



## COVID-19 RETURN TO RUGBY TRAINING: MGCQ CHECKLIST

		Task	Checklist
Step 1		The PRFU highly recommends all participants (coaches and players) to complete the World Rugby Covid-19 courses for player welfare. <a href="https://playerwelfare.worldrugby.org/covid-19-courses">https://playerwelfare.worldrugby.org/covid-19-courses</a>	
		The PRFU highly recommends all participants should submit through email the World Rugby Covid-19 certificates to the coach or team manager prior to attending the scheduled training. The team manager shall then submit all the certificates through email to PRFU (acee@philippines.rugby) prior to the training for record keeping	
Step 2		All participants must monitor their health and exposure to Covid-19 by daily screening. Complete the World Rugby Covid-19 symptom checklist that has been provided.	
Step 3	Venue Preparations	Check the facility and LGU if it is operational allowed for sport to continue.	
		Request and ensure venue is extensively clean and sanitized.	
		Ensure a temperature check station is available upon entry.	
		Contract tracing measures to be enforced (sign in sheets at the entrance).	
		Provide social distancing rules with signages.	
		No shared water stations.	
	Coaches	Must have not shown symptoms for the last 14 days.	
		Conduct World Rugby symptom checker prior to departure to training.	
		Prepare training plan with non-contact drills.	
		Travel to training with social distancing measures (wear mask and face shield).	
		Sanitize all equipment before arrival.	
	Players	Must have not shown symptoms for the last 14 days.	
		Conduct World Rugby symptom checker prior to departure to training.	
		Bring individual equipment (water bottles, towels, and preferably own rugby balls).	
		Change at home before and after training.	
		Travel to training with social distancing measures (wear mask and face shield).	
	Arrival	Check in via temperature station.	
		Record details for contract tracing.	
		Keep social distancing measures.	
		No contact with anyone upon arrival and throughout the training session.	
		Have personal towel and water aside.	
	Re-sanitation	Re sanitize all equipment for training.	
		Ensure a bucket is available for all equipment to be placed into for sanitation after use.	
	Training (MGCQ only)	<b>Each team must appoint a Covid-19 team representative/manager.</b>	
		<b>No participants below 21 years old, 60 years old and above, w/ co-</b>	
		Small group training ( <b>maximum of 10 people per group per venue</b> ).	
		Social distancing for the entire training session (at least 2-3 m distance).	
		Team fitness sessions are encouraged with social distancing.	
<b>Individuals are allowed to remove their mask during the conduct of exercise</b>			
Individual skills set training only ( <b>NO contact, no touch Rugby, tackling, scrummaging, lifting, mauling, rucking, breakdown drills, opposed drills</b> ).			
Post training	Continue to enforce social distancing.		
	No contact between players and coaches (hand shakes, high fives, etc.)		
	No exchanging of personal items.		
	Ensure attendees do not congregate post training.		
	Limit access to changing rooms, only to be used as last resort.		
Departure	Sanitize all equipment.		
	Travel from training with social distancing measures (wear mask and face shield).		
	Monitor symptoms.		
	If anyone is diagnosed with Covid-19, all attendees must self-isolate for 14 days and/or require testing before returning to normal.		