

# TRU Return to Play



October 26, 2020



# Introduction

USA Rugby published their Return to Play Guidelines in June 2020; these guidelines relied heavily on “local government guidance” to tell us when we would be returning to rugby.

The TRU has been consistently monitoring government guidance for the four states that house TRU teams (Arkansas, Louisiana, Oklahoma, Texas) and has determined that all four states are prepared to move into Stage 4 of USA Rugby’s RTP Model as of October 26, 2020.

Please note that all precautions are put in place for the protection and safety of your players, their families, and the greater public. Adherence to these policies is crucial to stopping the spread of COVID-19 while still allowing us to return to the sport we love.

# Stage 4

Taken directly from [USAR RTP Guidelines](#)

STAGE THREE	<b>SMALL GATHERINGS</b> <b>NON-CONTACT</b>	<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>Coaches and Admin wear masks.</li> </ul>	<ul style="list-style-type: none"> <li>All communication and interaction done via virtual method or at distance of 6ft</li> <li>All on site, continue to adhere to social distancing wearing masks.</li> </ul>	<ul style="list-style-type: none"> <li>No inter-squad competition</li> <li>Non-contact intra-squad scrimmage permitted.</li> </ul>	<ul style="list-style-type: none"> <li>Accident and Liability Insurance claims accepted</li> </ul>
STAGE FOUR	<b>MID-LARGE GATHERINGS</b> <b>OPEN PUBLIC FACILITIES</b> <b>LIMITED CONTACT</b>	<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> <li>Coaches and Admin wear masks</li> </ul>	<ul style="list-style-type: none"> <li>Team meetings and gatherings under local government approved amount.</li> <li>All on site, continue to adhere to social distancing wearing masks.</li> </ul>	<ul style="list-style-type: none"> <li>Limited contact inter-squad friendlies or competition permitted.</li> <li>Limited contact intra-squad scrimmage permitted</li> <li>No scrum, ruck, mauls or lifting lineouts.</li> <li>Touch rugby suggested.</li> </ul>	<ul style="list-style-type: none"> <li>Accident and Liability Insurance claims accepted.</li> </ul>
STAGE FIVE	<b>NORMAL SOCIAL ACTIVITIES</b> <b>FULL TRAINING &amp; COMPETITION</b>	<ul style="list-style-type: none"> <li>Traditional training and contact protocol</li> <li>Continue rigorous cleaning of communal equipment</li> </ul>	<ul style="list-style-type: none"> <li>Traditional team gathering protocol</li> <li>Continue rigorous cleaning of communal equipment</li> </ul>	<ul style="list-style-type: none"> <li>Full sanctioned competition permitted with permission from local rugby organization.</li> <li>Fan and crowd attendance permitted with permission from local health officials.</li> <li>Continue rigorous cleaning of communal equipment</li> </ul>	<ul style="list-style-type: none"> <li>Accident and Liability Insurance claims accepted.</li> </ul>



# Stage 4 Overview

## Allowed

- Tackling
- Touch
- Intra-squad scrimmages

## NOT Allowed

- Scrums
- Lifting Lineouts
- Rucks
- Mauls

## USAR RTP Requirements

- Temperature check ALL participants before practice. Must be under 99.6°F
- Coaches and Administrators must wear masks at practices and adhere to social distancing protocols
- No participation of anyone experiencing symptoms for 14 days after first symptoms appear
- Rigorous cleaning of equipment required

# Club Checklist

1. All players must be [CIPP registered](#) before engaging in **any** rugby activity.
2. Ensure all Coaches and Administrators have completed the World Rugby COVID-19 Return to Play Courses ([Admin / Coach](#)) and submitted to [admin@texasrugbyunion.com](mailto:admin@texasrugbyunion.com).
  - a. **Recommendation:** Consider assigning individuals to a COVID-19 Task Force that ensure *all* policies are followed and paperwork is submitted.
3. Clubs should ensure all participants are aware of good personal hygiene before, during and after activity. No one should feel pressured to return to training, playing, or coaching until they feel comfortable to do so.
4. Establish a process to ensure that all participants have their temperature checked and have completed a [self-assessment](#) prior to each training.
  - a. **Recommendation:** “Check-in” table with appropriate [signage](#) at all practices where you can take care of temperature checks and verbal confirmations on self-assessments
5. Collect a detailed list of all participants/staff/visitors at any training session, friendly or competition for contact tracing purposes (see slide 10 for details on confirmed cases).
6. Sessions should have regular breaks at a maximum of 15 minutes to ensure the balls and equipment can be cleaned and sanitised rigorously. See slide 8 for a discount code on liquid sanitizer.
  - a. **Recommendations:**
    - i. 5 gal bucket to dip balls into
    - ii. 1 gal pump sprayer for ruck pads and other equipment
    - iii. Hand sanitizing stations

# Individual Checklist

1. You must be [CIPP registered](#) before engaging in **any** rugby activity.
2. Prior to attending training, all players should undergo a [self-assessment](#) for any COVID-19 symptoms. No one should participate in any type of rugby activity if they, or someone they live with, has any of the following COVID-19 symptoms:
  - a. A high temperature, exceeding 99.6 degrees
  - b. A new, continuous cough
  - c. A loss of, or change to, their sense of smell or taste
  - d. New unexplained shortness of breath
3. Avoid carpool travel to venue
4. Park away from others to avoid gathering pre and post practice
5. Prioritize extensive hygiene practices
6. Bring individual equipment, water bottle and face mask (use of face mask is strongly encouraged)
7. Avoid post-practice gatherings



# Important Notes about Accident/Liability Insurance

- Players must be CIPP registered through before participating in any rugby activity.
  - Training Membership is appropriate for training during COVID-19
  - Players must register for Full Membership prior to Stage 5 competition
- USAR RTP clearly states that training group size must be “Under local government and facility approved training size”. As of October 19, 2020 Texas approved group size remains 10 individuals. If you are injured in a training with more than 10 individuals, ACCIDENT AND LIABILITY INSURANCE MAY NOT COVER IT.
  - *Consider splitting into groups of 10 and having each group at an individual “station” at your practice, then rotate stations*



# Williams Price Distilling - Liquid Unscented Sanitizer

Zachary Hiller's company has graciously extended a 35% discount on liquid unscented sanitizer to TRU members.

1. Go to <https://www.williampricedistilling.com/> and scroll down to the various sizes of liquid unscented sanitizer.
2. Use discount code "TRU"
3. Shipping is charged at cost but local clubs can select pick up.

Discount Code: "TRU"





# Suspected/Confirmed Cases

- If positive for COVID-19 **prior** to return to play activities:
  - Individual must obtain doctor approval to participate in rugby activities
- If positive for COVID-19 **after** return to play activities:
  - Require individual to isolate
  - Suspend further team or club activities for 14 days
  - Participants who attended practice with that individual must stay home from trainings for 14 days

Need to get tested? Use the [Texas Division of Emergency Management/DSHS COVID-19 Test Map](#)

