



VANCITY RUGBY COVID19 SAFETY PLAN

April 2021

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Introduction

Vancity Rugby was founded with the intention of creating the best rugby experience there could be for youth and families. The founding partners have a rich rugby history in Vancouver and around the world and all share the values of strongly engaged players and teams, community involvement, supportive families, and a large number of volunteers. Vancity Rugby takes pride in offering the most comprehensive rugby camps and development programs for rugby boys and girls from ages 5-18. Our mission is all about playing for fun, safety and having our athletes simply want to come back for more every time.

At this time Vancity Rugby wants nothing more than to reintroduce British Columbia's youth to opportunities to get back in the great outdoors through small sports camps based on rugby. Based on ViaSport's return to sport guidelines and WorkSafe BC's Covid19 Safety Plan guidelines have developed a system for youth sports camps to be able to deliver the ability for our future sports superstars to run, kick and pass again.

We have great enthusiasm for seeing our youth continue to develop their skills in the most fun and safe environment possible. At this point we do not intend to deliver any form of competition, game or league scenarios at all. We are simply creating a schedule of day camps for developing athletes with a controlled variety of fun drills and games. All events and activities for our athletes will be limited to completely non-contact activities based on the definitions and guidelines given to us by our provincial health and sport authorities.

Safe Academy Plan

Vancity Rugby has carefully crafted its programs to be able to deliver activities for its athletes that are as safe as possible. Our plan is based on simplicity and making sure that we only offer the activities that we can control in an outdoor setting, with limited participants and minimized contact points that are fully sanitized appropriately.

Safety Coordinator

-Evan Scholnick

Certified World Rugby Covid19 Awareness Certificate Holders

-Evan Scholnick

-Mike Hall

-Clint Lemkus

First Aid

-Multiple attendants on site following all Covid19 Provincial First Aid guidelines.

Risk Assessment

-Rugby Touch points – balls/ flags (All sanitized immediately before and following use).

-Huddles (avoided all together).

-Parent grouping and socializing (encouraged to avoid).

-Field space (small groups separated and moved in systems away from each other).

Tracing Plan

-All participants must register in advance with contact information of parents.

-All participants have to check in to each event to track attendance.

-Each participants parent must certify that they do not qualify any of the risk factors of Covid19 transmission before attending any camps.

-If any of our participants report having symptoms of, or contracting Covid19, we will contact VCH immediately and contact all possible participants who could have come into contact with the reporting participant.

Based on Viasports and BC Rugby Guidelines Vancity Rugby never intends to maintain “Transition Measures” and “Rugby Re-engage” and therefor does not have a progression plan beyond these stages of Return to Play.

ViaSport Guidelines

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	- Maintain Physical Distance (2m) - No non-essential travel	- Maintain Physical Distance (2m) - No non-essential travel - No group gatherings over 50 people	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	- Increased hand hygiene - Symptom Screening in place	Increased hand hygiene	Increased hand hygiene
Facility	- Outdoor or within home - Facilities and playgrounds closed	- Outdoor is safest - Indoor facilities slowly re-opening	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	- Small Groups - No or limited spectators	- Groups sizes may increase - Limited spectators	- Large groups allowed - No restrictions on spectators
Non-contact Activities	- Low risk outdoor activities can occur (biking, running, etc). - Virtual activities	- Fundamental movement skills - Modified training activities, drills	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	- Should not occur - Contact sports should look for non-contact alternatives to training	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	- Minimal shared equipment - Disinfect any shared equipment before, during and after use	- Some shared equipment - Enhanced cleaning protocols in place	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

BC Rugby RTP Guidelines

Rugby Restricted	Rugby Re-engage	Rugby Restarted	Rugby Reinvented	Rugby Revitalised
Max. 10 ppl	Max. 50 ppl	Max. 50 ppl	Max. 50 ppl	No restrictions
Physical Distancing Maintained	Physical Distancing Maintained	Non-Contact Rugby	Low-Contact Rugby	All Rugby variations permitted
Individual Activities	Individual & Small Group Activities	Small, consistent training/playing groups	Consistent training groups; limited opponents	Min. 2 weeks full-contact training before matches
No Shared Equipment	Shared ball only	Basic rugby equipment shared	Most rugby equipment shared	No restrictions

Academy Policies

- Each participant may not participate in any activities without having previously filled out and sent complete registration form and informed consent forms.
- All coaches staff and volunteers must check in and complete an on-site attestation before participating in running any academy activities each session.
- We ask that parents please not socialize in large groups before, during or after the academies. There are no spectators allowed at sessions.
- There will be no change rooms available during academies and we do not have any washrooms access.
- Athletes must bring their own water bottle and it is encouraged that the water bottle is labeled.
- There will be hand sanitizer for use upon arrival and completion of academies for athletes to use.
- Academy safety plan and policies will be clearly displayed at all sessions.
- Participants must stay at least 3m apart at all times.
- Any participant or parent must stay home if themselves and any members of their households.
 - have symptoms of COVID19 (including Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea).
 - themselves or any members of their household has travelled internationally in the last 14 days.
 - Themselves or anyone in their households have come in to contact with anyone with confirmed or with the symptoms of COVID19.
- We ask that all participants follow our philosophy of respect and inclusion.

Risk Management

Vancity Rugby camps have taken into account all possible Covid19 risk factors and developed our sports camps based on fully limiting risk factors as much as possible.

- We are hosting all of our activities in outdoor environments.
- We are not using any indoor facilities for hosting or change room purposes.
- We are dividing all our groups into smaller groups staying well below the recommended limit of group size (50 persons).
- The same small groups are maintained through all camps (based on age).
- Each groups distance from each other is maintained throughout each camp.
- Equipment (balls) are not shared between groups during camps.
- We are minimizing equipment to the bare essentials of use of sport balls that are sanitized before and after use every camp.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
• Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking	• Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate	• More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology	• Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor	• Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Resources

ViaSport Return to Sport Guidelines

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

BC Rugby Return to Play Plan

<https://www.bcrugby.com/wp-content/uploads/2020/07/BC-Rugby-Return-to-Rugby-in-BC-Final-June-29-2020.pdf>

Work Safe BC Returning to Safe Operations

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

Appendix A



Safe Academy Operations

Each academy event is structured as routine of safe procedures that minimize risk factors outlined by provincial health organizations. Every camp has the same preparation and an identical set of protocols and regulations

General Policy

- 1) Camps are limited to 40 participants or less.
- 2) Within each camp groups of 20 or less are kept together based on age group.
- 3) Each participant given a Covid19 awareness policy upon registration to acknowledge staying at home if any of the risk factors or symptoms apply to them or anyone in their households continuously.

Set Up

- 1) Space is outlined to keep pedestrians from entering our training areas
- 2) Equipment will be laid out that has been fully cleaned and sanitized according to industry and health authority recommendations.
- 3) Coaches must check-in and complete attestation.

Camp Activity

- 1) Participants must check-in for record, and contract tracing.
- 2) Participants are directed to the area with their assigned groups.
- 3) Activities are taught to participants that are approved based on provincial and sport and health guidelines.
- 4) The smaller groups are kept separate during the camps and as they move from activity to activity they are guided while keeping apart.
- 5) Participants must stay at least 3m apart at all times.

Camp Clean Up

- 1) All participants are asked to wash(sanitize) their hands upon finishing camp activities.
- 2) All equipment is cleaned up and all camp touch points(balls/flags) are cleaned and sanitized according to industry recommendations.

Appendix B



Vancity Rugby: Academy Policies

- **Parents and spectators are not allowed to gather.**
- **There will be no change rooms available during academies so please show up dressed with all you need to get started.**
- **Athletes must bring their own water bottle and it is encouraged that the water bottle is labeled. Absolutely no sharing water bottles is allowed.**
- **There will be hand sanitizer for use upon arrival and completion of academies for athletes to use.**
- **And as always everybody to stay home if themselves and any members of their households.**
 - **have symptoms of COVID19 (including Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea).**
 - **themselves or any members of their household has travelled internationally in the last 14 days.**
 - **Themselves or anyone in their households have come in to contact with anyone with confirmed or with the symptoms of COVID19.**
- **We ask that all participants follow our philosophy of respect and inclusion.**
- **Participants must stay at least 3m apart at all times.**

We look forward to seeing all our participants out there and hope everyone is ready to learn and have some fun!!