

Rugby NorCal Membership Update April 12, 2021

Return to Play in Less Restrictive Tiers:

Contact rugby can be played in the orange tier without testing. Flag rugby can be played in the red tier without testing. **YOU MUST TEST PLAYERS AND COACHES TO PLAY CONTACT RUGBY IF YOUR COUNTY IS IN THE RED TIER WITH MORE THAN 7 COVID CASES PER 100K RESIDENTS. BOTH TEAMS MUST TEST IF EITHER COUNTY IS IN THE RED TIER WITH MORE THAN 7 COVID CASES PER 100K RESIDENTS.** Rugby NorCal requires all member clubs to comply with local county guidance. Any activity in violation of local county guidance is not approved or sanctioned by Rugby NorCal, USA Youth & High School Rugby, USA Rugby, or World Rugby and is not covered by membership insurance

State Requirements for COVID Testing:

Implement and strictly adhere to the following additional general guidance:

- Informed Consent
- Testing – antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly. If competing, testing performed with test results made available within 24 hours of play)

Note: The testing requirement above shall only apply in the following situations:

- For football, rugby and water polo as these are high contact sports that are likely to be played unmasked at times, with close, face to face contact exceeding 15 minutes.
- When adjusted case rates for the county are between 14-7 per 100,000.
- For sport participants 13 years of age or above as evidence shows that younger children do not seem to be major sources of transmission—either to each other or to adults.
- *If more than 50% of a team's participants are less than the age of 13 (and are not required to test per the above), then the entire team is exempted from the testing requirement. Coaches, however, will still be required to meet the testing requirement.

Rugby NorCal COVID Testing Policy:

1. Contact GreenMCMeds 10 business days prior to test date (onboarding).
2. Contact Rugby NorCal no later than 7 business days prior to test date if GreenMCMeds has not contacted you yet.
3. Once a testing site is confirmed you are required to test regardless of changes to the county mandate.
4. Test results must be accessible to both teams and Rugby NorCal before the match.
5. A list of test results must be included with printed rosters on game day.
6. If any of the above criteria are not met the match will be a non-contact flag rugby game or the match will be canceled.

How to set up FREE PCR weekly testing with GreenMCMeds:

The team coach/club director (or designee) must complete the Google Test Site Request Form to set up testing for the team/club. A member of GreenMCMeds will email you within 3 business days to get you set up. Please allow 7-10 business days from the test start date to onboard your site, get supplies shipped, and a Registered Nurse assigned (if applicable). Contact GreenMCMeds at COVID@GreenMCMeds.com with any questions and they will respond promptly. Parents, please do not contact them individually. Please direct all questions to your coach/club.

<https://forms.gle/Q11UE6pREvj2pGi88>

GreenMCMeds has also updated their documents and they will all be found in the Box link below. GreenMCMeds will update the documents in the Box link as the CARES act and COVID testing guidelines change. The most important document to review before signing up with GreenMCMeds is their FAQ document. This will answer all questions you may have prior and during testing. Please share this Box link with all participants of GreenMCMeds COVID testing.

<https://app.box.com/s/qu66mypucf2qvm7o1ou3zopkcmz18q36>

Testing Deadlines:

For matches scheduled on April 17, the deadline to contact GreenMCMeds was Monday April 5th and has expired. You will need to provide testing through your club or play flag rugby or cancel the match.

For matches scheduled on April 24, the deadline to contact GreenMCMeds is Monday April 12th (That's today so contact them right now if you need to test).

Rugby NorCal recommends clubs schedule weekly testing to ensure they can play contact rugby if they or their opponent is in the red tier.

Option for Faster COVID Testing from GreenMCMeds:

GreenMCMeds can ship tests in 3-5 days if the club provides a medical volunteer(s) (such as athletic trainer, MA, Nurse, MD, etc. anyone with medical experience) to collect the simple non-invasive throat swab.

GreenMCMeds will provide all supplies including test kits, PPE, and prepaid shipping labels to collect, process, and overnight the sample to our lab. The lab will produce test results in 1-2 days.

For future tests and resupply GreenMCMeds will simply ship you more tests in 3-5 days. This will alleviate the 10 day lead time required to coordinate a test site if you do not have a medical volunteer and are using a nurse staffed by GreenMCMeds.

There is currently a shortage of available nurses which may delay some scheduled test sites. To guarantee a club will be able to test when they need, Rugby NorCal recommends using a medical volunteer and requesting GreenMCMeds to ship test kits as needed. Keep in mind if you test on a Monday and ship to the lab Tuesday morning, you will receive test results on Thursday.

Return to Play:

Prevention Plans – Each club needs to create a COVID Prevention Plan that complies with USA Rugby and local county guidelines. Please see USA Rugby RTP Guidelines (page 8) for general return to rugby plan prerequisites. Submit prevention plans to Rugby NorCal.

- [USA Rugby RTP - Updated March 9th](#)
- [World Rugby COVID Courses](#)
- Required before registration

Registration - This year we have a new registration system. Please schedule an appointment with Rugby NorCal to get registration set up in the new system. Registration set up can take several days.

- Practice Dues Discontinued
- Schedule a registration demo with NorCal when you submit a Prevention Plan

Coach/Referee/Admin Compliance – Coaches, referees, and administrators who register in the new system must complete a background check and Safesport certification. Please see instructions to complete these items below.

We need you to login and complete your background check and/or your SafeSport Certification.

If you have not completed either your background check or Safesport Certification, here are the steps to complete both:

1. *Login to your Sportlomo account.*
2. *Select the Qualifications option (there may be a green + to add a new one if there are none available).*
3. *Select Start a new Qualification, and then the i icon next to the course.*
4. *Click Events*
5. *Purchase the package (\$0)*
6. *Go back to your Members Credentials page.*
7. *Click the Red button that says '+Member Purchased Credentials.*
8. *If the red button(s) do not say that then in the pull down menu at the top left re-select the Members Credentials... when the page refreshes the button should be correct.*
9. *Click on the '+' next to the module to complete.*

Match Play Guidelines:

Clubs are required to comply with local county guidelines when conducting competitions. Rugby NorCal will not approve or sanction any activity that does not comply with USA Rugby or local county guidelines. Please see best practices for match day below. Please consider the use of signs, ropes, cones, fencing, etc to assist club COVID managers and sideline monitors in controlling the crowd on game day.

- Clubs must notify their members prior to a match to comply with all guidelines.
- The venue must be a permanent facility or a defined demarcated area.
- Entering, exiting, and capacity of the venue must be controlled by the host club.
- Spectators must be kept separate from participants.
- Spectator seating must be marked clearly in a designated area.
- All coaches and players on the sideline must wear a mask at all times.

Please review the full Recreational Sports Guidance on next page.

CA Heath Department Updates:

- [Recreational Sports Guidance - Updated April 6th](#) Cross county competition is now approved throughout CA. You can now play matches in any county within the state.
- [Youth Sports Q&A - Updated March 16th](#) Flag Rugby is a moderate tier sport and can be played in red tier.
- [County Tier Status](#) Regularly check your county tier status.



Membership Update February 23, 2021

RUGBY NORCAL

Additional Guidance for Return to Play

It should be noted that local health departments and school districts may have stricter rules and should be consulted to confirm what is allowed.

General Requirements

- Face coverings to be worn when not participating in the activity.
- Face coverings to be worn by coaches, staff and observers at all times.
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
- Teams must not participate in out-of-state games and tournaments.
- Limit observation to immediate household members.
- Inter-team competitions are permitted to occur only if (a) both teams are located in the same county or (b) teams are located in immediately bordering counties.
- Local Health Departments to be notified of any cross-county competitions.
- No tournaments or events that involve more than two teams to occur.
- Only one competition, per team, per day maximum to be played.

Guidance for Play in Less Restrictive Tiers

Outdoor high-contact sports (orange tier) can be played in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000 under the following conditions:

- Six feet of distance between sport participants on the sidelines.
- Six feet of distance between coaches and participants.
- Each parent signs an informed consent.
- Testing of sports participants age 13+ and coaches weekly.
- Test results made available within 24 hours of play.
- Limit participation by athletes and coaches to one team.
- During bus/van travel, employ universal masking, physical distancing, and windows to remain open.
- Avoid overnight stays.
- Travel by private car limited to only those within the immediate household.
- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach.

Rugby NorCal Guidelines & Information

➤ Non-Contact Practices

Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of case rate or sport. Rugby NorCal offers a training membership that can be upgraded when matches are allowed. Clubs are required to submit COVID Prevention & Practice Plans to Rugby NorCal before registration.

➤ Contact Practices

Contact practices should start at least 4 weeks before the first match. Respective county must be in the orange tier to start contact practices or be in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000 under additional guidance. Players must be registered to participate in contact practices.

➤ Competitions

Full contact tackle rugby can be played under additional guidance if the above criteria is met. Players must upgrade to full membership to play in matches.

Rugby NorCal Guidelines & Information

❖ Scheduling

Clubs are advised to self-schedule 3-4 matches within the proposed calendar. Rugby NorCal will provide a list of club contacts and follow up meetings to facilitate gameday planning and logistics. Scheduling conditions could make allocating referees and athletic trainers more difficult this year.

❖ Prevention and Practice Plans

Clubs are required to submit Prevention and Practice plans to Rugby NorCal before registration.

❖ Registration

All clubs need to schedule a registration demo with Rugby NorCal. The new system allows parents to register players and sign all waivers online with their mobile device. Features of the competition management system will be available soon.

❖ Certificates of Insurance

Clubs must have at least 1 coach registered to submit COI requests to USA Rugby. Requests can take up to 10 days before you receive the COI. Obtaining a COI allows the club to reserve fields and covers most non-contact activities during practice.

❖ Coach & Referee Certifications

Certification courses will be available in March and April TBA. Contact Rugby NorCal to host a course.

Club Checklist

March

- ✓ Submit Prevention & Practice Plans to Rugby NorCal
- ✓ Set up registration with Rugby NorCal
- ✓ Register coaches with Rugby NorCal
- ✓ Request COIs for fields with USA Rugby
- ✓ Certify coaches L100 or L200 with USA Rugby
- ✓ Register players with Rugby NorCal
- ✓ Start practicing and playing touch if safe to do so
- ✓ Self-schedule matches for future dates

April

- ✓ Complete all previous tasks
- ✓ Confirm scheduled matches and gameday logistics
- ✓ Upgrade training registrations to full members
- ✓ Utilize competition management system; rosters, etc
- ✓ Play matches if safe to do so

RUGBY NORCAL 2021

Proposed Calendar

	Youth	HS Girls	HS Boys
27-Feb			
6-Mar	Practices	Practices	Practices
13-Mar			
20-Mar			
27-Mar			
3-Apr	Preseason	Preseason	
10-Apr	Preseason	Preseason	Preseason
17-Apr	Week 1	Week 1	Preseason
24-Apr	Week 2	Week 2	Week 1
1-May	Week 3	Week 3	Week 2
8-May	Week 4	Week 4	Week 3
15-May	Week 5	Week 5	Week 4
22-May	Week 6	Week 6	Week 5
29-May	Bowl Games	Bowl Games	Week 6
5-Jun	Bowl Games	Bowl Games	Bowl Games
12-Jun			Bowl Games
19-Jun	Summer Season	Summer Season	Summer Season

Updated 2-22-2021

Resources

California Department of Public Health Guidance

- [Guidance for Youth and Adult Recreational Sports](#)
- [FAQs for Youth Sports](#)
- [Guidance Related to Cohorts](#)
- [Youth Sports Guidelines](#)

Other Guidelines

- [USAR Guidelines](#)
- [Rugby NorCal Guidelines](#)
- [World Rugby COVID Courses](#)

RUGBY NORCAL MEMBERSHIP UPDATE

FEBRUARY 3, 2021 **UPDATED**



This update is intended to help clubs prepare for the possible return to youth rugby this Spring. We continue to see positive indications that students will return to class and be allowed to play sports. However, we are also anticipating regulations may change, for better or worse, and we will adjust accordingly to any changes.

Following this update there will be a Rugby NorCal Return to Play Meeting on **Tuesday February 23 at 6:00 PM**. This meeting is for all club representatives and will cover this update and any additional information or changes. Scheduling meetings will reconvene following the return to play meeting. Zoom details TBA.

All clubs please complete the scheduling survey below:

<https://form.jotform.com/210331076297149>

This update includes:

- Return to Play COVID-19 Modifications
- Permitted Sports County Tier Table
- Registration Update
- Return to Play Checklist

Update continued next page.

RUGBY NORCAL - Return to Play



California Department of Public Health Guidance

[Guidance for Youth and Adult Recreational Sports](#)

[FAQs for Youth Sports](#)

[Guidance Related to Cohorts](#)

[Youth Sports Guidelines](#)

Covid-19 Modifications

Physical conditioning, practice, skill-building, and training can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts remain authorized regardless of county tier status.

Competitions, matches, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized, or (b) teams are located in immediately bordering counties and the sport is authorized in both counties.

Out of state competition is not allowed at this time.

Any tournaments or events that involve more than two teams are not currently permitted in California.

Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician.

In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)



Table: Youth and Adult Recreational Sports* Permitted by Current Tier of County

Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
1†	2†	3†	4†
Outdoor low-contact sports Archery Badminton Biking Bocce Corn hole Cross country Dance (no contact) Disc golf Golf Ice and roller skating (no contact) Lawn bowling Martial arts (no contact) Physical training programs (yoga, etc.) Pickleball (singles) Rowing/crew (with 1 person) Running Shuffleboard Skeet shooting Skiing and snowboarding Snowshoeing Swimming and diving Tennis Track and field Walking and hiking	Outdoor moderate-contact sports Baseball Cheerleading Dodgeball Field hockey Gymnastics Kickball Lacrosse (girls/women) Pickleball (doubles) Softball	Outdoor high-contact sports Basketball Football Ice hockey Lacrosse (boys/men) Rugby Rowing/crew (with 2 or more people) Soccer Volleyball Water polo Indoor low-contact sports Badminton Curling Dance (no contact) Gymnastics Ice skating (individual) Physical training Pickleball (singles) Swimming and diving Tennis Track and field Volleyball	Indoor moderate-contact sports Cheerleading Dance (intermittent contact) Dodgeball Kickball Pickleball (doubles) Racquetball Squash Indoor high-contact sports Basketball Boxing Ice hockey Ice skating (pairs) Martial arts Roller derby Soccer Water polo Wrestling

*This Table is not exhaustive, but provides examples of sports with different levels of contact so that the level of risk and

†All sports permitted in lower tiers, are also permitted in higher tiers.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>



RUGBY NORCAL REGISTRATION UPDATE

We are now ready start round 2 of test registrations with the new Sportlomo system. Some initial set up is required by each club in order for registration to become active. Not all features in the system are currently live, but you can now register players and coaches. See info below.

Available Features:

- Player/Coach/Adm/Ref registration enabled.
- All waivers now electronic. No more paper.
- Collect club dues in Sportlomo.
- Add custom club waivers and forms.
- View members and export contact info.

If you are ready to begin registrations or if you want to learn the new system, contact jdivine@rugbynorcal.org to get set up.

Rugby NorCal offers a training membership that can be upgraded when matches are allowed. See membership pricing below.

2021 Membership Dues	RUGBY NORCAL Training Dues	USA RUGBY	Total	RUGBY NORCAL Upgrade
Non-contact Player - U8	\$10	\$10	\$20	\$0
Junior Youth Player - U12/U10	\$20	\$25	\$45	+\$10
Youth Player - Middle School	\$20	\$25	\$45	+\$25
High School Player	\$20	\$25	\$45	+\$50
Coach/Admin	\$30	\$70	\$100	\$0
Referee	\$10	\$70	\$80	\$0

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