



Rugby Ohio Coach Checklist COVID-19

- Review COVID-19 guidelines from CDC, NFHS, OHSAA, Ohio Department of Health (ODH) and USAR
 - Check for specific guidelines with your county health department
- Follow social distancing guidelines and activity participation numbers for the particular phase your team/club is in.
- Require temperature checks before activity. Designate who is responsible, coach or parent?
 - Temp over 99.6 must see a physician to return to activity and needs a physician note for clearance.
- Require symptom check before activity.
 - Coaches and players must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms, including cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell, must stay home.
- Coaches must record practice attendance along with temperature and symptom check responses.
- If there is a positive response for the temperature and/or symptom check, the individual must see physician to return to activity and provide cleared to play note from physician.
 - Notify rest of training group if a player has a positive temp and/or failed symptom check.
 - Notify Rugby Ohio of a positive temp and/or failed symptom check.
- Remind players to stay home if they feel sick or if they have been around someone who is sick.
- Educate players about covering coughs and sneezes with a tissue or their elbow.
- Discourage spitting.
- Be a role model. Wear a cloth face cover and encourage parents, fans, officials and sports staff to do the same during practices and scrimmages.
- Provide hand sanitizer with at least 60% alcohol to players before and after practice/scrimmage, or encourage them to wash their hands with soap and water.
- Clean and disinfect frequently touched surfaces at least daily or between uses.
- Clean and disinfect shared equipment before and after use.
- Each player needs to bring his/her own water bottle. No sharing of water bottles. No team water coolers or shared drinking stations.
- Properly acclimate the participants with the appropriate activities for their skill and fitness level. Beware of properly acclimating participants based on environmental conditions, for example acclimation to heat to prevent heat illness.
- Prepare for minor injuries and emergencies.
- Have an emergency action plan.**