

Calgary Saracens RFC

Coach, Manager and Administrator Return to Play Guide

The Calgary Saracens RFC have through partnership with Rugby Alberta, developed the below Return To Play Plan to allow delivery of rugby related activities.

The Calgary Saracens RFC Return To Play, follows all guidelines as recommended by Rugby Alberta, Rugby Canada and Alberta Health Services.

[Player/Member RTP Guide](#)

Coaches, managers and administrators are an integral part of delivering a safe rugby program to our members. This document will provide a brief on what the program will look like for the of the 2021 season.

Please take time to review the linked Return to Play document.'

Mandatory for Coaches Managers and Administrators

All coaches must have completed the following courses/requirements prior to delivering any practices. It is recommended that all Manager and Administrators also review and complete the following courses.

- World Rugby 'Rugby Ready':
<https://www.rugbyready.worldrugby.org/>
- World Rugby 'Concussion Management for the General Public':
<https://playerwelfare.worldrugby.org/?documentid=module&module=21>
- World Rugby COVID-19 Return to Play Awareness:
<https://playerwelfare.worldrugby.org/covid-19-courses>
- Rugby Alberta Respect in Sport
<https://www.rugbyalberta.com/news-detail/10053605/>
- Police Check

Once complete, please provide a copy of your certificates to your respective VP.

- Covid certificates can be emailed to president.saracens@gmail.com

Coaching during Practice

Practices are limited to 1hr and as such, all practices should be planned out in advance to ensure that active time is maximized. Please limit instruction or feedback to 30-60 seconds to ensure value for time.

Practices should be structured around min-games and engaging members. As a return to competitive rugby is not expected this year, the key is **FUN** and keeping members engaged.

All activities will need to abide by the Phase that we are currently in at the time of practice. If we are in Phase 2, you cannot run a touch session or any activity that results in physical contact.

Fitness and conditioning should be avoided unless it can be incorporated into the drill/game.

Pre-Practice

- Register as a coach/manager or board member as applicable, via Sportlomo
 - <https://rugbycanada.sportlomo.com/>
- Complete your daily attestation at least 2 hours before each and every practice;

Practice

- All coaches will be required to wear a mask during practice - Any exception requests must be made to the Covid Coordinator (Gary Dellow - president.saracens@gmail.com)
 - Masks will be provided by the club
- Practice will be a maximum of 60 minutes. You will be informed by the Covid Coordinator if you are running over.
- The Covid Coordinator will have your equipment container ready at the entrance point for collection. Please spray/wipe down equipment prior to use and the start of the session.
- If any participant refuses to be in compliance with the Return to Play protocol, please request they leave the fields immediately. If additional assistance is required or you do not feel comfortable, request assistance from the Covid Coordinator or designated member on site.
- If an athlete identifies that they are feeling unwell, direct them to the isolation space located behind the SeaCan and inform the Covid Coordinator as soon as possible, in person or via text 587-664-9722.
- At the end of practice, sanitize all equipment prior to returning to the storage bin. Place the bin by the SeaCan and the Covid Coordinator/delegated member will return to storage.
 - **No equipment is to be stored by the coach. No outside equipment is to be brought to a practice.**

Registration

All coaches must be registered via Sportlomo. There will be no exceptions. If you are not registered, you will not be allowed to coach.

As per previous years, head coaches, 1 assistant coach per age grade (cohort) and a team manager will be eligible for a coaching due refund.

. Please email vpadm.saracens@gmail.com to request a refund along with proof of payment.

Category	Rugby Canada	Rugby Alberta	CRU	Calgary Saracens	Total
Coach	\$66.04	\$10	\$0	N/A	\$76.04
Manager	\$45	\$10	\$0	N/A	\$55

Key Club Contacts

Calgary Saracens RFC Covid-19 Safety Coordinator - Gary Dellow

Role	Name	Email
President and Covid Coordinator	Gary Dellow	president.saracens@gmail.com ph-587-664-9722
VP Administration	Inaki Azpiazu	vpadm.saracens@gmail.com
VP Men	Mathew Whalley	vpmen.saracens@gmail.com
VP Women	Amber Jacober	vpwomen.saracens@gmail.com
VP Junior	Gary Dellow - Acting	vpjuniors.saracens@gmail.com

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