

### Wheelchair Rugby Return to Train and Play – Checklist for Referees

This checklist is to be utilised in conjunction with any governmental, sports federation and personal protection measures implemented

	<b>Advice</b>
<b>Medical</b>	<ul style="list-style-type: none"> <li>• On arrival or before arrival at the training/playing facility you will be screened for any recent contact, risk factors or symptoms of illness on a daily basis during competition.</li> <li>• If you have a history of "COVID-19 like" illness or close/sustained contact with someone with similar symptoms or you have been in close/sustained contact with someone with confirmed or a suspected positive COVID-19 test, you should not enter the training/playing environment for at least 14 days after the last contact or 10 days post symptom resolution AND after medical clearance.</li> <li>• If you have respiratory symptoms or fever (&gt;38 deg C, &gt;100.4 deg F) you should NOT enter the facility or continue to train. You should stay home, isolate and contact your Head Official.</li> <li>• If you feel unwell or have any of the following symptoms – DO NOT try to enter the training/playing facility and report the matter to your Head Official <ul style="list-style-type: none"> <li>○ <b>Most common symptoms:</b> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Dry cough</li> <li>• Tiredness</li> </ul> </li> <li>○ <b>Less common symptoms:</b> <ul style="list-style-type: none"> <li>▪ aches and pains</li> <li>▪ sore throat</li> <li>▪ diarrhoea</li> <li>▪ conjunctivitis</li> <li>▪ headache</li> <li>▪ loss of taste or smell</li> <li>▪ a rash on skin, or discolouration of fingers or toes</li> </ul> </li> </ul> </li> </ul>
<b>General Preventive Actions</b>	<ul style="list-style-type: none"> <li>• Arrive changed, leave changed - "<b>Get In, Officiate, Get Out</b>".</li> <li>• Maintain the locally prescribed <b>Physical Distancing/Facial Covering</b></li> <li>• <b>Do not congregate</b> with others in car parks or public areas</li> <li>• Follow all <b>signage instructions</b></li> <li>• <b>Wash hands</b> regularly and use sanitising gels that are provided</li> <li>• <b>Do not shake hands or make physical contact with anyone</b></li> <li>• <b>No spitting or clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately.</b></li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• <b>Wear a mask and a visor/face shield/goggles</b></li> <li>• <b>Electronic whistles</b> are recommended</li> <li>• Carry a small hand sanitiser on the Field of Play</li> <li>• You <b>MUST</b> have your <b>own water bottle</b> and towels, etc. Water bottles should be filled at home (or a safe source). These <b>MUST NOT BE SHARED</b></li> <li>• If using traditional whistles, <b>No sharing of Whistles</b>, or any other equipment you may use. Multiple whistles may be needed to assure cleanliness.</li> </ul>



*International Wheelchair Rugby Federation*

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|  | <ul style="list-style-type: none"><li>• Ensure <b>balls are be wiped</b> or sprayed with disinfectant regularly.</li><li>• Try to manage the handling of the game ball with one hand and your whistle with the other if that is possible – do not touch your whistle after touching the ball with the same hand.</li></ul> |
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