



Addition to touch rules

**Guide and Information
Resumption of Sports
Phase 3**

June 19th 2020

Quebec Government's June 17th Announcement



- For team activities (e.g. cheerleading, volleyball, dance, basketball), the **number of participants must allow for physical distancing**. As much as possible, teams should be composed of the same participants.
- To the greatest extent possible, physical distancing rules must be respected during these activities. **Brief, infrequent contact or closeness is, however allowed**, for example, during a match or routine. The risk is higher for basketball or soccer where players who stand out are more exposed. Player position rotation is encouraged.
- Specific adaptations for certain physical or sports activities may be required to **limit the amount of prolonged contacts between participants**. For now, physical or sports activities that involve numerous and lengthy contacts are not permitted (e.g. wrestling matches or some martial arts like judo and karate).

| STEPS | STARTING DATE |
|--|---------------|
| 1- Individual training without a ball | March 15th |
| 2- Outdoor training with a ball without passing or exchange of materials | May 20th |
| 3- Group training session with a ball while respecting physical distancing rules (2m). | June 8th |
| 4- Addition of touch rules | June 22 |
| 5- Reintroduction of contact | ? |
| 6- Friendly matches | ? |
| 7- Return to normal | ? |

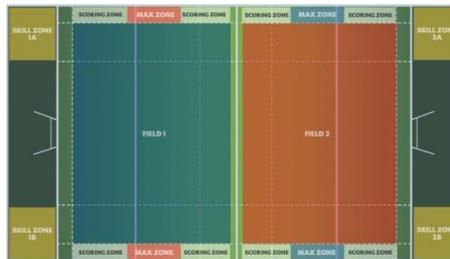
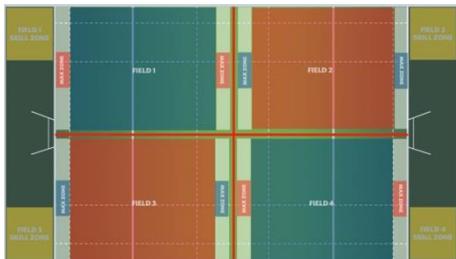
Quebec Government's June 16th Announcement

IMPLICATIONS FOR RUGBY



Autorisation to play touch rugby under certain conditions:

- Define your play area in mini-field to hold your touch rugby sessions (See APPENDIX G)



- Limit the number of participants according to the size of the mini-pitch (s) that you have defined.

| Pitch size | Participants |
|------------|--------------|
| Quarter | 5 vs 5 |
| Half | 7 vs 7 |
| Full | 10 vs 10 |

- Determine the duration of the matches before and never exceed 20 minutes of touch rugby per training session in order to respect the maximum cumulative potential contact time of 10 minutes. Knowing that touch takes 1 second, sessions not exceeding 20 minutes allow ample respect for this public health directive.
- Determine teams and aim as much as possible to maintain the same participants in each of these teams and have them compete against the same team throughout training.
- Aside from the sporadic contacts which in our case constitute touch, the 2 m distance must be respected for 14 years and over and it is now 1 m for mini, or 13 years and less.
- Obligation to respect all public health regulations in force regarding the planning and holding of training. (See Annex A)**

Quebec Government's June 4th Announcement ---- STILL ON----



Implications for Rugby

- Resumption of club training sessions in recreational form and without contact, all while respecting the two-meter distance between players, both during practice and in transition areas.
- Obligation to have a certified coach who will supervise all sessions and ensure that the sanitary measures are respected.
- No access to changing rooms before, during, or after practices.
- Ball handling and passes are permitted as long as balls are regularly rotated and disinfected with soap and hot water or a disinfectant product. This should be done before practice, midway through practice, and at the end of practice. It is important to remind players that they should avoid touching their face after having touched a ball that was not recently disinfected. They should wash their hands before touching their face.
- Attendance of all practice participants must be taken in order to trace a possible contamination of Covid-19. (See Appendix E.)
- All participants must fill out and sign the Covid-19 waiver before their first practice. They must also be questioned at every practice about the presence of Covid-19 related symptoms and/or having contact with someone who has tested positive.
- Clubs must update their Sport Lomo profile to be eligible for coverage by the RSLQ (regroupement of Quebec sports) liability insurance of BFL since Rugby Canada's insurance company will not cover us for the duration of the pandemic.
- Inter-regional travel to participate in a practice will **not** be permitted.
- Personal hygiene and protection measures will be implemented by the club responsible for organizing the practices in collaboration with the owners and managers of sports facilities in order to comply with the recommendations of Public Health (hand washing, cough/sneeze etiquette, and maintaining a physical distance of 2 meters between people). Refer to the COVID kit provided by the CNESST if necessary, which is full of relevant information. (<https://www.cnesst.gouv.qc.ca/salle-de-presse/covid-19/Pages/outils-secteur-loisir-sport-plein-air.aspx>)
- **Obligation to comply with ALL public health regulations regarding the planning and execution of practices. (See Appendix A.)**

Hygiene Instructions Specific to Rugby



FOR EACH CLUB OR TEAM:

- Modifications to the practice schedules and the intervals between them, making it possible to minimize the contact between participants, must be planned. Example: For clubs with a large number of participants, separating the practice into two time blocks in order to reduce the number of people present at the same time. It will be important to ensure a transition period between the two training sessions so that the groups only meet at least while respecting the distance of 2m.
- Create a waiting area marked with cones or something similar on the ground to manage the arrival of participants so as to respect the distance of 2m before going to the team's Covid-19 manager (see point below) for attendance. Ditto to outline the activities in order to make sure to always maintain the distance of 2m between the players.
- Designate a **Covid-19 Manager** whose responsibility it will be to ensure that the club and its members respect the instructions.
 - Supports the coach in the planning and execution of the practice activities.
 - Reminds participants of sanitary measures such as hand washing, cough/sneeze etiquette, and physical distancing. (See Appendix C.)
 - Takes attendance at the beginning of each practice. (See Appendix E.)
 - Ensures they have the necessary material (disinfectant for equipment and soap/hot water or hand sanitizer for hand hygiene) to ensure practices follow Public Health's sanitation measures.
- Apply the same policy as concussions for possible Covid-19 contamination: identification and immediate removal from the activity. Ditto if the player has been in close contact with someone who has tested positive for Covid-19. If there is even a suspicion of a Covid-19 case, the concerned person should immediately contact 1-877-644-4545 in order to make an appointment to be tested. They should self-isolate until they receive their test results. If they test positive, they must contact the team's Covid-19 manager right away.
- The team's medical personnel (physio or AT) must wear a mask and eye protection at all times. Athletes receiving treatment must also wear a face covering (mask or other) when receiving treatment or at any other time where a 2m physical distance is not possible. It is not recommended to wear a mask during medium to high intensity physical activity.

Example of a Typical Practice Session



Before Practice (At Least 20 Minutes Before)

- Arrival of coach and Covid-19 Manager to setup up the practice area:
 - Traffic corridor, if necessary.
 - Field division. (See example in Appendix F)
 - Installation of a handwashing and a disinfecting station.
 - Setup attendance area, where players wait 2m apart until the Covid-19 manager completes attendance and questioning (symptoms and contact).
 - Access to sanitary facilities for clubs that have them is not recommended. The only exception would be the use of bathrooms, but their use should be minimized and strict sanitary measures should be implemented by the owner/manager of the facility. Thus, each player must arrive in their practice clothing and wear the same clothes home because the use of changing rooms is not allowed. No post-practice showers are allowed either.

Beginning of the Practice

- Coach's explanation of the playing area and of this practice's activities.
- Reminder of the sanitary measures put in place, explained by the team's Covid-19 manager.
 - Attendance
 - Questioning of each player on possible symptoms and possible contact with someone who has tested positive for Covid-19.
 - Ensuring that each player has their own water bottle and/or towel.
 - Each player must sign the risk waiver. (See Appendix D.) Each player must bring their own pen. If a pen must be borrowed, it must be disinfected between each use.
- Washing/disinfecting of balls and other equipment that will be used by players.
- Start practice's activities. It's important to note that the activities must not provoke an assembly of spectators/parents/ nor a social gathering after.

Middle of the Practice

- Washing/disinfecting of balls and other equipment that will be used by players.
- Strictly limit the amount of movement within the same playing area and the movement to other sites.

End of the Practice

- End of session notes from the coach and the Covid-19 manager and communicate any potential changes in procedure for the next practice.
- Washing/disinfecting of balls and other equipment that will be used by players.

Back at Home

- Wash all clothes worn at practice and disinfect any personal equipment that was used at practice.
- Take a shower.
- Enjoy a refreshing (adult-style) beverage.

- Indoor sports facilities may reopen on June 22. If a club plans to do an indoor training, it should be noted that a **maximum of 50 people** per sports platform is allowed.
- Participants with **symptoms are informed of their obligation to postpone** their sports activities.
- Participants or staff members who receive a positive COVID-19 result shortly after attending practice sites should **notify club officials**.
- Once a participant or staff member presenting with symptoms has left, **prohibit access to these places (if inside) while waiting to disinfect** the place and disinfect any object touched by this person and require a new hand wash. for everyone.

In this context, our recommendation: stay outside and avoid indoor training

APPENDIX A



CORONAVIRUS (COVID-19)

Preventive health measures for workers in the leisure, sports and outdoor recreation sector

PHYSICAL DISTANCING APPLIES TO EVERYONE:



At work, from start to finish



During lunch and breaks



Remind the customers about the rules



Avoid direct contact for greetings – use alternative methods instead

SO DOES HYGIENE:



Wash your hands regularly for 20 seconds



Sneeze and cough into your elbow



Clean any parts of equipment that were touched



Make disinfectants readily available

EMPLOYERS MUST:



Plan schedules to comply with physical distancing of 2 metres



Regularly clean surfaces that are frequently touched



Limit sharing of leisure and sports equipment

COVID-19 Hotline:

1 877 644-4545

To contact a CNESST inspector:

1 844 838-0808

APPENDIX B (Only available in French)

QU'EST-QUE LA COVID

Symptômes*



FIÈVRE



TOUX



DIFFICULTÉS
RESPIRATOIRES



FATIGUE
IMPORTANTE

Prévention*



ÉVITEZ LES CONTACTS AVEC
LES PERSONNES INFECTÉES



LAVEZ-VOUS LES MAINS
RÉGULIÈREMENT



TOUSSEZ/ÉTERNUEZ
DANS VOTRE COUDE



DÉSINFECTEZ LES SURFACES
ET OBJETS RÉGULIÈREMENT
UTILISÉS



MINIMISEZ LE PARTAGE DE
MATÉRIEL (COMME LES
BOUTEILLES)



GARDEZ EN TOUT TEMPS UNE
DISTANCE D'AU MOINS 2 MÈTRES
AVEC LES AUTRES PARTICIPANTS



ISOLEZ-VOUS EN CAS
D'APPARITION DE
SYMPTÔMES

APPENDIX C (Only available in French)

PROTOCOLE RECOMMANDÉ POUR LES PARTICIPANTS



SI VOUS AVEZ DES SYMPTÔMES DE LA COVID-19, DEMEUREZ À LA MAISON!



ARRIVEZ 10 MINUTES AVANT LE DÉBUT DE L'ÉVÉNEMENT, DÉJÀ HABILÉ ET PRÊT À PARTICIPER AUX ACTIVITÉS



PRENEZ CONNAISSANCE DES RÈGLEMENTS ET MESURES D'HYGIÈNE OBLIGATOIRES



RÉPONDEZ AU QUESTIONNAIRE DE PARTICIPATION (VERBALEMENT, AVEC LE SUPERVISEUR « HORACIO »)



AUCUN DUEL OU CONTACT PERMIS



LIMITEZ LES CONTACTS AVEC VOTRE VISAGE



TOUSSEZ/ÉTERNUEZ DANS VOTRE COUDE



LIMITEZ LES CONTACTS DU BALLON AVEC LES MAINS



AUCUN PARTAGE DE MATÉRIEL PERSONNEL (BALLON, SERVIETTE, BOUTEILLE, ETC.)



AUCUN JEU DE TÊTE



NE SERREZ PAS LA MAIN AUX AUTRES PARTICIPANTS



GARDEZ EN TOUT TEMPS UNE DISTANCE D'AU MOINS 2 MÈTRES AVEC LES AUTRES PARTICIPANTS



PRENEZ UNE DOUCHE À VOTRE ARRIVÉE À LA MAISON



LAVEZ VOTRE ÉQUIPEMENT À VOTRE ARRIVÉE À LA MAISON



LAVEZ-VOUS LES MAINS TOUT DE SUITE APRÈS AVOIR TERMINÉ L'ÉVÉNEMENT

ANNEXE D – Waiver



Acknowledgement of Risk Covid-19

The novel coronavirus, **COVID-19**, has been declared a global pandemic by the World Health Organization (WHO). **COVID-19**. It is extremely contagious and spreads mainly through person-to-person contact. Therefore, government officials, at a local, provincial and federal level, recommend that various measures be taken and prohibit certain behaviors, all in order to reduce the spread of the virus.

Rugby Québec and its members, including the (name of the club), agree to comply with all the requirements and recommendations of Quebec's Public Health authority as well as other government authorities, and to put in place and adopt all necessary measures. However, Rugby Québec and (name of the club) cannot guarantee that you (or your child, if the participant is a minor/or the person for whom you are the legal guardian) will not be infected with **COVID-19**. In addition, your participation in the activities could increase your risk of contracting **COVID-19**, despite all the measures put in place.

By signing the following document,

- 1) I recognize the highly contagious nature of **COVID-19** and I voluntarily assume the risk that I (or my child, if the participant is a minor/or the person for whom I am the legal guardian) can be exposed to or infected with **COVID-19** by my participation in the activities organized by Rugby Québec or by (name of the club). Exposure or infection with **COVID-19** can cause injury, illness, or other medical conditions;
- 2) I declare that my participation (or that of my child, if the participant is a minor/or the person for whom I am the legal guardian) in the activities provided by Rugby Québec or by (name of the club) is completely voluntary;
- 3) I declare that neither I (nor my child, if the participant is a minor/or the person for whom I am the legal guardian), nor any person that lives in my residence, has shown cold or flu symptoms (including fever, coughing, sore throat, or trouble breathing) in the last 14 days;
- 4) If, after signing this declaration, I (or my child, if the participant is a minor/or the person for whom I am the legal guardian) present cold or flu symptoms, I (or my child, if the participant is a minor/or the person for whom I am the legal guardian) agree not to attend or participate in activities organized by Rugby Québec or by (name of the club) for at least 14 days after the last manifestation of cold or flu symptoms;
- 5) I declare that neither I (nor my child, if the participant is a minor/or the person for whom I am the legal guardian), nor any person that lives in my residence, has travelled outside of Canada or to any province other than Québec in the last 14 days. If I (or my child, if the participant is a minor/or the person for whom I am the legal guardian) travels outside of the province of Québec after signing this declaration, I (or my child, if the participant is a minor/or the person for whom I am the legal guardian) agree to not attend or participate in activities organized by Rugby Québec or by (name of the club) for at least 14 days after returning from the trip.

This document will remain in effect until Rugby Québec receives new directives from provincial government authorities and Québec's Public Health authority, to the effect that the precautions set out in this declaration are no longer deemed necessary.

I HAVE FREELY AND KNOWINGLY SIGNED THIS DECLARATION.

Participant's Name (in block letters)

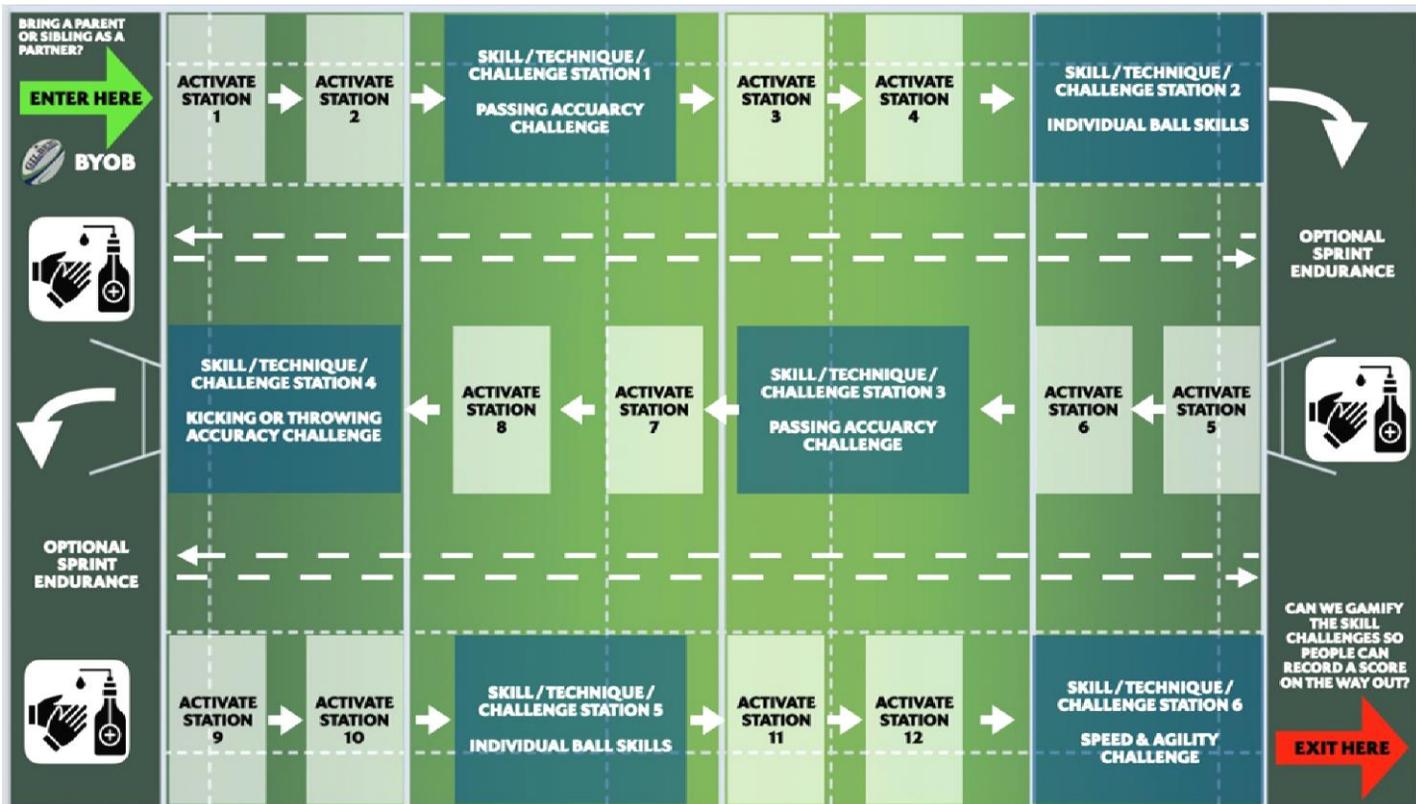
Name of parent/legal guardian (if the participant is a minor or cannot legally give permission)

Participant's Signature

Signature of parent/legal guardian

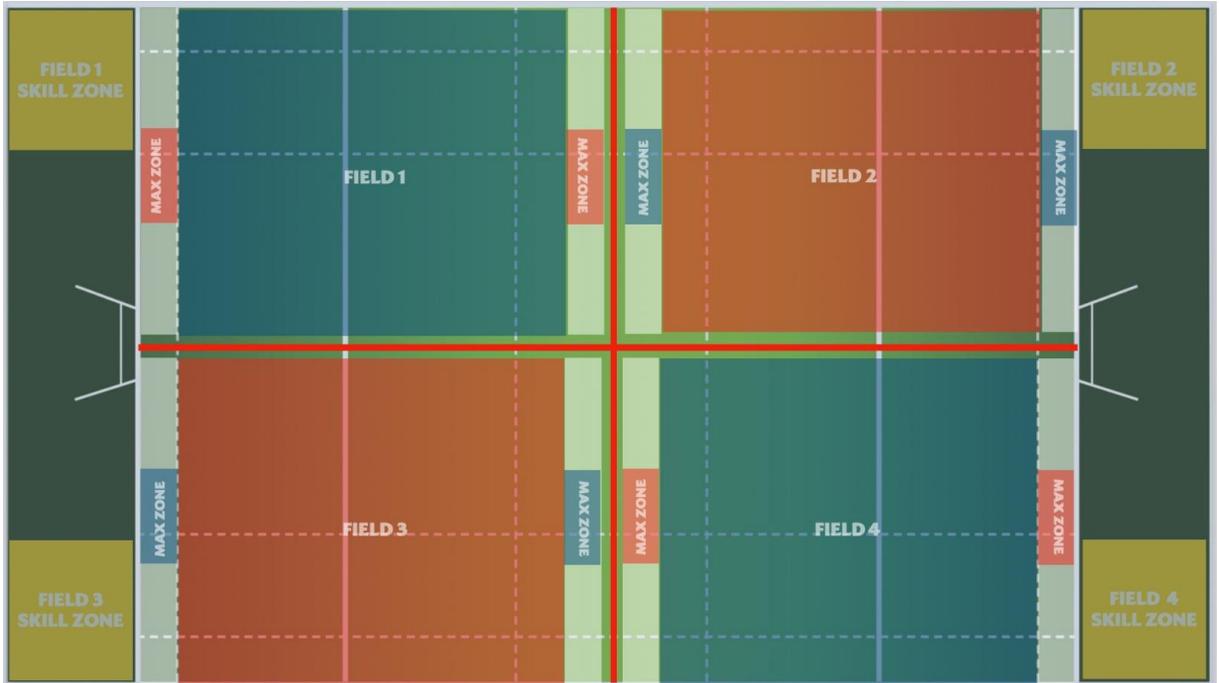
Place and Date

APPENDIX F – Example of Field Setup



ANNEXE G – Aménagement du terrain pour jouer à toucher

En quart de terrain pour des matchs de 5 vs 5



En demi terrain pour des matchs de 7 vs 7

