

Suggestions on how to keep your practices and contests safe:

- * Encourage frequent hand washing/sanitizing
- * Do not share water bottles
- * Do not attend practices/contests if you are running a fever or not feeling well
- * Extensively clean and sanitize all shared contact materials and equipment
- * Follow mask mandates for your county/school (whichever oversees your practice/contest facility) ** Please note: gaiter style masks are not allowed due to potential choking hazard.
- * Adhere to 6ft social distancing guidelines when possible (ie. During warm-ups, pre and post-practice/game talks)

DISCLAIMER: Completion of the above check list does not guarantee prevention of virus infection.

It is your responsibility to follow the guidelines set by the CDC, your County Health Department, and the school district/school site that you are affiliated with, if you are affiliated with one. Please follow whatever guidelines are the most stringent.

Find your club's local health department:

<https://www.naccho.org/uploads/downloadable-resources/Local-Health-Department-COVID-19-Directory.pdf>

Action Items If tested positive for COVID-19

- Require infected individual to follow local health guidelines on positive case based on vaccination status.
- Inform and isolate 'Close Contacts' of infected individual based on training, and match records.
- Be sure to follow any further positive case instructions from your local health department and school.

** The following page from the CDC will help you determine who is considered "close contact", who will need to quarantine or not, and what the current CDC guidelines regarding quarantine are:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-quarantine.html>

Please review the document provided by USA Rugby sent out on September 1, 2021
USAR Return to Play

<http://assets.usarugby.org/docs/medical/USAR-R2P.pdf?v=1603310619259>