

World Wheelchair Rugby

Checklist for Referees

WWR Checklist for Referees

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

| | Advice |
|-----------------------------------|---|
| Medical | <ul style="list-style-type: none"> 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. 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. If you have respiratory symptoms or fever (>38 deg C, >100.4 deg F) you should NOT enter the facility or continue to train. You should stay home, isolate and contact your Head Official. 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"> Most common symptoms: <ul style="list-style-type: none"> Fever Dry cough Tiredness Less common symptoms: <ul style="list-style-type: none"> aches and pains sore throat diarrhoea conjunctivitis headache loss of taste or smell a rash on skin, or discolouration of fingers or toes |
| General Preventive Actions | <ul style="list-style-type: none"> Arrive changed, leave changed - "Get In, Officiate, Get Out". Maintain the locally prescribed Physical Distancing/Facial Covering Do not congregate with others in car parks or public areas Follow all signage instructions Wash hands regularly and use sanitising gels that are provided Do not shake hands or make physical contact with anyone No spitting or clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately. |
| Equipment | <ul style="list-style-type: none"> Wear a mask and a visor/face shield/goggles Electronic whistles are recommended Carry a small hand sanitiser on the Field of Play You MUST have your own water bottle and towels, etc. Water bottles should be filled at home (or a safe source). These MUST NOT BE SHARED If using traditional whistles, No sharing of Whistles, or any other equipment you may use. Multiple whistles may be needed to assure cleanliness. Ensure balls are wiped or sprayed with disinfectant regularly. 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. |