

Rugby NorCal Return to Play Checklist

The purpose of this checklist is to help clubs get started on a Prevention and Practice Plan. Prevention and Practice Plans must comply with USAR Guidelines and local County Guidelines.

[Prevention & Practice Plan Examples](#)

Requirements

- Club COVID Manager
- Club COVID Waiver
- [World Rugby COVID Courses](#)
- Prevention & Practice Plan

Building a Prevention and Practice Plan

Guidelines

- [County Guidelines](#)
- [State Guidelines](#)
- [USAR Guidelines](#)
- [Rugby NorCal Guidelines](#)

Prevention Plan

- Screening Policy
- Hygiene Rules
- Social Distance Rules
- Equipment Policy
- Coach & Staff Policy
- Parent & Spectator Rules
- Isolation Policy

Practice Plan

- Pre-Practice RSVP
- Player Arrival
- Symptom/Temp Check
- Hand Sanitizer
- Kit Area
- Training Area
- Practice Size/Type/Equipment
- Coach Protocol
- Spectator Protocol
- Player Departure