

St. Louis Park Lacrosse Association COVID-19 Preparedness Plan 2021 Guidelines for Outdoor, Regular Season Events

I. INTRODUCTION

The St Louis Park Lacrosse Association is committed to providing a safe and healthy environment for all our participants. To ensure we have a safe and healthy environment, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Association leaders are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 at all association events and that requires full cooperation among our participants. Only through this cooperative effort can we establish and maintain the safety and health all involved.

Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines. This document and board decisions will follow evolving guidance developed by the State of Minnesota (staysafe.mn.gov). We will follow current guidance from MDH and the CDC and will update families if guidelines and corresponding processes change.

II. SELF/PRE-SCREENING GUIDELINES FOR ALL EVENTS

All St. Louis Park Lacrosse Association participants (players, coaches, anyone involved at the event) will be required to self-screen prior to any event (all practices, games, etc.) for signs, symptoms or possible exposure to COVID-19.

Each individual (and parent or guardian) must monitor for signs and symptoms. Any participant (player, coach, manager, anyone involved) who has any of the following should not attend practice, games, or any association event within ten days of the start of symptoms:

- a fever (100.4 or higher),
- cough,
- sore throat,
- shortness of breath
- If a participant is feeling “off” or shows any signs of being sick, they must stay home.
- If a participant feels ill while at an activity, they must inform their coach immediately, leave immediately and do not return until permitted under MDH guidelines.
- Participants should exclude themselves if they believe they were potentially exposed to anyone with COVID-19 within the last 10 days.
- Participants receiving a positive diagnosis of COVID-19 prior to the event must have at least 14 days since symptoms began and 24 hours with no fever.
- Any participant awaiting a COVID-19 test result for any reason is not allowed to play until the test result comes back negative. This includes participants who are not displaying any symptoms.

The Association will notify families immediately if a possible case of COVID-19 occurs and will maintain the privacy of any player or family member with symptoms or COVID-19 diagnosis.

TRAVEL RECOMMENDATIONS

The CDC is currently recommending no travel at this time, given that travel increases the chance of getting and spreading COVID-19. If participants and families do decide to travel, they are reminded to continue observing all prevention measures including maintaining six feet of distance from others whenever possible, masking consistently, using proper hand hygiene, and testing and quarantining when appropriate.

III. STANDARDS AT EVENTS

PARTICIPANTS

- Players and coaches must sign the COVID-19 2021 Season waiver and consent document, and self/prescreening agreement to participate in all events.
- Players and coaches will practice in pods, with a maximum number of 50 people in each pod.
- During times when players are not actively participating, attention should be given to maintaining social distancing of 6 feet.
- There will be no sharing of sticks, goggles, water bottles, or other personal equipment.
- Personal equipment and water bottles must be kept in designated social distanced locations as directed by coaches.
- Players will be responsible for cleaning and sanitizing their personal equipment before and after practice, games, and all events.
- Players are not allowed to bring lacrosse balls from home.
- Players and coaches should avoid touching lacrosse balls with their hands.
- Coaches must clean and disinfect all shared lacrosse balls and other shared equipment after every practice. Disinfectant for shared equipment will be supplied by the Association.
- Players should arrive at the practice start time, wearing their gear and ready to train.
- Players should not arrive more than 15 minutes before each event unless specifically told otherwise.
- Players may put their gear on in the parking lot before they enter the field.
- Coaches, players, and all participants are required to wear masks at all times (indoor and outdoor) until further notice.

SPECTATORS

Please stay home if you or a family member or close contact are experiencing any of the symptoms identified in Section II. or have been exposed to anyone with COVID-19. Spectator rules and guidelines are evolving but the following guidelines apply until further notice:

- There should be no spectators at practice.
- There are no spectators allowed at any indoor events unless specific protocols are communicated.
- There will be specific participant spectator protocols and rules for each event hosting venue. Spectators at games and tournaments will adhere to the safety rules and protocols of the hosting team or venue.
- If Spectators are allowed to attend an event, they should expect the following protocols:
 - Spectators should wear masks, even when outdoors, and should remain socially distant even when masked.
 - Spectators at games should be limited to immediate family members and/or close friends. There may be a spectator limit per participant.
 - Spectators will maintain social distancing standards of 6 feet and avoid gathering.
 - It is strongly recommended that spectators remain at least 12 feet away from the closest participant—meaning, at least 12 feet from the field, the sideline, whichever is closest.

IV. COMMUNICATION

IF YOU HAVE BEEN EXPOSED TO A PERSON CONFIRMED TO HAVE COVID-19

Per CDC and MDH guidelines, this is defined as ‘close contact within 6 feet of an individual for at least 15 minutes’ without the use of personal protective equipment. Should this occur, report to **Brian Kelly, Association President @ 952-240-8830** immediately to determine next steps according to the MDH Decision Tree.

IF A PARTICIPANT (PLAYER OR COACH) TESTS POSITIVE FOR COVID-19

Please notify **Brian Kelly, Association President @ 952-240-8830** immediately. The St. Louis Park Lacrosse Association will notify all team members if a positive case is confirmed, while maintaining that person’s confidentiality. Team activities may be paused until the Association has consulted with local health officials and/or the MDH on additional testing or requirements before returning to play.

St. Louis Park Lacrosse Association Waiver and Consent Form. 2021 Season

Following the St. Louis Park Lacrosse Association's COVID-19 2021 Preparedness Plan gives us the best chance to keep participants safe and continue playing lacrosse for the duration of the season. Parents and players may make their own decisions to suspend participation at any time.

*It is important to note that the St Louis Park Lacrosse Association cannot require a person to be tested for COVID-19 or guarantee that, despite its best efforts to adhere to evolving guidelines from the CDC, MDH and the Governor of the State of Minnesota, there will no health risk associated with participation in a team sport. Accordingly, parents/guardians of all players wishing to participate in the 2021 season will be required, as a condition of participation, to provide the following signed Waiver and Consent.

I am the parent/guardian of _____ ("Participant"), the child who is the subject of this Waiver and Consent. I completed a medical release and liability waiver (the "Registration Waiver") as part of the on-line registration process of Participant for the 2021 lacrosse season sponsored by the Saint Louis Park Lacrosse Association. I acknowledge and agree that the Registration Waiver remains in full force and effect. Moreover, in light of the fact COVID-19 has been deemed a public health emergency in the United States and has been declared a global pandemic by the World Health Organization, as a further condition of Participant being allowed to participate in the 2021 lacrosse season, I agree, on behalf of Participant and myself:

1. That the risk of potentially contracting illness (including, but not limited to, COVID-19 related illness) attributable to participation in the 2021 lacrosse season is being knowingly and voluntarily assumed;
2. That Participant and I will indemnify and hold the Saint Louis Park Lacrosse Association harmless from any liability or losses arising out of illness (including, but not limited to, COVID-19 related illness) attributable to participation in the 2021 lacrosse season with the agreement that this indemnification/hold harmless commitment extends to all alleged acts or omissions by coaches, organizers, sponsors, volunteers, board members, supervisors, referees, participants, and any other persons involved in any way with the 2021 Lacrosse season; and
3. That in the event Saint Louis Park Lacrosse Association Board determines in its discretion that Participant is demonstrating symptoms of COVID-19 and/or has been directly exposed to someone diagnosed with COVID-19, Participant may not return to team activities until the passage of a minimum of 14 days since symptoms began and at least 24 hours with no fever. Any participant awaiting a COVID-19 test result for any reason is not allowed to play until the test result comes back negative. This includes participants who are not displaying any symptoms.

Parent/Guardian Signature:

Date:

St. Louis Park Lacrosse Association

ALL EVENT PRE-SCREENING/SELF SCREENING AGREEMENT

Following the St. Louis Park Lacrosse Association’s COVID-19 2021 Preparedness Plan gives us the best chance to keep participants safe and continue playing lacrosse for the duration of the season. Parents and players may make their own decisions to suspend participation at any time.

Prior to each event (practice, games, tournaments, all Association events) I am agreeing on behalf of the participant to adhere to the Pre-Screening/Self Screening activities outlined in Section II. of the Plan which include the following:

Each individual (and parent or guardian) must monitor for signs and symptoms. Any participant (player, coach, manager, anyone involved) who has any of the following should not attend practice, games, or any association event within ten days of the start of symptoms:

- a fever (100.4 or higher),
- cough,
- sore throat,
- shortness of breath
- If a participant is feeling “off” or shows any signs of being sick, they must stay home.
- If a participant feels ill while at an activity, they must inform their coach immediately, leave immediately and do not return until permitted under MDH guidelines.
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- Any participant awaiting a COVID-19 test result for any reason is not allowed to play until the test result comes back negative. This includes participants who are not displaying any symptoms.

Name of Participant:

Parent/Guardian Signature:

Date:
