



Surrey Beavers Rugby Return to Play

10 September 2020

Mr. Byron Ramsay is our dedicated/designated COVID-19 Officer

The Beavers will be putting disinfectant protocols in place, and at the field to clean and sanitize what little equipment we will be handling. There will be sandwich boards with instructions on safety procedures and practices in various places throughout the training area. We will have sanitizer available on site. Players are encouraged to bring their own and use as often as possible. Leave in your kit bags, with towels, water bottles, tape etc.

Any player not adhering to the safety protocols as instructed at training, in emails, or as described below will be asked to leave that training. No exceptions. These rules are to keep you, your teammates, your Beaver coaches, executive and all of our families and friends safe. Expect them to be modified over time.

Player guidelines for outdoor participation

- 1. Players are expected to review/read our approved COVID-19 Return to Play Plan. It will be posted on our website or emailed to you once you are registered.**
- 2. All players are expected to do their best to adhere to the protocols as they currently exist, and as they likely change moving forward. Any player refusing to do so, or who argues with other players, coaches or administrative staff regarding such protocols will be asked to leave. No exceptions.**
- 3. Players must register on-line with Sport Lomo, and pay a \$ 50 fee (VISA), BEFORE they can attend their first training session. Highschool students \$ 20.**
- 4. Players must ensure that the Surrey Beavers have your current email and you must review it each afternoon before attending each training session. Our COVID officer will be emailing updates on any changes to safety protocols or training plan that you must know, and agree to, before attending training sessions.**

Player guidelines for outdoor participation

5. If you have any symptoms of COVID-19, or think you do, you have answered YES to any of the BC COVID-19 Self-Assessment Tool Questions, or have come in contact with anyone who may have them, or have been notified that you have been at facility which has a confirmed COVID-19 case, you are instructed to self isolateand you are prohibited from attending training for 10 days, or until you have tested negative and can provide proof of your negative result.
6. Players will have to “ sign in “ before each training session and confirm their attestation (# 5 above) regarding the COVID-19 Self-assessment Tool.
7. Players should try to maintain a consistent group/pod as much as possible. Players who work, or live together, or who will be commuting together, should train together as much as possible.
8. Players must bring their own water bottles, towels, tape, etc. Water bottles should be filled at home, kept in a plastic Ziploc bag and labelled. Don't share tape, heat cream (tiger balm), braces, towels etc. Players should shower once they get home and change into clean clothing. Plan to take any waste that you create with you home, tissues, paper towels, power bar wrappers, etc. . Bring a zip loc or garbage bag to put your used, or soiled materials in. Launder (wash/dry) training gear once you are home after training, and definitely before next use.
9. Players must wear clean clothing to each training and must arrive at practice ready to go. Do as much preparation (taping, heat cream etc.) at home. Leave straight after training to go home. Any wet or sweaty clothing that you remove at the field must be put in a plastic bag and taken home for cleaning. Any players showing up unprepared (in street/work clothes, not taped) to start training will be asked to leave the training area.
10. Players should plan on “ Getting in and Getting out “ of the training facility and should not expect to congregate around washrooms, bleachers, benches etc. to watch or socialize during training. Be aware of your surroundings and the 2m rule for physical distancing during any of the above and when entering gates, parking vehicles etc. Avoid bottlenecks in parking lots, at gates, around equipment, signage boards etc. Bring and wear your mask when not actively training, such as walking in/out from the parking lot, stretching after injury, and when you will be in a congested area, gates, benches, bleachers etc.
11. There will be no use of changing rooms. Any use of a washroom will require a key from the COVID coordinator or coach/manager. Players will be expected to “spray/wipe down“ all surfaces (handles, doors, seats, sinks etc) with disinfectant after their use. Better to use the washroom before you get to training.
12. If you are injured or resting remove yourself from other players and ensure you maintain at least 2m distance from other players. Return to your vehicle if possible while you wait for assistance if required.