



Return to Rugby IN BC

Updated January 21, 2022

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



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.



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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, Updated September 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. REVISION HISTORY

The following material changes or additions were made to this plan in October 2020:

Section	Page	Change / Addition	Application
3	5	Add: Definition of ‘Cohort’, ‘Exposure Event’ and expanded definition of self-isolation	Phases 3 and 4
6	12	Change: Allowance for indoor spaces	Phases 3 and 4
6	12	Change: Allowance for international player transfers	All phases
6	13	Change: Player engagement to comply with cohort guidelines	Phases 2, 3 and 4
7	15	Add: Process for updating sanctioned Safety Plans	All phases
7	17	Add: Submission deadline for attendance records	All phases
7	19-20	Add: Indoor Spaces, including calculating max. capacity and other considerations when accessing indoor spaces	Phases 3 and 4
7	21	Change: Player engagement to comply with cohort guidelines	Phases 2, 3 and 4
11	29	Change: In-person education permitted in Phase 3	Phase 3
11	31	Change: In-person education permitted indoors	Phases 3 and 4
13	41-44	Change: Player engagement for intra- and inter-club competition to comply with cohort guidelines	Phases 3 and 4
14	44-45	Add: viaSport guideline allowances high-performance	Phases 3 and 4
18	67-69	Add: appendices to support in-person education	Phases 3 and 4



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The following material changes or additions were made to this plan in June 2021:

Section	Page	Change / Addition	Application
5	11	Change: Timeline updated to reflect new Restart Plan	All Phases
6	14	Removal: Player engagement to comply with cohort guidelines	Phases 3 and 4
6	14	Change: Outdoor only to comply with BC Govt Plan	Phase 3
6	14	Change: Min. 5 weeks of Return to Contact training req.	Phase 4 & 5
6	14	Change: Tackle bags & shields permitted	Phase 3
6	14	Change: Exhibition games permitted	Phase 4
7	20	Change: Spectators permitted	Phase 3, 4 & 5
7	21	Removal: Player engagement cohort guidelines	Phases 3 and 4
13	41-44	Removal: Player engagement for intra- and inter-club competition to comply with cohort guidelines	Phases 3 and 4

The following material changes or additions were made to this plan in January 2022:

Section	Page	Change / Addition	Application
3	6	Addition: Definition of Fully Vaccinated and Masks	All Phases
3	9	Removal: COVID-19 Statistics for Canada	N/A
3	9	Addition: Government orders that have imposed restrictions regarding Masks and Proof of Vaccination	Phase 3 and 4
3	9	Addition: definition of COVID-19 Variant	All Phases
4	10	Addition: recognition of vaccinations providing protection	All Phases
5	11	Addition: Vaccination requirements for return of rugby	Phase 3 and 4
6	13	Addition: Proof of Vaccination requirements and Mask Requirements for Indoor Spaces for Rules of Engagement	Phase 3 and 4
6	13	Removal: Requirement for Attestations	Phase 3 and 4
6	13	Update: Facility usage updated to indoor and outdoor facility use follow public health orders	Phase 3 and 4
6	14	Update: Use of changerooms, requirement for COVID-19 Safety Coordinator and self-isolation requirements	Phase 3 and 4
6	14	Removal: restriction on social activities, international travel restrictions and inbound international player transfers	Phase 3 and 4
6	15	Update: Addition of vaccination requirements, removal of attestations for Step 4 Rugby Revitalised, addition of gatherings and facility use to be per public health order	Phase 3 and 4
7	16	Removal: Identify, Assess & Document Risk and COVID-19 Safety Plan requirements, Applying for Sanctioning, Education Requirements	Phase 3 and 4
7	17	Removal: Requirement to Apply for Sanctioning	Phase 3 and 4
7	18	Removal: Recommendation to complete World Rugby COVID-19 Course	Phase 3 and 4
7	18	Addition: proof of vaccination requirement	Phase 3 and 4



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7	19	Removal: Requirement to upgrade memberships in SportsloMo, attestations for players and BC Provincial Health Officer's requirement for information gathering	Phase 3 and 4
7	19	Update: Facility access details and spectator capacities	Phase 3 and 4
7	20	Removal: Restrictions around gathering orders	Phase 3 and 4
7	22	Removal: Cohort requirements for rugby operations	Phase 3 and 4
8	25	Update: Gathering requirements	Phase 3 and 4
8	26	Removal: Recommendation to complete World Rugby COVID-19 Course	Phase 3 and 4
9	29	Removal: Requirement for attestations	Phase 3 and 4
9	29	Addition: proof of vaccination requirement	Phase 3 and 4
9	29	Update: Use of changerooms	Phase 3 and 4
11	33	Removal: Requirement for attestations	Phase 3 and 4
11	33	Addition: proof of vaccination requirement	Phase 3 and 4
11	34	Update: Facility usage updated to indoor and outdoor facility use follow public health orders	Phase 3 and 4
11	35	Removal: Requirement for attestations	Phase 3 and 4
11	35	Addition: proof of vaccination requirement	Phase 3 and 4
12	36-39	Removal: Modified training for different rugby restarts	Phase 3 and 4
13	39-25	Removal: Modified Games for different rugby restarts	Phase 3 and 4
14	47	Removal: Requirement for attestations, time permitted for training	Phase 3 and 4
14	47	Addition: proof of vaccination requirement	Phase 3 and 4
14	47	Update: Facility usage updated to indoor and outdoor facility use follow public health orders	Phase 3 and 4
15	49	Update: Protocol for persistent or worsening symptoms and testing positive and continuing of programs	Phase 3 and 4
18	56-70	Removal: Rugby Risk Assessment Tool, COVID-19 Safety Plan Template, Daily Attestation Template, Sanctioning Scorecard	Phase 3 and 4

3. 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. 459.



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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.

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 defined by the CDC](#) as 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 (PPE); 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.
- **Cohort:** a group of participants who exclusively breach physical distancing with each other within the rugby environment.
- **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.
- **Exposure Event:** a flight, cruise, place, or event with a confirmed case of COVID-19 as listed by the BC Centre for Disease Control.
- **Fully Vaccinated:** As defined in the BC Rugby COVID-19 Mandatory Vaccination Policy a person is "fully vaccinated" if: (1) the person has received all the required doses of one or more Health Canada approved COVID-19 vaccines; and (2) the person has received their last required dose no later than two weeks prior to the first day of the Sanctioned Activity.
- **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.
- **Masks:** means either of the following that covers the nose and mouth of a person:
 - a) a medical or non-medical mask;
 - b) a tightly woven fabric;but does not include a small or large clear plastic face shield
- **Member Organization:** refers to all Delegate 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.



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- **Outbreak:** [as defined by the Government of Canada](#) as 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.
- **Region:** refers to the geographical boundaries of the five Health Authorities within British Columbia.
- **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 has been diagnosed with COVID-19 or who is experiencing fever, cough or other COVID-19 symptoms stays at home and does not go to work, school or public places and does not use public transit, taxis or ride shares.
- **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 can 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.



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- 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 disease caused by a new coronavirus called SARS-CoV-2. WHO first learned of this new virus on 31 December 2019, following a report of a cluster of cases of ‘viral pneumonia’ in Wuhan, People’s Republic of China.
- **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.
- **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.
- **What are variants of COVID-19?** It is normal for viruses to change and evolve as they spread between people over time. When these changes become significantly different from the original virus, they are known as “variants.” To identify variants, scientists map the genetic material of viruses (known as sequencing) and then look for differences between them to see if they have changed.



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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 five 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 closures or restrictions, internal travel restrictions, mandatory self-quarantine or COVID-19 testing following entry to country or province.
4. Proof of Vaccination: the requirement to show you are fully vaccinated to access events, services and businesses.
5. Masks: the requirement to wear a mask when in all public indoor settings and other settings as required for all people born in 2016 or earlier (5+ years of age).

4. 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.

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. Getting vaccinated provide strong



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protection against serious illness, hospitalization and death. There is also some evidence that being vaccinated will make it less likely that you will pass the virus on to others, which means your decision to get the vaccine also protects those around you.

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.

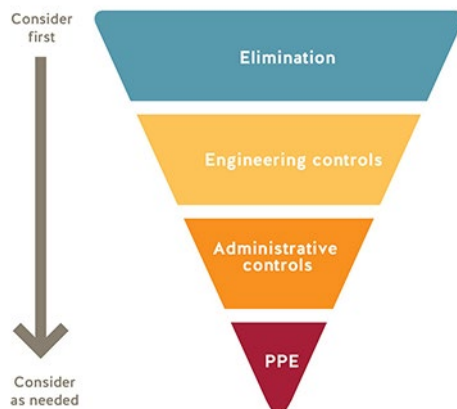
c. Considering Risk Mitigation Protocols for your Club

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



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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](#).

5. GRADUAL RETURN TO RUGBY

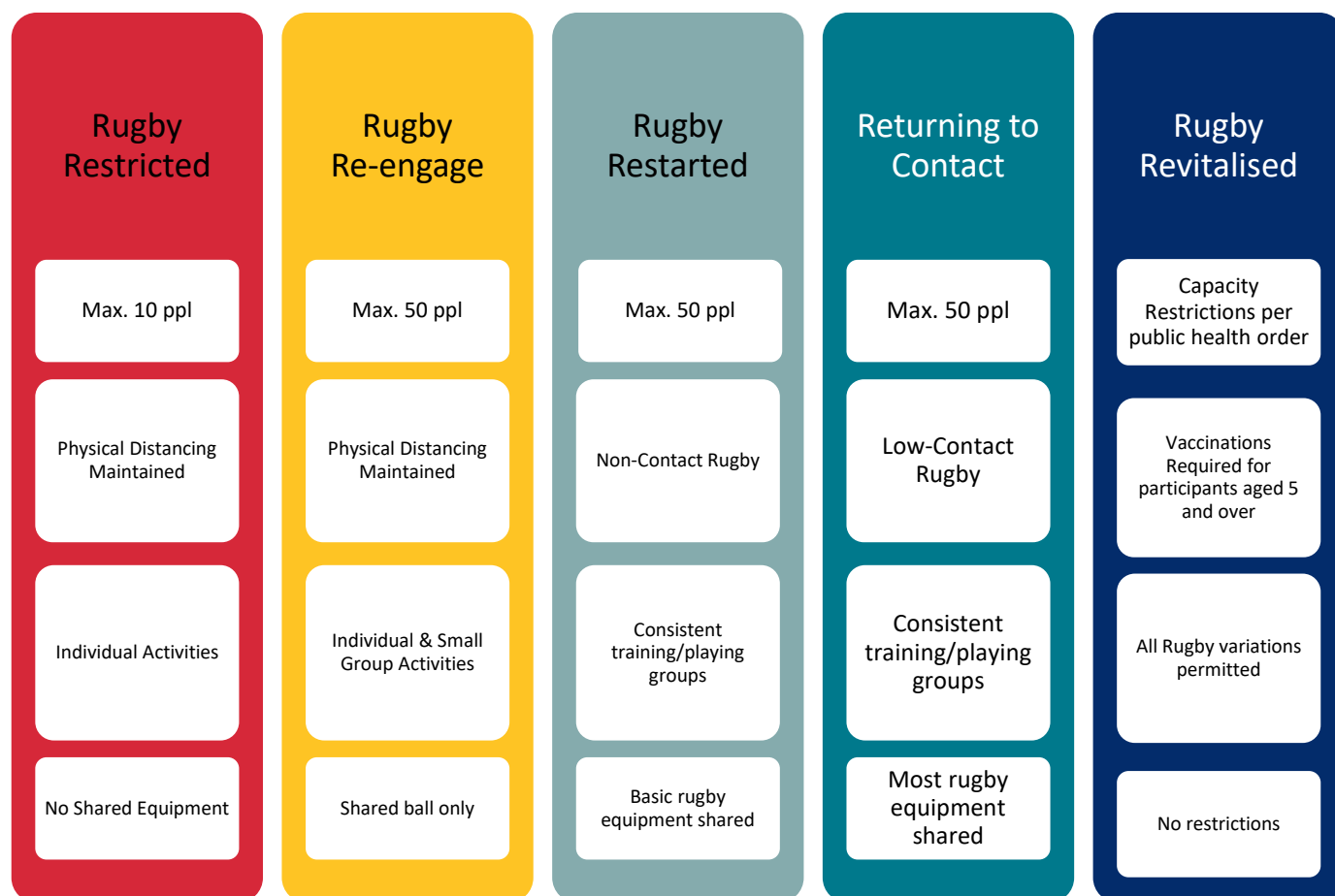
This plan is structured around mitigating risks through five (5) phases of gradual easing of restrictions based on public gathering restrictions, physical distancing and vaccination requirements as follows:

- 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.
- Vaccination requirements showing you are fully vaccinated to access events, services and businesses.



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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:

viaSport Phased Return	Strictest Controls	Transition Measures	Progressively Loosen		New Normal
BC Rugby Phased Return	Rugby Restricted	Rugby Re-engage	Rugby Restarted	Returning to Contact	Rugby Revitalised
Anticipated Timelines	Complete	Complete	Complete	Complete	January 24, 2022

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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6. 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 contactable via covidsafety@bcrugby.com. 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 all PHO orders are rescinded.
- 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
- 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. **Proof of Vaccination:** All sanctioned rugby activities must comply with the [BC Rugby Mandatory Proof of Vaccination](#) policy.
- e. **Attendance Records:** all individuals attending an in-person activity or facility must have their attendance recorded through the Sportlomo registration database, within 36 hours from the start of the activity. This facilitates the ability to track and trace any possible community transmission to have taken place at any rugby activity.
- f. **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. Follow all guidance from the [BC CDC on Self-Isolation](#).
- g. **Attestation of all Participants:** are no longer required.
- h. **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 to follow public health orders and return home.
- i. **Personal Hygiene:** all individuals are to practice government recommended proper hygiene before, during and after all rugby in-person activities. See Appendix (a).
- j. **Indoor and Outdoor Facilities:** Member organisations may access and utilise both Indoor and Outdoor Facilities following any applicable public health orders or facility regulations.
- k. **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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- l.** Masks are Compulsory for All Indoor Public Spaces: until further Government restrictions are lifted, all indoor public spaces require those not participating in physical activity to wear a face mask as per the [provincial health order](#).
- m.** 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.
- n.** 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.
- o.** Changerooms: use of changerooms is allowed at this point in time, however access should be controlled and increased cleaning standard implemented.
- p.** Social activities: can resume however these should follow the current [PHO order on Gatherings and Events](#) and if applicable the [Food and Beverage Order](#). It should be noted in-person social activities will not be covered under Rugby Canada's National Insurance Policy.

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



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BC Govt Restart Plan	Strictest Controls	Transition Measures	STEP 1	STEP 2	STEP 3	STEP 4
BC Rugby Phased Return	Rugby Restricted	Rugby Re-engage	Rugby Restarted		Returning to Contact	Rugby Revitalised
Anticipated Timelines	Complete	Complete	Complete		Complete	January 24, 2022
Max. Gathering*	<ul style="list-style-type: none"> • Max. 10 ppl 	<ul style="list-style-type: none"> • Max. 50 ppl 	<ul style="list-style-type: none"> • Max. 50 ppl 		<ul style="list-style-type: none"> • Max. 50 ppl 	<ul style="list-style-type: none"> • Per Public Health Order
Physical Distancing*	<ul style="list-style-type: none"> • Always maintained 	<ul style="list-style-type: none"> • Always maintained 	<ul style="list-style-type: none"> • Brief, limited breaches 		<ul style="list-style-type: none"> • Time-controlled, limited breaches 	<ul style="list-style-type: none"> • Per Public Health Order
Total time permitted	<ul style="list-style-type: none"> • Max. 45 min 	<ul style="list-style-type: none"> • Max. 60 min 	<ul style="list-style-type: none"> • No restriction 		<ul style="list-style-type: none"> • No restriction 	<ul style="list-style-type: none"> • No restriction
Facilities permitted*	<ul style="list-style-type: none"> • Outdoor only • Washroom only 	<ul style="list-style-type: none"> • Outdoor only • Washroom only 	<ul style="list-style-type: none"> • Outdoor only • Washroom only 		<ul style="list-style-type: none"> • Outdoor preferred • Washroom only 	<ul style="list-style-type: none"> • Per Public Health Order
Player Engagement	<ul style="list-style-type: none"> • Individual activities only 	<ul style="list-style-type: none"> • Maintain cohort of max. 50ppl • Min. two-week hiatus to join different cohort 	<ul style="list-style-type: none"> • No restriction 		<ul style="list-style-type: none"> • No restriction 	<ul style="list-style-type: none"> • Attendance Recorded
Equipment Restrictions	<ul style="list-style-type: none"> • No shared equipment 	<ul style="list-style-type: none"> • Shared ball only • Disinfect before & after use 	<ul style="list-style-type: none"> • All permitted. • Disinfect before & after use 		<ul style="list-style-type: none"> • All permitted. • Disinfect before & after use 	<ul style="list-style-type: none"> • All permitted. • Disinfect before & after use
Enhanced Protocols	<ul style="list-style-type: none"> • Daily attestation • Increased hand hygiene 	<ul style="list-style-type: none"> • Attestation prior to attendance • Increased hand hygiene 	<ul style="list-style-type: none"> • Attestation prior to attendance • Increased hand hygiene 		<ul style="list-style-type: none"> • Attestation prior to attendance • Increased hand hygiene 	<ul style="list-style-type: none"> • Vaccinations Required for participants aged 5 and over • No attestations required • Maintain proper hygiene
Permitted Activities*	<ul style="list-style-type: none"> • No-contact activities 	<ul style="list-style-type: none"> • No-contact activities 	<ul style="list-style-type: none"> • Non-contact Rugby training & small-sided games • Individual low-contact training (i.e. use of tackle bag & shields) • Only BC Rugby sanctioned in-house games 		<ul style="list-style-type: none"> • Low-contact Rugby training & small-sided games • Only BC Rugby administered inter-club games or tournaments. • Sanctioned exhibition games 	<ul style="list-style-type: none"> • Full contact games, following min. 5 weeks of World Rugby's 'Return to Competition' training
RESTRICTED Activities*	<ul style="list-style-type: none"> • No inter-club activities • No in-person education 	<ul style="list-style-type: none"> • No inter-club activities • No in-person education 	<ul style="list-style-type: none"> • No inter-club activities 		<ul style="list-style-type: none"> • No Provincial competitions or tournaments 	<ul style="list-style-type: none"> • Nil
Travel Restrictions*	<ul style="list-style-type: none"> • NO TRAVEL 	<ul style="list-style-type: none"> • No inter-regional travel • NO PROVINCIAL OR INTL TRAVEL 	<ul style="list-style-type: none"> • No inter-regional travel • NO PROVINCIAL OR INTL TRAVEL 		<ul style="list-style-type: none"> • Limited inter-regional travel • NO PROVINCIAL OR INTL TRAVEL 	<ul style="list-style-type: none"> • No restriction

*Restrictions are subject to change in accordance with Public Health Orders.



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.



7. 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 contactable via covidsafety@bcrugby.com 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. 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:



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.



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

An Emergency Action Plan must be provided for any venue that the Member Organization is accessing.

ii. Highly Recommended Steps

1. 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 that 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 in all applicable membership categories *prior* to attending any in-person rugby activities.

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.

2. Proof of Vaccination

All participants must meet the requirements for vaccination as per the [BC Rugby Mandatory Proof of Vaccination](#) policy. All member organizations must ensure participants are marked as “Active” in Sportlomo before allowing them to engage in contact activity.



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.



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. Attendance records must be submitted into the Sportlomo registration database no later than 36 hours from the start of the scheduled activity.

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

In-person rugby activities are to be primarily and preferably delivered in an outdoor setting, due to the significantly lower risk of community transmission. However in-person rugby activities may be delivered in indoor facilities, following any applicable public health orders or facility regulations.

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 dispensers 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 (c) 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.



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.



3. Facility Access

To effectively plan for and manage facility access Member Organizations delivering in-person activities, must plan and have controlled access, clearly communicating to all participants access points of the facility.

4. Spectators and Other Users

Spectators and other users are permitted in line with current public health orders.

5. Additional Considerations for Indoor Facilities

When accessing third-party government or private indoor facilities, Member Organizations must ensure that the venue has a posted COVID-19 Safety Plan and has no known violations of any Federal or Provincial COVID-19 safety regulations.

Member Organizations are not permitted to access any indoor venue if it is listed as a COVID-19 Current Public Exposure site. Visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/public-exposures> for a complete directory.

When accessing the indoor facility, the Member Organization must ensure compliance with the facility's posted COVID-19 Safety Plan.

If utilising an indoor facility owned and managed by the Member Organization, the venue must be managed in compliance with WorkSafe BC's [Protocols for returning to operations for Gyms and Fitness Centres](#). While not all protocols will be relevant, 'Managing people in the facility' and 'Equipment Layout' are key aspects for a Member Organization to consider and adopt as relevant to their indoor facility and intended use.

Increasing ventilation may help reduce transmission. When possible, open windows or doors, increase air exchanges by adjusting the HVAC system and ensure that the ventilation system operates properly.

Member Organizations are to ensure adherence to any relevant legislation or COVID-19 orders and guidelines when accessing indoors spaces for physical activities.

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.



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.



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](#).

4. Training Processes

In 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 (d).

All team meetings and huddles should 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.

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 (c) 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.



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.



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.

8. 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 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.



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.



- Individuals with disabilities interacting with multiple care providers/supports and friends have an increased risk of contracting COVID-19 due to increased exposure.

Public health recommends when deciding whether to attend an in-person gathering, consider risk factors for yourself and the people you are spending time with. Individuals are responsible for assessing their risk of participation and their comfort levels. Some health authorities may have imposed stricter restrictions on gatherings and these should be adhered to.

b. How to Prepare in advance of Return to Activity

i. 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.

ii. 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.

iii. 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.



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.



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

- 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.

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
- 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/>



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.



- 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/>

9. 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.

Individuals are responsible for assessing their risk of participation and are urged to be cautious about the number of activities they are participating in.

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>.



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.



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, 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.

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 are no longer required to complete attestations.

ii. Proof of Vaccination

All participants must meet the requirements for vaccination as per the [BC Rugby Mandatory Proof of Vaccination](#) policy.

iii. Safely Arrive, Ready to Go

Use of changerooms is allowed at this point in time, however access should be controlled and increased cleaning standards implemented.

iv. Be Self-Sufficient

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.

v. 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.



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.



10. 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.
 - 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.



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.



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 First Aider 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 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.



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.



11. MODIFICATIONS FOR COACH & OFFICIAL EDUCATION

In-person coach and official education courses and evaluations are permitted in Phase 3 and 4. Brief, limited breaches of physical distancing are permitted within these courses to facilitate 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)
World Rugby Match Officials Level 1	<ul style="list-style-type: none"> World Rugby COVID-19 Return to Play Awareness for Coaches & Players. Plus, required completion of World Rugby online courses: <ul style="list-style-type: none"> Concussion Management for the General Public Beginners Guide to Rugby Introduction to Match Officiating Laws of the Game Rugby Ready 	<ul style="list-style-type: none"> Principles of Play; Principles of Officiating Safety Effective communication Materiality & Context Application of Advantage Age grade Law variations 	<ul style="list-style-type: none"> How to move effectively, where best to position yourself to manage the game How to referee technical aspects of the game safely How to apply the laws in context
NCCP Community Initiation/ World Rugby Level 1	<ul style="list-style-type: none"> World Rugby COVID-19 Return to Play Awareness for Coaches & Players. Plus, required completion of World Rugby online courses: <ul style="list-style-type: none"> Concussion Management for the General Public Beginners Guide to Rugby Introduction to Coaching Laws of the Game Rugby Ready Coaching Children Recommend to also complete World Rugby online courses: <ul style="list-style-type: none"> Functional Role Analysis Key Factor Analysis 	<ul style="list-style-type: none"> Principles of Play The Coaching Process Practice Planning 	<ul style="list-style-type: none"> Coaching the 5 contact areas of the game safely: tackle, ruck, maul, lineout, scrum
NCCP Competition Introduction /World	<ul style="list-style-type: none"> World Rugby COVID-19 Return to Play Awareness for Coaches & Players. 	<ul style="list-style-type: none"> The Coaching Process Principles of Attack and Defense Planning 	<ul style="list-style-type: none"> Delivery of a session Application of Key Factor



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Course	E-learning Tasks	Online Session(s)	In-Person Practical Session(s)
Rugby Level 2	<ul style="list-style-type: none"> Plus, required completion of World Rugby online courses: <ul style="list-style-type: none"> Concussion Management for the General Public Introduction to Coaching Laws of the Game Functional Role Analysis Key Factor Analysis First Aid in Rugby Introduction to Strength & Conditioning (one module, related to age predominately coached) 	<ul style="list-style-type: none"> Key Factor Analysis Functional Role Analysis 	<ul style="list-style-type: none"> Analysis and Functional Role Analysis Post-course observation: Portfolio and Practice Observation in Phase 4 only

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:

- **Proof of Vaccination:** All participants must meet the requirements for vaccination as per the [BC Rugby Mandatory Proof of Vaccination](#) policy.
- **Attestations** are no longer required.
- **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 and indoor activities:** all in-person education courses and evaluations are able to be delivered both indoors and outdoors as long as they follow the current [PHO order on Gatherings and Events](#). Some health authorities may impose stricter restrictions, and these should be adhered to.
- **Accessing indoor facilities:** if use of an indoor facility is required, that venue must have a posted COVID-19 Safety Plan and have no known violations of any Federal or Provincial COVID-19 safety regulations or current Exposure Events. The indoor facility capacity must always facilitate physical distancing of all participants.
- **Planning delivery:** BC Rugby is responsible for appointing the roles as outlined in Appendix (h) and ensuring key tasks are executed for pre-, during and post-course.
- **Course specific guidelines:** BC Rugby is responsible for ensuring appointed Educators deliver courses in line with the relevant course guidelines, as outlined in Appendix (i).



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- **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.

Individuals are responsible for assessing their risk of participation at in-person gatherings, considering risk factors for yourself and the people you are spending time with.

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 agree 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/.

To view all planned officiating courses and to register, visit bcrugby.com/get-involved/becoming-a-referee/.



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iii. Before Attending a Course

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

- All participants must meet the requirements for vaccination as per the [BC Rugby Mandatory Proof of Vaccination](#) policy.
- Attestations are no longer required.
- 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.

12. 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 "Returning to Contact"

Under this phase full training and play may resume.

BC Rugby adopts the [World Rugby 'Competition Ready Guidelines'](#) and requires all Member Clubs to deliver the number and type of training sessions outlined to prepare players for the resumption of contact matches and tournaments.

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.

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



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13. MODIFICATIONS FOR AGE-GRADE AND ADULT GAMES & LEAGUES

a. Games for “Rugby Revitalised”

Under Rugby Revitalised there are no restrictions to the format of games and training which take place.

b. Planning and Managing In-House Leagues

Member Organizations are permitted to deliver in-house leagues in Phases 3 and 4, structuring their leagues to comply with event restrictions.

Member Organizations are permitted to host in-house, single day tournaments following all limitations outlined above but total time permitted under Phases 3 and 4 can be applied as total playing time for each team so long as physical distancing is adhered to between scheduled games.

c. Planning and Managing Inter-Club Leagues

BC Rugby will oversee and manage the design of any inter-club leagues and tournaments, including any inter-club touch, flag or low-contact rugby variations.

For any inter-club leagues or tournaments where low-contact rugby matches are being played, a registered, certified referee must be appointed for each match.

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.

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

14. HIGH-PERFORMANCE TRAINING & GAMES

BC Rugby is permitted to deliver high-performance, in-person rugby activities under the following parameters to comply with viaSport’s [Return to Sport Guidelines for BC](#):

- In-person rugby activities are permitted. Additionally, inter-squad matches of any variation under the jurisdiction of World Rugby (i.e. XRugby to XV’s Rugby) are permitted.
- High-performance programs are invite-only.
- The event gathering limit should follow the current [PHO order on Gatherings and Events](#).
- All participants must meet the requirements for vaccination as per the [BC Rugby Mandatory Proof of Vaccination](#) policy.



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- In-person rugby activities that involve breaches of physical distance are able to be delivered both indoors and outdoors.
- Non-medical masks must be worn by all participants except when participating in physical activity or during meals or when in assigned semi-private or private dormitory room.
- BC Rugby will aim to provide high-performance activities in the health region of the most invited high-performance players, but inter-regional travel is permitted for high-performance in-person rugby activities.
- Attestation of all Participants are no longer required.
- Travel, accommodation, and meal details must be added to the Safety Plan if the high-performance in-person activity is greater than four hours in duration.
- Safety Plan must include process for removing an individual, including minors, that presents symptoms of COVID-19 and ensuring safe return to their home.
- Any player that chooses not to participate in any high-performance in-person activities is free to do so and that decision shall not be held against them in future selection decisions made by BC Rugby.

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](#)

15. 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 5 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.
- The unwell person is required to follow all medical and government instruction on managing their worsening or persistent COVID symptoms and getting tested.
- If the unwell person takes a COVID-19 test at their choosing or as medically instructed, they are asked to share the notice of a negative result with Member Organization's COVID-19 Safety Coordinator. The unwell person is only permitted to return to rugby activities at least 5 days



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have passed since symptoms started, any fever has resolved for 24hours without the use of fever-reducing medication and their symptoms have improved.

- All individuals recorded as attending the same in-person rugby activities within the last 14 days are contacted by the Member Organization's COVID-19 Safety Coordinator 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.
- The Member Organization's COVID-19 Safety Coordinator should inform all participants who attended in-person rugby activities that the infected person has attended in the last four weeks to self-monitor.
- Where 1 positive case is known, for programs with players over 12, programs may continue operating with all participants that were classed as a close contact being informed of the positive case and informed to self-monitor for symptoms. BC Rugby's COVID-19 Manager does not need to be informed.
- Where 1 positive case is known, for programs with players aged 5-11, programs may continue operating for fully vaccinated participants, partially vaccinated players are required to self-isolate for 5 days. All participants that were classed as a close contact being informed of the positive case and informed to self-monitor for symptoms. BC Rugby's COVID-19 Manager does not need to be informed.
- Where more than 1 positive case is known from within the same program, or players have been reasonably known close contacts across programs, programs which those participants are part of must be suspended for 5 days from the date of last exposure. All participants that were classed as a close contact being informed of the positive case and informed to self-monitor for symptoms. BC Rugby's COVID-19 Manager must be informed via covidsafety@bcrugby.com.
- Infected persons are required to follow all medical and government instruction on managing their diagnosis. The infected person may only return to rugby activities under the following conditions at least 5 days have passed since symptoms started, any fever has resolved for 24hours without the use of fever-reducing medication and their symptoms have improved
- Rugby Canada's COVID Safety Contact shall assemble an Emergency Management Team, in line with Rugby Canada's COVID Emergency Response Plan.



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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 for any significant outbreak.

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:

- 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



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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

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.



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- 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."

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17. ACKNOWLEDGEMENTS

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18. 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

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.



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- 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. 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, covid19safety@superarugby.ca				

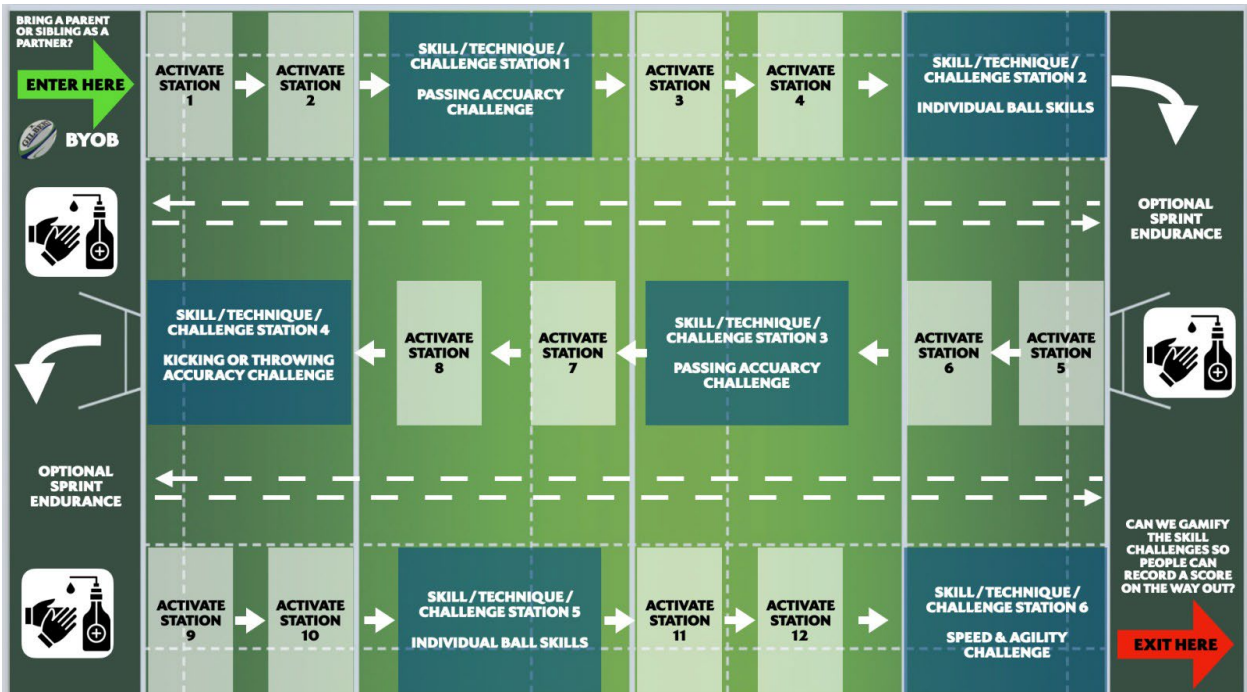
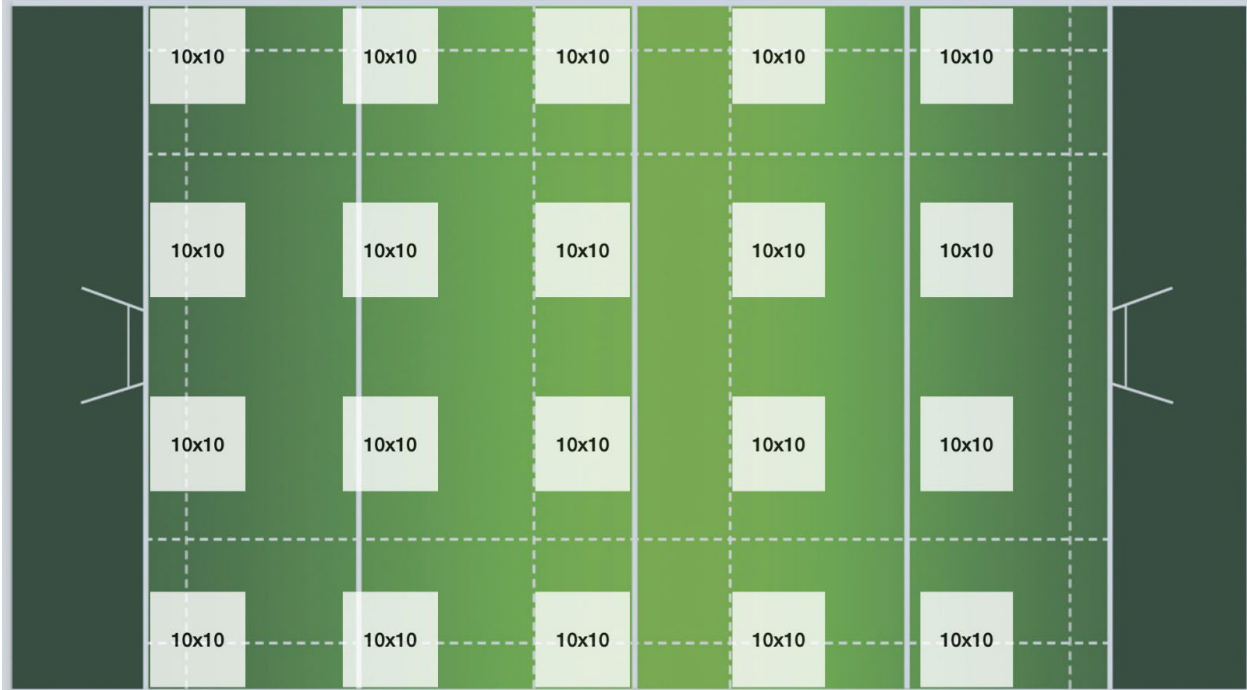


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d. Example Field Maps

Full-pitch, static map



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e. 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
- ✓ Ensure all participants are registered as Active in Sportlomo indicating they are fully vaccinated and able to participate in activities.
- ✓ 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

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

MANDATORY STEPS

- ✓ Ensure all participants are registered as Active in Sportlomo indicating they are fully vaccinated and able to participate in activities
- ✓ 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

g. Checklist for Players and their Parents/Guardian

MANDATORY STEPS

- ✓ Assess your risk & your household’s risk – Returning to Rugby is OPTIONAL
- ✓ Complete registration
- ✓ Ensure you have uploaded your proof of vaccination and are marked as Active in Sportlomo
- ✓ If asked to bring your own ball, clean ball following Gilbert instructions
- ✓ Arrive dressed and ready, with your own full water bottle

h. Responsibilities for Delivery of Training & Education

	Provincial Administrator	Educator 1	Educator 2 (Acts as onsite COVID-19 Officer)	Participants
Pre-Course	<ul style="list-style-type: none"> • Check with Union and local authorities regarding directives for public gatherings, to prepare and send restrictions and course protocols to participants prior to attendance. • Determine maximum number of Facilitators and participants to allow for appropriate distancing in the space to be used. Ensure that total participants do not exceed this number. • Advise participants of PPE needs, changing room restrictions, plans for water and food, etc. 	<ul style="list-style-type: none"> • Check that all participants attending have completed all online courses. • Arrange seating or common areas so that distancing space is clear and convenient. • Bring own water container to refill on-site. 	<ul style="list-style-type: none"> • Support Lead Educator • At start of course, lead session to educate everyone on Protocols. (needs to be clearly identified) • Ensure all participants have signed the Participation Agreement and completed the Daily Attestation • Assure availability of <ul style="list-style-type: none"> ○ Provision of Wash Basin ○ Soap/Handwash ○ Paper Towel/Tissue Paper ○ Rubbish Bin ○ Sanitizer 	<ul style="list-style-type: none"> • Complete and email to Lead Educator all online courses required to be able to attend webinars and face to face. • Complete Participation Agreement and Daily Attestation. • Ask questions before arrival. • Be truthful and opt not to attend if unwell. • Bring own sanitizer where possible • Bring own water bottles and any personal protective equipment (gloves, masks, etc.) that you choose to or are requested to wear. • Arrive in clothing for session, since changing facilities might be closed.



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Provincial Administrator	Educator 1	Educator 2 (Acts as onsite COVID-19 Officer)	Participants
<p>During Course</p>	<ul style="list-style-type: none"> • Always maintain 2 m physical distancing. • Deliver course as per the “Clean Course Guidelines” for your strand and Union directives. • Role-model following all protocols such as maintaining space and washing hands. • Assist in regular sanitization of equipment and surfaces. • Work with COVID-19 Officer to address any emerging issues. 	<ul style="list-style-type: none"> • Disinfect all equipment and furniture, doorknobs, tap heads, water dispenser, etc. after every use. • Display COVID-19 course protocols. • If clear observation of person sneezing/coughing during Course (the official or participant will be removed and booked for a later course) • Note any incidents and advise Lead Educator for post-course reporting. • Be diligent regarding following protocols, with frequent reminders re distancing, washing hands, etc. • Cancel course promptly if risk becomes unmanageable. 	<ul style="list-style-type: none"> • Adhere to COVID-19 restrictions throughout the course. • Remind peers regarding COVID-19 agreed processes such as distancing and washing hands. • Assist in cleaning as per COVID-19 Officer’s request.
<p>Post Course</p>	<ul style="list-style-type: none"> • Collect and report any declarations from the participants regarding symptoms within 14 days post course. • Send Summary Report highlighting any issues to Provincial Administrator. • Assist in cleaning of equipment and furniture. 	<ul style="list-style-type: none"> • Support Lead Educator in completing post-course duties and reporting. • Disinfect all surfaces. • Proper disposal of rubbish. 	<ul style="list-style-type: none"> • Be available for contact as per email provided in course registration. • Advise Provincial Administrator if you have developed any COVID-19 symptoms in the 14 days following the course.



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i. Course Specific Guidelines for Training & Education

Course specific guidelines	General	Tackle, Ruck, Maul, Scrum scenarios	Lineout scenarios	Passing, Kicking, and other non-contact scenarios
Coaching	<ul style="list-style-type: none"> Maximize use of remote learning in advance to minimize face to face time. Use the same demonstrator(s) for each session or ensure washing balls and equipment between users. 	<ul style="list-style-type: none"> Only use non-contact demonstrations or contact demonstrations between demonstrators that are from the same "bubble" (e.g. same residence). If possible, it is preferred that demonstrator use a tackling dummy. If "clean" demonstration is not possible, use videos of players/teams that need specific corrections to allow coaches to do virtual coaching of contact situations. Demonstrator use scrum machine, exercise ball, etc. to have coaches correct scrum sequence, positioning, and binding, from the required distance. If available and appropriate, use demonstrators that are from the same "bubble" (e.g. same residence). 	<ul style="list-style-type: none"> Demonstrators show lifting skills by lifting a small chair, tackle bag, or similar item. Coaches offer feedback on key factors. For throwing use demonstrator and one receiver (wash hands and ball before and after), or thrower and a target (post, basket, wall, etc.). 	<ul style="list-style-type: none"> Individual skills mainly or use demonstrators that are from the same "bubble" (e.g. same residence). If sharing a ball among participants, use a clean ball and remind participants to wash hands before and after session, and not to touch their face.
Match Officiating	<ul style="list-style-type: none"> Maximize use of remote learning in advance to minimize face to face time. Use the same demonstrator(s) for each session or ensure washing balls and equipment between users. 	<ul style="list-style-type: none"> Use videos where needed. Arrange demonstrators that are from the same "bubble" (e.g. same residence). Where suitable, one demonstrator uses a tackling dummy or other equipment to set up scenarios for officials to manage. Use clips of examples to discuss specific elements of play. For competency assessment use video of 	<ul style="list-style-type: none"> Use videos where needed. Arrange demonstrators that are from the same "bubble" (e.g. same residence). Where suitable, one demonstrator uses a tackling dummy or other equipment to set up scenarios for officials to manage. Use clips of examples to discuss specific elements of play. For competency assessment use video of Level 2 candidate to check performance remotely. 	<ul style="list-style-type: none"> Individual skills mainly or use demonstrators that are from the same "bubble" (e.g. same residence). If sharing a ball among participants, use a clean ball and remind participants to wash hands before and after session, and not to touch their face. Use clips of examples to discuss specific elements of play. For



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Course specific guidelines	General	Tackle, Ruck, Maul, Scrum scenarios	Lineout scenarios	Passing, Kicking, and other non-contact scenarios
		Level 2 candidate to check performance remotely.		competency assessment use video of Level 2 candidate to check performance remotely.
S&C, Medical, Coaching of Match Officials	<ul style="list-style-type: none"> It is proposed that these courses can mostly or all be delivered remotely via shared videos, documents and video-conferencing. 			



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