signing this agreement, I acknowledge the following:

1. The contagious nature of COVID-19 and that I may be exposed to or infected by COVID-19 by attending any rugby activities and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I further understand that the risk of becoming exposed to or infected by COVID-19 at any rugby events/activities may result from the actions, omissions or negligence of myself and others, including, but not limited to Coaches, Referees, Trainers, Volunteers and other participants and their families.
2. I further understand that the risk of participating in rugby events/activities may result in personal injury, illness, disability, and death and becoming injured at any rugby events/activities may result from the actions, omissions or negligence of myself and others, including, but not limited to Coaches, Referees, Trainers, Volunteers and other participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept the sole responsibility for any injury to my child(ren) or myself, including but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance and/or participation in any rugby activity. On my behalf, and on behalf of my child(ren), I hereby release, covenant to sue, discharge, hold harmless USA Rugby, USA Youth and High School Rugby, Utah Youth Rugby, [insert the name of the Club/Team], any employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of USA Rugby, USA Youth and High School Rugby, Utah Youth Rugby, [insert the name of the Club/Team], any employees, agents, and representatives, whether a COVID-19 infection occurs before, during or after participation in any sanctioned rugby event and/or whether an injury occurs during participation in any sanctioned rugby event.

[INSERT SIGNATURE BLOCK]



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RESOURCES

STATE OF UTAH

<https://coronavirus.utah.gov/>

USA RUGBY

→ RETURN TO PLAY GUIDELINES

[READ GUIDELINES](#)

WORLD RUGBY PLAYER WELFARE

→ [COVID-19 RETURN TO PLAY GUIDELINES](#)

CENTER FOR DISEASE CONTROL (CDC)

→ GENERAL HEALTH GUIDELINES

[PREVENT THE SPREAD](#)

JOHN HOPKINS UNIVERSITY & MEDICINE

→ COVID-19 TRACKING

[COVID-19 DATA IN MOTION](#)



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Medical

COVID-19 symptom checker



This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others

***Required**

Date *

DD

MM

YYYY

Name *

Contact details - email *

Contact details - mobile phone number * *

Are you currently diagnosed with or believe you may have COVID-19? *

- Yes
 No

Have you had any of these symptoms of COVID-19 in the past 14 days?

High temperature (fever) *

- Yes
 No

A new continuous cough *

- Yes
 No

New unexplained shortness of breath *

- Yes
 No

Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days *

- Yes
 No
 Maybe

If you have answered YES to any of these questions you should stay at home and inform your line manager and medical practitioner. You should follow your territories current Public Health guidance.



Medical

COVID-19 symptom checker



Please note the next question is only for medical personnel

Have all infection prevention measures been implemented with the addition of the appropriate Personal Protective Equipment when reviewing patients with confirmed or suspected COVID-19 in the previous 14 days?

- Yes
- No
- N/A