

Chicago North Shore COVID Safety Plan & Information (updated 9/1/2020)

Chicago North Shore is a registered organization with the state of Illinois and insured. For union (15 as side) the organization is registered with USA Rugby and participates and pays dues to the Women's Premier League (WPL.) For 7s, the club participates in the Midwest qualifier series falling under USA Rugby. The organization is also registered with USA Rugby League and has a league side that competes in the season opposite of the union season.

As of 9/1/2020, the State of Illinois is in phase 4 which permits gatherings of up to 50 individuals with social distancing and masks required. Cook County is not permitting contact sport competition for the remainder of 2020. CNS follows all safety measures of the state of Illinois and Cook County since we are an organization based out of Chicago. Illinois phase 4 mirrors USA Rugby and World Rugby RTP guidelines for phase 4 which does not permit contact.

All CNS training sessions for the remainder of the year are no contact. See information below for pre training requirements and procedures taken to guarantee member safety.

Check in Procedure for all North Shore Practices:

1. Any player/coach/admin looking to return to play must first complete the World Rugby COVID-19 course located below and send their completion certificate to a compliance officer before signing up for practice. Once received, the certificates will be organized in the club's google drive folder for reference as well as shared with the LAU/TU.
 - a. <https://playerwelfare.worldrugby.org/covid-19-courses>
2. All players/coaches are expected to sign up for practice at the following google doc:
 - a. https://docs.google.com/spreadsheets/d/1OX5bdDhmUgnDerahWCqk_QjnnaOoc-NZVTPMjY1eryY/edit#gid=1431810861
3. Day of practice, players/coaches must fill out the following Health & Symptom Checker, the Compliance Officer tracks the response spreadsheet and no one is permitted to attend/participate in practice unless they have completed this form. If any answers stray from what is acceptable to attend practice, the player/coach in question will be contacted and asked not to attend and quarantine for 14 days as a precaution.
 - a. https://docs.google.com/forms/d/e/1FAIpQLSdy3qFCGNCHzpteeBXVI_HrkUrdPDA64_Ys_1Is-JhpEiBTxQ/viewform
4. Before participating at practice, the Compliance Officer will use a touchless thermometer to take the temperature of all in attendance, tracking pass/fail on the spreadsheet listed in 2a. If any participant's temperature exceeds 99.5 degrees F, they will be asked to leave the location and quarantine for 14 days. This will be logged in the sheet and reported to president@chicagorugby.org.
5. Player's are asked to provide their own PPE, masks are to be worn at all times and social distancing guidelines observed. CO will be responsible for upholding these guidelines during practice.
6. End of Practice -
 - a. All equipment is to be sanitized by the CO, including balls, cones, and pennies.
 - b. Small groups will be discouraged from congregating.

7. This will be updated based on what phase of return to play local government and World Rugby determine we are eligible to play at.

Backup plan in case our thermometer is non-functional: Spare AAA batteries are included in the bag of sanitization equipment and thermometer. If after changing the batteries the thermometer is still non-functional, training will be halted until a new thermometer is obtained. If a new thermometer is unavailable, practice will be called off.

Emergency Contacts: Upon joining club training sessions, each participant fills out the club emergency contact form. In the event someone needs to be contacted for an individual, certain club members and coach have access to the updated information and will be able to assist in emergency situations if needed.

Chicago North Shore Compliance Officer:

Jenalee Swain, ldmustcontain@gmail.com, 215-876-7084

When Jenalee is not available, the following club members will take over responsibilities:

Kathleen Stanley, 630-234-6933, kathleenmstanley@gmail.com

Bridget Kapinus, 815-791-5276, bkapinus428@gmail.com

The responsibilities of the compliance officer include:

1. Ongoing tracking and confirming that all COVID relevant paperwork is completed and organized.
2. Confirming all players/coaches attending practice have filled out our Health and Symptom Checker Form before joining each practice or club activity.
3. Taking the temperatures of players/coaches before practice and noting a pass, below 99.5, or a fail, 99.6 and above
4. Providing information to new/returning players/coaches on the steps to join practice and answering any questions that they may have.
5. Reminding players/coaches weekly on the steps to join practices.
6. Creating and logging practice sign-ups.
7. Centralizing all paperwork to be submitted in relation to practice and COVID guidelines.
8. Upholding World Rugby COVID-19 return to play guidelines at practices and any gatherings, including making sure all attending are following social distancing practices, mask wearing, sanitization of equipment, periodic hand sanitization, temperature, etc.
9. Sanitizing all equipment at the end practice and ascertaining all equipment remains in the possession of a Compliance Officer, Board Member, or Coach who is aware of all guidelines in relation to equipment.