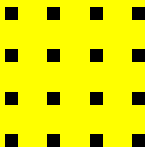
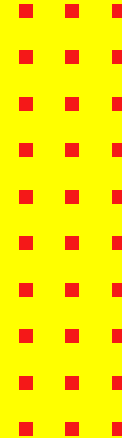




# LRFC Return to Rugby

COVID PROTOCOLS



## Prior to Training

**Prior to participating in any activity at the Lindsay Rugby Club participants MUST be fully registered.**

**NO EXCEPTIONS**

# Prior to Training

**Consider the following prior to each training session:**

- Covid Screening Survey - Player Attestation**
- Only ONE parent per child in attendance**
- Sanitizing and Masking**
- Discourage Carpooling**
- Personal Water Bottle (labeled with name)**
- Changed and prepared to train upon arrival**

# Prior to Training

## COVID SCREENING SURVEY - Player Attestation

What is it?

A series of questions pertaining to Covid-19 related symptoms. Similar to the screening tool used for school & worksites.

When do I have to complete this?

The survey must be completed and submitted **prior to arriving** at the field before EACH individual training session. We request that you complete the Player Attestation a minimum of ONE hour prior to training.

Who needs to complete the survey?

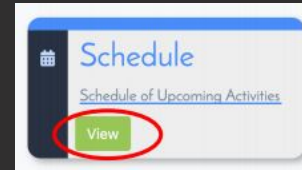
A survey must be completed on behalf of each individual athlete. You cannot do one for multiple athletes at once.

# Prior to Training

## COVID SCREENING SURVEY - Player Attestation

How do I access the survey?

1. Login to your account through Sportlomo
2. Click "View" under the Schedule header
3. Click on the Chart Icon for the session you are going to attend
4. Complete the questions and click "Complete"
5. Check the colour of the Chart Icon - Green means you are eligible to participate. Red means you are ineligible to participate.
6. If GREEN - Click the Checkmark icon to indicate you will be attending the session



For a full detailed guide to completing the Attestation Form follow the instructions here:

[https://sportlomo-userupload.s3.amazonaws.com/uploaded/galleries/13555\\_uploaded/59602e69268ccab23a821274f67d7eb2006b98bb.pdf](https://sportlomo-userupload.s3.amazonaws.com/uploaded/galleries/13555_uploaded/59602e69268ccab23a821274f67d7eb2006b98bb.pdf)

# Prior to Training

## COVID SCREENING SURVEY-Player Attestation

What happens if I answer “NO” to one of the screening questions/get a RED chart?

You are ineligible to attend that training session. A new Player Attestation should be truthfully completed for the next training session. You are encouraged to self-monitor for symptoms and get tested accordingly.

What happens if I do not complete the survey prior to training?

Any athlete who has not completed the survey will not be allowed to train until they have done so. If an athlete consistently refuses to complete the survey they may be “suspended” from activity until an agreement is reached.

Do parents have to complete the survey?

Only those participants who are registered through Sportlomo will be able to submit the survey. Parents are encouraged to screen themselves with the safety of all in mind.

# MASKS

- Players may remove their masks **while participating in activity**. Outside of training time (before/after practice, washroom break, spectating etc.) players must wear a mask.
- Parents & Coaches must wear a mask **at all times** when outside of their vehicles, regardless of social distancing.
- Masks must be worn by all while inside the **facility**.



# FACILITY USE

- Facilities will be open to athletes and parents for **washroom use only**. 1 person in washroom at a time. MAX of 3 people using facility at a time.
- Athletes should arrive ready to participate as change rooms are closed.
- Masks must be worn by all while inside the facility.
- Anyone accessing the facility will be expected to sanitize upon entry and exit.





# SANITIZING

- Please sanitize before arrival at the club.
- Athletes will sanitize at the beginning of training. There will be sanitization breaks every 20 minutes after that.
- All equipment and facility touch points will be sanitized at the conclusion of each training session.
- Any person accessing the facility must sanitize upon entry and exit.



# GENERAL CONDUCT

- We ask that you adhere to all of the Covid-19 protocols as listed above. They exist to keep everyone safe and are a condition of the LRFC offering any rugby activity.
- Please keep in mind that all coaches and club representatives are volunteers. They are generously giving their time to ensure athletes of all ages can participate safely. Treat them with respect.
- Should you have any questions or concerns do not hesitate to contact the club President - Greg Buckley.  
Email: [president@lindsayrugby.com](mailto:president@lindsayrugby.com)

