I. Overview
The Fond du Lac Rugby Inc (FDLRI) seeks authorization to return to play and use the Rugby Fields at the UWO campus in Fond du Lac. New guidelines have been created by USA Rugby, The Midwest Rugby Union, and the Wisconsin Rugby Union to address Return to Play and provide a strict and safe process. The return to play guideline will be mentioned in full text or by reference in this SOP. The full text of the Guideline is added in annex. In addition, we are complying with the 2020 WIAA RETURN TO WINTER SPORTS CONSIDERATIONS, also attached in annex.

II. Applicability:
The request is for the following three clubs that are under the FDLRI umbrella:

- Fond du Lac Wolfpac – Men’s club: Season from 04/01/2021 to 06/14/2021
- Fond du Lac Stoutmen – HS and Middle school club: Season from 04/01/2021 to 06/18/2021
- Fond du Lac Boomers – 1st to 8th grade club: Season from 06/07/2021 to 07/30/2021

III. Procedure: Moderate Alert Protections in Place
   a. Equivalent to Stage 4 Guidelines in annex 1 and Annex 5

From Midwest Rugby Union Guidelines in Annex 2:

Club Compliance Officer-
In order to be compete, each Club must designate a Compliance Officer prior to beginning any team training sessions or competition.

This Officer will report to the President or Compliance Officer of their Local Area Union (LAU)
The Club Compliance Officer is responsible for the following:
1) Ensure that each Club Coach and Administrator has completed the World Rugby COVID-19 Education Modules. Certificates of Completion must be sent to the LAU Compliance Officer. The modules can be found by visiting the following links:

   b) Administrators - https://playerwelfare.worldrugby.org/?documentid=module&module=38

2) Completing the following at every practice/ training session and sent to the LAU Compliance Officer at the end of each week:

   a) Completed World Rugby Symptom Checkers for each player who attended practice/ training, a game, or a scrimmage. The document can be found here: https://assets.usarugby.org/docs/medical/covid-19_symptom_checker_EN.pdf. Completion of the checker should be documented and retained.
   b) Each players’ temperature should be taken prior to the start of each practice/ training, game, or scrimmage. If the player’s temperature exceeds 99.6 F, they are not to be permitted to participate in any rugby or group activities. Player temperatures should be documented and retained. It is strongly recommended that a non-touch thermometer is used.
   c) Document and retain practice attendance.
   d) Ensure that all Personal Protective Equipment (PPE) is being used as per requirements.
   e) Document and retain the cleaning/ disinfecting of all equipment.

The compliance officers for FDLRI are:

   Fond du Lac Wolfpac – Billy Ferguson
   Fond du Lac Stoutmen – Sean Shaefer
   Fond du Lac Boomers – Benjamin Blanc

A. Face Covering Requirements

   We will comply to According to USA Return to play Guidelines Annex 1 and Midwest Guidelines Annex 2 requiring Players to:

   Ensure players have not shown recognized symptoms in last 14 days.
   Conduct World Rugby Symptom Checker
   No carpool travel to venue
   Prioritize extensive hygiene practices
   Change and shower at home
   Bring individual equipment
     Boots
     Jersey
     Water bottle
     Supplements
     PPE
B. Physical Distancing Parameters

See Wisconsin Guidelines in Annex 3 for details

Practices/Trainings

- Conduct drills in pods of up to 8 people (including coaches) with proper social distancing. A full pitch may have 3 pods spaced across length of field. You may pass the ball but may not kick it. Individual skills drills only, no contact drill.
- You may use rucking bags and tackling bags as long as you sanitize after EACH use. You may not use a scrum machine.
- No rucking, mauling, scrummaging, or line-outs. No team drills that have physical contact.
- Ask your local health department if you can play touch or flag if it is safer. If they approve, send the WRFU board a written statement saying so. If not approved, don't do it.
- No huddles of players before or after practice.
- Have players leave immediately after practice

C. Hygiene

USA RUGBY Guidelines:

Practice extensive hygiene protocol

- More frequent hand washing, regular disinfection of heavily used areas and surfaces and the use of gloves can reduce the risk of infection. In some situations, such as in the gym or during meetings, the use of face masks should be considered.
- At home you should also either sanitize or wash your hands for 20 seconds with soap (or use a hand sanitizer) when going to and from your home.
- Avoid touching high-contact surfaces such as door handles, public computer keyboards etc.
- Use hand sanitizers which should be available on entry and in all rooms at your facility or gathering area: FDLRI will install and maintain a hand sanitizer station near or storage shed.
- Avoid spitting
- Use your elbow or a tissue (always dispose of used issues) when coughing or sneezing
- Do not share water bottles or use team water bottles
- Do not use communal nutritional supplements
D. Disinfection

WI Rugby Union Guidelines in Annex 3

Have equipment sanitized before, after, and as needed during practice. Document/record sanitization

Equipment consists in:

- Rucking bags and tackling bags
- Balls, Cones
- Ladders, Hurdles
- Tags

• Have each player wash their hands with hand sanitizer before and anytime necessary during practice. FDLRI will install and maintain a hand sanitizer station near or storage shed.

E. County Health Department Review

While the Fond du Lac County Health Department does not officially approve these types of plans, it did review this plan and found that it is appropriate. The review email (dated 3/29/2021) stated that this plan takes into consideration the latest information and best mitigation strategies to prevent the spread of COVID at its events and beyond. The FDLCHD recommended that the club compliance officers monitor COVID activity in Fond du Lac county by referencing the Health Department’s website and respond appropriately to changing directives.

List of Annexes

Annex 1: USA Rugby Return to Play Guidelines
Annex 2: Midwest RFU Return to Play Guidelines
Annex 3: Wisconsin RFU Return to Play Guidelines
Annex 4: WIAA Winter Sport Guidelines
Annex 5: Return to Play Guidelines Infographic
Annex 6: Midwest RFU COVID-19 Waiver
Annex 7: Compliance Tracking Navigation Statement
Annex 8: Administrator Preparation Checklist

IV. Procedure Modifications: Very High Alert –
   a. See Stage 1 guidelines in Annex 1 and Annex 5

V. Procedure Modifications: High Alert –
   a. See Stage 2 guidelines in Annex 1 and Annex 5
VI. Procedure Modifications: Low Alert –
a. See Stage 5 Guidelines in Annex 5

VII. Revision History:
Created: 1/13/2021
Revised: 3/03/2021
Second revision 3/09/2021