



West Hartford Rugby (WHR) Protocols - 2021

Our mission is to provide high school youth of West Hartford with the opportunity to:

- Develop an understanding of the game of rugby through active participation
- Develop the skills to continue play beyond the high school age level
- Develop life skills such as: teamwork, leadership and accountability
- Learn and compete in a safe and fun environment

In these extraordinary times, we are committed to ensuring a healthy and safe environment for all participants. We are also relying on the entire WHR community to work together, with everyone doing his or her part to ensure the success of our season. To that end, we've developed some specific protocols that must go into place in order to allow the season to proceed. Please read through this entire document.

I. Responsibilities and Expectations

a. Coaches

1. Ensure that players follow protocols and practice safe distancing when possible. Coaches are encouraged to have one adult responsible for making sure players are following protocols.
2. Coaches and staff are required to wear a face mask or cloth face covering when unable to easily, continuously, and measurably keep 6 ft of physical distance from others (unless doing so would be contrary to his or her health or safety due to medical conditions) (“Reopen CT”)
3. Actively promote and teach rules modifications from USA Rugby designed to minimize high contact transmission risk.
4. Replace post-game handshakes by clapping for the other team.
5. Eliminate team huddles.
6. Develop practice drills that encourage safe distancing for players
7. Reduce the amount of time spent in close proximity drills while still teaching participants important skills to play safely.
8. Provide disinfectant materials to coaches for balls and equipment
9. Make hand sanitizer available and encourage its use

10. Balls, cones and other equipment to be sterilized after each practice
11. Maintain accurate records of players who are present/absent for practices and games (in case contact tracing is needed)
12. Teams will be required to carry out all recycling and refuse generated as there will be limited or no disposal containers. Teams should also patrol the field and sidelines after practice/game for litter.

b. Parents/Guardians

1. If the player or a member of the player's household is exhibiting any coronavirus symptoms, stay away from any WHR activity.
2. Take the temperature of the player *before* bringing him/her to a practice or game. If the player has a fever, remain at home. Communicate to coach that this protocol has been followed prior to each event.
3. It is strongly recommended that players travel to the venue alone or with members of their immediate household. Please do your best to ensure this.
4. Following the game or practice, vacate the premises expeditiously - do not linger/socialize

c. Players

1. Maintain appropriate distance from teammates, coaches, and opposing players.
2. Make sure that you are NOT sharing anything, including water and equipment. Bring your own labeled Water Bottle
3. Use bathroom at home prior to arriving at fields.
4. Wear cloth masks on the way to and from practice or games (Masks do not have to be worn when on field.)
5. Be responsible for your own equipment and personal items - each player must pick up after himself/herself. (No picking up others' belongings.)

d. Spectators

1. "Spectators are required to bring and wear masks or cloth face coverings that completely cover the nose and mouth unless doing so would be contrary to his or her health or safety due to a medical condition" ("Reopen CT")
2. Limit close conversations and excessive verbal yelling/cheering. Handclaps are an appropriate way to encourage and reward the players.
3. As much as possible, minimize guests for each game, preferably to one per player. (Alternate parents, leave siblings at home if possible.)
4. Maintain responsibility for the behavior of others in your party. Please share with them our expectations and work with us to ensure the safety of all.

5. Spectators are asked to carry out all recycling and refuse generated as there will be limited or no disposal containers. Please help us by patrolling the sidelines after practice/game for litter.