

Bloomington Youth Lacrosse Association Return to Play

Bloomington Youth Lacrosse Association (BYLA) believes that any return to play will be primarily guided by rules provided by the Minnesota State Government. But in the actual “getting back” process, there is a role for parents, for players and for coaches each to do their part to help all. This document sets forth our rules and expectations for when practice restarts - and it addresses the roles of each of the 3 groups. ~~Note—this document is specific to Minnesota’s Phase 2 guidelines that are in effect as of June 1, 2020. They will be amended as Minnesota moves to Phase 3 and then 4.~~ We are now observing MDH Youth Athletics guidelines as of June 24, 2020 (<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>) (Note revisions in blue, and strikeouts are deletions). Thus, we expect these rules to change over time such that larger groupings will be allowed as we move deeper into June and July. Should any teams participate in tournaments, we will propagate additional rules for our attendance at tournaments.

Remember: Parents are the arbiter of their child’s health - if you, as a parent, are uncomfortable with anything with your child’s well-being, it is ultimately in your power to withdraw your child from any such situation.

BEFORE EVERY PRACTICE AND ON THE DAY OF EVERY PRACTICE:

- Parents - Actively monitor your child’s health. If your child has any of the following symptoms that are either *NEW or WORSENING* the day of practice, your child must be kept home from practice - here are the symptoms to monitor:
 - Fever at or above 100.3
 - Cough
 - Difficulty Breathing/Shortness of Breath
 - Sore Throat
 - Unexplained Muscle aches
 - Unexplained loss of smell or taste

This is not a list of all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting and diarrhea.

If you send your child to practice, you, as the parent, are indicating that your child has *none* of these symptoms in a new or worsening manner. We are all dependent upon each other for compliance with this rule. **If you hold your child from practice because he/she is showing a new or worsening symptom above,** please immediately inform Kayne Weiler via e-mail at bylapresident@gmail.com. FURTHERMORE we suggest contacting your child’s physician. FINALLY, a child held from practice may either be quarantined for 14 days or obtain a COVID-19 test that indicates no COVID-19 infection before returning to practice.

- Parents - If you find out that your child has had close AND unprotected contact with a confirmed or probable case of COVID-19, **your child must be kept home from practice.** Note that “close” is defined as under 6 feet and “unprotected” means that proper Personal Protective Equipment(PPE) guidelines were not followed during the contact - (PPE means gloves, mask, eye shield, gown etc). *And per CDC, this close and unprotected contact must have existed for 15 minutes - see generally CDC definition of “close contact” at <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html#:~:text=For%20COVID%2D19%2C,the%20patient%20is%20isolated>.*
- In our recent experiences, such “Close Contact” typically happens indoors, and in social settings (parties/locker rooms/houses/carpools), and not during our practices. This is why social distancing is so critical at all times.

- Parents - If you learn that your child has a *CONFIRMED* case of COVID-19, a parent/guardian is requested to immediately provide this information, along with the date of test, to Kayne Weiler at bylapresident@gmail.com. The athlete's name will be kept confidential, but all team coaches, the team manager and the parents of that player's teammates ~~other children~~ will be notified of the result. But only players that were potentially exposed (where exposed means close and unprotected interaction for 15 minutes – See above CDC definition) will be instructed to quarantine and/or get tested. ~~Not that carpooling is not something BYLA tracks within 48 hours of the onset of the infected athlete's symptoms will be notified of possible exposure.~~ The confirmed positive athlete is not allowed back to a BYLA event (practice/tournament) until the athlete tests negative for COVID-19 and, if under a doctor's care, receives a doctor's note approving his participation in athletics.
- **These first 3 rules above also apply to all coaches and their health.**

ARRIVAL AT PRACTICE THROUGH DEPARTURE FROM PRACTICE:

- Players and Parents - Arrive NO EARLIER than 15 minutes before practice begins.
- Parents - Note that current DNR rules discourage car-pooling to events.
- Parents are requested not to leave their vehicles during player drop off and are requested not to stay at practice. Return promptly when practice is over. No parent gatherings, socially distanced or not, shall take place at practice fields.
- Players - Have the majority of your gear on your body when you come to the field. ~~No equipment bags are allowed at this time.~~
- Players - Have your own water bottle with water from home when you arrive at the field.
- Coaches - Set out cones for players to leave extra gear (ie other stick)/water bottles at - 1 cone for each player. Cones should be 6-8 feet apart. Have these cones set up 15 minutes prior to practice - where you will be coming onto a field after a team is coming off - make sure to have your cones in a suitably far area from the prior team's location.
- Coaches and Managers (if needed on field) shall wear masks during coaching.
- Players - Always maintain a 6-foot distance with each other while warming up.
- Players/Coaches - do not handle any lacrosse balls with your hands. Use stick at all times.
- Players - No sharing or trying another's equipment. This includes gloves or sticks.
- Coaches - ~~For the first 2 weeks of practice at a minimum (or until otherwise superseded by state guidance)- practice in groups of up to 10 (1 coach and up to 9 players), with players maintaining 6 feet distance during all parts of practice, including when each group "brings it in" to start new drill, and when ball hunting. These groups are to remain fixed for the first 2 weeks of practice (or until otherwise superseded by state guidance). While we are allowed to fit up to 4 player/coach pods on each lacrosse field, expect you will only have 3 pods.~~
As of June 24, 2020, MDH allowed larger pods and more realistic drills.
<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
- Players - You are required to leave the field *immediately* upon completion of practice. No extra shooting/talking w/friends etc.
- Parents - Be on time for your player pick-up.
- Players - Now is not the time for "pushing the envelope" of these rules. BYLA has a "zero tolerance" for violation of these rules.
- Parents/Players/Coaches - If a player should develop a temperature or another COVID-19 Symptom (see above) while at practice, the player will be separated from the team and asked to sit away from the team in a removed location on the field. The player's parent/guardian will be notified to pick them up immediately. The player will be required to follow CDC guidelines for self-quarantine and obtain a doctor's note clearing the athlete for play before returning to another BYLA event.

POST PRACTICE

- Coaches - Take balls/cones and sanitize in a 5-gallon bucket using water and bleach. Use 1 cup of bleach to 5 gallons of water. Let air dry preferably in a sunny area.
- Players - Wash your hands thoroughly.
- Players - Leave gear out to dry in direct sunlight. If not done before washing hands thoroughly make sure to wash hands after you put gear in the sun and after you put gear back in storage.