

# MLRFC COVID-19 PREVENTION PLAN

## 2020-21

Mother Lode Rugby Football Club (MLRFC) understands, acknowledges, and respects the impact that the virus, Covid-19, has had on our community and how it has affected people globally. It has disrupted our lives from education to sports to everyday activities. The pandemic has forced us to be more aware of our health, respecting the well-being of others and that we have a responsibility to help prevent the spread of all viruses and diseases. For us to maintain as a rugby program we will institute and implement a Covid-19 Prevention Plan. This program will be designed for all parties involved from coaches, admin, players, our families, and spectators. We will also establish and maintain communication with local (El Dorado County) and CA State authorities. We will adhere and follow the guidance of Rugby Nor-Cal & USA Rugby.

### 1. Education: Understanding Covid-19 and the risks:

- The MLRFC Board will assign a Covid-19 Manager. This individual will be responsible for leading and managing the
- All Administrators, Coaches, Players/Families & Volunteers will be advised to complete the following <https://playerwelfare.worldrugby.org/covid-19-courses>
- MLRFC Program will follow and adhere to the guidelines presented to us by our local and State authorities.

### 2. Practice and Clinic Screening:

- MLRFC Board will require all players/families & coaches to complete MLRFC's Covid-19 Symptom Checklist form prior to coming to practice or a clinic.
- Any player or coach that answers YES to any question on the checklist will be required to stay home and advised to contact their primary care physician.
- All players and coaches will be required to have their temperatures taken at home prior to practicing. Any individual over 100.4 degrees F, may not practice and is advised to contact their primary care physician.

### 3. Hygiene Guidelines and Protocols:

- Players and coaches will come to every practice with clean gear.
- Bathrooms, soap, and hand sanitizer will be available at all practices and clinics.
- Spitting of any kind will not be tolerated by players, coaches, or volunteers.
- Players and coaches will utilize their own individual water and drinking bottles.
- We will not use team bottles nor share water bottles.

- We will clean and sanitize all equipment before and after usage, including practice and game balls.
4. Social Distancing Guidelines and Protocols:
    - During the course of practices and clinics, coaches and players will observe as best as possible the 6-foot rule. Drills will be designed to maintain social distancing rules.
  5. Train Outside:
    - All practices and clinics will be outside. Training outside helps reduce the risk of infection through the permanent exchange of air and helps maintain and keep to the social distancing standards.
  6. Training Groups and Body Contact:
    - All practices and clinics will be designed to have players in small groups.
    - Cohorts will consist of no more than 14 players and no more than 2 coaches
    - Shaking hands, high-fives, or any other form of embracement will be avoided
    - Until Covid-19 measures are reduced, MLRFC practices and clinics will use non-contact activities.