



**STRATHCONA
DRUIDS RFC**

RETURN TO PLAY PLAN

Version 2

Last Updated – June 2021

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

VERSION CONTROL

Version 1 Adopted by the Club on April 29, 2021

Version 2 Adopted by the Club on June 4, 2021

CONTENTS

1. INTRODUCTION	4
2. KEY PRINCIPLES	4
3. APPROVAL PROCESS	4
4. CHECKLIST FOR MEMBER CLUB	5
5. CLUB RESPONSIBILITIES UNDER FOR RTP	6
6. RULES OF ENGAGEMENT	7
7. CLEANING PROTOCOLS AND REQUIRED PRACTICES	10
8. FACILITY ACCESS & FLOW	11
9. KEY INFORMATION AND CONTACTS	11
APPENDIX A - Gradual Return to Play Phases	12
APPENDIX B - Enhanced Cleaning Procedure	12
APPENDIX D - Facility Access & Flow (Lynn Davies Rugby Park)	13
APPENDIX E - Key Information and Contacts	14

1. INTRODUCTION

This document is the Strathcona Druids RFC Return To Play (RTP). It has been prepared based on the information from Rugby Canada, Rugby Alberta, and Alberta Health Services.

The RTP is aligned with Rugby Canada's Return to Play Plan, and the guidelines set out by Alberta Health Services for relaunching sports, physical activity, and recreation. Strathcona Druids RFC RTP will be regularly updated as the phases of return to play changed and or by the direction provided by Rugby Alberta or Alberta Health Services.

2. KEY PRINCIPLES

This plan is based on, and accepts, the Rugby Alberta Return to Rugby Plan and the Alberta Health Services for relaunching sports, physical activity and recreation. The Strathcona Druids RFC also acknowledges that any decision to allow access to a Member Organization or training facility is subject to the local, municipal, provincial, and federal public health regulations in force at that point in time. These public health regulations take precedence over any Member Organization's regulations.

The plan also accepts as 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 activities cannot resume until Strathcona Druids RFC has their plan sanctioned by Rugby Alberta.
- Facilities are assessed, and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing, and other measures to mitigate the risk of transmission of COVID-19.
- Strathcona Druids RFC has considered and is prepared for any localized outbreak at their facilities, within their membership or in their local community.

3. APPROVAL PROCESS

Return to Play Approval Requirements Under Phase 1, 2, 3, & 4

1. Provincial Government allows resumption of community sport
2. Local government/venue owner permitting access to facilities
3. Insurance arrangements confirmed as required for the club's facility
4. Strathcona Druids RFC Board/Committee approval
5. Provincial Union to sanction activities

Plans must be updated and resubmitted between phases as required.

4. CHECKLIST FOR MEMBER CLUB

MANDATORY STEPS

1. COVID-19 Safety Coordinator is appointed, and their contact details have been provided to the Provincial Union and are published on the Provincial Union's website
2. President & COVID-19 Safety Coordinator of Member Organization have completed the World Rugby COVID-19 Course for Administrators and has submitted a certificate to the Provincial Union
3. Complete your Risk Assessment
4. Create a club COVID-19 Safety Plan
5. Update your club Emergency Action Plan
6. Apply for sanctioning to Rugby Alberta by submitting RTP which includes the following information & materials:
 - a. Name and contact details of appointed club COVID-19 Safety Coordinator
 - b. World Rugby COVID-19 Course Certificates for club President & COVID-19 Safety Coordinator
 - c. Completed club Risk Assessment & Migration Check List
 - d. Club COVID-19 Emergency Response Plan
 - e. Club Emergency Action Plan
 - f. Complete and sign the Club Compliance Agreement
1. Set up registration via Sportlomo
2. Track attendance of all participants (highly recommended for all Member Organizations to utilize SportLomo)

HIGHLY RECOMMENDED STEPS

1. All club Directors complete the World Rugby COVID-19 Course for Administrators
2. All club Coaches complete World Rugby COVID-19 Course for Players & Coaches
3. All Adult Players complete World Rugby COVID-19 Course for Players & Coaches
4. Parent/Guardian of age-grade and minor players have completed World Rugby COVID-19 Course for Players & Coaches
5. Create and implement an enhanced cleaning procedure plan
6. Create a site map to communicate entry/exit points, the flow of traffic, etc.
7. Create and implement communications plans, including on-site signage, of key health messages

5. CLUB RESPONSIBILITIES UNDER FOR RTP

Strathcona Druids RFC retains the overall responsibility for the effective management and implementation of safe rugby activities under this plan.

Gradual Return to Play Phases specified in **Appendix A**

The Strathcona Druids RFC will refer to the Rugby Alberta RTP and follow the guidelines provided. The document can be accessed through the Rugby Alberta website. Rugby Alberta will notify member clubs should any of the phases or conditions outlined in Rugby Alberta's RTP be updated or modified.

The Board/Committee of Strathcona Druids RFC is responsible for:

- Approving the plan and overseeing the implementation of all elements in this plan; and
- Revising the plan as required, ensuring it reflects up to date information from Rugby Canada and Rugby Alberta as well as the relevant government and health officials.

The Strathcona Druids RFC Board/Committee has appointed the following individual as the Strathcona Druids RFC COVID-19 Safety Coordinator(s) to execute delivery of this plan and to act as the point of contact for information relating to this plan:

COVID-19 Safety Manager & Club President Contact Information

Name	Ken Trumper
Contact Email	president@druidsrfc.com
Contact Number	780-690-2226

Senior Rugby Safety Coordinator Information

Name	Joshua Steiner
Contact Email	j-steiner@hotmail.com
Contact Number	587-991-2257

Junior Rugby Safety Coordinator Information

Name	Stacey Gallagher
Contact Email	sportyspicemom@hotmail.com
Contact Number	780-953-0289

6. RULES OF ENGAGEMENT

Following consultation with legal counsel and the Sport Canada medical advisory group, the following rules will be mandatory and followed by Strathcona Druids RFC while any Federal or Provincial COVID-19 related orders or restrictions are in place. These rules line up with the Alberta Health Services Stage 2 requirements for sport, physical activity, and recreation.

Provincial Guidelines for Organized Sports Activity:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

- 6.1 **Point of Contact:** Strathcona Druids RFC has appointed an official COVID-19 Safety Manager, Ken Trumper. Contact details are posted on our website and will be shared with all members. These appointments will take place before the resumption of any club rugby activities and remain in place until Alberta achieves and maintains Phase 5 for 3 consecutive months.
- 6.2 **Educate:** Strathcona Druids RFC President & COVID-19 Safety Manager Ken Trumper and COVID-19 Safety Coordinator, Joshua Steiner (Senior Rugby), and Stacey Gallagher (Junior Rugby) have completed the World Rugby COVID-19 Return to Play Awareness for Administrators and have submitted their certificates to Rugby Alberta
- 6.3 **Registered:** Each individual attending an in-person rugby activity or facility will be registered through the Sportlomo registration database, therefore acknowledging the updated waiver and participation agreement and ensuring they have adequate insurance to take part in sanctioned 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.
- 6.4 **Symptoms:** Any individual answering 'yes' to any of the Alberta Health Services Self-Assessment Tool questionnaire will be instructed to self-isolate, and is prohibited from attending any in-person rugby activity for 10 days or until they are tested for COVID-19 and have provided notice of their negative result.
- 6.5 **Attestation of all Participants:** The Strathcona Druids RFC will facilitate the completion and storing of participant attestations before every in-person session until further notice. All adult participants must complete the attestation for themselves, while a legal parent/guardian of a minor participant must complete the attestation on their behalf. The attestation forms will be facilitated through the Sportlomo registration system for all Senior Rugby, and TeamSnap for all Junior Rugby. The Strathcona Druids RFC will use the Sportlomo registration system & TeamSnap.

- 6.6 **Attendance Records:** All individuals attending an in-person activity or facility may have their attendance recorded through TeamSnap for all Junior Rugby, and the Sportlomo registration database management platform for all Senior Rugby. TeamSnap and Sportlomo system facilitates the ability to track and trace any possible community transmission to have taken place at any rugby activity. The Strathcona Druids RFC will use the Sportlomo registration system & TeamSnap
- 6.7 **Application of Health Orders:** Strathcona Druids RFC administrators, managers, coaches, or therapists who are delivering/supporting the delivery of in-person rugby activity, reserve the right to ask any participant exhibiting COVID-19 symptoms to return home. Anyone who fails to complete the daily attestation and follow public health orders will also be asked to return home.
- 6.8 **Personal Hygiene:** All individuals will practice the Alberta Health Services recommended proper hygiene before, during, and after all rugby in-person activities.
- 6.9 **Outdoor Preferred:** Until all Government restrictions are lifted, in-person rugby activities, including Education, are to be primarily and preferably delivered outdoors. Any indoor venue utilized must be compliant with relevant Federal and Provincial regulations.
- 6.10 **Masks Are Compulsory for Designated First Aid Responder:** Until all Alberta Health Services restrictions are lifted, any individual appointed to have first aid responsibilities will wear a non-medical mask at all times to attend to any injured player. For details Strathcona Druids RFC will refer to Rugby Alberta's RTP.
- 6.11 **Masks for coaches and participants:** Coaches/trainers/instructors must be masked at all times in all indoor training locations. Participants must wear a mask when indoor common areas of a facility but can remove the mask once engaging in high intensity physical activity.
- 6.12 **Equipment Hygiene:** For all permitted rugby touchpoints, enhanced cleaning protocols will be followed before and after rugby activity. For details Strathcona Druids RFC will refer to Rugby Alberta's RTP.
- 6.13 **No shared drinks, supplements, or food:** Until all Alberta Health restrictions are lifted, no sharing or service of water bottles, drinks, supplements, or food is permitted.
- 6.14 **No changerooms:** Until all Alberta Health Services restrictions are lifted, the use of changerooms is to be restricted to the use of washroom facilities only. All participants will arrive and leave in the attire required to participate in the rugby activities. Footwear may be changed on the field.

- 6.15 **Rugby Activities: Strathcona Druids RFC** be restricted to local rugby activities. This means within a neighborhood, town, or municipality. Participants will not see sport, physical activity, and recreation opportunities in other regions, or out of Province.
- 6.16 **Post Activity:** Participants will be encouraged to leave the facility promptly after activity.
- 6.17 **No social activities:** Until further notice, in-person social events will not be covered under Rugby Canada's National Insurance Policy.
- 6.18 **Spectators:** Are not currently permitted. We will continue to work in accordance with AHS guidelines.
- 6.19 **Travel:** Participants will be encouraged to only carpool to and from practice with their household cohort or other members of their rugby cohort. (training group)
- 6.20 **Isolation Space:** Designated isolation space will be allocated should a participant become unwell during rugby activity. It will be easily accessible so the participant can safely leave the training environment.
- 6.21 **Training Times:** Training schedules will ensure there is no overlapping of cohort exit and arrival times for rugby activities.
- 6.22 **Notice of Infected Person: (COVID-19 Emergency Response Plan Attached)**
Any player, administrator, manager, coach volunteer, parent, or therapist who has reason to believe they have been infected with COVID-19 should contact the Strathcona Druids RFC COVID-19 Safety Manager. This would include anyone showing any symptoms, has been tested and is awaiting results, or has received positive confirmation of COVID-19.

The Strathcona Druids RFC COVID-19 Safety Coordinator will pull the attendance records that contain the potentially infected person from the past 14 days. The COVID-19 Safety Coordinator will then communicate with as much detail to all participants who had been involved in the activity at the same time as the potentially infected person without providing personally identifiable information.

The COVID-19 Safety Coordinator will also contact Rugby Alberta's COVID-19 Manager with the following details:

- Club Name
- Name of the potentially infected person
- Details of communication with a potentially infected person
- Attendance sheets of all involved activities
- Proof of communication to involved participants

If you have any symptoms, you are legally required to isolate for at least ten days from the start of your symptoms or until they resolve, whichever is longer. The infected person is required to follow all medical and Alberta Health Services instructions on managing their diagnosis. The infected person may only return to rugby activities once cleared as non contagious by Alberta Health Service and has provided to the Strathcona Druids RFC written confirmation from a medical doctor of the same.

Albertans are legally required to isolate for:

- 14 days if they are a close contact of someone with COVID-19 or returned from international travel
- 10 days if they have any symptoms that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose, or sore throat.

Using your completed Risk Assessment, and the guidance provided in Rugby Alberta's RTP, identify what steps you will take to reduce or eliminate the risk of COVID-19 transmission effectively.

7. **CLEANING PROTOCOLS AND REQUIRED PRACTICES**

Please reference the Rugby Alberta RTP for limited use and enhanced cleaning procedures. At a minimum, Strathcona Druids RFC has committed to the following practices by Rugby Alberta return to play phase. (**Appendix B**)

Phase 2

- The coach/responsible person will arrive at the training location before athletes and designate a visual representation of the appropriate physical distancing requirements (2 cones marking out the proper spacing allowable). The coach should draw attention to this distancing requirement at the beginning of each training session.
- When applicable, the coach will ensure all activities are set up to allow for the physical distancing of at least 2m.

Phase 3

- With the introduction of the brief breach of the physical distancing and minimal touchpoints, games like tag rugby, touch rugby, or flag rugby will be permitted, ensuring the off-side line adheres to the physical distancing requirements.

All Phases

- Before each training session, the coach/responsible person will wipe/spray all equipment with disinfectant. (60% alcohol solution)
- Equipment may be shared among participants but must be disinfected between sport cohorts.
- Upon arrival at the training location, coaches and athletes will appropriately disinfect their hands.
- The coach/responsible person will record attendance, location, and time of each training session.

- Upon the closing of the training session, the equipment will be cleaned using enhanced cleaning protocols.
- After their equipment has been disinfected, the athletes, participants, and coaches should disinfect their hands promptly after leaving the training location while keeping to physical distancing requirements.
- A detailed cleaning log should be recorded and reviewed by COVID-19 safety coordinator
- Isolation space will be cleaned and sanitized after each use.

8. FACILITY ACCESS & FLOW

Strathcona Druids RFC has committed to the following practices.

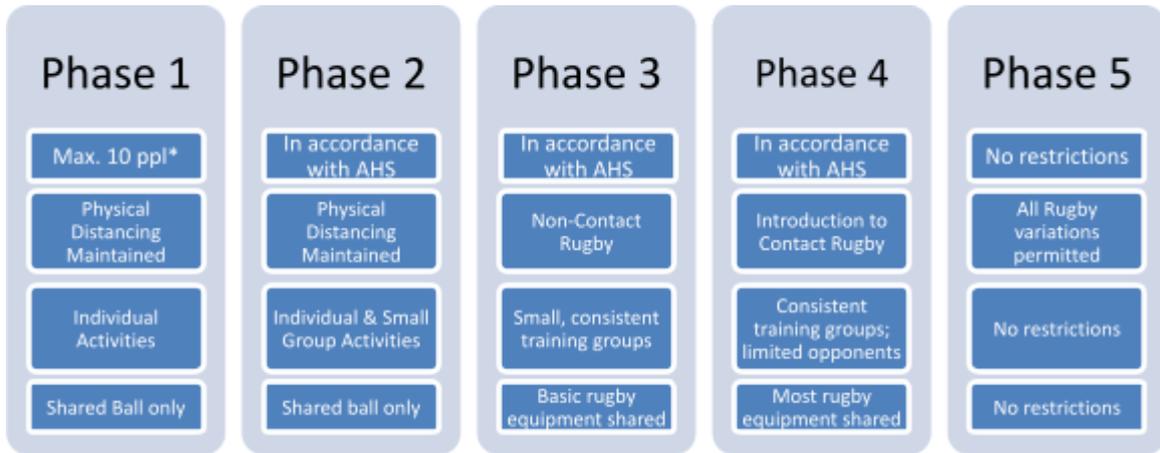
- Provide hand sanitizer (60% alcohol or higher) at entry and exit points in a visible and accessible spot and encourage members also to bring their own.
- Request that participants only arrive 5-10 minutes before activity commencing
- Encourage members to carpool to and from practice with their household cohort or other members of their rugby cohort. (training group)
- Spectators must maintain social distancing, physical barriers and signage recommended
- Ensure sufficient time between groups for adequate cleaning of facility and equipment
- Use of common areas and changing rooms not permitted until public health regulations permit
- Facility showers will not be used
- Washrooms use will be minimized to essential use only.
- Encourage members to limit time at the facility, leave promptly after the rugby activity, and to maintain physical distancing when returning to home or vehicle.
- Avoid social congregations in the parking lot
- Encourage parents, those collecting members not to congregate at exit points
- Enhanced Cleaning Procedure (Appendix B)

8.1 Strathcona Druids RFC has committed to using Foote Field for Indoor activities during the winter months. **(Appendix C)**

8.2 When weather permits, Strathcona Druids RFC has committed to using their home facilities, Lynn Davies Rugby Park for Rugby activities. **(Appendix D)**

9. KEY INFORMATION AND CONTACTS **(APPENDIX E)**

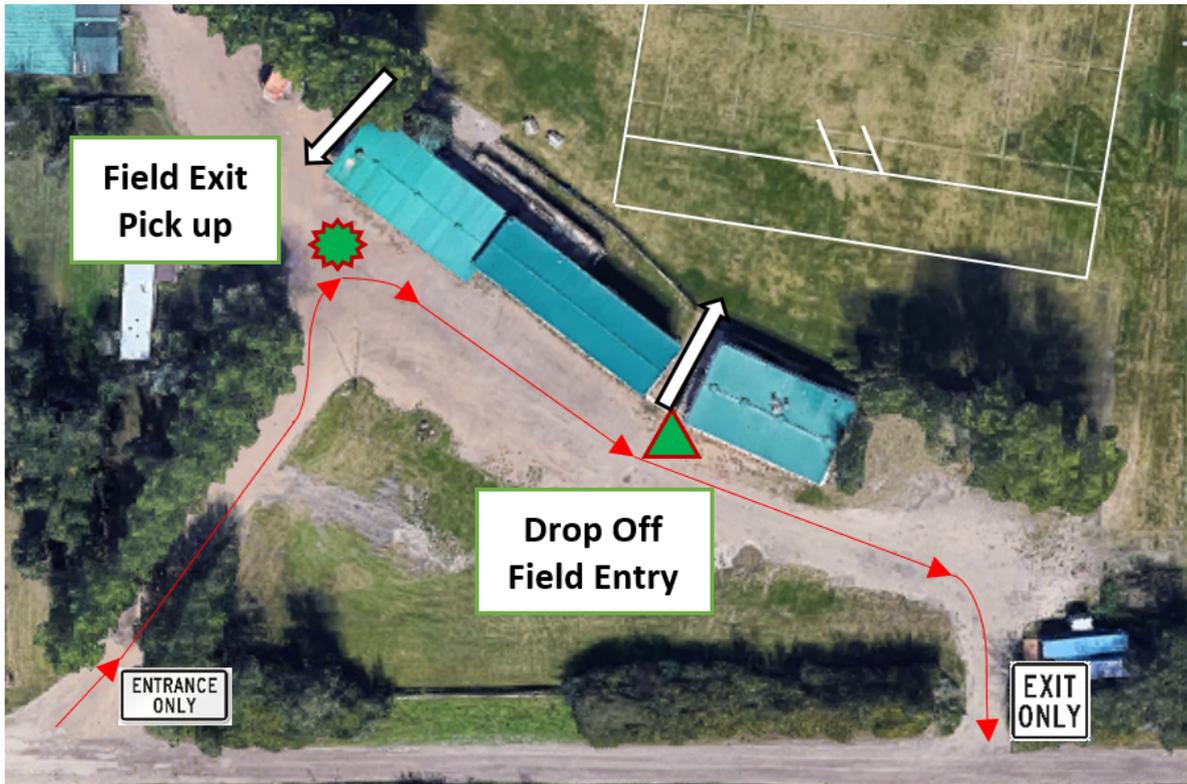
APPENDIX A - Gradual Return to Play Phases



APPENDIX B - Enhanced Cleaning Procedure

Strathcona Druids RFC Foote Field / Lynn Davies Rugby Park				
Strathcona Druids RFC 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
Rugby balls	Bleach/Antiseptic Solution			
Flags	Bleach/Antiseptic Solution			
Tackle Bags	Bleach/Antiseptic Solution			
Pennies	Antiseptic Solution			
Additionally, the local gov't / third-party owner is responsible for the cleaning of all common areas. Strathcona Druids RFC 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 Manager, Ken Trumper, 780-690-2226				

APPENDIX D - Facility Access & Flow (Lynn Davies Rugby Park)



APPENDIX E - Key Information and Contacts

Field	Description	Supporting Document
Name of Club	Strathcona Druids RFC	N/A
Club President	Ken Trumper, 780-690-2226	World Rugby COVID-19 Administrators Cert.
List of Directors	Sarah Holowaychuk, VP Admin assistant, 780-278-1191 Kandyce Kulczycki, VP of Women's Rugby, 780-222-7330 Stacey Gallagher, VP Admin / Register, 780-953-0289	World Rugby COVID-19 Administrators Cert.
COVID-19 Safety Coordinator	Ken Trumper, 780-690-2226	World Rugby COVID-19 Administrators Cert.
Location of Activities	Lynn Davies Rugby Park, 23360 Twp Rd 524A Sherwood Park, AB T8A 4S7	N/A
Right of Access that Location	LDRP is Leased to the Druids	N/A
Proposed sport cohort	Senior (Men & Women) Juniors (All Grades)	N/A
Proposed Date of Delivery	<u>Juniors</u> - Start Date: Jun 4, 2021 <u>Seniors</u> - Start Date: June 10, 2021 Number of Cohorts: 1 or 2 (Each Age Grade/Team) Duration of Session: 1 - 1.5 hour each Frequency of Sessions: Once or Twice per week outdoors. Mon-Tue-Wed-Thu-Fri	Attached Schedule
Proposed Name of Coaches	Chal Smyth (Senior Women) Sinead Ni Bhroin (Senior Women) Gordan McRorie (Senior Men) Colin Sheridan (Senior Men) Dennis Franklin (U5) Brad Giffen (U7) Darrly McKinnon (U9) Robin Wilson (U11)	World Rugby COVID-19 for Coaches & Players

	Chal Smyth (U13 Boys) Chuck Wilson (U13 Girls) Joe Johnston (U15 Boys) Natalie Murdock (15 Girls) Ravic Ahrens (U17/18 Boys) Brent Gallagher (U17/18 Girls)	
--	--	--

Rugby Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Time Session (6:00pm)					U5, U7, U9, U11
Time Session (6:15pm)	U13 Girls				U13 Girls
Time Session (6:30pm)	U17/18 Boys, U17/18 Girls	Senior Rugby	U13 Boys, U15 Boys	Senior Rugby	U13 Boys, U15 Boys
Time Session (7:00pm)					U15 Girls