

RETURN TO PLAY STAGE GUIDELINES

State and local public health departments may have variations on allowable activities in each stage. USA Rugby again encourages clubs to adhere to the policy of their local department of public health.

	REGIONAL HEALTH MANDATE	TRAINING	TEAM ACTIVITIES	COMPETITION	INSURANCE
STAGE ONE	STAY AT HOME	<ul style="list-style-type: none"> At home individual training Participant should be symptom free before engaging in training activities Use of personal equipment Rigorously clean and disinfect home training area. 	<ul style="list-style-type: none"> All communication and interaction done via virtual method 	<ul style="list-style-type: none"> No inter-squad competition or intra-squad scrimmage. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims <u>not</u> accepted
STAGE TWO	STAY AT HOME LIFTED SOCIAL DISTANCING	<ul style="list-style-type: none"> Individual training at home or Pod Training in outdoor locations. Use of personal equipment Adhering to social distancing rules. Rigorously clean and disinfect training area 	<ul style="list-style-type: none"> All communication and interaction done via virtual method 	<ul style="list-style-type: none"> No inter-squad competition or intra-squad scrimmage. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims <u>not</u> accepted
STAGE THREE	NON-CONTACT	<ul style="list-style-type: none"> Pod Training under local government approved amount Non-contact drills and activities Daily Symptom Screening No participation of players or coaches experiencing symptoms. Coaches and Admin wear masks at all times. Rigorously clean and disinfect training area 	<ul style="list-style-type: none"> Team meetings and gatherings preferred to be virtual or under local government approved amount. All individuals on site, continue to adhere to social distancing and wearing masks. 	<ul style="list-style-type: none"> No inter-squad competition Non-contact intra-squad scrimmage permitted. Daily Symptom Screening required 	<ul style="list-style-type: none"> Accident and Liability Insurance claims accepted
STAGE FOUR	OPEN PUBLIC FACILITIES LIMITED CONTACT	<ul style="list-style-type: none"> Pod Training under local government approved amount Scrum, ruck, and maul drills performed with masks. Daily Symptom Screening No participation of players or coaches experiencing symptoms. Coaches and Admin wear masks. Rigorously clean and disinfect training area 	<ul style="list-style-type: none"> Team meetings and gatherings preferred to be virtual or under local government approved amount. All individuals on site, continue to adhere to social distancing and wearing masks. 	<ul style="list-style-type: none"> Limited contact inter-squad friendlies or competition permitted. Limited contact intra-squad scrimmage permitted Sevens and Touch rugby suggested. Daily Symptom Screening required 	<ul style="list-style-type: none"> Accident and Liability Insurance claims accepted.
STAGE FIVE	FRIENDLIES & COMPETITION FULL CONTACT RUGBY	<ul style="list-style-type: none"> Continue Pod Training Scrum, ruck, and maul drills - masks preferred. Daily Symptom Screening No participation of players or coaches experiencing symptoms. Coaches and Admin wear masks. Rigorously clean and disinfect training area 	<ul style="list-style-type: none"> Team meetings and gatherings preferred to be virtual or under local government approved amount. All individuals on site, continue to adhere to social distancing and wearing masks. 	<ul style="list-style-type: none"> Full contact inter-squad friendlies or competition permitted. Full contact intra-squad scrimmage permitted Antigen or PCR testing suggested Daily Symptom Screening required Fan attendance permitted with permission from facility and spectator safety measures. 	<ul style="list-style-type: none"> Accident and Liability Insurance claims accepted.

Stage colors above are not related to similar color stages some local health departments have used in reference to COVID-19