



Rugby Oregon Covid-19 Guidance

as of April 22, 2021

All Counties

- Masks or other face covering are required including during practices and games – face shields are not permitted. In accordance with OHA guidelines, the face covering must **"fit snugly above the nose, below the mouth, and on the sides of the face."**
- Players hand sanitize before and after every practice and game
- No team water bottles
- Maintain a 6ft distance between individuals when not practicing or playing a game
- Handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations are prohibited
- A physical distancing monitor must be assigned to ensure compliance with physical distancing requirements
- Spectators must also maintain 6ft distance
- Limit inter-regional travel wherever possible

Extreme and High-risk Counties

- Record **registered participants** date and time using the Rugby Oregon Contact Tracing form or a similar method
- Record **visitors** contact information, date and time using the Rugby Oregon Contact Tracing form or a similar method
- Screen participants and visitors prior to start of the practice or game using the Rugby Oregon Contact Tracing form or a similar method
- If a player or visitor responds "yes" to any of the screening questions, ask them to return home and wait to return to the facility until all symptoms, including fever have been resolved for at least 24 hours without medication, or at least 14 days after contact with a person with a cough, fever, or diagnosed with COVID-19.

- Individuals and/or Teams that violate the guidelines will be subject to a disciplinary hearing that may result in suspension from participation for the remainder of the season.