



## St. Louis Bombers RFC - Return to Play Guidelines

These guidelines are a combination of both St. Louis County and USA Rugby Return to Play Guidelines for Adult Sports including rugby.

Starting June 15, 2020 St. Louis County will reopen adult sports in practices and competitions at a limited capacity with no league tournaments or other organized events allowed at this time.

<https://stlcorona.com/dr-pages-messages/covid-19-safe-operating-protocols/adult-sports-guidelines/>

This puts rugby in St. Louis between Stage 3 & Stage 4 of the USA Rugby guidelines.

<https://assets.usarugby.org/docs/medical/USAR-R2P.pdf?v=1591804355704>

<b>STAGE THREE</b>	<p><b>SMALL GATHERINGS</b> <b>NO CONTACT</b></p> <ul style="list-style-type: none"> <li>Group size under local government approved amount</li> <li>Non-contact drills and activities</li> <li>No participation of players or coaches experiencing symptoms within previous 14-days</li> <li>Temperature check all participants on arrival must register lower than 99.6 F</li> <li>No use of communal equipment, including balls</li> </ul>	<ul style="list-style-type: none"> <li>All communication and interaction done via virtual method or at distance of 6ft</li> <li>Coaches: Permitted on site, continue to adhere to social distancing protocols</li> </ul>	<ul style="list-style-type: none"> <li>No competition or inter-squad rugby activity</li> </ul>	<ul style="list-style-type: none"> <li>Accident and Liability Insurance claims accepted</li> </ul>
<b>STAGE FOUR</b>	<p><b>MID-LARGE GATHERINGS</b> <b>OPEN PUBLIC FACILITIES</b></p> <ul style="list-style-type: none"> <li>Group size under local government and facility approved amount</li> <li>Limited contact drills</li> <li>No participation of players or coaches experiencing symptoms within previous 14-days.</li> <li>Temperature check all participants on arrival, must register lower than 99.6 F</li> <li>Rigorous cleaning of communal equipment</li> </ul>	<ul style="list-style-type: none"> <li>Team meetings and gatherings under local government approved amount.</li> <li>Team meetings and communication preferred virtually</li> <li>Coaches: Permitted on site, continue to adhere to social distancing protocols</li> </ul>	<ul style="list-style-type: none"> <li>Inter-squad scrimmage permitted with limited contact.</li> <li>Uncontested scrum, ruck and mauls.</li> </ul>	<ul style="list-style-type: none"> <li>Accident and Liability Insurance claims accepted.</li> </ul>

With the return to practice starting Tuesday June 16, 2020 these are the steps and **REQUIREMENTS** all athletes must follow when attending a St. Louis Bombers event. Note that anyone who attends understands the inherent risk that someone may become infected and in turn spread the virus to others. If you do not feel comfortable attending please stay home until a further date.

### Requirements & Guidelines:

- All who attend practice must agree to these guidelines and understand the inherent risks of returning to play.
- All will be required to read and understand these guidelines before each session.
- Everyone will be required to take a temperature check as they arrive and cannot practice until they do so. Temperature checks will be administered by one individual who will be wearing both gloves and a mask (St. Louis County requirement)
- Individual temperature must be lower than 99.6 F (USA Rugby - Stage 3). If an individual's temperature is higher then they will be sent home.
- Social Distancing of 6ft distance at all times (St. Louis County & USA Rugby)
- Hand sanitizer will be provided



- No shared coolers or water bottles. Any cooler must be properly sanitized after each use
- No spectators or unnecessary individuals (managers, extra coaches, non-participating athletes) shall be present at events (St. Louis County)
- Avoid team huddles, handshakes, fist bumps, or other unnecessary physical contact.
- Players must not show any recognized symptoms in the last 14 days. (USA Rugby & St. Louis County)
  - Fever (temp greater than 99.6F)
  - New or worsen cough
  - Shortness of breath or trouble breathing
  - Sore throat, different than your seasonal allergies
  - New loss of smell and/or taste
  - Diarrhea or vomiting
- If anyone shows any of the above symptoms related to COVID-19 will be sent home immediately and not allowed back until they are symptom-free.
- Practice sessions may split into smaller groups to keep social distance in place.
- Prioritize extensive hygiene practices (USA Rugby)
- All players must self-report any symptoms, admin/coaches must be told why they didn't show up to practice.
- Groups of 10, at least 30 feet apart and can't intermingale.

Coaches and administrators are required to take the Player Welfare course provided by the World Rugby Association. Players are encouraged to take the course as well but not required. <https://www.playerwelfare.worldrugby.org/covid-19-courses>

If everyone follows the guidelines put in place by both St. Louis County and USA Rugby it should help keep players safe and minimize any further spread of COVID-19.

Again anyone who wishes to attend a St. Louis Bombers event must understand these guidelines, the inherent risk of possible exposure, and that the St. Louis Bombers RFC cannot be held liable. If you do not feel well or comfortable attending please stay home until you are ready.

These guidelines are subject to change to follow both St. Louis County and USA Rugby guidelines in this evolving situation. Keep checking back on our website for any further updates. <https://www.stlouisbombers.com/COVID-19>

If you have any questions or concerns you may contact us on our, Facebook page (<https://www.facebook.com/stlbombersrugby/>), or email: [contact@stlouisbombers.com](mailto:contact@stlouisbombers.com)