



CALGARY SAINTS RUGBY CLUB

Established 1958

RETURN TO PLAY COACH & MANAGER INFORMATION

In addition to this document, all coaches are responsible for reading and adhering to the [RETURN TO PLAY PARTICIPANT INFORMATION](#). We also ask that you help us in reminding all Participants of the requirement to follow the Return to Play protocols.

Our coaches and managers are vital to delivering a successful non-contact program for our participants for the months of August and September. If you have any questions, please reach out to the club's COVID-19 Safety Coordinator or the Director of Rugby as appropriate.

All program delivery will be on Tuesdays and Thursdays per the Participant's package.

Mandatory for Coaches

All coaches must have completed the following courses prior to delivering any practices:

1. World Rugby 'Rugby Ready':
<https://www.rugbyready.worldrugby.org/>
 - Upload your completed certificate(s) here: <https://forms.gle/KGVcwKGDcKJ7uUp9>
2. World Rugby 'Concussion Management for the General Public':
<https://playerwelfare.worldrugby.org/?documentid=module&module=21>
3. World Rugby COVID-19 Return to Play Awareness:
<https://playerwelfare.worldrugby.org/covid-19-courses>

Coaching during COVID-19

KEEP IT RUGBY, KEEP THEM MOVING, KEEP IT FUN!

- Practices should be focused on mini-games and activities to keep athletes moving.
- Set a timer on your watch for 60 seconds such that any time you need to give instruction or feedback, it is limited to one-minute max!
- Steer clear of fitness or conditioning that does not look like rugby (i.e. mindless running). Reach out to the Director of Rugby or fellow coaches if you need help.
- All practices are CO-ED and NON-CONTACT and off-side lines should be at least 2m back to encourage physical distancing.
- Rugby Coach Weekly has some great examples of social distancing games:
<https://www.rugbycoachweekly.net/return-to-play/return-to-play-games-and-activities/>

Pre-practice Practice Checklist:

- Register as a Coach or Manager, as appropriate, via Sportlomo:
 - <https://reg.sportlomo.com/club/canada/albertarugby/calgaryrugby/saints>
- Complete your daily attestation **at least 2 hours** before EACH and EVERY practice.
 - www.saintsrugby.com → COVID-19 → Daily Attestation
 - Or <https://forms.gle/qpre3b4CmryxVAdv6>

At practice: GET IN, TRAIN, GET OUT

- We recommend all coaches and managers wear masks during sessions.
- All sessions are a maximum **60 minutes** long.
- Before practice, retrieve balls and cones as necessary from the storage container (Do not ask athletes to help)
- If any participant refuses to be in compliance with the Return to Play protocol, please request they leave the fields immediately. Request the help of a Saints Executive member is required.
- If any athlete is feeling unwell, send them to the 'Isolation Space' and inform the club's COVID-19 Safety Coordinator as soon as possible via text message.
- At the end of practice, encourage your athletes to leave the fields per the exit route.
- Cleaning of equipment:
 - o If you are returning equipment to the storage container, it must be sprayed down with a bleach/water solution, which will be provided by the club
 - o If you are keeping equipment with you, we encourage you to spray them down prior to loading in your vehicle.

Coaches and Team Manager Dues

All coaches and team managers must register via Sportlomo. The club will reimburse the head coach and one assistant per age grade, as well as two club Managers to help with managing COVID-19 Protocols. Reimbursement requests should be made to admin@saintsrugby.com and include proof of payment and an email address for an e-transfer.

Category	Rugby Canada	Rugby Alberta	Calgary Rugby Union	Calgary Saints	Total
Coach	\$35	\$10	\$0	\$0	\$45
Manager	\$25	\$10	\$0	\$0	\$35

All participants must be registered to participate in any club activities. Your registration is valid until Apr 30, 2021.

Key COVID-19 Contact – Save this information!

Calgary Saints COVID-19 Safety Coordinator:
Zak Scovoranski (403) 603-8110

Key Club Contacts:

Position	Name	Email
VP Admin	Mitch Rudy	admin@saintsrugby.com
VP Junior	Craig Jones	vpjuniors@saintsrugby.com
VP Men	Zak Scovoranski	vpmen@saintsrugby.com
VP Women	Danica Josefchak	vpwomen@saintsrugby.com
Director of Rugby	Mozac Samson	mozac_samson@hotmail.com