

SOUTH SUBURBAN RUGBY CLUB

COVID-19 Return to Play (“RTP”) Protocol (“Protocol”)

I. Overview.

The **South Suburban Rugby Club** is following all applicable State of Illinois, City of Chicago, World Rugby, USA Rugby, and Rugby Illinois guidelines in order to slowly, safely and smartly return to rugby. The Rugby Illinois COVID-19 RTP Handbook (“Handbook”) provides guidance on complying with the three documents that detail allowed activity and required protective measures during the COVID-19 pandemic: USA Rugby COVID-19 Guidelines five stages, Restore Illinois Five-Phased Public Health Plan and Restore Illinois All Sports Policy (“Guidelines”). The Handbook and Rugby Illinois website should be referenced in tandem with this Protocol in assuring compliance and a description of the levels of activity allowed at each phase and stage is included in Exhibit A.

This Protocol is mandatory and must be followed by everyone participating in any **South Suburban Rugby Club** program as a player, coach or administrator. No exceptions are allowed and anyone who participates or attempts to participate in a **South Suburban Rugby Club** rugby event without fully following this Protocol is subject to discipline, up to and including being permanently banned from the **South Suburban Rugby Club** organization. Failure to follow the guidelines endangers the health of your clubmates and their families may impact the return of competitive rugby and could subject the **South Suburban Rugby Club** to legal liability.

This Protocol has been approved by Rugby Illinois and will be posted on the **South Suburban Rugby Club** website and on the **South Suburban Rugby Club** public Facebook page. On-line training sessions for all potential participants detailing the requirements of this Protocol will be held before any training starts. Please Note: this Protocol is subject to change as new information becomes available.

II. Before You Participate.

A. Registration and Insurance. As with all RIL and member club activities, during COVID-19 all participants must be registered per RIL compliance rules and also, the insurance in place must cover any activities that the club is providing or hosting.

B. Awareness Course. All players must either complete the World Rugby COVID-19 Return to Play Awareness for Players and Coaches course or confirm that they have reviewed the abbreviated Rugby Illinois version when registering. All coaches and administrators must complete the applicable World Rugby COVID-19 Return to Play course. Submit completed certificates or confirmation to our COVID-19 Compliance Officers Connie Kish at 5kishes@comcast.net and Holly Zimmer at hollymattick@yahoo.com. Please save an electronic copy of your certificate or confirmation and keep a hard copy in your kit bag. The course and Rugby Illinois confirmation are free. For the course you will have to register with World Rugby and it is available at

<https://playerwelfare.worldrugby.org/?documentid=module&module=37>

C. Player and Parental Consent. Attached as Exhibit B is a Rugby Illinois consent, waiver and release. Rugby Illinois recommends that the players and parents or guardians, as appropriate, be required to submit one but for all participants under 18 the Exhibit B form, or at least with respect to paragraph 7 is required under the Guidelines if a club plans to allow flag or touch rugby intra-team scrimmages during Stage/Phase 4 and may be required if the activity is allowed to include full contact. See Exhibit B, Section 3(B)(ii).

III. Before You Travel to the Field.

A. Symptom Check: Every time you leave the house to travel to the field, you must have completed the symptom checker that can be found at <https://forms.gle/AhKMHCgpSEKyxisX6> (this link is also posted on the Registration section of our website <http://www.sscobrarugby.com/registration---schedule.html>)

B. The symptom checker will ask about any recent exposure to, diagnosis of, or symptoms related to COVID-19. If you are not symptomatic and you have not been recently exposed to or diagnosed with COVID-19, you can travel to the field for training. It is highly encouraged to travel by yourself or only with co-habitants (family members or roommates) and to avoid public transportation.

C. Any person with COVID symptoms or a positive test result must immediately refrain from participation until completion of the procedures set forth in Exhibit C RTP After a Positive COVID-19 Test.

D. You must bring your own, clearly-marked water bottle, which cannot be shared with anyone else. **It is recommended that** you also bring hand sanitizer and wipes.

E. Your training gear must be cleaned after each training. Any personal equipment (kicking tees, headgear) must be cleaned before and after every session. No personal gear may be shared with anyone else.

IV. At the Field

A. Upon arrival at the field, all participants will be temperature checked by club staff using a no-contact thermometer and must confirm that they completed the symptom checker. Please do not go past the designated checkpoint until the check is completed and the staff member has cleared you. Any participant with positive symptoms reported or a temperature reading above 99.5 F will be denied access to the field. The staff member will record the temperature check in the same tracking spreadsheet that recorded the symptom checker. Any temperature reading above 99.5 F must be reported immediately (before the start of training) by email to our COVID-19 Compliance Officers Connie Kish at 5kishes@comcast.net and Holly Zimmer at hollymattick@yahoo.com, unless the reporting person is at the field in which case they may be notified orally.

B. Cones will be set up 6 feet apart at around the edges of the field – upon arrival players should put their kit bag at one of the cones around the field.

- C. No water will be available at the field. Bring your own water bottle and facemask.
- D. A face covering must be worn to and from the field, and at all times at the field except that players may remove the face covering while actively training. Coaches must wear face coverings during training. Social distancing must be observed (a minimum of six feet) unless otherwise dictated by the training drills. Handshakes, hugs, fist bumps, “circle up” or “hands in” are not allowed at any time. Players should have a face mask with them on the field, and should put on their facemask during times when we stop for discussion.
- E. At the end of every training, the **South Suburban Rugby Club** staff must log participant name, recorded pre-training temperature, and CIPP number (and any other requested information) to the **South Suburban Rugby Club** RTP Temp Tracking document.
- F. Procedures for anyone developing symptoms at training or a match are set forth in Exhibit C Protocol for a Participant Developing COVID-19 Symptoms at Training.

V. Training

- A. The **South Suburban Rugby Club** are only cleared for training activities, as detailed in Exhibit A and below, and may not progress to Stage/Phase 5 unless and until receiving written approval from Rugby Illinois.
- B. Stage/Phase 1 and 2 do not allow any training activities.
- C. Stage/Phase 3 limit severely limit activities as detailed in Exhibit A.
- D. Stage/Phase 4.
 1. Tackling (including form/minimal impact tackling drills), rucking, mauling, and set pieces (line-outs, scrums), or any other activity that involves physical contact are not allowed.
 2. Matches, are not allowed and only flag and touch intrasquad scrimmages are allowed; no tackle rugby and minimal contact.
 3. Training is limited to fifty participants, including coaches, compliance officers and trainers.
 4. No spectators are allowed.
 5. Parents must remain in the parking lot.
 6. Players can only attend the training for their playing group:
Monday evenings starting Feb 1st at Roma U13 & U15 7:00pm to 8:30pm and High School Boys & Girls 8:30pm to 10:00pm;
Wednesday evenings starting Feb 3rd at Roma U13 & U15 7:00pm to 8:00pm in fitness center and 8:00pm to 9:00pm on the basketball court and High School Boys & Girls 8:00pm to 9:00pm in fitness center and 9:00pm to 10:00pm on the basketball court).

Training will be scheduled to ensure sessions do not overlap.

- 7. To the greatest extent possible and in addition for Single School Clubs to the extent not violating school policy, Coaches will be assigned to playing groups and

will not cross over. Grade based groups will work together with specific coaches and the coaches and players will not cross over to other groups.

8. Training will be planned and conducted to maximize the distance between participants and to minimize personal contact. The sessions are to be minimal contact only flag and touch rugby are allowed. The head coach running training is required to have and maintain a copy of the training plan.

9. Examples of training activities allowed in Phase 4 include:

- i. Fitness, strength and conditioning;
- ii. Individual skill work (footwork, speed and agility, kicking, passing);
- iii. Team passing drills; and
- iv. Unopposed and non-contact attack pattern drills.

E. Tackle bags/dummies/hit shields cannot be used. The scrum machine and the ruck sled cannot be used.

VI. Equipment and Field Protocols

A. Separate training bags will be designated and clearly marked for each training group, consisting of balls and cones. Pinnies cannot be used unless distributed to each player who is responsible for cleaning it after each training and bringing it to/from training.

B. The Club Compliance Officers, along with the team manager and equipment manager, are responsible for ensuring that all equipment used in training is thoroughly cleaned before and after training. This process--specifically, who did the cleaning, what was cleaned, and when it was done--will be documented, and those records retained until further notice. Wipes, sprays and other cleaning products will be available in the equipment container.

C. The bathrooms will be cleaned and stocked daily. The doors will be propped open during training.

D. All other potential shared surfaces are cleaned daily. A full supply of cleaning equipment, personal protection equipment and hand sanitizers will be maintained at the facility and will be available throughout the facility during training.

E. Appropriate field signage will be posted before the first **South Suburban Rugby Club** event. Entrance and exits will be marked. Please follow all field signage accordingly. Training times and days will be staggered to allow for groups to enter/exit without crossing paths. Guidance will be provided to ensure there is no clustering during the check-in process and that groups promptly exit the field after training.

VII. Matches

Matches (either intrasquad or against other clubs) are not authorized until the Restore Illinois Phase 5 guidelines are published and allow matches and with written approval from Rugby Illinois. When competitive match play resumes, the **South Suburban Rugby Club** will follow the Rugby Illinois Pre-Match and Match Day Safety Protocols in Exhibit E.

VIII. Recordkeeping, Reporting, Auditing and Data Protection.

A. The following records will be retained and subject to Rugby Illinois audit:

1. Certificates of Completion for each club coach and administrator stating that they have completed the World Rugby COVID-19 Education Modules and from each player either a Certification of Completion or confirmation that they have reviewed the abbreviated Rugby Illinois version;
2. Completed World Rugby Symptom Checkers for each player who attended practice/training, a game or a scrimmage;
3. Player attendance;
4. Practice Attendance;
5. Documentation of Personal Protective Equipment (PPE) being used; and
6. Documentation of the cleaning/disinfecting of all equipment.

B. The Club Compliance Officers will ensure that WR COVID-19 Guidelines requiring that collected data and information specific to managing return to activity/play is adequately protected in compliance with data protection requirements of any law. For example, the collection and storage of information relevant to contact tracing or the sharing of a player or staff member's medical information with teammates, opposition teams or media is being properly considered.

C. The Club Compliance Officers (see below) are responsible for ensuring the club's compliance with this plan and any additional RTP requirements. Please contact them with any concerns or questions.

| COVID-19 Compliance Officer | COVID-19 Compliance Officer |
|---|---|
| Connie Kish | Holly Zimmer |
| (815) 931-9879 | (847) 271-3523 |
| 5kishes@comcast.net | hollymattick@yahoo.com |

Exhibit A

Determination of Activity Level

1. Standards.
 - A. Rugby Illinois and its clubs must comply with all three sets of standards governing allowed activity during the COVID-19 pandemic: USA Rugby COVID-19 Guidelines five stages, Restore Illinois Five-Phased Public Health Plan and Restore Illinois All Sports Policy
 - B. The USA Rugby COVID-19 Guidelines five stages and Restore Illinois Five-Phased Public Health Plan five phases generally parallel each other.
 - C. As of the date of this Handbook Illinois has not published a Phase 5 Restore Illinois All Sports Policy.
2. Matches are not allowed until the Restore Illinois Five-Phased Public Health Plan is at Phase 5, the USA Rugby Return to Play Stage Guidelines is at Stage 5 and Restore Illinois All Sports Policy is updated to allow matches at Phase 5. Rugby Illinois will notify clubs as to what level of scrimmaging is allowed at the time.
3. Training.
 - A. Stage/Phase 3. Note that these restrictions are based on the USA Rugby Return to Play Stage Guidelines as the Restore Illinois All Sports Policy does not address Phase 3.
 - i. Size and limits.
 - 1) Gatherings are limited to ten people or fewer; and
 - 2) Requires face coverings and social distancing.
 - ii. Activities.
 - 1) Only non-contact drills and activities;
 - 2) No use of communal equipment including balls;
 - 3) Coaches are permitted on site but must continue to adhere to social distancing and PPE protocols; and
 - 4) No inter-squad competition and only non-contact intrasquad scrimmages.
 - B. Stage/Phase 4. The Restore Illinois All Sports Policy limits sessions to 50 people or fewer and for:
 - i. Tackle rugby activity at Level 1 - no-contact practices and trainings only; and
 - ii. Flag and touch rugby DCEO has determined that they are considered medium risk sports which allows activity at Level 2 - intra-team scrimmages with parental consent for minors but no competitions.
 - C. Stage/Phase 5. Limits as of the date that Rugby Illinois published its Handbook were unknown and Illinois will have to publish Phase 5 standards addressing safety guidance and procedures. The expectation is that more activity will be allowed including eliminating all restrictions. Rugby Illinois will make the Phase 5 guidelines available to clubs as soon as Illinois publishes them.
4. Scrimmaging.
 - A. Stage/Phase 3 and Below. Scrimmaging is prohibited under the Restore Illinois All Sports Policy while Restore Illinois is at Phase 3 or below.
 - B. Stage/Phase 4. Flag and touch rugby are allowed but no tackle rugby and minimum contact.
 - C. Stage/Phase 5. Once the Restore Illinois Five-Phased Public Health Plan is at Phase 5 and the USA Rugby Return to Play Stage Guidelines is at Stage 5, Rugby Illinois will notify clubs as to what level of scrimmaging is allowed under the Restore Illinois All Sports Policy as updated for Phase 5.

SOUTH SUBURBAN RUGBY CLUB & RUGBY ILLINOIS
Exhibit B

SOUTH SUBURBAN RUGBY CLUB & RUGBY ILLINOIS PLAYER CONSENT, NOTICE, WAIVER, RELEASE OF LIABILITY AND ASSUMPTION OF RISK

1. When used in this document (“Release”) the term “Player” means any player signing the Release or listed below. The terms “my,” “me” and “I” means the Player, if 18 or over and signing the Release, or the parent or guardian and family members if a parent or guardian signs this Release.

2. I understand dangers may be caused by my own actions or inactions and the actions or inactions of others participating in an event sanctioned by the Illinois Youth Rugby Association (“RIL”). I understand the nature of RIL events and acknowledge any Player is experienced, capable, qualified and trained to participate in such RIL events.

3. I further acknowledge that I am aware that the activity will be conducted in facilities open to the public during such events.

4. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue any Player’s and my further participation in the event.

5. I fully understand that: (a) RIL events involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death, (“Risks”); (b) these Risks may be present in the event or due to the negligence of the Releasees named and defined below; (c) there may be other risks and social and economic losses either not known to any Player or me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred by any Player or me as a result of my participation in the event.

6. I further acknowledge that the COVID-19 Pandemic is a significant public health issue, which requires strict adherence to mitigation and reporting policies and procedures. RIL has developed such policies and procedures in conjunction with World Rugby and USA Rugby, and in accordance with US Centers for Disease Control and Illinois Department of Health guidelines (together, “Guidelines”), which allow for a Return To Play (“RTP”). Additionally, I understand that all RIL member clubs have adopted these procedures and implemented them to the fullest extent required by local health departments, the Illinois Department of Health and RIL.

7. I attest to the fact that any Player, and to the extent required, I have completed all RTP reporting mechanisms required by my child’s club and RIL.

8. I consent to any Player’s participation in all activities to the extent allowed under the Guidelines during any phase or stage of the COVID-19 Pandemic including flag, touch and full contact tackle rugby.

9. I hereby release, discharge, covenant not to sue and agree to hold harmless RIL and participating member clubs, including any Player’s club, World Rugby, USA Rugby, USA Youth Rugby and their respective administrators, directors, agents, officers, volunteers, and employees, other participants, including, trainers, referees and other officials, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the event takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations and further agree that if, despite this release, I claim against any of the Releasees named above, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

10. I AFFIRM THAT ANY PLAYER HAS A PERSONAL MEDICAL INSURANCE POLICY. I understand that in the event of any lapse in policy or event that would cause any Player’s personal medical insurance policy to not be in good standing and/or not cover any Player’s participation in RIL or club events any Player is ineligible to participate and that I have an affirmative responsibility to withdraw any Player from participation.

11. Representations. I represent that: (i) either I am a Player at least 18 years old or the parent or guardian of any Player under 18 years old); (ii) I know of no reason, medical or otherwise, which would prevent the any Player from participating in any RIL or club events; (iii) I understand and agree that this Release is binding upon me and my heirs and assigns; and (iv) I represent that I have full legal authority to enter this Release and realize the binding effect of this Release on the Releasees, participating member clubs, as well as on me.

Club Name: _____ Date: _____

Player 18 or over or Parent or Guardian:

Name: _____ Signature: _____

Player Name: _____ Player Name: _____

Exhibit C

RTP After a Positive COVID-19 Test

CDC guidance provides two options for when a participant can return to training after having a positive COVID-19 test. The **South Suburban Rugby Club** accepts either the time based or test based method.

1. The participant tested positive for COVID-19 and had symptoms:
 - A. The participant can be with others after:
 - i. Three days with no fever; and
 - ii. Respiratory symptoms have improved (e.g. cough, shortness of breath); and
 - iii. Ten days since symptoms first appeared
 - B. Depending on the participant's healthcare provider's advice and availability of testing, the participant might get tested to see if they still have COVID-19. If the participant gets tested, they can be around others when they have no fever and respiratory symptoms have improved and they have received two negative test results in a row, at least twenty-four hours apart.
2. The participant tested positive for COVID-19 but had no symptoms:
 - A. If the participant continues to have no symptoms, they can be with others after ten days have passed since the positive test.
 - B. Depending on the participant's healthcare provider's advice and availability of testing, the participant might get tested to see if they still have COVID-19. If the participant gets tested, the participant can be around others after they received two negative test results in a row, at least twenty-four hours apart.
 - C. If the participant develops symptoms after testing positive, follow the guidance above for "the participant tested positive for COVID-19 and had symptoms".

Exhibit D

Protocol for a Participant Developing COVID-19 Symptoms at Training or a Match

1. Sick individuals should not attend training. Anyone who has attended training should notify the designated club Compliance Officer if they or anyone in their household becomes sick with COVID-19 symptoms, tests positive for COVID-19 or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
2. Anyone who arrives with or develops COVID-19 symptoms (e.g., fever, cough, shortness of breath) at training will be immediately separated from other coaches, staff, officials, and players. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick.
3. Individuals who have had close contact with a person who has symptoms will be separated and sent home as well, and follow CDC guidance for community-related exposure (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
4. In accordance with state and local privacy and confidentiality laws and regulations, the club will notify local health officials, youth sports program staff, families and other training participants immediately of any case of COVID-19 while maintaining confidentiality in accordance with the applicable laws and regulations.
5. If an individual at the facility is confirmed as an infected person or potentially infected person, the facility should be thoroughly cleaned as outlined by the WHO or relevant public health authority. There is no requirement to close the facility unless required to do so for cleaning. It is recommended that the COVID-19 Manager or Compliance Officer liaises with local government and health authorities to guide appropriate actions.

Exhibit E

Pre-Match and Match Day Protocols

1. Pre-Match Protocols
 - A. Communication with opposition and referee. Confirmation of match will follow normal protocols of communication with additional requirements.
 - i. Home team must inform opposition and referee no later than end of business (EOB) four days preceding the match with details of match.
 - ii. Both teams must confirm intent to play no later than four days before the match EOB.
 - iii. By the day before the match at 12:00 pm CST, both teams and referee must share Roster and Monitoring data to confirm limited risk of contagion.
 - B. No person shall participate in a match if within the prior two weeks have:
 - i. Had close exposure to someone with COVID-19;
 - ii. Shown symptoms of COVID-19; and
 - iii. Unless the person has been able to be tested with negative results as noted by a doctor.
 - C. The match should not take place if a team cannot mitigate the risk of infection.
 - i. If the team has been exposed to a person with COVID-19 symptoms and they are unable to verify test results, the match should not be played.
 - ii. If the playing area is not safe, the match should not be played.
2. Match Day Protocols:
 - A. All match day participants must:
 - i. Have a risk assessment taken including a temperature check;
 - ii. Sign, or if a minor have their parent or guardian sign, the required waiver form before participating in any match; and
 - iii. Participants should not share water bottles.
 - B. Pitch layout, team and trainer areas:
 - i. USA Rugby Technical Zones layout must be followed with ropes a minimum of 5m beyond the playing area.
 - ii. Teams:
 - 1) Teams must have their own area on either side of the half way line;
 - 2) Each team's area shall be defined as between the 22m and 10m lines on one half of the field; and
 - iii. Players not participating must be beyond the ropes a minimum of 5m beyond the playing area.
 - C. Trainers:
 - i. Are permitted to roam the field; and
 - ii. Stations should be at mid-field beyond the ropes or at another appropriate location not within the confines of a team's area.
 - D. Spectators (if permitted) must be on the opposite side of the field from the players.
 - E. All attendees not actively participating:
 - i. Are strongly encouraged to wear PPE masks per local guidelines; and
 - ii. Should practice social distancing per local guidelines.