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3 October 2020

Dear Pirates' Community,

As you have probably heard by now, the club is planning a return to rugby training on the 14 October. In order to achieve this we are reaching out to every member of our community to ask them be alert for COVID-19 symptoms, and to always act with integrity should they suspect a member of their family could have the virus.

If anyone in our club, be that player, volunteer, coach or a family member, has COVID-19 symptoms, is suspected or has been diagnosed with the virus, it is vitally important that they do not come to training and isolate themselves in line with MoH directives¹. In order for all of our families to know and recognise the COVID-19 symptoms we have further information on the next page.

In our close contact sport there can be no reason for allowing a player or volunteer with COVID-19 symptoms to come to training. You would be putting our Pirates family at risk.

So, in our response to the new safety measures **we ask of you two things:**

1. Do not allow those with COVID symptoms (or who appear generally unwell) to come to training or meet with others. If you have any doubts at all have the moral conviction to stay at home.
2. Parents / Guardians are to inform the club privately via their team manager if one of their family becomes ill with COVID symptoms.

We kindly request you follow these two steps in our response to the disease and in **keeping each other safe**. You will be asked to sign that you have read this letter and understand your responsibility at registration on the first day of training.

Finally, this is an opportune moment to remind you to check that your insurance is adequate to cover contact sport, like rugby, and for a COVID-19 related incident.

Thank you for your understanding,

Ali

A J Nurse
Head Coach

¹ Resources for Oman's MOH CoVID-19 response can be found here: <https://www.moh.gov.om/en/-56>



THE SYMPTOMS AND FURTHER INFORMATION ON COVID-19



What is the virus?

The virus causing the disease now widely known as COVID-19 is SARS CoV-2 - Severe Acute Respiratory Syndrome Corona Virus 2. SARS CoV-2 is a potentially deadly virus, which has spread across the world since first being identified in Wuhan, China on 31 Dec 2019.

The illness caused by this virus is CoVID-19 -**Corona Virus Infectious Disease 2019**. CoVID-19 is a highly contagious, potentially fatal virus that is transmitted through droplet spread either directly or by contamination of surfaces. CoVID-19 is a systemic illness that effects most major organs but primarily the lungs. The systemic illness can be due to direct infection of the organs by the virus or because of the “cytokine storm”, an auto immune response of the body to this virus.

What do I look out for?

The main symptoms involve:

- Fever
- Cough
- Sore Throat
- Runny nose
- Diarrhoea
- Tiredness
- Muscle pain
- Loss of taste and/or smell
- Shortness of breath

So what? Why is our Club adopting these measures?

Current mortality rates (death rates) of CoVID-19 vary. The generally accepted mortality rate is approximately 1-2% of infected individuals, and approximately 20% of infected people will require medical support in hospital. The mortality rate is significantly affected by age and the presence of other risk factors – mainly Cardiovascular Disease, Hypertension, Obesity and Diabetes Mellitus. Younger, healthier people appear to be less likely to develop severe symptoms based on current knowledge. Anyone, however, can spread the disease infecting those they love, their friends, colleagues, and **teammates**.

What is going on in Oman?

Like many Governments, the Omani authorities has instigated social distancing requirements, restrictions on public gatherings, quarantine measures and limited travel to and from other countries to slow the spread of the disease and to enable health care systems to cope with the potential increased demands associated with managing the disease. Our Club has a responsibility to support these efforts. Guidance has been prepared to help rugby players, coaches, support staff, and administrators to train safely during this crisis; and when restrictions are reduced, to guide a safe return to activity in a compliant and safe manner.