

Shelton Youth Lacrosse COVID-19 Safety Guidelines 2021

Shelton Youth Lacrosse is using guidelines from the Centers of Disease Control (CDC) and the State of Connecticut Department of Health (DPH). These guidelines limit the potential for exposure to COVID 19 but are not guaranteed to prevent its transmission. Participating in Lacrosse is at an individual's own risk. Please observe the following guidelines as they are non-negotiable for the entire 2021 Lacrosse season.

Guidelines for arrival at practices:

- Players and coaches will be expected to complete a self-health screening prior to coming to practice and/or games. *see attached
- Coaches will be keeping a record of attendance at each practice/game in case contact tracing is necessary throughout the season.
- Masks will be required by coaches and volunteers on the premises at all times. Players will be required to wear masks until activity begins and when activity ends. Masks will be kept together with water bottles. Any parents in the parking lot, out of a car should be wearing masks as well.
- ONLY COACHES AND APPROVED VOLUNTEERS ARE ALLOWED BEYOND THE GATES AND ON THE FIELDS, NO EXCEPTIONS.

Guidelines for practices:

- All water containers must be clearly labeled with names. Masks will be stored with water containers and should also be clearly labeled.
- Participants must limit items brought to the field to necessary equipment only. Coaches will not be permitted to hold personal items for participants. Each team's coaching staff will be responsible for assigning areas for personal belongings with appropriate distance. Personal equipment sharing, i.e. gloves, pads, cleats, or sharing other wearable items is prohibited.
- Coaches will wear masks while on the fields with the participants.
- Participants will remain 6' apart between any drills or live competitions. This includes sidelines during games. Coaches are responsible for keeping participants including assistant coaches compliant. High fives, hugs, and tight huddles are prohibited.
- Hand Sanitizer will be required frequently, including when arriving for practice. All shared equipment should be used on a limited basis and sanitized frequently between uses.

Guidelines for games:

- There will be no set limit to the amount of spectators allowed at each game. We are asking that families use sound judgement in the amount of people they bring with them to games. Please practice social distancing, wear a mask, and do NOT congregate along the fence. Spectators may NOT stand behind the player's bench area.
- Players should remain 6' apart on the sidelines during the games when not in the game. Non-essential contact, handshakes, and hugging will be prohibited.

- Coaches will wear masks on the sidelines with the players.
- When the game ends, please exit the field in an orderly fashion and do not hang around at the field. All teams must vacate before the next game begins to avoid larger crowds. Coaches, please direct your team's exit in an orderly fashion.

Guidelines for participant, coach, or volunteer exhibiting symptoms or with exposure to Covid 19:

- All players, coaches, and volunteers should **stay home** if they have tested positive for COVID-19, are awaiting test results, are showing COVID-19 symptoms, or if they have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.
- Symptoms of COVID 19 include:
 - Fever or chills
 - Cough
 - Fatigue
 - Shortness of Breath or difficulty breathing
 - Muscle or body aches
 - Headache
 - Sore Throat
 - Loss of Taste or Smell
 - Diarrhea
 - Nausea or vomiting
 - Congestion or runny nose
- Symptomatic participants or coaches who are **NOT TESTED** for COVID 19 may not participate and can only return to the team when all 3 of the following criteria are met:
 - 10 days have passed since the onset of symptoms **and**
 - 24 hours have passed with no fever (without fever reducing medication) **and**
 - Any other symptoms have improved.
- *A player can return if he/she obtains a note from a healthcare provider with a specific, confirmed alternate diagnosis.*
- Symptomatic participant or coaches who are **TESTED** for COVID 19 can return to the team when all 3 of the following criteria are met:
 - 24 hours have passed with no fever (without fever reducing medication) **and**
 - Other symptoms have improved **and**
 - A **negative** PCR or antigen COVID 19 test has been sent to the SYL Coach/Board
- Participant or coach tests **POSITIVE for COVID 19** can return to the team when either of the 2 criteria are met:
 - 10 days have passed since the onset of symptoms or the positive test result **and**
 - At least 24 hours have passed with no fever (without fever reducing medication) **and**
 - Other symptoms have improved
- Anyone who is exposed for more than 15 minutes, closer than 6', to a confirmed or presumptive case of Covid 19 should be quarantined for 14 days.

- It is **CRUCIAL** that if your child is exhibiting symptoms or you are a volunteer exhibiting symptoms that you do not come to any event. Please communicate the illness in the most forthright manner to prevent exposure and spreading illness.