



WULAX COVID PREPAREDNESS PLAN



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WULAX COVID- 19 PREPAREDNESS PLAN

Woodbury United Lacrosse (WULAX) is committed to providing a safe and healthy environment for all our players, coaches, families, spectators, and volunteers. To ensure we have a safe and healthy program, WULAX has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Players, parents, coaches, and volunteers are all responsible for implementing this plan.

WULAX'S COVID-19 safety policy is based on the Minnesota Department of Health (MDH) and Centers for Disease Control (CDC) youth sports guidelines which outline the steps we will be taking to help mitigate the spread of COVID-19. Our goal is to mitigate the spread of this disease. BUT NOTE that lacrosse is considered a high-risk sport so there is risk of transmission among players and coaches despite following guidelines. Only through this cooperative effort can we establish and maintain the safety and health of our participants.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending any WULAX event, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold WULAX or its officers, directors, employees, or volunteers liable for any illness or injury.

Please review the following preparedness plan prior to your player taking the field. We will follow recommendations by District 833 Schools, the Minnesota Department of Health (MDH) and the Centers for Disease Control (CDC) but we cannot guarantee that any of these measures will completely protect you.

You agree to accept all responsibility for the risk that you and your children may contract COVID-19.

WULAX Lacrosse Safety Policy

Objectives

- Practices: Allow players to safely resume skill work & conditioning activities on the field with teammates and coaches.
- Games and Tournaments: Allow players to safely resume competing against other teams and participate in youth tournaments.

Safety Policy

Responsibility

- All of us are responsible for respecting the facilities we are using and rules that have been put in place.

Arrival

- Practices: Do not arrive to practice more than 5 minutes prior to start time.
- Games: Follow coaches' instructions for arrival time prior to a game.
- Please arrive fully dressed and ready to play. Bags should NOT be brought into the Fieldhouse.

Face Coverings and Social Distancing

Everybody must wear face coverings/masks at all times. This includes while viewing or participating in practice, clinics, scrimmage, or a game. Face coverings must be worn in accordance with MDH guidance and Executive Order 20-81.

- **Types of face coverings** can include a cloth mask, a neck gaiter, a scarf, a bandanna, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.
- **A face covering must cover the nose and mouth completely.** The covering should not be overly tight or restrictive and should feel comfortable to wear.
- **Insufficient face coverings:** Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents, are not sufficient face coverings because they allow droplets to be released from the mask.
- **While wearing a helmet,** if the helmet that interferes with wearing a face covering safely or effectively (which is more likely with younger children), athletes may consider alternatives to face coverings that are specifically

designed by helmet manufacturers to provide protection against the splashes, sprays, and aerosols that can lead to COVID-19 transmission (i.e., a full-face shield).

- A face covering is still the most protective option and should be used to the extent possible, but a full-face shield may provide some protection.
- Any full-face shield used as a face covering alternative must cover the entire face, extend to the ears and below the chin, and must not have exposed gaps or vents near the eyes, mouth, or nose.
- **Outdoor practices, clinics, scrimmages, and games:**
 - Because lacrosse is a team sport and does not allow for social distancing, players and coaches are required to wear face coverings, as above, during practices, clinics, scrimmages, and games.
 - Social distancing of 6 feet between players and coaches on the bench, or participating in individualized practice drills, must be maintained.
- There is **NO congregating** of players/parents/coaches before, during, or after the practice or game, indoors or outdoors.

Spectators

- Practices: HealthEast Sports Center does not allow spectators at practices and clinics. If you have a younger player, you may escort them to practice/clinic, assist with checking and any equipment; but you may not stay and watch.
- Games/Official Scrimmages at HealthEast Sports Center:
 - Maximum of two spectators welcome per player as capacity allows. This includes small children. The user may reduce this number based on their individual COVID-19 plan, the activity or space limitations.
 - Spectators must comply with 6 feet of social distancing between family groups.
 - Spectators are welcome in the building five minutes before game time.
 - All spectators must exit the facility immediately after the game and meet participants outside.
 - Plan for your day, bring extra water or snacks for your players, concessions may not be allowed and use of drinking fountains may be limited.

Away Games & Tournaments

- Remember that all associations and tournaments have the same goal. Allow children to play lacrosse in the safest manner possible. It is the responsibility of each of us to do our part.
- Spectators will be determined by the facility/association per MDH guidelines.
- Plan for your day, bring extra water or snacks for your players, concessions may not be allowed and use of drinking fountains may be limited.

During practice/clinics there will be maximum of 25 people in each pod.

Coaches	Parents/Families	Players
Must wear face coverings over mouth and nose as indicated above.	Must wear face coverings over mouth and nose as indicated above.	Must wear face coverings over mouth and nose as indicated above.
Observe social distancing of 6 feet on the bench, during practice drills, and when otherwise able.	Observe social distancing of 6 feet between family groups at all indoor and outdoor scrimmages, and games. Stay a minimum of 12 feet away from players and coaches during games. Spectators are not allowed at practices in HealthEast Sports Center with few exceptions for assisting a younger player with equipment.	Observe social distancing of 6 feet on the bench and during practice drills, and when otherwise able.
Sanitize hands and equipment before, during and after practice, clinics, and games. Encourage no sharing of personal equipment.	Check your player for any symptoms prior to attendance Coronavirus Self-Checker	Sanitize hands and equipment before, during and after practice, clinics, and games.
Keep attendance records for every practice.	Do not arrive to the field more than 5 min before the start of practice. Follow coaches' instructions for arrival time prior to games.	Bring your own gear, no sharing.
Ensure your players stay on their assigned area of the field.	Provide a water bottle and hand sanitizer for your player.	Bring your own water bottle and do not share, including no touch-free sharing. Bring your own hand sanitizer.
Complete all required team paperwork & waivers in a timely manner.	Remain in car for drop off and pick up from practice.	Follow instructions from the coaches.
Alert the team when it is time to enter the facility/field. Follow all protocols set forth by host site.	Follow all protocols set forth by host site for entrance and exiting facility.	Follow all protocols set forth by host site for entrance and exiting facility.
Minimize pre- and post-game meetings.		

Subject to Change: this information will be updated to continually meet requirements.

WULAX Lacrosse Guidelines for Symptoms, Direct Contact & Reporting

Objective: Mitigate the potential for transmission by ensuring all families follow a standard set of guidelines prior to allowing children to attend any practices or games.

PLAYERS & COACHES WILL STAY HOME IF THEY OR A FAMILY MEMBER IS DISPLAYING SYMPTOMS, HAVE A KNOWN EXPOSURE TO COVID-19, AND/OR A PENDING COVID TEST.

- WULAX families must follow the guidelines set forth by the Minnesota Department of Health (MDH), Washington County Public Health, and District 833 Schools.
- Should your child become exposed or test positive, your reporting is confidential and limited to the COVID Compliance Manager and certain members on the WULAX board of directors.
- We will communicate information to affected teams in a timely manner that upholds the confidentiality of the affected player
- Exposures and positive COVID test cases must be reported to the COVID Compliance Manager and/or WULAX President.
- WULAX is responsible to track cases within our organization and report to MDH on a regular basis.

Symptoms: If you have any combination of the COVID-19 symptoms below, you must not attend practice/game, and you must immediately contact your coach or COVID Compliance Manager and/or WULAX President.

One of the Following:	Two of the Following:
Fever (+100.4) or chills	Nausea, vomiting, or diarrhea
A new cough or cough get worse	Sore throat
Difficulty or hard time breathing	Muscle Pain
New loss of taste or smell	New severe/very bad headache
	New nasal congestion/stuffy or runny nose
	Excess Fatigue/ feeling very tired

What should I do if I...

Have No Symptoms	Was Exposed, but have NO Symptoms	Have Symptoms	Have a Positive COVID-19 Test
Attend lacrosse practice, games or tournament	Stay home, do not attend lacrosse	Ask yourself, what combination of symptoms do I have? – refer to the chart above	Stay home, do not attend lacrosse
	Report your exposure to WULAX COVID Compliance Officer (see below)	Follow the decision making tree to determine next step. Strongly consider a free COVID-19 test.	Report your positive result to WULAX COVID Compliance Officer (see below)
	Follow updated MDH guidance on quarantine time	Don't forget to contact your coach and let them know you will not be act practice/game	
		Stay home until you are cleared to return	

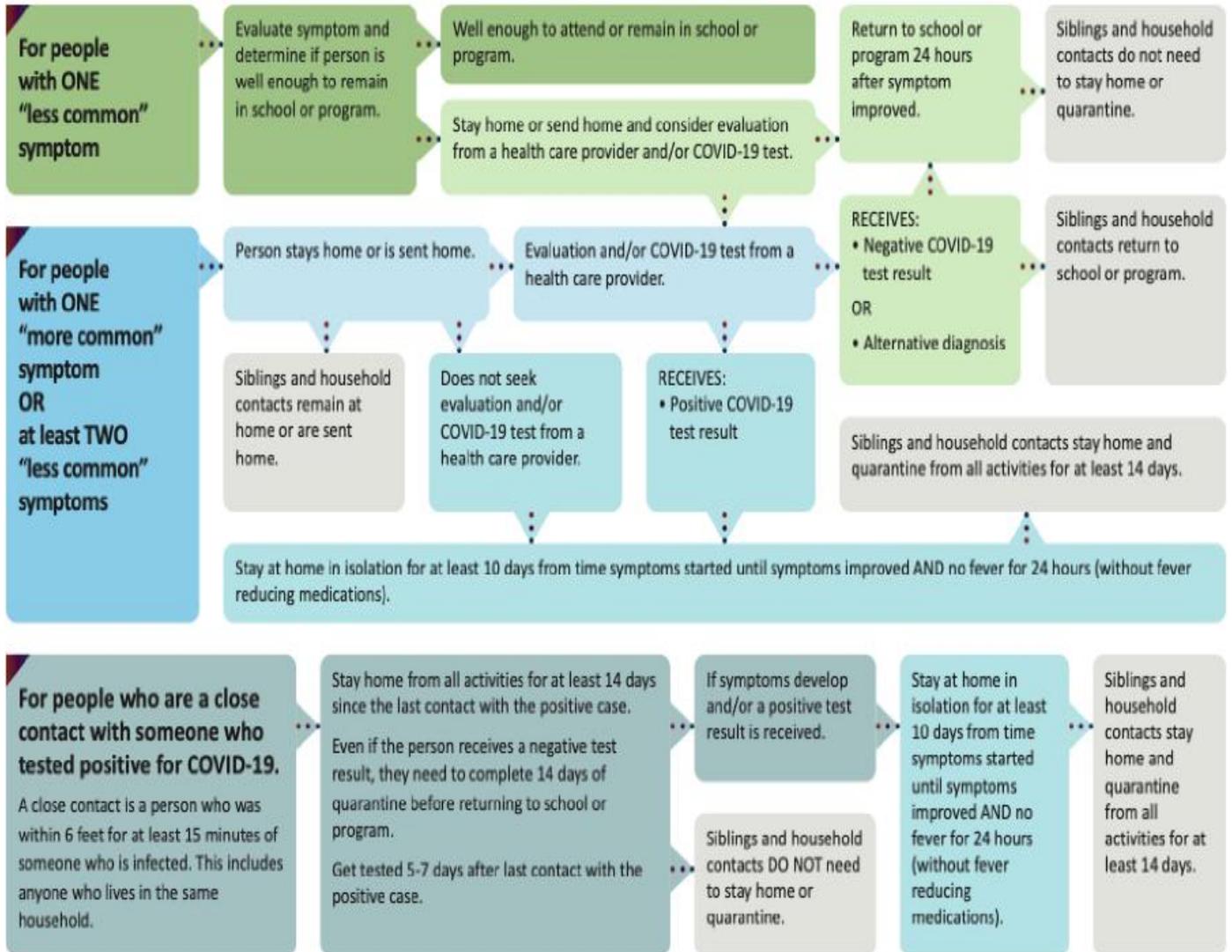
If a player becomes ill during a practice or a game, we will immediately isolate the player who becomes ill and contact the parent/guardian.

Refer to the decision-making tree below for additional detail and assistance. This document has been provided by MDH to determine your next steps.

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever greater than or equal to 100.4° F, new onset and/or worsening cough, difficulty breathing, new loss of taste or smell.
- **Less common:** sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose.



Contacting WULAX COVID Compliance Manager

The COVID Compliance Manager for WULAX should be contacted to notify WULAX of any player or coach known or suspected exposure to COVID-19, and positive cases of COVID-19.

The COVID Compliance Manager is a parent of one of our players and is a volunteer. The role of the COVID Compliance Manager is to receive information about player or coach known or suspected exposure to COVID-19, and positive cases of COVID-19 among players and coaches, and work with the Minnesota Department of Health on next steps in notifying WULAX members regarding potential COVID-19 exposure.

Contact Information:

Dr. Jennifer Eccles, PhD RN

Phone/Text:

651-300-0542

Email:

WULAX.covid.compliance@gmail.com

Resources:

Minnesota Department of Health (MDH): Coronavirus:

<http://www.health.state.mn.us/diseases/coronavirus>

Decision Tree for COVID-19 Symptoms or Exposure:

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

Minnesota Department of Health (MDH) testing site information:

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

Minnesota Department of Health COVID-19 Sports Practice and Games Guidance for Youth and Adults:

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

COVIDaware MN App:

<https://covidawaremn.com/>

USA Lacrosse return to play guidelines:

<https://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf>