

## Self-check sheet for new coronavirus infection prevention

To Coaches

In order to enjoy rugby more safely, please check the health condition by yourselves on the morning of the practice day.

Date			
Name		School year in charge	
Emergency contact	Phone	Email	

**◎ Practice participation is prohibited if any of the following items apply. (Including family and person living together)**

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| <input type="checkbox"/> Fever exceeding normal temperature<br><input type="checkbox"/> Dullness/suffocation<br><input type="checkbox"/> Abnormal olfaction or taste | <input type="checkbox"/> Cold symptoms such as cough and sore throat<br><input type="checkbox"/> Feeling heavy, easy to get tired<br><input type="checkbox"/> Contact with positive coronavirus infections during the last 14 days |
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### Infection preventive measures

①	Wear a mask from departing home to getting home	Submit this checklist before practice
②	Hand washing and disinfection before and after practice	Cooperate disinfect the training equipment and coach the students
③	Keeping a distance	Keeping 1-2m distance (changing clothes, gathering, warming up, cooling down, practice)
④	Do not shout at close distance	Do not spit saliva or sputum on the ground
⑤	Prohibition of handshake, high-five and hug	Do not give instructions to touch the students body
⑥	Training to be done in unit of 10 people or less	Follow certain steps to proceed to full practice
⑦	Avoid carpooling as much as possible	Avoid carpooling with anyone other than your family or person living together for the time being
⑧	No food or drink in the field	

- ◎ Please bring at least 1 liter of water.
- ◎ Please bring your own towel to wipe sweat.

We would like to ask for your cooperation in the prevention of the spread of new coronavirus infectious diseases and the safe resumption of school activities.

**Hyogo Rugby Football School**

Checked by school	
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