



2021

Let's hit the pitch!





2021 General Info

Season:
Dates TBD.
Aiming for
12 sessions
total

Minor
Program:
Tuesdays
5:30 – 6:30 pm
and possible
Saturdays
9:00 – 10:00 am

Junior
Program:
Tuesdays
6:45 – 8:00 pm
and possible
Saturdays
10:15 – 11:30 am

Adult Flag
Program:
Thursdays
6:30 – 7:30
pm

Saturday mornings will be included if required to fit in up to 12 sessions from the start date.

There's a few things we need to share with you about the 2021 rugby season.



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01

Rugby Programs

Everyone plays flag rugby

Due to COVID-19 Restrictions, all groups will be playing flag rugby.

For our minor players, this is no change, but our junior players will be taught the game and continue to develop critical rugby skills while avoiding contact. Brief breaches of physical distancing are permitted to grab flags.

All programs are co-ed

As there is no contact for this season, all groups will be co-ed.

Groups will be determined by size limits according to our COVID-19 safety plan.

02 Registration

All players must register on the SportLomo site

As in previous years, all players will be required to register for the appropriate program on the Sportlomo site. Find the link on the OSRC website.

As well, all volunteers and coaches will be required to register as well. The registration lists will be used to create attendance lists for attendance tracking.

Registration Info:

Website: owensoundrugby.com

Fees:

Minor Rugby (U6 to U12): \$125

Junior Rugby (U14 to U18): \$125

Adult Flag Rugby (18 & over): \$140

Coaches: \$66.04 (reimbursed)

Volunteers: No charge

Payment processing fees levied by the registration system will be additional





03

Daily Attestation & Screening Process

Online Self-Screening

All players, volunteers and coaches will be required to complete a self-screening assessment (called Attestation) prior to attending EACH training session.

This self assessment must be completed online or the player / volunteer / coach will not be able to attend.

We ask that only ONE support person attend with each player.

Self-Screening Instructions

<https://www.rugbyontario.com/return-to-play/>

1. Log into Sportlomo account
2. Click "view" under schedule header
3. Click the chart icon for the session you are about to attend
4. Complete the first 6 questions of the survey (read carefully)
5. Complete the final 3 questions of the survey
6. Click "Complete"
7. Check the colour of the chart icon



04

Arrive-Train-Depart

Checking-in

- all attendees must complete the online screening prior to participating
- all attendees are required to check-in at the station assigned to their field each training
- unregistered attendees (parent /guardian) will be checked-in at the field

Sanitization Stations

- each field will have a sanitization station available
- all participants will be expected to sanitize

Stick to your field

- all participants must stick to their designated field throughout training

We need you! Volunteers will be essential to our program this year.
We will need a volunteer to complete check-in for each group.



OSRC Facility Site Map

Tuesday Nights / (Saturday Mornings)

Field 1:

- U6 5:30 pm / 9:00 am
- U12 6:45 pm / 10:15 am

Field 2:

- U8 5:30 pm / 9:00 am
- U14 6:45 pm / 10:15 am

Field 3:

- U10 5:30 pm / 9:00 am
- U16 & U18 6:45 pm / 10:15 am

Thursday Nights

Field 1:

- Adult Groups 1 & 2 6:30 pm

Field 2:

- Adult Groups 3 & 4 6:30 pm

**** Saturdays only if required due to delayed season start**



- Field Participants will not cross-over with other groups (staggered start times for groups will allow first group to exit before next group arrives)
- No groups will be required to share equipment
- Field Participants will check-in and sanitize before and after training at their field station (marked by ★)



05

Keeping groups safe

Cohorts

- Groups will remain the same for the entire season
- No more than 25 players per group and 100 participants total across the fields

Support Persons

- only 1 support person encouraged
- no siblings if possible
- mask required when within 2 meters of others outside household

Training Plans

Minor (U6 to U10): Small sided flag games and training throughout the season

Junior (U12 – U18): Small sided flag games and training throughout the season. Some strength & conditioning

Senior (Adult): Recreational flag program for adult members. Primarily games, same teams throughout the season, shared balls and flags.



06 Equipment Cleaning

Training tops & Belts

- Each player will be provided with their own training top and flag belt to use throughout the season.

Rugby Balls

- balls will be shared
- balls will be sanitized before training
- all balls will be collected by a designated volunteer at the end of training and sanitized

S&C Equipment

- any equipment used during training will be designated to the group and will be sanitized before and after

Personal Gear

- players will be required to bring their own water bottle and personal items
- each player will keep their personal belongings at a designated cone



07

Case of COVID-19 Associated with Club

Club Management

- Any detection of COVID-19 symptoms during training sessions will elicit an immediate emergency response. The affected individual will be isolated from the group and then asked to leave the facility and contact public health. Sanitization of participants and equipment will be completed immediately.
- Public Health is the leader in all outbreaks and case management. Determining who is at risk is a decision that only Public Health can make. Public Health performs all contact tracing and determines individual and community risk. This is true of all cases, whether in schools, workplaces or the community.
- The OSRC will work with Public Health by providing all attendance tracking documents from OSRC programs.
- If there is a case associated with the club, or an outbreak is declared, the OSRC will work with Public Health, Rugby Ontario and Rugby Canada to ensure appropriate communication is provided to all club members.



08

Recommended Training

World Rugby COVID-19 Return to Play Online Course

- This is a resource developed by World Rugby to help everyone in the rugby community during the COVID-19 pandemic and to guide a safe return to rugby activities.
- While this training is optional for members, we encourage all rugby families to review the course before the start of the season.
- All coaches and volunteers will be required to complete the course. It is free of charge and takes approximately 30 minutes to complete.
- Link to course: <https://passport.world.rugby/player-welfare/covid-19-return-to-play-awareness-for-coaches-players/>



QUESTIONS?

Contact us with any questions or concerns at
OSrugby18@gmail.com

Follow us on Facebook & Instagram  

Full info on our website:
www.owensoundrugby.com

As COVID-19 is an evolving element in our planning, we will continue to make changes as necessary to ensure the safety of our players, volunteers and community. We appreciate your patience and understanding as our volunteers do their best to provide an enjoyable rugby season!





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