



Rugby Canada COVID-19 Facility Safety Plan January 2021 Update

	Facility Access	Player and Staff Interactions	Total People in Building	Activities
Step 1	Weight Room	Individual in 10m ² Areas	<20	Weights
Step 2	Weight Room Therapy Clinic	Weight Room: Individual in 10m ² areas Therapy: Appointment based only with reduced therapist and player numbers (<6 people in clinic, 1:1 ratio of player to therapist) and 5 m of spacing between pairs of player and therapist.	<20	Weights Therapy
Step 3	Weight Room Therapy Clinic Field	Weight room: Individual in 10m ² areas Therapy: Appointment based only with reduced therapist and player numbers (<6 people in clinic, 1:1 ratio of player to therapist) and 5 m of spacing between pairs of player and therapist. Rugby: Non-contact rugby in groups of 12 players in 3250m ² outdoor area.	<20	Weights Therapy Small Group Rugby
Step 4	Weight Room Therapy Clinic Field Classroom	Weight room: Individuals or groups of two from household bubble in 10m ² Areas (24 total) Rugby: Limited-contact rugby staying in groups of players of 12 or less at most times but with the possibility of larger assemblies of 50 or less people (players or staff) in some instances. Therapy: Appointment based only with reduced therapist and player numbers (<8 people in clinic, 1:1 ratio of player to therapist) and 5 m of spacing between pairs of player and therapist. Classroom: 25 people in a 150 m ² room. 2m spacing between all desks	<50	Weights Therapy Small Group Limited-Contact Rugby Meetings

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Step 5	Weight Room	Weight room: Individual or groups of two from household/work bubbles in 10m ² Areas (24 total).	<50	Weights
	Therapy Clinic	Rugby: Limited-contact rugby staying in groups of players of 12 or less at most times but with the possibility of larger assemblies of 50 or less people (players or staff) in some instances.		Therapy
	Field	Therapy: Appointment based only with reduced therapist and player numbers (<8 people in clinic, 1:1 ratio of player to therapist) and 5 m of spacing between pairs of player and therapist.		Large Group Contact Rugby
	Classroom	Classroom: 25 people in a 150 m ² room. 2m spacing between all desks Therapy: Appointment based only with reduced therapist and player numbers (<6 people in clinic, 1:1 ratio of player to therapist) and 5 m of spacing between pairs of player and therapist.		Meetings
		Classroom: 25 people in a 150 m ² room		

Key Updates

- **All programs continue to operate at stage 5**
- **Programs and teams are permitted to move to live rugby sessions limiting contact where possible.**
- **Athletes in household/work bubbles can continue be paired in the weight room together.**
- **RC will not have set administrative work hours but up to 5 administrative staff can continue be in the building at any times after seeking permission from Dustin Hopkins.**
- **The maximal number of program players and staff in the building at any time is 42 and needs to be monitored by the team managers.**
- **Programs will have all day access to designated areas of the buildings on their designated days (Women –Sunday, Monday and Thursday; Men – Tuesday, Friday and Saturday) with the exception of Wednesdays in which they need to obey the buffer times period and not be present in the building or parking lot. (Groups must not gather in the parking lot at any time!)**

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- ***Masks will be a requirement for all players, staff and visitors in the building at all times including during weights sessions for players.***
- ***When on-field staff must wear masks at all times but athletes may remove masks for training activities.***
- ***Players must complete their daily COVID screening questions before showing up for training.***

Step 4 – Large Group Non-Contact Rugby, Strength Training, Therapy and Meetings

Progression to Step 4 will be determined when increased risk is deemed acceptable by increasing the size of groups at training sessions and an increased amount of interactions with common surface areas such as rugby balls, incidental contact within drills and sharing equipment in the weight room with a partner. Rugby training sessions may include large groups (no more than 50 at any gathering) but most training sessions should be continued as small groups to minimize risk of the virus spreading and disruptions from the isolation protocol.

Step 4 Risk Assessment

Areas of potential risk are common surface areas players and staff may touch entering the building such as doors handles, common surfaces touched during training such as rugby balls, barbells, weight plates and other equipment. New risks include players having training partners where they share equipment in the weight room. Ongoing risks include players or staff being in too close of proximity to each other during training and other areas of risk such as the change room. Areas of potential risk in the therapy clinic include areas of common surfaces as stated above, cross-over between treatments times, too many players and therapists in the clinic, not enough social distancing, and the use of medical equipment between players. Another area of risk includes non-musculoskeletal illnesses presenting to the clinic or for a physician's appointment. Risks involved with taping include congestion of too many players waiting for taping, cross-over between therapy and taping times, not enough social distancing while taping, and the use of taping supplies between players. Players sitting in a classroom presents a risk from sitting in a relatively large group in an indoor area for an extended period. Protocols to address these potential risks are listed below.

Facility Access

Facility access for players will be limited to the field, weight room, meeting room and therapy clinic only and only at their designated times. Change rooms (except for bathroom use), kitchen, front reception area and offices will all be off limits for players. An exception for shower access in the change room will

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be made for players requiring treatment after training. Performance staff will be limited to the field, weight room, meeting room, therapy clinic and office spaces.

Administrative staff should seek to minimize or eliminate time in the building when the players are present and seek permission from Dustin Hopkins on their hours of access. No more than 5 administrative staff are permitted to be at work at any time. Entrance into the building will be through the front door and staff will proceed to their work area with access to performance areas such as the clinic, weight room, classroom and change room prohibited. Players should continue to meet at the field or enter the weight room through the garage doors when possible and not to linger after training sessions.

Training Schedule

The teams will now move to a four training days per week schedule alternating between AM and PM times for accessing the building and alternating days for 6 of the 7 days of the week. Administrative staff, when permitted by Dustin Hopkins, may now access the building with the intention of avoiding high performance programs. Beginning and end of building access times for groups must be respected to limit people in the building and address potential risk of spreading COVID-19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Women's Program 8:00am – 5:00pm	Men's Program 7:00am -8:00pm	Women's Program 8:00am – 12:00pm	Women's Program 8:00am – 5:00pm	Men's Program 7:00am -8:00pm	Men's Program 7:00am -8:00pm	Women's Program 8:00am – 5:00pm
		Men's Program 2:00pm – 8:00pm				

Clinic Schedule

The clinic schedule will now fall on the same day as the team's training sessions but with the same protocols as the earlier steps. The end and start times on Wednesday will need to be respected to minimize risk of spread of COVID-19 by droplets left on surfaces. Schedules on other days are approximate and can be adjusted but need to be factored in with cleaning times etc.

Cleaning Schedule

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The weight room, clinic and meeting rooms will all be cleaned before training each day. Wednesday will be a training day for both programs and will be a shorter training day allowing for a 2hr buffer cleaning period.

Risk Management During Rugby Training

Rugby training will consist of full field training with potential for large group trainings (maximal number of staff and players is still 50) but most sessions will continue to be done in the small groups of 12 or less. The player in each group must remain consistent to minimize potential risk of COVID-19 spreading throughout the larger squad. The coaches and players will be limited contact drills including touch/grab, tackle progressions but not rucks, mauls, scrums and wrestling drills. The training groups will be limited to a set of rugby balls that will not be shared with any other groups (including within their squad), sprayed with a disinfectant prior to training and again after training.

Risk Management in the Weight Room

Players will continue to enter the weight room through the large garage doors at the front of the weight room and proceed directly to their training station consistent with how they did so in the earlier steps. Each player may now have a training partner that is in their household/work bubble but players should not be paired with players in their household and work bubbles.

If possible, players will be paired with people who live in their household bubble and players will need to consistently keep the same training partners. The protocols from earlier steps will be retained where players will be required to remain at their training station for the entirety of the training session. The training station must be sprayed down after the session consistent with the previous steps.

Risk Management in the Meeting Room

With the introduction of meetings on the 2nd floor classroom a new set of risks need to be managed. Transitioning between the weight room and the meeting room will be restricted to the back stairs at the rear of the weight room. Players will be prohibited from using the front stairs near the therapy clinic and doctor's office. The partition separating the two halves of the classroom will be removed and the desks in the meeting room will be spaced 2 m from other desks. This should allow for 25 people to fit in the meeting room, but the cap of the room will be limited to a 2 m desk spacing. The meeting room will no longer be available for administrative staff use. Meetings in the classroom should be limited to those that require the use of a TV. Team meetings that do not require a TV should be held outside if possible.

Change Room Access

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Change room access will still be limited to use of the washroom only except for players receiving treatment after training and needing to shower. Players will be required to promptly use the shower facilities and not to linger in the change room. Players will be required to keep a 2 m gap between their change room stall and the change room stall of any other player.

Risk Management for Administrative Staff and Staff Work at their Desks

Staff who are working at their desks in close proximity to others will be required to wear a mask to minimize risk. They will also be required to wear a mask while transiting through common areas in the building such as stairwells, hallways, entrances etc. Administrative staff will be limited to their work stations with the classroom, clinic, weight room, and kitchen off limits.

Step 5 – Large Group Contact Rugby Training, Strength Training, Therapy, Meetings and Change Room Access

Progression to Step 5 will be determined when the risk of large group full contact rugby is deemed to be acceptable. The schedule will remain the same as Step 4. Progression beyond Step 5 will happen when the risk of having multiple groups in the building at the same time is minimal and no longer a concern which would allow for a more traditional schedule.

Step 5 Risk Assessment

The largest new risk comes from the frequent long periods of proximity that will come with full contact rugby drills such as tackling, scrummaging, rucks etc. Continued areas of potential risk are common surface areas players and staff may touch entering the building such as doors handles, common surfaces touched during training such as rugby balls, barbells, weight plates and other equipment. New risks include players having training partners where they share equipment in the weight room. Ongoing risks include players or staff being in too close of proximity to each other during training and other areas of risk such as the change room. Areas of potential risk in the therapy clinic include areas of common surfaces as stated above, cross-over between treatments times, too many players and therapists in the clinic, not enough social distancing, and the use of medical equipment between players. Another area of risk includes non-musculoskeletal illnesses presenting to the clinic or for a physician's appointment. Risks involved with taping include congestion of too many players waiting for taping, cross-over between

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therapy and taping times, not enough social distancing while taping, and the use of taping supplies between players. Players sitting in a classroom presents a risk from sitting in a relatively large group in an indoor area for an extended period. Protocols to address these potential risks are listed below. A new risk will be the inclusion of administrative staff in the building.

Facility Access

Facility access for players will be limited to the field, weight room, meeting room therapy clinic and change rooms at their designated times. The kitchen, front reception area and offices will all be off limits for players. Player entrance into the building will now be through external change room doors. Staff will be limited to the field, weight room, meeting room, therapy clinic and office spaces. Administrative staff that are not required to be present during training sessions will now have designated office hours that will be outside the training hours for teams and will work in office areas that are separate to the performance areas.

Cleaning Schedule

The cleaning schedule will remain the same for Step 5 as Step 4.

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PREVIOUS STEPS

Step 1 – Strength Training Only

Step 1 will be restricted to strength training only and consistent with Work Safe BC's guideline for fitness facilities in accordance with British Columbia's restart plan.

Step 1 Risk Assessment

Areas of potential risk are common surfaces areas players and staff may touch entering the building such as doors handles, common surfaces during touched during training such as barbells, weight plates and other equipment. Other risks include players or staff being in too close of proximity to each other during training and other areas of risk such as the change room. Protocols to address these potential risks are listed below.

Step 1 Communication

This document will be shared with all players and staff accessing the facility prior to training resumption via email.

Player and Staff and Isolation for Those Arriving Outside of the Community

Any staff or players that will be arriving from outside of the province will need to spend 14 days isolated from the rest of their team prior to their participation in training activities in the training center.

Daily Pre-Screening of Individuals

Prior to arriving at Rugby Canada's training centre, athletes will submit their morning wellness via an athlete monitoring app that will have specific questions regarding illness with including questions regarding Covid-19 related symptoms. If an athlete indicates they are feeling unwell then the precautions in the Emergency Preparedness Plan will be followed. Athletes will travel to the training centre on their own or with the roommates and will be discouraged from carpooling.

Contingency Planning for Suspected and Confirmed Cases

The Emergency Preparedness Plan will be followed to if a symptom is flagged or a case of COVID-19 is suspected by a player, staff or a close contact of a player or staff. Prior to attending training, each player will use a monitoring app to answer questions regarding illness, including specific COVID-19 related symptoms. Should any symptoms be flagged, the player/staff will not proceed to the training centre but contact their lead therapist who will notify the Chief Medical Officer (CMO – Dr. Billy Longland) and the

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Medical Manager (Mallory White). The CMO will consult with the symptomatic person remotely and arrange for testing. Should the symptoms develop while a player is at the centre, an isolation room has been designated for this purpose until transportation to the players home can be determined for the player. All players and staff within the symptomatic person's small training group will isolate until test results are received. If testing is positive, the player/staff needs at least 10 days of complete rest, at least >7 days of symptom resolution, and to review with CMO (Telehealth or in person) before ANY return to exercise. Contact tracing will be initiated based on local guidelines and using documentation of training groups and therapy appointments. All other players/staff in this training group will continue to self-isolate until contact tracing and testing is complete and there has been consultation between the CMO and local public health authorities.

Staff Responsibilities and Restrictions

All staff in the weight room area during training will be required to maintain a 2 m distance from players and any other staff members present. Any non-essential staff will be required to stay at home during sessions. Staff that are present will be responsible for ensuring that players follow the rules on movement within the facility. They will also be responsible for moving any equipment that they need to bring to the athletes training station prior to the training session so that the players do not need to leave their training station. All training programs will be emailed players prior to the training session so there will be no physical copies that need to be exchanged. Staff will also be required to complete the World Rugby COVID-19 Return to Play Awareness Module for increased awareness regarding a safe return to training, play, and precautions outside of a rugby environment. Completion to be monitored by program managers.

Player Responsibilities

Players will be required to come changed and prepared to train and have packed all items they will need for training included a filled water bottle, shoes, training logbook, training program, supplements, chalk, tape etc. They will be required to stay at their training station for the entirety of their session unless they need to access the washroom in which case, they will follow the protocol for using it. Players will also be required to complete the World Rugby COVID-19 Return to Play Awareness Module for increased awareness regarding a safe return to training, play, and precautions outside of a rugby environment. Completion to be monitored by program managers.

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Facility Access

Facility access for players and staff will be limited to the weight room only and only to those directly involved in those sessions (players and S&C coaches) and at their designated times. Change rooms (except for bathroom use), therapy clinic, kitchen, classroom, front reception area and offices will all be off limits for players and staff. All other staff not directly connected to training on any given day will be asked to work from home.

Hygiene Practices Within the Facility

The below hygiene practices will always be followed by athletes and staff:

- Hand sanitization upon entry and exit into the facility through weight room garage door, side entry door into the clinic and any other entry point.
- When away from facility, either sanitize or wash hands whenever entering or exiting house AND before and after eating
- Hand washing signs with details and tips posted at every sink.
- Avoid touching high-contact surfaces such as door handles where possible by having doors propped open.
- No spitting.
- Use the crook of elbow or a tissue (always dispose of used tissues) when coughing or sneezing.
- Do not share water bottles; there will be no team water bottles provided. Players will be required to bring full bottles to session and cannot refill in the facility.
- No use of communal nutritional supplements. Players will be provided individual supplement containers to bring with them.
- Personal Protective Equipment (PPE) such as masks and gloves will be used in instances where 2 m+ distancing cannot be observed (therapy, work-stations etc.).

Weight Room Access Schedule

Weight room access for strength training sessions will be limited to no more than 12 players and two staff. Facility access will be limited to either the men's program or the women's program staff and players on alternating days with participating players split into assigned groups on their respective day. The players included in each group will be consistent and consideration will be given to include players who live in the same household bubble together. Players will be discouraged from car pooling with players outside of their household bubble.

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The schedule for Step 1 will be as follows:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Women's Program #1 9:30-11:30	Men's Program #1 9:00-11:00	Women's Program #1 9:30-11:30	Men's Program #1 9:00-11:00	Women's Program #1 9:30-11:30	Men's Program #1 9:00-11:00	
Weight Room Cleaning 11:30-12:30	Weight Room Cleaning 11:00-12:00	Weight Room Cleaning 11:30-12:30	Weight Room Cleaning 11:00-12:00	Weight Room Cleaning 11:30-12:30	Weight Room Cleaning 11:00-12:00	
Women's Program #2 1:00-3:00	Men's Program #2 12:30-2:30	Women's Program #2 1:00-3:00	Men's Program #2 12:30-2:30	Women's Program #2 1:00-3:00	Men's Program #2 12:30-2:30	
Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 2:30-3:30	Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 2:30-3:30	Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 2:30-3:30	
Staff Weight Room Access 4:00-6:00	Men's Program #3 4:00-6:00	Staff Weight Room Access 4:00-6:00	Men's Program #3 4:00-6:00	Staff Weight Room Access 4:00-6:00	Men's Program #3 4:00-6:00	
Weight Room Cleaning 6:00-7:00	Weight Room Cleaning 6:00-7:00	Weight Room Cleaning 6:00-7:00	Weight Room Cleaning 6:00-7:00	Weight Room Cleaning 6:00-7:00	Weight Room Cleaning 6:00-7:00	

Entering and Exiting the Facility

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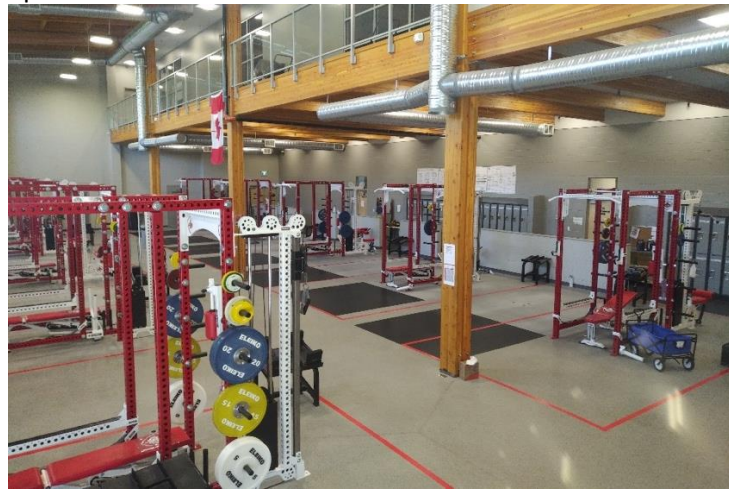


Players will arrive at their scheduled time and enter (as well as exiting) the facility for their strength training sessions through the open garage doors at the front of the building. This will be done for players to minimize contact with surfaces (door handles etc.) while entering and exiting the facility. Players will immediately proceed to their designated training space that will be communicated prior to arriving.



Risk Management During Training

Players will proceed to their designated training station in which they will remain at for the entirety of their session (12 total training stations). Each training station will have clearly marked boundaries taped on the floor with each rack 5m from the next nearest one and the borders between training areas not being closer than 2m. Each rack will include a squat rack, barbells, dumbbells, and other equipment. Any additional equipment needed for a player's training session will be brought out of storage prior to their session by the staff members leading the session. The two large garage doors at opposite ends of the weight room will both remain open during the training session to help with open air flow and the dispersion of any droplets.



Movement Restrictions Within the Building

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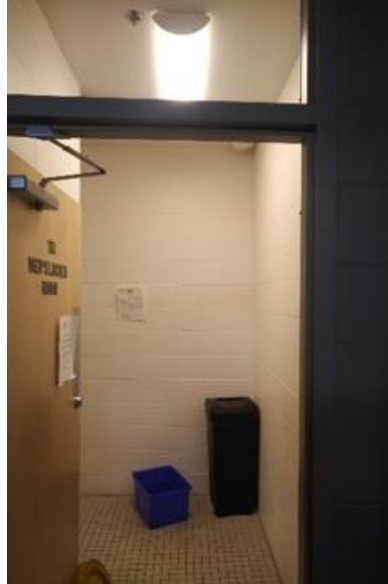




Player movement within the building will be strictly limited to the weight room except for washroom use. Access into the change rooms (other than for washroom access), access to the therapy clinic, access to the reception area and the 2nd floor will all be restricted.

If a player needs to use the washroom, they will proceed from their training station to the change room and enter through a propped open door. After using the washroom and washing their hands, players will be required to spray down the washroom area with an available bottle of disinfectant and disposable paper towel.

At the end of the session the players will promptly exit through the front garage doors again and leave the premises.



Post Training Cleaning

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At the end of each training session, players will be required to spray down *every* surface at their training station with spray bottle of disinfectant placed at each rack. It will be important that all plates on the rack be separated so that each surface on the weight plates can be sprayed. All surfaces including dumbbells, barbells, the rack, upholstery on machines and weight stacks at each rack must be sprayed down.



The players will not need to wipe down the disinfectant off the equipment and will leave it on the equipment so that there is adequate time for the disinfectant to kill any virus droplets on equipment.



Any garbage that the players need to throw away can be disposed in open time garbage cans spread out throughout the weight room.

At the end of each session, a cleaner will come into the weight room and disinfect the weight room prior to the next group coming into the training facility. This will include spraying any surface missed by the players and wiping down all surfaces at each training station.



Step 2 – Therapy and Strength Training Only

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Step 2 will be restricted to strength training and therapy only consistent with Work Safe BC's guideline for fitness facilities and health professionals in accordance with British Columbia's restart plan. All precautions and standard operating procedures from Step 1 will be implemented again with the addition that players may access the therapy clinic and receive treatment.

Step 2 Risk Assessment

Areas of potential risk are common surfaces areas players and staff may touch entering the building such as doors handles, common surfaces during touched during training such as barbells, weight plates and other equipment. Other risks include players or staff being in too close of proximity to each other during training and other areas of risk such as the change room. Areas of potential risk in the therapy clinic include areas of common surfaces as stated above, cross-over between treatments times, too many players and therapists in the clinic, not enough social distancing, and the use of medical equipment between players. Another area of risk includes non-musculoskeletal illnesses presenting to the clinic or for a physician's appointment. Protocols to address these potential risks are listed below.

Step 2 Communication

Prior to a change to Step 2 activities, this document will be shared with all players and staff accessing the facility prior to the change.

Facility Access

Facility access for players and staff will be limited to the weight room only and only to those directly involved in those sessions (players, therapists and S&C coaches) and at their designated times. Change rooms (except for bathroom use), kitchen, classroom, front reception area and offices will all be off limits for players and staff. All other staff not directly connected to training on any given day will be asked to work from home.

Entering and Exiting the Clinic

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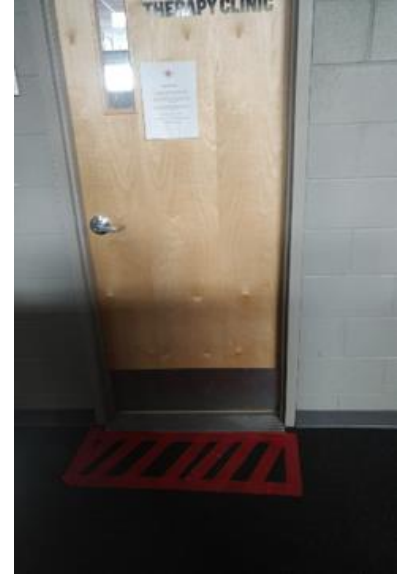
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Players will arrive at the facility just prior to their appointment and enter through the side door on the building and will exit through the same door. Players will be prohibited from entering the clinic through the door connecting it to the weight room. This will be done to eliminate any interaction between another program that is using the weight room at that time.



Clinic Schedule

Clinic access will be rotated between men’s program and women’s program on alternating days with no overlap in space between the program. Clinic access will be on the days opposite to weight room access. The therapy sessions will be based on an appointment-based schedule only with a ‘no drop-in’ policy. This type of schedule will also allow for detailed contact tracing should a staff or therapist test positive for COVID-19. There will be a minimum of a 20-minute slot between treatment sessions to allow for sanitizing of each therapist’s individual treatment station.

Monday, Wednesday, and Friday		Tuesday, Thursday, and Saturday		Sunday
Weight Room	Clinic	Weight Room	Clinic	Off
Women’s Program	Men’s Program	Men’s Program	Women’s Program	Off
Same schedule as Step 1	Schedule: 9:00 – 4:00 Cleaning: 4:00-5:00	Same schedule as Step 1	Schedule: 9:00-4:00 Cleaning: 4:00-5:00	

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Daily Pre-Screening of Individuals Prior to Treatment

Daily symptom pre-screening of individuals prior to treatment will also be conducted via the athlete monitoring app (Smartabase or The Sports Office). Screening questions will be conducted again upon arrival and prior to commencing therapy.

Staff and Player Responsibilities and Operations Within the Clinic

Therapists will be responsible to adhere to the below operation procedures and responsibilities to allow for risk reduction in the therapy clinic. The below *Player Clinic Guide* will be provided to every player for new guidance and procedures with regards to therapy. Each player will need to have completed a waiver form (sample below) prior to receiving therapy. Players and staff will also be required to complete the World Rugby COVID-19 Return to Play Awareness Module for increased awareness regarding a safe return to training, play, and precautions outside of a rugby environment. Once the therapy clinic opens, players will be provided with a guide to new therapy clinic policies and procedures to adhere to when receiving treatment.

Therapist Responsibilities

- Scheduling:
 - Therapists will provide appointment only based treatment for players
 - A weekly schedule will be made based on player needs, this will be updated on the shared schedule on TEAMS to allow all therapists to view the weekly plan and for contract tracing should the need arise
 - Therapy will be provided on days opposite to each program's gym training days, as stated above
 - A 20minutes minimum between therapy sessions will be allocated for additional cleaning
- Physician consults:
 - Appointment bookings with Dr. Longland will continue through MOA, Diana (1.250.217.0231)
 - In-person appointments are only for MSK consults; illness related consults to be done via telehealth
- Checklists and Education:
 - Player symptom screening conducted each morning via App – no symptoms flagged
 - Therapist symptom self-checklist conducted each morning – no symptoms flagged
 - Players and staff have completed World Rugby COVID-19 education module
 - Therapists are familiar with and adhere to professional colleges, World Rugby, and Ministry of Health guidelines

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- Staff PPE education completed prior to opening including washing hands prior to and after use of gloves and changing mask if soiled or wet.
- Player clinic procedures sent and read prior to receiving treatment.
- Supplies:
 - PPE (masks and gloves), hygiene and cleaning supplies available and stocked
- Clinic:
 - Only essential equipment in treatment room – all other equipment moved to storage
 - Increase cleaning and disinfectant procedures in place – see below
 - Signage in clinic – Handwashing, symptoms, illness education
 - Designated hand washing areas available in the clinic. Dedicated therapy washroom will be the washroom next to clinic.
 - 5m+ spacing between treatment tables
 - No more than 3 therapists and 3 players in the treatment room at any time.
 - No treatment of players in the treatment room outside their designated days.
 - Minimum of 20 min between end of one treatment and beginning of the next treatment.
 - No-drop ins from players are allowed.
- Therapists considerations:
 - Ensure work clothing and shoes are cleaned daily and separate from street clothing.
 - Ensure PPE guidelines are followed.

Clinic Setup Details:

- Only essential equipment in treatment room – all other equipment moved to storage including 3 extra tables, hydrocollator and heat packs, and all other non-essentials equipment
 - Normatec, Gameready and BFR usage will be reserved for essential use only
 - Disposable ice bags used whenever possible
 - Each player deemed essential will have their own base layer for each unit (ex. BFR sock, game ready sleeve.) These sleeves will be stored in individual bags at clinic in a designated area
- There will be 4 workstations only in the clinic with a spacing of between 5 m and 10 m between each treatment bed.
- Soft surface equipment will only be used when necessary (ex. linens) and will be replaced and washed between every player. Only plastic covered pillows to be used at this time. Paper towel will be used as a replacement to cloth towels when appropriate (ex. removing US gel)
- Each therapist will have a treatment area which will be thoroughly cleaned between each treatment by the therapist; players are to stay at their allocated treatment area
- The door between the gym and clinic will no longer be used. Therapists and players will be asked to enter the clinic through the side doors at their designated time

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- Therapists are to walk on the 'medical-office-side' of the hallway to avoid contact with physician patients when walking to Medical Office
- Only players receiving treatment during their allotted time will be allowed in the therapy clinic
- Clinic will be cleaned at the designated cleaning time at the end of the each working day by appointed cleaning staff.
- Therapists will continue to provide telehealth appointments on a case by case basis and will continue to be available for remote consults
- Non-in-person therapy work will be conducted from home and not from the ACC office. Ex. charting and RTP / rehab programming will continue to be conducted from home
- Medical staff meetings will continue remotely via TEAMS on a biweekly basis (more regularly as needed)

Pre-Therapy:

- If a player or therapists is feeling unwell or has any illness symptoms– they will not come for therapy
 - Pre-screening symptoms to be tracked via app (Smartabase or The Sports Office) for players prior to arriving at ACC
 - Follow *Emergency Preparedness Plan* if any symptoms flagged
 - Every player will be required to complete a waiver form prior to therapy as per therapist college and insurance guidelines and recommendations, therapist to ensure completion – see below
- Entrance by players to clinic through side door, as highlighted above– only at time of appointment (players will wait in car until scheduled time of appointment)
- Every player and staff will be required to wear PPE
 - Player and therapist will be required to wear a mask while in the facility including during treatment
 - Therapists will wear gloves throughout each treatment
 - Gloves will be replaced between each appointment (hand washing before and after)
 - Each player will be given a reusable mask once return to training begins. If a mask is not worn, entry to the clinic will not be permitted
 - Extra masks will be available for purchase at cost
- Prior to therapy, players will be required to ensure that hands are washed; sinks in the clinic will be available for this use
- Players are aware of the importance of being on-time – see player guide

During Therapy:

- Ensure mask is on – player and therapist

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- Adhere to hygiene measures such as coughing into elbow, hand hygiene, etc.
- Limit treatment to allocated time only to ensure enough time for treatment station cleaning between players
- Consider use of essential modalities only
 - Ensure any treatment modality ends are covered with sterile Tegaderm prior to use (ex. US heads and laser head)
 - Ensure proper sterilization of equipment between uses (ex. electrodes (only carbon electrodes), US heads)
- Use disposable paper towels as able (over washable hand towels)
- Ensure non-hands-on therapy is provided at a distance (i.e. education, exercise therapy etc. is provided at a 2m distance)

Post-Therapy:

- Dispose of used gloves and wash hands following each therapy session.
- Player is to exit through same entrance – i.e. do not exit through closed door between clinic and gym.
- Plan with player for next booking / treatment plan.
- Clean treatment area for next appointment.

End of Day:

- Ensure clinic is ready to be cleaned by cleaning staff for deep clean (counter surfaces clear etc.)
- Ensure laundry is washed & dried on sanitize cycle.
- Note any PPE stock that is running low and update medical team for new supply order
- Follow normal clinic closing routine (posted on wall)

Cleaning:

- Disinfect whole treatment area between treatments
- Enhanced cleaning services for whole ACC by contracted cleaners
- Laundry Services
 - All pillow cases will be washed on 'sanitize cycle' setting and will be completed daily by therapists treating on given day

Prior to the opening of the therapy clinic, all therapists will read through, familiarize themselves with, and sign-off on this document stating that they have read and understood the above guidelines and operation procedures.

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Player Therapy Responsibilities

How to sign-up for therapy:

To adhere to new guidelines and the prevention of the spread of COVID-19, the therapy clinic will be run on an appointment only basis. A schedule for treatment will be made on a weekly basis by each program's therapist. To book a therapy session, please contact your program therapist. Bookings will be made on days that alternate with gym training days. This allows adherence to new facility and medical clinic guidelines to lower the risk and limit the spread of COVID-19.

Clinic Setup:

- Each therapist will have a treatment area which will be thoroughly cleaned between each treatment; this means that each player must stay in this designated area and not move between beds.
- The door between the gym and clinic will no longer be used. Players will be asked to **enter the clinic through the side door** (near stairwell); this door will be unlocked during clinic hours.
- Only players receiving treatment during their allotted time will be allowed in the therapy clinic.
- Therapists will continue to provide telehealth appointments on a case by case basis and will continue to be available for remote consults.

Pre-Therapy:

- If you are feeling unwell or have any illness symptoms— do not come for treatment. **If you are sick, stay home** and follow the direction of the Chief Medical Officer (Dr.Longland).
- Every player will be required to complete a waiver form prior to their first therapy session as per therapist college and insurance guidelines and recommendations
- Every player and staff will be required to wear a face mask – each player will be given a reusable mask once return to training begins. If a mask is not worn, entry to the clinic will not be permitted.
- Prior to therapy, ensure that hands are washed. This will be done by therapists (who will also be wearing gloves) and by players. Having both parties wash their hands is proven to further limit the risk of virus transmission.
 - Handwashing will be done in the clinic prior to and following treatment.
- Please treat your appointment time as you would any other private appointment: **be on-time**. This simple rule will respect your teammates who are also receiving treatment and your therapist.
 - If early, wait in your car until appointment time, then enter through designated door
 - If you are late – therapists will need to cancel appointment (communicate with your therapist)
- Plan for appropriate clothing prior to your appointment- as the changerooms will be closed, ensure that you're wearing appropriate clothing that exposes the area of treatment. For example, wear shorts if you're having your knee treated.

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- Ensure Rugby Canada COVID19 Consent form and World Rugby COVID19 Modules are complete prior to appointment

During Therapy:

- Ensure mask is on.
- Adhere to hygiene measures such as coughing into elbow.
- Treatment times/bookings are based on each player's needs. Therefore, in order to avoid going over allotted times, please ensure you've updated your therapist on all areas of concern – i.e. Avoid bringing up a new area of concern during a session. Due to mandated cleaning procedures between sessions, treatment cannot extend past the allotted timeslot.

Post-Therapy:

- Wash hands following each therapy session.
- Exit through same entrance – i.e. do not exit through closed door between clinic and gym.
- Plan with therapist for next booking / treatment plan.

Step 3 – Small Group Rugby, Strength Training and Therapy

Progression into Step 3 will only happen once guidelines from the Province have outlined when sport may resume. All precautions and standard operating procedures from Step 2 will be implemented again with the addition that staff and players will have protocols in place to minimize risk during rugby training.

Step 3 Risk Assessment

Areas of potential risk are common surface areas players and staff may touch entering the building such as doors handles, common surfaces touched during training such as rugby balls, barbells, weight plates and other equipment. Other risks include players or staff being in too close of proximity to each other during training and other areas of risk such as the change room. Areas of potential risk in the therapy clinic include areas of common surfaces as stated above, cross-over between treatments times, too many players and therapists in the clinic, not enough social distancing, and the use of medical equipment between players. Another area of risk includes non-musculoskeletal illnesses presenting to the clinic or for a physician's appointment. Risks involved with taping include congestion of too many players waiting for taping, cross-over between therapy and taping times, not enough social distancing while taping, and the use of taping supplies between players. Protocols to address these potential risks are listed below.

Facility Access

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Facility access for players and staff will be limited to the field, weight room and therapy clinic only and only to those directly involved in those sessions (players, coaches, S&C coaches, and therapists) and at their designated times. Change rooms (except for bathroom use), kitchen, classroom, front reception area and offices will all be off limits for players and staff. All other performance and administrative staff not directly connected to training on any given day will be asked to work from home.

Training Schedule

The teams will continue the same sequence of rotating between men's program and women's program but will now have a field session preceding each weight room session. Clinic schedule will remain the same as Step 2.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Pre-practice taping (at field) 8:30-9:00	Pre-practice taping (at field) 8:30-9:00	Pre-practice taping (at field) 8:30-9:00	Pre-practice taping (at field) 8:30-9:00	Pre-practice taping (at field) 8:30-9:00	Pre-practice taping (at field) 8:30-9:00	

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Women's Program Field and Weights Session #1 9:00-11:30	Men's Program Field and Weights Session #1 9:00-11:00	Women's Program Field and Weights Session #1 9:30-11:30	Men's Program Field and Weights Session #1 9:00-11:00	Women's Program Field and Weights Session #1 9:30-11:30	Men's Program Field and Weights Session #1 9:00-11:30
Weight Room Cleaning 11:30-12:30	Weight Room Cleaning 11:00-12:00	Weight Room Cleaning 11:30-12:30	Weight Room Cleaning 11:00-12:00	Weight Room Cleaning 11:30-12:30	Weight Room Cleaning 11:00-12:00
Pre-practice taping (at field) 12:00-12:30	Pre-practice taping (at field) 12:00-12:30	Pre-practice taping (at field) 12:00-12:30	Pre-practice taping (at field) 12:00-12:30	Pre-practice taping (at field) 12:00-12:30	Pre-practice taping (at field) 12:00-12:30
Women's Program Field and Weights Session #2 12:30-3:00	Men's Program Field and Weights Session #2 12:30-3:00	Women's Program Field and Weights Session #2 12:30-3:00	Men's Program Field and Weights Session #2 12:30-3:00	Women's Program Field and Weights Session #2 12:30-3:00	Men's Program Field and Weights Session #2 12:30-3:00
Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 3:00-4:00	Weight Room Cleaning 3:00-4:00
Staff Weight Room Access 4:00-6:00	Pre-practice taping (at field) 3:30-4:00	Staff Weight Room Access 4:00-6:00	Pre-practice taping (at field) 3:30-4:00	Staff Weight Room Access 4:00-6:00	Pre-practice taping (at field) 3:30-4:00
Weight Room Cleaning 6:00-7:00	Men's Program #3 4:00-6:30	Weight Room Cleaning 6:00-7:00	Men's Program Field and Weights Session #3 4:00-6:30	Weight Room Cleaning 6:00-7:00	Men's Program #3 4:00-6:30
	Weight Room Cleaning 6:30-7:30		Weight Room Cleaning 6:30-7:30		Weight Room Cleaning 6:30-7:30

Risk Management During Pre-Training Taping

To mitigate the risks stated above with regards to pre-training taping, taping will be conducted at the field by the program therapist rather than in the therapy clinic. A portable table will be taken pitch-side and sanitized between players with disinfectant spray. Players requiring taping will be required to arrive at the field 30minutes prior to a session when the therapist will be available for taping. A one-player-at-a-time policy will be enforced and players will not be allowed to remove taping supplies from the kit for their own use. Distancing of 2m will be required as players wait for their taping time. Should a player

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decide to do their own taping regularly, they will be provided with their own supply of tape which will not be returned into group supplies. While taping, the therapists will sanitize hands between each player. Any soiled supplies will be discarded immediately. Taping table will be re-sanitized after taping session and prior to the next.

Risk Management During Rugby Training

Rugby training will consist of two groups of 6 or less players led by a coach in 35 m x 50 m area. The coaches and players will be limited to non-contact rugby drills passing the ball within their groups. Each group will be limited to a set of rugby balls that will not be shared with other groups, sprayed with a disinfectant prior to training and again after training. Coaches will be prohibited from running contact drills during this time and be limited to passing drills that always allow for safe spacing of players (2 m+).

Transition from Practice to Weight Room

At the end of the on-field training, players will transition from the field to the weight room entering through the large garage doors at the front of the weight room and proceed directly to their training station consistent with how they did so in the earlier steps.

Step 3 – Facility Schedule Between Aug.3rd and Aug.31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Women's Program 8:00am – 5:00pm *3 training groups	Men's Program 8:00am -7:00pm *4 training groups	Women's Program 8:00am – 5:00pm *3 training groups	Men's Program 8:00am -7:00pm *4 training groups	Women's Program 8:00am – 5:00pm *3 training groups	Men's Program 8:00am -7:00pm *4 training groups	

- The rest of protocols from Step 3 will apply as previously outlined.
- Change room access remains restricted with the exception that players requiring treatment may use the showers prior to treatment if needed.

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