

Rugby Nova Scotia

Return to Rugby - COVID-19 Club Safety Plan

Approval of this checklist by Rugby Nova Scotia is required before any rugby activity may take place.

Please complete the form in full and email to:

Rugby Nova Scotia

rugby@sportnovascotia.ca

Subject Line: Return to Rugby Checklist – Valley Rugby Union (Valley Bulldogs RFC & Windsor Machine Rugby Club)

Club: Valley Rugby Union

Date of Submission: August 10, 2020

Club Specific Mitigation Procedures

How will pre-training attestations for participants be recorded and stored:

After registration with Rugby Canada and prior to a participant's attendance at their first session, they must complete a [GoogleForm](#) that will be kept by members of the club executive. At each practice, players will be required to sign in, by reviewing the attestation and providing their name and signature. Players will be asked to bring their own pen and multiple pens will be available for borrow, and sanitized before and after use.

Measures to limit shared equipment:

- Labeled balls, assigned to specific groups as per current social gathering limits or close contact group limits, kept separate (including ball pump, kicking tees, flags) and sanitized before and after sessions.
- If flags are used they will be assigned to a group and sanitized before/after session.
- If tackle shields are used, they will be sanitized before and after training sessions and kept within groups.
- Cones will only be handled by training facilitators.
- *The club is in the process of procuring new balls for this season. If a player does not feel comfortable sharing equipment, they will be given an old ball that has been sanitized and it shall be their responsibility to bring it to each practice.
- Participant close contact groups will be kept to the limits prescribed by Public Health (10 at the time of submission) and be kept consistent to the extent possible and will be labelled by number. They will have designated areas for training/play, equipment and preparation marked on the field and sideline.
- Total number of participants will be limited to the number prescribed by Public Health (50 at the time of submission).
- Participants will be grouped, to the extent possible, within pre-existing close contact groupings (families, cohabitation, close social groupings)

- Equipment will be disinfected prior to use.

- First aid kit will include disposable masks and extra hand sanitizer. Hand sanitizer will be available at the field.

- Activities will be limited to outdoor facilities.

- Jerseys (for games) - there will be a separate sealed bin for clean and soiled. They will be laundered with laundry detergent and hot water that meets current disinfection standards (minimum 60 degrees C). Hand hygiene must be completed before handling clean jerseys and after handling soiled jerseys.

Who will be responsible for acquiring hand sanitizer, alcohol rubs/gels, and/or tissues for use before, during and post activity?

Kia Sawler (Co-Covid Coordinator), Ashley Brooker and Axel Lawrence (Presidents)

Who will be responsible for cleaning and sanitizing equipment after use?

Primary:

Justine Blatt-Janmaat - Senior Women's equipment

TK Kim - Senior Men's equipment

Secondary

Kate Bruce - Senior Women's equipment

Matt Peill - Senior Men's

Tertiary (for all programs)

Kia Sawler

Ashley Brooker

Axel Lawrence

How will you educate your participants/membership of new mitigation procedures or advise as updates occur?

Initial education process:

-General information- players and coaches World rugby online session (certificate to be stored in google drive)

-Club specific protocols/information- recorded online session posted youtube and included with an attestation of completion through google forms.

-RNS procedure for athlete return 1 page summary document

For ongoing education:

-Communication plan uses multiple platforms (email, text, facebook messenger)

when there is change to a protocol it will be reviewed at the beginning of practice/games until everyone has been made aware (use attendance tracking with sportlomo to ensure)

-Required review of a prep session for the week that includes review/update of COVID-19 requirements and training session plan. COVID-19 review and requirements will be done by the Club President and/or COVID-19 safety coordinator. Training session plan will be reviewed by coach(es).

Who will be responsible for recording attendance at each activity (please be as specific as possible) and what platform will be used to collect and retain attendance data?

Attendance will be tracked via recorded logbook and transferred to a GoogleDrive. Attendance will be tracked via Covid Coordinator, Ashley Brooker and Axel Lawrence.

Please check which programs/teams you will attempt to provide rugby activity for in the 2020 season, if/when protocols allow the programming to become available:

Intra Competition (within club)		Inter Competition (club vs club)	
<input type="checkbox"/>	No competition, just training for 2020	<input type="checkbox"/>	Youth Flag
<input type="checkbox"/>	Rookie Rugby (non-contact for children/youth)	<input type="checkbox"/>	Intro to Contact
<input type="checkbox"/>	Intro to Contact	X	Senior Flag/Touch
X	Senior Flag/Touch	X	RugbyX (tournament days)
X	Senior RugbyX	X	Rugby 7s (tournament days)
X	Senior Rugby 7s	X	Rugby 10s (tournament days)
<input type="checkbox"/>		X	Women 15s
<input type="checkbox"/>		X	Men 15s

Club's COVID-19 Safety Coordinator Contact Information

Please attach Safety Coordinator's completion certificate of World Rugby COVID-19 Course

Name: Ashley Brooker

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Email: ashleybrooker@gmail.com

Role with the Club: President

RUGBY NOVA SCOTIA USE ONLY:

Approved by:

Date: