

Return to Play

March 30th 2021 - April 30th 2022

Updated March 24, 2021



Chestermere Vikings Athletic Association Return to Play Plan (RTP)

1. Introduction

This document is the Chestermere Vikings Athletic Association RTP for the 2021/2022 season. It has been prepared based on the information from Rugby Canada, Rugby Alberta, and Alberta Health Services. The RTP is aligned with Rugby Canada's Return to Play Plan, and the guidelines set out by Alberta Health Services for relaunching sports, physical activity, and recreation. Chestermere Vikings Athletic Association RTP will be regularly updated as the phases of return to play changed and or by the direction provided by Rugby Alberta or Alberta Health Services.

2. Key Principles

This plan is based on, and accepts, the Rugby Alberta Return to Rugby Plan and the Alberta Health Services for relaunching sports, physical activity and recreation. The Chestermere Vikings Athletic Association also acknowledges that any decision to allow access to a Member Organization or training facility is subject to the local, municipal, provincial, and federal public health regulations in force at that point in time. These public health regulations take precedence over any Member Organization's regulations.

The plan also accepts as key principles:

- The health and safety of members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community is the number one priority.
- All members, participants, coaches, officials, administrators, volunteers, spectators, families, and the broader community need to be engaged and briefed on this plan.
- In-person activities cannot resume until Chestermere Vikings Athletic Association has their plan sanctioned by Rugby Alberta.
- Facilities are assessed, and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing, and other measures to mitigate the risk of transmission of COVID-19.
- Chestermere Vikings Athletic Association has considered and is prepared for any localized outbreak at their facilities, within their membership or in their local community.

3. Section 1 – Approval Process

RTP Approval Requirements Under Phase 1,2, 3, & 4

- i. Provincial Government allows resumption of community sport
- ii. Local government/venue owner permitting access to facilities
- iii. Insurance arrangements confirmed as required for the club's facility
- iv. Chestermere Vikings Athletic Association Board/Committee approval
- v. Provincial Union to sanction activities

4. Checklist for Member Club

MANDATORY STEPS

1. COVID-19 Safety Coordinator is appointed, and their contact details have been provided to the Provincial Union and are published on the Provincial Union's website
2. President & COVID-19 Safety Coordinator of Member Organization have completed the World Rugby COVID-19 Course for Administrators and has submitted a certificate to the Provincial Union
3. Complete your Risk Assessment
4. Create a club COVID-19 Safety Plan
5. Update your club Emergency Action Plan
6. Apply for sanctioning to Rugby Alberta by submitting RTP which includes the following information & materials:
 - a. Name and contact details of appointed club COVID-19 Safety Coordinator
 - b. World Rugby COVID-19 Course Certificates for club President & COVID-19 Safety Coordinator
 - c. Completed club Risk Assessment & Migration Check List
 - d. Club COVID-19 Emergency Response Plan
 - e. Club Emergency Action Plan
 - f. Complete and sign the Club Compliance Agreement
7. Set up registration via Sportlomo
8. Track attendance of all participants using SportLomo

HIGHLY RECOMMENDED STEPS

1. All club Directors complete the World Rugby COVID-19 Course for Administrators
2. All club Coaches complete World Rugby COVID-19 Course for Players & Coaches
3. All Adult Players complete World Rugby COVID-19 Course for Players & Coaches
4. Parent/Guardian of age-grade and minor players have been encouraged to completed World Rugby COVID-19 Course for Players & Coaches
5. Create and implement an enhanced cleaning procedure plan
6. Create a site map to communicate entry/exit points, the flow of traffic, etc.
7. Create and implement communications plans, including on-site signage, of key health messages

5. Club responsibilities under for RTP

Chestermere Vikings Athletic Association retains the overall responsibility for the effective management and implementation of safe rugby activities under this plan.

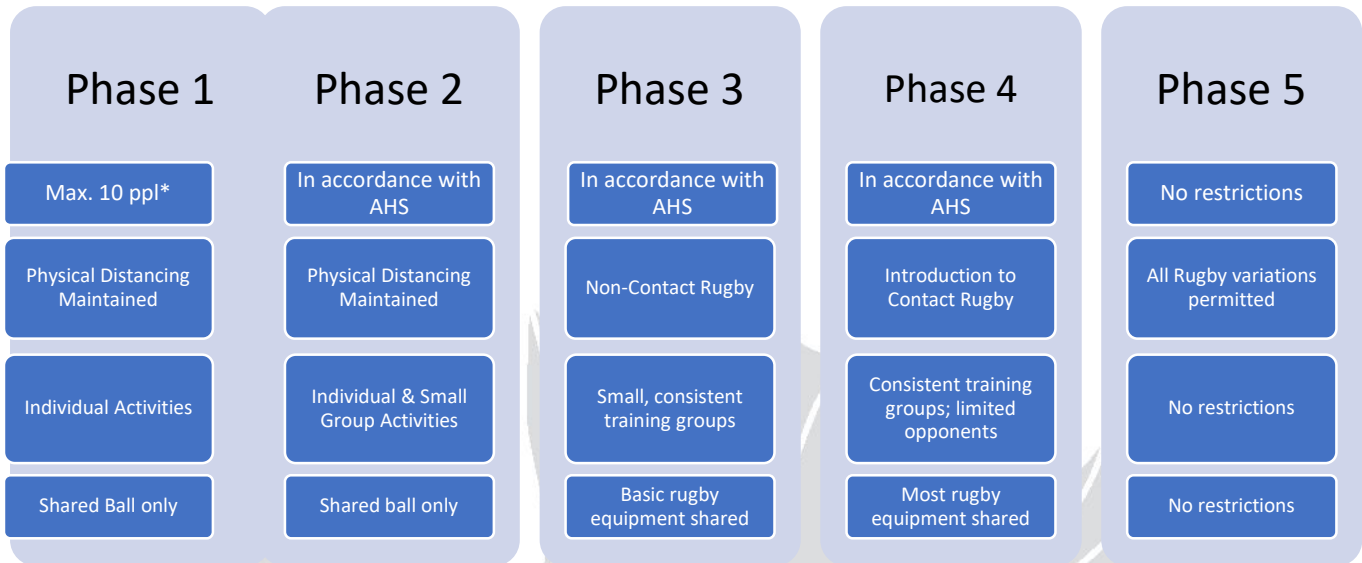


Diagram 1. Gradual Return to Play Phases

The Chestermere Vikings Athletic Association will refer to the Rugby Alberta RTP and follow the guidelines provided. The document can be accessed through the Rugby Alberta website. Rugby Alberta will notify member clubs should any of the phases or conditions outlined in Rugby Alberta's RTP be updated or modified. The Board/Committee of Chestermere Vikings Athletic Association is responsible for:

- Approving the plan and overseeing the implementation of all elements in this plan; and
- Revising the plan as required, ensuring it reflects up to date information from Rugby Canada and Rugby Alberta as well as the relevant government and health officials.

The Chestermere Vikings Athletic Association Board/Committee has appointed the following individual as the Chestermere Vikings Athletic Association COVID-19 Safety Coordinator(s) to execute delivery of this plan and to act as the point of contact for information relating to this plan:

Safety Coordinator Information

Name	Emily Green
Contact Email	3emilygreen@gmail.com
Contact Number	587-216-4869

Club President Contact Information

Name	Matthew K Rainey
Contact Email	president@chestermerevikings.ca
Contact Number	403-473-2131

6. RULES OF ENGAGEMENT

Following consultation with legal counsel and the Sport Canada medical advisory group, the following rules will be mandatory and followed by Chestermere Vikings Athletic Association while any Federal or Provincial COVID-19 related orders or restrictions are in place. These rules line up with the Alberta Health Services Stage 2 requirements for sport, physical activity, and recreation.

Provincial Guidelines for Organized Sports Activity

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

1. **Point of Contact:** Chestermere Vikings Athletic Association has appointed an official COVID-19 Safety Coordinator, Emily Green. Contact details are posted on our website and will be shared with all members. These appointments will take place before the resumption of any club rugby activities and remain in place until Alberta achieves and maintains Phase 5 for 3 consecutive months.
2. **Educate:** Chestermere Vikings Athletic Association President Matthew K Rainey and COVID-19 Safety Coordinator Emily Green have completed the World Rugby COVID-19 Return to Play Awareness for Administrators and have submitted their certificates to Rugby Alberta
3. **Registered:** Each individual attending an in-person rugby activity or facility will be registered through the Sportlomo registration database, therefore acknowledging the updated waiver and participation agreement and ensuring they have adequate insurance to take part in sanctioned rugby activities. Note, all adult participants must complete registration for themselves, while a legal parent/guardian of a minor participant must complete the registration on their behalf.
4. **Symptoms:** Any individual answering 'yes' to any of the [Alberta Health Services Self-Assessment Tool](#) questionnaire will be instructed to self-isolate, and is prohibited from attending any in-person rugby activity for 10 days or until they are tested for COVID-19 and have provided notice of their negative result.
5. **Attestation of all Participants:** The Chestermere Vikings Athletic Association will facilitate the completion and storing of participant attestations before every in-person session until further notice. All adult participants must complete the attestation for themselves, while a legal parent/guardian of a minor participant must complete the attestation on their behalf. The attestation forms will be facilitated through the Sportlomo registration system. See Appendix 1

6. **Attendance Records:** All individuals attending an in-person activity or facility may have their attendance recorded through the Sportlomo registration database management platform. The Sportlomo system facilitates the ability to track and trace any possible community transmission to have taken place at any rugby activity
7. **Application of Health Orders:** Chestermere Vikings Athletic Association administrators, managers, coaches, or therapists who are delivering/supporting the delivery of in-person rugby activity, reserve the right to ask any participant exhibiting COVID-19 symptoms to return home. Anyone who fails to complete the daily attestation and follow public health orders will also be asked to return home.
8. **Personal Hygiene:** All individuals will practice the Alberta Health Services recommended proper hygiene before, during, and after all rugby in-person activities.
9. **Outdoor Preferred:** until all Government restrictions are lifted, in-person rugby activities, including Education, are to be primarily and preferably delivered outdoors. Any indoor venue utilised must be compliant with relevant Federal and Provincial regulations.
10. **Masks Are Compulsory for Designated First Aid Responder:** Until all Alberta Health Services restrictions are lifted, any individual appointed to have first aid responsibilities will wear a non-medical mask at all times to attend to any injured player. For details Chestermere Vikings Athletic Association, will refer to Rugby Alberta's RTP.
11. **Masks for coaches and participants:** Coaches/trainers/instructors must be masked at all times in all indoor training locations. Participants must wear a mask when indoor common areas of a facility but can remove the mask once engaging in high intensity physical activity.
12. **Equipment Hygiene:** For all permitted rugby touchpoints, enhanced cleaning protocols will be followed before and after rugby activity. For details Chestermere Vikings Athletic Association, will refer to Rugby Alberta's RTP.
13. **No shared drinks, supplements, or food:** Until all Alberta Health restrictions are lifted, no sharing or service of water bottles, drinks, supplements, or food is permitted.
14. **No changerooms:** Until all Alberta Health Services restrictions are lifted, the use of changerooms is to be restricted to the use of washroom facilities only. All participants will arrive and leave in the attire required to participate in the rugby activities. Footwear may be changed on the field.
15. **Rugby Activities:** Chestermere Vikings Athletic Association be restricted to local rugby activities. This means within a neighborhood, town, or municipality. Participants will not see sport, physical activity, and recreation opportunities in other regions, or out of Province.
16. **Post Activity:** Participants will be encouraged to leave the facility promptly after activity.
17. **No social activities:** Until further notice, in-person social events will not be covered under Rugby Canada's National Insurance Policy.

18. **Spectators:** We will continue to work in accordance with AHS guidelines.
19. **Travel:** Participants will be encouraged to only carpool to and from practice with their household cohort or other members of their rugby cohort. (training group)
20. **Isolation Space:** Designated isolation space will be allocated should a participant become unwell during rugby activity. It will be easily accessible so the participant can safely leave the training environment.
21. **Training Times:** Training schedules will ensure there is no overlapping of cohort exit and arrival times for rugby activities.
22. **Notice of Infected Person: (CODIV-19 Emergency Response Plan)**

Any player, administrator, manager, coach volunteer, parent, or therapist who has reason to believe they have been infected with COVID-19 should contact the Chestermere Vikings Athletic Association COVID-19 Safety Coordinator. This would include anyone showing any symptoms, has been tested and is awaiting results, or has received positive confirmation of COVID-19.

The Chestermere Vikings Athletic Association COVID-19 Safety Coordinator, will pull the attendance records that contain the potentially infected person from the past 14 days. The COVID-19 Safety Coordinator will then communicate with as much detail to all participants who had been involved in the activity at the same time as the potentially infected person without providing personally identifiable information.

The COVID-19 Safety Coordinator will also contact Rugby Alberta's COVID-19 Manager with the following details:

- Club Name
- Name of the potentially infected person
- Details of communication with a potentially infected person
- Attendance sheets of all involved activities
- Proof of communication to involved participants

If you have any symptoms, you are legally required to isolate for at least ten days from the start of your symptoms or until they resolve, whichever is longer. The infected person is required to follow all medical and Alberta Health Services instructions on managing their diagnosis. The infected person may only return to rugby activities once cleared as noncontagious by Alberta Health Service and has provided to the Chestermere Vikings Athletic Association written confirmation from a medical doctor of the same.

Albertans are legally required to isolate for:

- 14 days if they are a close contact of someone with COVID-19 or returned from international travel
- 10 days if they have any symptoms that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose, or sore throat.

Using your completed Risk Assessment, and the guidance provided in the Rugby Alberta's RTP, identify what steps you will take to reduce or eliminate the risk of COVID-19 transmission effectively.

7. Cleaning Protocols and Required Practices

Please reference the Rugby Alberta RTP for Limited use and enhanced cleaning procedures. At a minimum, Chestermere Vikings Athletic Association has committed to the following practices by Rugby Alberta return to play phase.

Phase 2

- The coach/responsible person will arrive at the training location before athletes and designate a visual representation of the appropriate physical distancing requirements (2 cones marking out the proper spacing allowable). The coach should draw attention to this distancing requirement at the beginning of each training session.
- When applicable, the coach will ensure all activities are set up to allow for the physical distancing of at least 2m.

Phase 3

- With the introduction of the brief breach of the physical distancing and minimal touchpoints, games like tag rugby, touch rugby, or flag rugby will be permitted, ensuring the off-side line adheres to the physical distancing requirements.

All Phases

- Before each training session, the coach/responsible person will wipe/spray all equipment with disinfectant. (60% alcohol solution)
- Equipment may be shared among participants, but must be disinfected between sport cohorts.
- Upon arrival at the training location, coaches and athletes will appropriately disinfect their hands.
- The coach/responsible person will record attendance, location, and time of each training session.
- Upon the closing of the training session, the equipment will be cleaned using enhanced cleaning protocols.
- After their equipment has been disinfected, the athletes, participants, and coaches should disinfect their hands promptly after leaving the training location while keeping to physical distancing requirements.
- A detailed cleaning log should be recorded and reviewed by COVID-19 safety coordinator
- Isolation space will be cleaned and sanitized after each use.

See Appendix 2 – Sanitation Log

8. Facility Access & Flow

Chestermere Vikings Athletic Association will manage the access and flow of the club's facility in line with the recommendations from Alberta Health Services.

The Chestermere Vikings Athletic Association will manage the access and flow of the club's facility in line with the recommendations from Alberta Health Services. Included is a site/flow map outlining this content.

Description:

- Entry and exit procedures:
 - Enter Carpark from Invermere Dr
 - Drop Off at “Diamond”
 - the COVID Co-Ordinator will be placed in this region to check in participants
 - Hand Sanitizer Station located here
 - Exit Carpark to Invermere Dr



Diagram 1.

Chestermere Vikings Athletic Association has committed to the following practices.

- Provide hand sanitizer (60% alcohol or higher) at entry and exit points in a visible and accessible spot, and encourage members also to bring their own.
- Request that participants only arrive 5-10 minutes before activity commencing
- Encouraged members to carpool to and from practice with their household cohort or other members of their rugby cohort. (training group)
 - Cohort - Training Group 1 – U13's, U15's & U18's

- Cohort - Training Group 2 – U7's – U9's & U11's
- Spectators must maintain social distancing, physical barriers and signage recommended
- Ensure sufficient time between groups for adequate cleaning of facility and equipment
- Use of common areas and changing rooms not permitted until public health regulations permit
- Facility showers will not be used
- Washroom use will be minimized to essential use only.
- Encourage members to limit time at the facility, leave promptly after the rugby activity, and to maintain physical distancing when returning to home or vehicle.
- Avoid social congregations in the parking lot
- Encourage parents, those collecting members not to congregate at exit points

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Appendix 1 - Daily COVID-19 Attestation and Agreement

The Chestermere Vikings Athletic Association will use Sportlomo to complete the daily attestation. Should the system be down or otherwise unavailable due to any unforeseen issues the Chestermere Vikings Athletic Association will use the following form.

Chestermere Vikings Athletic Association	
Daily COVID-19 Attestation & Agreement	
By signing below, the participant (or his/her legal guardian, as applicable) attests that the participant:	
	Does not knowingly have COVID-19;
	Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
	Has not travelled internationally during the past 14 days;
	Has not frequented a COVID-19 high risk area in the Province of [X] during the last 14 days;
	Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
	Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.
Furthermore, by signing below, the participant (or his/her legal guardian, as applicable) agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the participant:	
	Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province of [X] in respect of COVID-19, including practicing physical distancing, and will do so to the best of the participant's ability while participating in the Organization's events or attending at the Organization's facilities;
	Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
	Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately: <ul style="list-style-type: none"> ○ Inform the Organization's COVID Safety Coordinator; and ○ Immediately depart from the event or facility.
FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19	
	By signing below, the Participant (named below) or the Participant (or his/her legal guardian, as applicable) attests that the participant has been previously diagnosed with COVID-19, but cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this DAILY COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.
PRINT NAME: the "Participant"	DATE OF BIRTH: the "Participant"
PRINT NAME: the "Guardian" (if participant is a minor)	
SIGNATURE: Participant or Guardian for minor	TODAY'S DATE: (mm/dd/yyyy)

Appendix 2 - Sanitation Log

Enhanced Cleaning Procedure Template

