

## **Hopkinton Girls Youth Lacrosse Covid-19 Safety Plan**

The purpose of this plan is to outline the Hopkinton Girls Youth Lacrosse program's COVID-19 safety policy as a prerequisite for resuming play in 2020. The health and safety of our community is the first and foremost priority of HGYL. This plan will describe the procedures and policy that will be implemented to promote the health and safety of all participants.

To date the recommended practices as defined by state and local authorities have been somewhat fluid. HGYL will routinely monitor for changes and communicate with local authorities. As the State of Massachusetts, the Town of Hopkinton, and US Lacrosse updates their guidance and/or additional information becomes available this plan may be updated. Relaxing of any of these policies will in all cases be reviewed with local authorities before being implemented.

### **Phase III – Summer League In-Town Scrimmages**

As standards are updated in anticipation of the start of Phase III (No earlier than June 29, 2020) this plan will be revised and reviewed with local authorities so that any changes to safety standards are captured in this document.

### **Requirements for Participation**

As a requirement to participate in league activities all on-field participants and spectators must meet the minimum criteria:

- Show no signs or symptoms of COVID-19 for 14 days as defined by the CDC <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Have not had a fever for the past 14 days. The Hopkinton Board of Health has defined a fever as a temperature over 99.5 degrees
- Have not had "close contact" with an individual diagnosed with COVID-19 or exhibiting flu-like symptoms in the past 48 hours.
- Have not been asked to self-isolate or quarantine by their doctor or a local public health official.

If any of the above criteria cannot be met the individual will be removed from on field participation until that person has been cleared by a medical professional. Written documentation will need to be provided to the HGYL board prior to being allowed to resume participation. Additionally, if any on field participant willingly or unwillingly cannot follow the guidelines described in this document then that individual will be removed from play.

Participants or spectators in high risk categories should not participate in or attend HGYL activities. A list of high risk categories can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

In the event an on-field participant is determined to have contracted or has a presumptive positive case of COVID-19 this information is to be reported to HGYL board members

immediately officials. In turn HGYL will report this information to the local authorities. Any team gear or playing fields contacted by this person are to be cleaned and sanitized immediately.

### **Self-Certification**

HGYL is asking that all participants, and legal guardians of players self-certify that the above criteria is met for every individual **before** participating in summer programming. Educating all participants and legal guardians to the requirements of the self-certification will be communicated through an acknowledgement form (google doc).

### **Social Distancing Practices**

A key component to COVID-19 safety is the social distancing policy. In addition to promoting the 6-foot rule HGYL will also communicate the following to all participants and families:

- Families are to limit the number of spectators at games to 1 household member
- Families will be instructed to not congregate before or after games.
- Players and spectators will remain in their cars until it is time to take the field
- Spacing of game time to limit overlap
- No personal contact celebrations such as handshakes or high fives

### **Food and Drink**

HGYL will implement a no food policy.

HGYL will require that all drinks be in multi-use containers labeled with the participants name.

### **Equipment**

HGYL will not allow for the sharing of personal equipment (sticks, goggles, mouthguards).

Only goalies who have their own equipment will be permitted to play goalie. Otherwise, a shot-blocker will be utilized.

### **Personal Protection**

Face coverings should otherwise be worn by coaches, volunteers and spectators throughout the duration of the activity.

Players will be allowed to remove face coverings during play. However, participants will not be discouraged from wearing a face covering at any time if they choose to do so.

### **Enforcement**

Hopkinton Girls Youth Lacrosse will first and foremost rely on the parents to ensure that they and their players are following league policy. Through education and the acknowledgement form all families will have the HGYL policies communicated to them in multiple ways. This acknowledgement form is included as an attachment to this document.

### **Inclement Weather Policy**

The HGYL inclement weather policy will be adjusted for the 2020 season. In the event of inclement weather the preferred course of action will be to have players return to their individual vehicles until it is safe to resume play. In the event that any player does not have that option then under the Fruit Street pavilion will be used as the safe location for those player(s) only and should be wearing masks.

## Parents and Spectators

- ❖ Be understanding that the policies and procedures that are put in place are being done so with the intention of keeping our HGYL families safe. HGYL needs everyone's commitment to follow these rules if we are going to hold a 2020 season.
- ❖ For games spectators are to be limited to **one household member** per family. If this cannot be met drop-and-go or wait in vehicle is to be followed.
- ❖ Spectators are required to follow social distancing guidelines and face coverings are **required** at all fields.
- ❖ It is recommended that all players drive to and from practices and games in their own vehicles whenever possible.
- ❖ Spectators must bring their own portable seating.
- ❖ Remain in your vehicles whenever possible. If you arrive at the fields early please stay in your vehicle until the appropriate times.
- ❖ At the conclusion of games or practices please do not loiter or congregate. Return to your vehicles as quickly as possible.
- ❖ Balls that leave the field of play are to be retrieved by players and coaches only.
- ❖ Talk to your players about the importance of not sharing water bottles, equipment, clothing etc.
- ❖ Clean and sanitize personal gear as often as possible especially goggles and mouthguards.

## Players

- ❖ Food or snacks are not allowed on the field. Multi use water bottles are recommended and must be labeled with the participants name.
- ❖ Be sure that all personal equipment and clothing is clearly labeled with your name.
- ❖ Use hand sanitizer often. If you do not have your own then your coach will have some available for use.
- ❖ Practice social distancing whenever possible.
- ❖ On field face coverings are not required for players but are allowed if any on field participant elects to wear one.
- ❖ No handshakes or personal contact celebrations.
- ❖ Maintain Social Distancing during all pre / Post-game meetings.
- ❖ Wash your hands with soap and water before leaving for games and sanitize before leaving for home.
- ❖ You can still have fun and follow the rules. Players ability to follow these rules and instruction from their coaches will be the number one reason we will be able to play this season!

## General Best Practices

- ❖ Wash your hands often. If soap and water are not available use hand sanitizer.
- ❖ Avoid Touching of Eyes, nose and mouth.
- ❖ Cover your mouth and nose with a cloth face covering whenever social distancing cannot be maintained.
- ❖ Maintain social distancing of 6' whenever possible.
- ❖ Stay home if you are not feeling well.

