



Rules and Regulations for Asia Rugby Games and Tournaments During The COVID-19 Pandemic

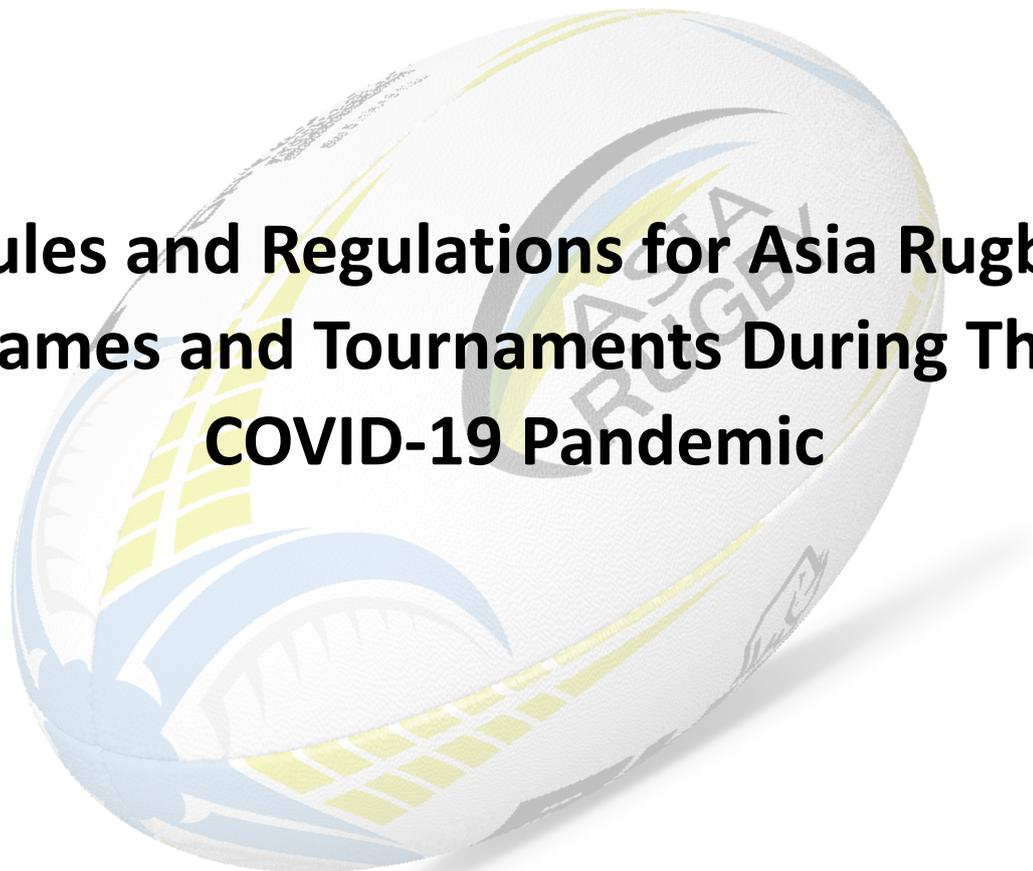


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Introduction

These guidelines are not intended to replace any public health guidance and/or restrictions issued by governmental authorities, but should be referred to in combination with such guidance from public health authorities. In case of conflicting recommendations, governmental authorities' laws, regulations and guidelines supersedes these Asia Rugby measures.

These measures must also be read in combination with the already existing Asia Rugby Tournament Manuals referring to each Competition.

These measures applies to all Official AR Matches or Tournaments. Friendly Test matches or cross borders activities are not regulated by this document; however participating Unions will need to document the agreed protocols and register it by email addressed to the AR Competitions Consultant (Ghaith.jalajel@asiarugby.com) and AR Player Welfare and Medical Committee (tournamentmedical@asiarugby.com).

Participating and Host Unions

1. COVID-19 Managers

- a. Host unions will designate a Tournament/Match COVID-19 Manager. This role will be in charge of contacting and liaising with the unions participating in the tournament/game. In the case of being a single game the Match COVID-19 Manager can also be the COVID-19 Manager for the host team.
- b. Visiting unions will designate a COVID-19 Manager who will be in charge of liaising with the Tournament/Match COVID-19 Manager.
- c. The COVID-19 Manager should have adequate knowledge of the local and regional protocols regarding all aspects of COVID-19. If he/she hasn't got a health care background, he/she will have to designate a healthcare professional with the necessary clinical knowledge of COVID-19.
- d. AR Player Welfare and Medical Committee to liaise with the Tournament/Match COVID-19 Manager and report to AR. The email address of contact is: tournamentmedical@asiarugby.com.

2. Tournament/Match COVID-19 Manager duties

- a. The Tournament/Match COVID-19 Manager will contact the visiting unions and will facilitate and confirm:
 - i. Asia Rugby COVID-19 protocols
 - ii. National COVID-19 regulations and protocols
 - iii. Tournament COVID-19 processes
- b. The Tournament/Match COVID-19 Manager will be the point of contact for any queries regarding COVID-19 protocols during the length of the tournament and his/her decision will be final. The Tournament/Match COVID-19 Manager will have access to the Asia Rugby Player Welfare and Medical Committee to discuss any issues.
- c. Be aware of available testing facilities in case of an emergency
- d. Be aware of appropriate referral systems to the different health systems, public or private.
- e. Have identified/arranged possible isolation rooms or facilities in case of an outbreak. This arrangement should be discussed with the visiting COVID-19 Manager.
- f. Submit a COVID-19 report to AR Medical and Player Welfare Committee at tournamentmedical@asiarugby.com

3. Visiting COVID-19 Managers

- a. They will acknowledge receipt of the information sent by the Tournament/Match COVID-19 Manager.
- b. Will disseminate the information and protocols amongst the members of the delegation.
- c. Will be responsible for the delivery of the standards and protocols.
- d. The COVID-19 Manager can be the Team Doctor accompanying the delegation.

Teams Involved in a Game or Tournament

1. Composition and size of the Team delegation for AR events with more than a single match day: Up to 25 players + 3 team officials (one of whom must be a World Rugby certified, medically trained team doctor or physiotherapist) for a total of up to 28 people All delegations should travel with this number of participants to reduce risks of

contamination. However, a larger technical staff is allowed when required by the Unions.

2. 2 weeks before the game/tournament the delegations, through their COVID-19 Manager, should submit a document detailing their pre-game/tournament isolation plan for the two weeks prior to the game/tournament.

This document should include a provisional list with all members of the delegation. The components of the delegation could change but they will need to provide a detail of their whereabouts the two weeks before the game/tournament. Please note that this plan is not a strict isolation plan but a plan that details all measures taken to minimize and reduce as much as possible unnecessary contact of team delegation members with external persons.

3. Testing Protocol: The Visiting team delegation members should be tested 3 days before travelling and the results should be emailed by the team's COVID-19 Manager to the Tournament/Match COVID-19 Manager.

No teams' delegation member should leave their country without a negative PCR in the last 72 hours.

The Host union team members should also be tested 3 days before the game, and the results should be emailed by the team COVID-19 Manager to the Tournament/Match COVID-19 Manager no later than 24 hours prior to KO.

Asia Rugby will not be responsible for the cost of testing. The cost of testing for any other will be borne by the Union.

4. Medical insurance: All teams' delegation members must be insured as per the Asia Rugby Tournament Manual.
5. On arrival to the Hotel, all COVID-19 Managers should meet to facilitate any issues and confirm the processes. This meeting could be done through a video conference or physically, also respecting social distancing measures and wearing face masks. The Match Commissioner will attend this meeting and COVID-19 protocol reporting will be part of his/her duties. COVID-19 Managers and the Match Commissioner should review the steps already taken and prepare and agree on the Match day measures.

Teams Delegation Travel Arrangements

1. All delegations should travel with the minimal number of participants as mentioned above.
2. Understand and work with local processes both at home and at the host nation. Travel with adequate levels of PPE (Personal Protected Equipment), sanitation equipment (hand sanitizer and wipes) and follow social distancing.
3. Make sure that the travel arrangements at home comply with the travel standards of Asia Rugby regarding buses etc.
4. Provide a proforma for each member signed and dated specifying that in the previous 7 days they have had no symptoms and not knowingly been in contact with a possible or confirmed case of COVID-19.
5. Hard copy of the results of the PCR testing for all members of the delegation.
6. Notify on arrival and immediately follow the measures indicated by local legislation if one of the members of the delegation should present any symptoms compatible with COVID-19.
7. Evidence of adequate medical insurance as per the Asia Rugby Tournament Manual.

Travel from and to the Airport, To Training Sessions and to the Game

1. Each team will have an allocated bus (it might vary on different days) that will be cleaned appropriately before and after use. The driver will follow local or AR recommendations to FFP equipment, hand sanitation and social distancing. The team/delegation will be responsible for the moving of all their luggage and equipment.
2. The team/delegation should travel together in one vehicle.
3. If necessary, the host union will provide an adequate vehicle for the team/delegation members carrying equipment early on the day of the game. The standards will be the same as the bus.

Accommodation

1. The hotels should comply with local COVID-19 regulations, the Tournament COVID-19 Manager must liaise with the Hotel and with the visiting team COVID-19 Manager to inform about the measures taken and the guidelines to follow.
2. The visiting team/delegation will have to comply with local regulations regarding quarantine and isolation.
3. The hotel should try to provide rooms in the same floor and away from members of the general public.
4. Meals will be delivered in a separate room to the general public.
5. The visiting team/delegations should maintain social interactions with members of the public or other Hotel guests to a minimum.

Food

1. Food will always be at the hotel. No Post Match Function.
2. The hotel will provide a separate room for meals, this room could be used at other times for meetings.
3. Teams delegations should not join members of the public for post-game celebrations at the hotel. Celebrations should be held within the designated meal rooms.

Training Sessions, Grounds and Captain's Runs

1. Team members should travel together using the bus facilitated by the host union. The team/delegation should follow local/AR guidance regarding PPE, hand sanitization and social distancing when outside the bus.
2. Information regarding the training ground should have been emailed to the visiting team delegation at least 2 weeks in advance. This information should include all the COVID-19 management processes.

3. The training venues will be closed to members of the public.
4. All equipment available at the training ground will have been deep cleaned.
5. The training ground will have a number of PPE equipment, hand sanitizers etc.
6. Changing room will be closed on training days. It is recommended that Members of the delegation attend the training sessions already prepared and take the shower at their hotel rooms.
7. Any equipment brought by the team delegation will be moved by the team delegation.
8. The facilities should have a one-way access system.
9. Team delegation members should wash their hands-on arrival and use hand sanitizer regularly during the training session.
10. Balls and equipment should be regularly sanitized during training sessions.
11. Once the session is finished the equipment and facilities will be cleaned again.
12. Ideally the gym facilities should be used in a staggered manner to avoid breaching social distancing.

Match Day

1. Team will travel in one bus each according to previous information.
2. Advanced parties can travel to the stadium following previous information.
3. The stadium will have full deep cleaning of the areas involved with players and officials.
4. All equipment will have been cleaned appropriately.
5. The stadium will have when possible a one-way flow system.

6. Players will be allowed to shower at the stadium.
7. Hand sanitizers will be available in all rooms.
8. Food can be delivered to changing rooms after the game.
9. Players will not be allowed to mix with members of the public.
10. Return to the hotel will be in the same bus.
11. Match day medical cover to be discussed in the pitch side section.

Match Officials

1. Asia Rugby staff
 - a. They will need to be tested three days before travelling and send the results to the Tournament COVID-19 Manager.
 - b. They should travel using the recognized universal precaution measures and wear face masks.
 - c. They should fill a self-certifying pro forma (needs to be designed but can be the same as the players and members of staff) confirming they haven't had any COVID-19 like symptoms, and that they have been in isolation for two weeks.
 - d. Travel arrangements will be as per the teams' delegations.
 - e. Accommodation arrangements will be as per Teams delegations.
 - f. Cost of the tests will be borne by Asia Rugby.
2. International Match officials
 - a. There should be a buddy system with a replacement identified in case one of them tested positive.
 - b. They (including the possible replacement) will need to be tested 3 days before travelling and send the results to AR prior to departure at tournamentmedical@asiarugby.com who will then liaise with the Tournament COVID-19 Manager.
 - c. They should travel using the recognized universal precaution measures.
 - d. They should fill a self-certifying pro forma confirming they haven't had any COVID-19 like symptoms, and that they have been in isolation for two weeks.
 - e. Travel arrangements will be as per the teams' delegations.

- f. Accommodation arrangements will be as per Teams delegations.
 - g. Match officials will not be allowed to mix with members of the public.
 - h. Cost of the Tests will be borne by Asia Rugby.
3. Host country officials
 - a. These include Team liaison officer, Match day Doctor, Assistant Commissioner, and Assistant Referees, Ball boys.
 - b. They should wear mandatory face masks and respect strict social distancing. In addition, for the ball boys, they must be tested 3 days before as for the AR Officials.
 - c. They should travel on their own vehicle, avoid public transport and not mixing households.
 - d. The cost of the masks and tests will be borne by the Host Union.
 4. Host Country volunteers
 - a. No need for testing
 - b. They will not be in contact with the players and therefore they could have a sign declaration of symptoms. They should have a coordinator who will work with the Tournament COVID-19 Manager in case of symptoms.
 5. Members of the public
 - a. No need for testing
 - b. The public attendance will be regulated by the local guidelines, nevertheless no contact between the members of the public and the players should be allowed.
 - c. Clear guidelines as to the flow and location of the different members of the public should be in place.
 - d. One-way systems should be preferable.
 6. Journalists
 - a. No need for testing
 - b. Mixed zone interviews. Clear distancing, 2 meters and the use of protective masks when interviewing. Outdoor mixed zones are recommended.
 - c. Players to wear masks.

COVID-19 Emergency/Crisis Management Group

- a. This group will be in charge of managing any situation regarding an outbreak of COVID-19 patients or complicated cases of COVID-19.

- b. In case of a crisis the Tournament/Match COVID-19 Manager will be the first point of contact together with the Match commissioner or the Tournament Director. The manager and the Match Commissioner or the Tournament Director will then decide if the emergency/crisis group needs to be involved.
- c. The COVID-19 emergency/crisis will include:
 - The COVID-19 game/tournament manager
 - Government representative, maybe medical
 - Asia Rugby Chief Executive Officer
 - Asia Rugby Competitions Consultant
 - Asia Rugby Medical and Player welfare Committee representative
- d. The COVID-19 manager for the host union should be aware of the plans for isolation rooms.
- e. This group if not on its totality should have a debriefing meeting every evening or as needed to discuss any issues happened during the day and prepare for the next day.

Pitchside Player Welfare

- a. Players should be reminded that they should refrain from spitting on the pitch.
- b. If they need to cough to cover the mouth with the inner part of the elbow.
- c. Medical and physiotherapist practitioners should be wearing a water-repellent top (this should be cleaned with appropriate wipes after any contact and changed if contaminated) gloves, Face masks and Eye protection. They should attend to their players first, but our recommendation is that if there are any risks of contagion, they should call in the ambulance personnel.
- d. Pre-game medical meeting must take place with the presence of the Match Commissioner, as mentioned in the Tournament Manual. However, the protocol will be strengthened with the use of a Pro forma that will include the following check points (Appendix 1):
 - Initial player management
 - Role of the ambulance personnel
 - Lay out of the medical rooms
 - Referring hospitals
 - Absolute need for a SAMPLE (Signs and symptoms, Allergies, Medication, Past medical history, Last meal, Events), history for each player including the latest COVID-19 testing result.
- e. Medical rooms should ideally have two different areas:

- Aerosol generating areas/ high risk of contagion:
 - i. This area should be clean
 - ii. All practitioners should be using level 3 protection, Face mask, water repellent gown, gloves and eye protection (**Appendix 14; Figure-1**)
 - iii. This area will be dealing with pathologies including airway management, bleeding into the nose or mouth with possibility of coughing.
 - iv. This area should be deep clean after every incident not just after the game
 - v. If such area is not available in some venues, the ambulance must be used as the aerosol generating area.

- Non aerosol generating area/medium risk of contagion:
 - i. This area should be clean
 - ii. All practitioners should be using a Face mask, plastic apron, gloves and Eye protection
 - iii. This area should be cleaned after every incident but not as deep as the aerosol generating area.

- Appropriate ways of putting on and taking off the PPE should be standardized not to spread the infection.
- f. Suturing should be performed in the non-aerosol generating area. Players should be wearing a surgical mask whilst being stitched.
- g. Cardiac arrest management will follow local guidelines. Our recommendation is not including the use of pocket masks and not support ventilation until appropriate airway support in the form of an LMA or ET tube had been placed. Ambulance personnel should take control of this situation as soon as possible. Cover the face of the casualty. Do not practice artificial breathing until somebody come with right airway support.

Guideline for Positive Tests Within a Delegation

Asia Rugby will apply the following protocol when positive cases are reported by the testing before a game:

- If one to three members of the delegation are reported positive, they will be considered as isolated cases. Individuals will be separated from the group and placed in Quarantine following the local rules. The delegation will travel and will be closely monitored. The Match can take place following the agreement given by COVID-19 Management Group.

- From four positive delegation members, this will be considered as a cluster and immediately reported to the COVID-19 Management Group. After thorough assessment from the Management Group, the Match should be postponed to a later date. However, in exceptional cases (false positive, asymptomatic cases...) the COVID-19 Management Group may decide otherwise.

Universal Precautions

a. Masks

- It is recommended to wear a surgical or basic mask at all times. There will be times when this is not possible, playing, refereeing, but except in those situations personnel could be challenged to use them. The basic single use masks should be available at hotels, training venues and the game.
- Members of staff in the technical area, assistants, water carriers, ball boys should wear the mask at all times.
- Asia Rugby will provide masks to its Officials and Staff.

b. Hand washing

- Washing your hands with sanitizer or soap is a very effective to keep cleaning any possible contact. Each person involved in the game should have enough provision to last him/her a day. Designated areas to wash your hands should be available at the training and game venues.

c. Hand rubber gloves

- The use of gloves is only recommended in situations of skin contact. Therefore, we do not recommend the use of gloves unless you are expected to make skin contact with another member of the wider team.

d. Social distancing

- Social distancing should be maintained at all times.

COVID-19 Infection prevention checklist for competitions

Host Union Medical Staff		Yes	No
1	Tournament match day medical staff have completed following the WR on-line educational modules:		
	• Immediate Care in Rugby (ICIR) l2/3 or PHICS		
	• Medical Protocols for Match Day Medical Staff		
	• Concussion Management for Doctors and Healthcare Professionals		
	• Mindset-A Mental Health Resource		
	• Keep Rugby Clean		
	• Keep Rugby Onside		
	• COVID-19-return to play awareness for Coach & players • COVID-19-return to play awareness for Administrators		
2	Medical staff must also have completed the following face-to-face course:		
	• ARC, ARC Division I, ARSS, etc.: L2/3 ICIR or PHICIS		
	• ARC Division II & III, ARST: L1 FAIR or ARFIS (L2/3 ICIR or PHICIS) • Age Grade tournaments: L1 FAIR or ARFIS (L2/3 ICIR or PHICIS)		
3	All AR match/tournament venues should have, as minimum, the following medical personnel:		
	• Tournament Medical Advisor (TMA)		
	• Infection Control Manager (ICM)		
	• Match Day Doctor (MDD)		
	• Immediate Care Lead (ICL)		
	• Immediate Care Team (ICT) • Host Medical Manager (HMM)		
Infection Control			
1	All host union administration staff have completed the WR online “COVID-19-return to play awareness for administrator”		
2	Administrator has completed COVID-19 risk assessment with WHO mass gathering risk assessment sheet. (recognize the risk)		
3	Ensure the following:		
	• Liaison with local health centre • Responsibilities and duties of Key personnel		

	<ul style="list-style-type: none"> • Verification of cleaning and disinfection 		
	<ul style="list-style-type: none"> • Good personal hygiene procedures 		
	<ul style="list-style-type: none"> • Local authority of infection control 		
	<ul style="list-style-type: none"> • Backing up hospital for infection 		
4	A system in place to follow up infections post-tournament.		
5	Isolation rooms are available in the venue.		
Equipment			
1	Basic Personal Protection Equipment (PPE)-Figure1: <ul style="list-style-type: none"> • Face Masks 		
	<ul style="list-style-type: none"> • Gloves 		
	<ul style="list-style-type: none"> • Face shield/Goggles 		
	<ul style="list-style-type: none"> • Water repellent gown 		
2	Equipment for spinal injury extrication: <ul style="list-style-type: none"> • Longboard and/or Scoop EXL (preferred) with all attachments, body straps and head blocks. Minimum fully equipped two boards shall be made available at all times. 		
	<ul style="list-style-type: none"> • Adjustable cervical collars. Minimum two sets shall be made available at all times. 		
3	Splint & immobilizer: <ul style="list-style-type: none"> • Splints for upper limb (including fingers), pelvic and lower limb injuries 		
4	Basic life support (BLS) including: <ul style="list-style-type: none"> • Airway (nasopharyngeal, oropharyngeal, I-gels) 		
	<ul style="list-style-type: none"> • Breathing (Oxygen, face mask, non-rebreather mask, bag-valve-mask) 		
	<ul style="list-style-type: none"> • Circulation (AED – automated external defibrillator) 		
5	Advanced life support (ALS): <ul style="list-style-type: none"> • Access to equipment and drugs to manage advanced cardiopulmonary support 		
	<ul style="list-style-type: none"> • IV lines and fluids 		
6	Medical equipment: <ul style="list-style-type: none"> • Pen torch 		
	<ul style="list-style-type: none"> • Blood pressure cuffs (automated type is preferred) 		
	<ul style="list-style-type: none"> • Glucometer (if possible) 		
	<ul style="list-style-type: none"> • Thermometer 		

	<ul style="list-style-type: none"> • Toilet and suturing equipment to treat basic laceration wound 		
7	Medical Forms: <ul style="list-style-type: none"> • Glasgow Coma Scale (GCS) record • AR Injury Audit Form • Asia Rugby SAMPLE FORM Part B • Snellen Chart (if possible) • Pocket Concussion Recognition Tool 5 		
8	Medications necessary to deal with a range of possible life-threatening situations: <ul style="list-style-type: none"> • Asthma (e.g., Ventolin, nebulizer) • Anaphylaxis (e.g., Adrenaline, EpiPen) • Seizure (e.g., rectal Diazepam) • Hypoglycemia (e.g., Glucose) • MSK pain (e.g., Pentrox or Entonox) 		
9	First aid bag with First aid kit which includes: <ul style="list-style-type: none"> • Emergency shears / scissors (blunt ended) • Gloves non-latex • Gauze swabs • Nasal pack • Towel • Elastic compression bandages (5cm, 7.5cm) • Assorted plasters • Elastic cohesive bandages (5cm, 7.5cm) • Sterile saline /eyewash • Bottled water for wound irrigation • Non-stick dressings e.g., Melolin • Triangular bandages • Adhesive tape • Ice pack – plastic bags and cling wrap for ice • Mirror • Sharp container • Clinical waste container 		
10	Ambulance		

Personal Protection Equipment (PPE)

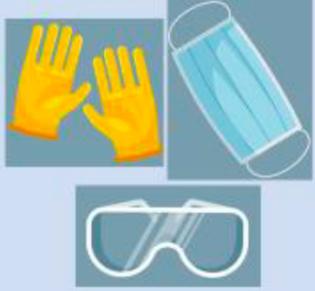
Level 1	Level 2	Level 3
		
<ul style="list-style-type: none"> • Non-sterile gloves • Face mask 	<ul style="list-style-type: none"> • Non-sterile gloves • Face mask • eye shield 	<ul style="list-style-type: none"> • Non-sterile gloves • Face mask • Eye shield / face shield • Protective apron/suit

Figure1. AR Personal Protection Equipment