

RUGBY FOOTBALL CLUB



Old Glory DC Player & Staff Guide

Return to Rugby following Covid-19 Lockdown

Social Contract



Introduction:

This policy is intended to highlight considerations for planning purposes of Old Glory DC during the Major League Rugby (MLR) 2021 season. Specifics may change and evolve based on emerging evidence, experience, and evolving public health standards as the season progresses.

Success of the MLR 2021 season is highly reliant on establishing a team culture that supports a social contract of isolation outside of the team and team related functions. The current restrictions placed on all businesses and activity will change over time and will vary throughout the US.

It is imperative that the following recommendations and guidelines are followed to ensure that Old Glory DC and its employees remain in line with national & local government Covid 19 policies and that they remain as safe as possible throughout the MLR 2021 Season.

The following return to rugby guide has been created to aid the safe return of Old Glory DC Players & Staff to training which will then allow them to be prepared for the return of to MLR 2021 competition.

This will remain a fluid document and should be updated as required to align itself with any change in national & local government policy.

For detailed guidance please refer to **Appendix A – MLR Covid-19 Recommendations and Policies** Document.

General Guidance:

- All players & staff (attending the training facility) will complete a Daily Symptom Check
- All players and staff will partake On Arrival Screening & Bi-weekly Covid-19 Testing
- All players who live together should travel together in the same group
- All players who live together should train together in the same group
- Teams should work with the minimum number of players to maximise player and staff safety
- Teams should work with the minimum number of players to minimise risk of losing multiple players in the event of one developing symptoms
- During group training there should be a mix of positions throughout the training phases to minimise risk of losing all players in one position

This document aims to provide further guidance on the following areas:

- Old Glory DC Social Agreement
- General Hygiene Guidelines
- World Rugby Covid-19 Online Module
- Player Accommodation
- Travel
- Daily Symptom Questionnaire
- Access to Team Training Facilities
- Training Environment
- Covid19 Testing
- Tier 1, 2 & 3 Players & Staff

Old Glory DC Social Agreement:

- All Old Glory Players & Staff will be made fully aware of the requirements and expectations for MLR 2021 season including but not limited to the day-to-day use of PPE, social distancing, hygiene, hand washing and limiting interactions outside of the team bubble.
- Old Glory DC will ensure that all necessary MLR paperwork is complete.
- Old Glory DC will also ensure that they receive from each player and staff member a signature stating that they have read and understood the contents of both this document and the MLR Covid-19 Recommendations and Policies Document.

General Hygiene Guidelines:

- Facemasks are compulsory for all staff and players in internal and external spaces.
- Handwashing hygiene should be practised regularly by all staff and players.
- Hand sanitising points will be available for use around the facilities.
- All personal training equipment for both gym and pitch must be brought by players.
 - Filled water bottles
 - Lifting shoes, straps & belts
 - Boots and all personal training kit
 - Towels
- Hand sanitiser should be used before, during and after all sessions.
- All equipment should be cleaned down at the end of each session.
- It will be the responsibility of players & staff to launder their own training kit on a daily basis.
- All training kit should be laundered at 60°C.
- Training kit or towels should not be shared under any circumstance.

World Rugby Covid-19 Online Module:

- All players and staff will complete the World Rugby online education modules for COVID-19.
- www.playerwelfare.worldrugby.org

Player Accommodation:

- 14 of Old Glory DC's players live local in their own private accommodation.
- 21 of Old Glory DC's players will be accommodated in The Trove Apartments in Arlington.
- They will live in a mixture of 1 bed, 2 bed and 3 bed apartments.
- Players will self isolate as required before travelling to the team accommodation.
- Players will be grouped to avoid impact on one position should there be any illness.
- Old Glory DC will arrange any positive players to self isolate as and when required.
- The Old Glory DC Operations Manager will manage this process with Support from Trove Management

Travel:

- When traveling, all players and staff must practice good hygiene and follow CDCs guidelines:
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- A double layer mask or paper mask must be worn in combination with a face shield or goggles while in the airport, on the flight and during transportation.
- Players and staff must remain in team bubble while staying at hotel and eating.
- No one outside of travel squad may be permitted in the Team Bubble

Daily Symptom Questionnaire:

- All Tier 1 individuals will need to complete the daily symptom questionnaire on Healthy Roster prior to leaving for the team's training facilities.
- This will be sent as an alert through your smart phone.
- The Team Athletic Trainer will set up Tier 1 staff in Healthy Roster.

Access to Team Training Environment:

- Over and above the daily symptom questionnaire The St James has state of the art temperature check equipment installed at reception. This will act as a further safeguard against players, staff or indeed anyone entering the training bubble with possible Covid-19 symptoms.
- Access limitations to the team facility will be put in place that will limit interaction between the Tiered groups.
- The St James has vast indoor and outdoor spaces with multiple open plan areas where training sessions, meetings, and any other planned operations can take place whilst complying safely with all Covid-19 protocols
- The Operations Manager will be **THE ONLY** point of contact for anyone requiring access to the teams training facility.

Training Environment:

- **Rugby**
 - Old Glory DC players & staff will use the indoor field at The St James in line with all local Covid-19 regulations
 - All performance staff and players partake in biweekly weekly PCR testing.
 - Full contact training will be delivered with appropriate kit & equipment.
- Covid Mitigations:
 - Hand sanitising station at tunnel entrance.
 - All performance staff to wear facemasks.
 - All kit and equipment cleaned after use.
- **Strength & Conditioning**
 - Old Glory DC players & staff will use the S&C Suite at The St James in line with all local Covid-19 regulations
 - The mitigations below should be strongly adhered to, allowing the space to be used as safely as possible.
- Covid Mitigations:
 - Minimum numbers of players using the S&C Gym at one time i.e. working in forwards / backs.
 - 3 players using one platform at any time.
 - Players to stay 1m+ apart while working in the area.
 - All kit to be sanitised before and after use.
 - Sanitising stations located within the S&C gym.
 - Face masks to be worn when not lifting and while spotting.
 - Staff to wear face masks at all times.
 - All doors / windows open where possible
- **Analysis**
 - Old Glory DC will require use of the Analysis equipment to prepare for the upcoming season.
 - Footage will be taken both from the pitch and the main stand of pitch sessions.
 - Use of mobile TVs to deliver training reviews will be conducted pitchside where possible.
 - Analysts will be required to undertake desk work within the Office Space
- Covid Mitigations
 - Social distancing of 2m+ when collecting footage.
 - Limited analysts accessing equipment.
 - Facemasks on at all times.
- **Kit & Equipment**
 - All kit and equipment should be washed down at the end of each training day and stored safely to reduce contact with other users / surfaces between training sessions.
 - Old Glory DC Performance Staff will be responsible for the preparation, control and cleaning for all kit.

- **Changing Rooms & Showers**
 - Players should access these spaces only to change pre or post session.
 - Face masks should be worn while in the changing rooms
 - No kit or equipment should be stored in the changing rooms – except boots
 - Players will not gather or meet in changing rooms
 - 2m distance must be observed when using the showers (or in private cubicle)
 - Changing rooms and showers will be cleaned daily by TSJ
- Covid Mitigations:
 - Social distancing encouraged
 - Face masks while in changing rooms
 - 2m distance between showers (or in private cubicle)
- **Team Meetings**
 - Meetings will be conducted under all Covid-19 regulations.
 - Meetings will be conducted pitchside where possible, or within smaller groups.
 - Meetings should only be conducted once the results of PCR testing are known (clear results), therefore reducing any risks.
- Covid Mitigations
 - Hand sanitiser at entry points
 - Face masks compulsory
 - Socially distanced at 2m where possible
 - Concise meetings – no longer than required
 - Smaller group meetings encouraged, rather than whole squad meetings
 - Meeting spaces to be set up in advance to discourage the use of furniture handling
- **Office Working**
 - Old Glory DC will require use of working offices for all performance staff and select operational staff.
 - The South Team Room at The St James will be available for use by staff
 - Staff should work from home where possible, and only remain onsite for necessary tasks / delivery of service.
- Covid Mitigations:
 - Facemasks encouraged within the offices
 - Hand sanitiser at each entry point
 - Avoid meeting in small meeting rooms, use technology where possible for meetings
 - Concise meetings where required.
 - Clear desk policy – wipe down before and after use.
- **Media Interviews**
 - Must be completed virtually, including on Matchdays
- **Cleaning**
 - The St James will be responsible for cleaning the facility. The standard of cleaning should comply with CDC recommendations

Covid19 Testing:

- COVID-19 PCR/molecular testing will be performed twice a week under the direction of the Team Medical Staff
- Overall, remember that it is not testing that keeps us safe. It is the day-to-day use of Personal Protective Equipment (PPE), distancing, hygiene and hand washing that will.

Tier 1, 2 & 3 Players & Staff:

- **Tier 1:** This includes players and essential staff whose job function requires direct access to players for more than 10 minutes at a time on a regular basis.
 - **Tier 1 individuals are required to have consistent COVID-19 testing.**
- **Tier 2:** This includes members of staff, vendors, and others who may need to be in close proximity to members of the Tier 1 Group on a temporary basis, may need to access restricted areas periodically and who may not be able to maintain social distancing from the Tier 1 Group (Example: A photographer coming in to take headshots).
 - **Tier 2 individuals are required to undergo COVID-19 testing 24 hours prior to interaction with anyone from the Tier 1 Group and self-isolate until that time.**
- **Tier 3:** This includes members of the team staff that have no interaction with players or Tier 1 staff.
 - **Tier 3 individuals do not require consistent COVID-19 testing.**