

Club Sports – COVID-19 Response Plan – University of Arkansas Women’s Rugby

Practices/Competition

- Our club falls under USA Rugby, which has strict COVID-19 regulations.
- As of right now, we will not have a competition season in the fall, but they are hoping to be up and running in the spring.
- Practices are restricted to non-contact and shared equipment should be limited.
 - Non-contact drill will include passing drills where social distancing can be maintained as well as various conditioning drills that allow distance between players.
 - If equipment is shared, it should be thoroughly sanitized before and after it is used.
 - During conditioning, social distancing should be observed.
- In the case that practice attendance exceeds 8 athletes a “pod” policy will be implemented.
 - This policy will consist of groups of no more than 5 people grouped together for drills based on position for each practice.
- For in-person practices, the president or vice-president (at least one should be at every practice) will take attendance and log it in a shared spreadsheet.

Recruiting/Retention

- Rugby is all about inclusion.
- We want everyone to feel like they have a place they belong no matter their background or athletic ability.
- To aid in members feel like they belong, we will have a GroupMe with all members so that they communicate with one another, and to send out announcements.
- We will also partner our veteran players with new members to help mentor and ease their transition into the sport.
- As officers, we will have regular meetings to discuss matters of the club via FaceTime or Zoom.
 - We will also plan socially distance events as a club to stay engaged.
 - We can also plan at-home workouts for those that do not feel comfortable coming to in-person practices.
- For recruitment, we will use social media as a way to reach out and gain new members.