

Mother Lode Rugby Covid Practice Plan

1. Players will be divided into stable cohorts of no more than 14 players and 2 coaches. Players will be rostered in a cohort via TeamSnap or email groups.
2. All participants (players and coaches) must maintain a physical distance of 6 feet from other participants.
3. Participants will be screened prior to attending practice. The TeamSnap app or similar survey page will be used to record screenings for each participant.
4. Coaches will arrive on-time and enter the field and set up their practice areas. Players will be allowed to enter the field while maintaining physical distance after the coaches set up their practice areas.
5. Parents will drop off their players from their vehicle, one at a time, at the entrance to the field. Cohort start and end times will be staggered to reduce congestion.
6. At no time will the cohort youth groups or the staff assigned to that group be allowed to intermingle or move between groups. Breaks will be taken within the cohort's practice area.
7. Food will not be allowed. Only water in personal containers.
8. Only coaches and players will be allowed to attend practices and drills. Parents may observe from their vehicles in the street or parking lot.
9. Coaches will be responsible for transporting all balls and cones to and from the field from their vehicle. Equipment will be marked for each cohort, and not used by any other cohort.
10. All participant and staff personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed in the practice area if proper space is maintained between all items.
11. Equipment that can be used while maintaining social distancing will be disinfected with a CDC List-N Coronavirus disinfectant. Equipment will not be shared between

cohorts. Equipment that requires participants to be within 6 feet of each other will not be used.

12. Players that have an onset of symptoms during training will be isolated in a chair on the side of the field, and their parents will be immediately contacted.

13. If a player or coach tests positive for COVID:

The player or coach will refrain from any interaction with the cohort and isolate until all three criteria are met:

10 days since symptoms first appeared and
24 hours with no fever without the use of fever-reducing medications and
Other symptoms of COVID-19 are improving

All players and coaches from their respective cohort shall quarantine at home for 14 days after their last exposure.