



## **Snohomish Boys Lacrosse Club**

### **RETURN TO PLAY GUIDELINES**

In efforts to mitigate the risk of contracting the COVID-19 virus, consistent with the requirements of the Safe Start Washington Phased Reopening Plan updated *November 16, 2020*, and the US Lacrosse Return to Play Recommendations for Lacrosse, Snohomish Boys Lacrosse Club (SBLC) will follow these guidelines and protocols as our club moves forward with small group training and inter-league competitions.

#### **Stay at Home**

If a player, coach, volunteer or parent is feeling sick, experiencing any COVID-19 symptoms, or has been in close contact with someone with COVID-19 they should stay at home. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. We will provide the information for the prescreen checklist to every player (parent/guardian), coach, and administrator prior to the start of the first practice session and verbally verify there are no COVID-19 symptoms present at each practice/event.

Known symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Unusual muscle, body aches or fatigue
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Hygiene Best Practices (Players)

- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- Thoroughly wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Have personal sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
- Arrive dressed and ready to train.
- Minimize use of changing rooms, bathrooms, communal areas.
- Eat off-site.
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Players encouraged to wash clothing between each session.

## Hygiene/Distancing Practices (Program)

- Screening all athletes and coaches for direct exposure to and the signs/symptoms of COVID-19 prior to the start of practice.
- Temperature testing of players and coaches using an infrared thermometer prior to the start of every practice. Anyone with a temperature of 100.3 degrees or more will be sent home.
- Masks - Players, coaches, and designated adults serving as hygiene support for all practices and activities are required to wear face masks at all times, except as designated below during competition.
- Hand sanitizer and disinfectant wipes available.
- Each team shall be assigned a designated safety or hygiene coordinator to complete checks at every practice or event (could be a volunteer parent, SBLC board member or coach).
- No handshakes, high-fives, fist-bumps, or skin-to-skin contact.
- Ensure adequate space between personal equipment of each player so that physical distancing of 6 feet can be maintained during breaks.
- Six feet of distance must be maintained among athletes when not engaged in sporting activities, during huddles and team meetings must be physically distanced.
- Minimal spectators (including parents) on or near the field during practices or non-competition activities. Parents ideally stay in vehicles during practices. They must maintain 6-foot distance and wear a face mask if on the sidelines.
- Only one adult spectator (parent/guardian/caregiver) for each minor-aged participant allowed during practices.
- A physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties.
- Players, coaches, officials, or volunteers who have tested positive for COVID-19 must be at least 10 days postpositive test, with a minimum of 72 hours symptom-free in order to return. Individuals require clearance from a licensed medical professional before return to play granted.

- Limit exposure to those outside the household unit during travel to and from the fields. We encourage only those in the same household to travel together to practice, and if not in the same household, travel in separate vehicles if possible.

### Responsibilities of Hygiene Coordinator

- Wear a face mask and have sanitation supplies and disposable gloves available during the entirety of the lacrosse activity.
- Keep attendance rosters of all coaches, players, and volunteers present at each event. This record must be kept for 28 days after the conclusion of the event.
- Administer temperature checks and ask health prescreen questions for all participants.
- Approve player and coach participation in practice based on their health pre-screen questions and on-site temperature/symptom screening.
- Ensure parents and spectators remain appropriately distanced or away from fields or in vehicles.
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- If someone during an activity is injured, feels sick, or demonstrates symptoms, the coordinator should work to separate the individual from the group, assess the situation while maintaining distance, contact parents, and if necessary, call for medical assistance.
- If a return to play clearance is required by a licensed medical provider due to COVID-19 or another injury, the coordinator should be a point of contact, and the documentation should also be shared with the program director.
- Should communicate any concerns about participants adherence to safety practices during activity to the athletic director.

### Phase 3 guidelines for Competitions

WA State moved to Phase 3 on 3/22/21 for Youth Sports and the following updates were implemented:

Indoor and outdoor training, practices and competitions continue to be allowed in Phase 3 for lacrosse. Universal mask requirements for all participants including athletes, officials, coaches, volunteers and spectators remain in place, except as detailed below for Competitions.

Facial Coverings during Competitions:

- Lacrosse players are allowed to remove facial coverings for outdoor competitions.
- **Facial coverings must be worn by athletes** when training or **when not actively competing in a game or match against another team** or when on the bench waiting to play. Coaches, trainers, and officials must wear face coverings at all times except as listed below.
- Officials and referees are allowed remove their facial coverings if officiating outdoor and it requires them to run in the field of play.

- Facial coverings required for indoor lacrosse for all participants, including players, coaches, trainers, and officials.

### Spectators during Competitions:

All outdoor sports spectators subject to current Healthy Washington guidelines on Spectators.

- For outdoor competitions without permanent seating; facilities or complexes with more than one field or area of play are allowed a maximum of 150 people per field or area of play, including spectators.
  - Outdoor venues with seating are allowed a maximum of 200 people per field.
  - Spectator groups from 1-10 people allowed in all facilities, but all spectator groups must maintain 6 feet of distance from other spectator groups.
  - Spectators allowed to remove their facial coverings when in their seats and actively eating or drinking.
  - All indoor sports spectators subject to 50% capacity or 400-person maximum per room, whichever is lower, all participants including athletes, officials, coaches, volunteers and spectators are to be included in calculating the 400-person maximum.
- Use of locker rooms allowed. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to change. Stagger entry to the changing area and use these facilities as appropriate with members of the same group/cohort.
  - Use of showers allowed. If showering is necessary then limit the number of individuals showering to ensure a minimum of 6 feet of separation.

### Tournaments in Phase 3:

Tournaments are allowed for lacrosse. Out-of-state athletes and teams should follow CDC travel guidance. Additional tournament requirements listed below:

- Tournament organizers must publish a field, complex, facility map that clearly outlines ingress and egress points, team areas, and spectator areas.
- Tournament organizers should notify Local Health Jurisdiction of time, location, and number of participants for each tournament, and provide the name of a health and safety liaison for contact tracing or medical emergencies.
- No one who shows signs or symptoms of COVID-19 allowed to attend.
- Tournament organizers should monitor adherence to protocols and spectator limits.
- Field of play markings required outlining where spectators may watch.
- Tournament organizer is responsible for sanitizing any shared equipment/areas.
- Staggered start times should be used to prevent traffic from arriving and leaving all at the same time.
- Tournament organizers must provide at least 15-minute buffer from the end of one game/match and the start of the next on the same field of play. Teams must have vacated field prior to next team entering.
- Sanitizer stations must be provided around the fields, complex or facility.

- Facial coverings are required for all coaches, players who are not playing, and spectators.
- No communal hydration stations allowed.
- Awards ceremonies should be brief, must be held outdoors, and facial coverings are required for all present.