

# Horsham Girls Lax Club

of Horsham, PA

## COVID-19 Safety and Action Plan

(updated for Spring 2022 Season)

In accordance with guidelines set by the Centers of Disease Control and US Lacrosse, our organization, Horsham Girls Lacrosse Club, will return to play with the following safety and action plan.

- Communication & Education
  - All coaches, players, and parents will receive communication on our safety and action plan before return to play begins.
  - CDC Education materials will be provided on the Horsham Girls Lacrosse website (<http://www.horshamgirlslacrosseclub.com/>) and will be shared with all participants (coaches, players, and parents) on behaviors that reduce the spread of COVID-19 to include but not limited to: hand hygiene, sanitizing equipment, properly covering coughs and sneezes, and staying home when appropriate.
- Return to Play Guidelines
  - Horsham Girls Lacrosse Club will follow the guidelines provided by US Lacrosse and State and Local Guidelines for the phased reopening of play when the County enters the “Green” phase. Horsham Girls Lacrosse Club will notify coaches, parents, and players on the guidelines to be followed in each phase. The US Lacrosse Return to Play guidelines can be found on their website at [usalacrosse.org](http://usalacrosse.org).
  - Effective Friday May 14, 2021, the Montgomery County Office of Public Health no longer recommends masking/face coverings while individuals are participating in high exertion activities outdoors, i.e. playing sports or exercising.
- Guidance and Responsibilities for Parents
  - Do not bring your child to an event (game or practice) if you or they are sick or recently sick.
  - Complete health screening questions prior to play through Team Snap or Parent Volunteer.
  - Adhere to the Pennsylvania Universal Face Covering Order to wear masks at all times during competition, spectating and on the sidelines.
  - Notify the HGLC Directors and your coach immediately if your child becomes ill for any reason.
  - Understand your limited participation in practice and games and need to stay in car or socially distanced.
  - Wipe down equipment before and after participation.
  - Cooperate with the needs/asks of coaches/organizers.
  - Be sure your child has necessary sanitizing products (hand sanitizer and mask) with them at every event.
- Guidance and Responsibilities for Athletes (Parents please review these guidelines with your child before each event)
  - Notify your coach if you feel sick at any time during practice or an event.
  - Wash hands thoroughly before and after an event.
  - Bring, and use, hand sanitizer with you at every training.
  - Do not share water bottles
- Identification of COVID exposure
  - Parents of participants should notify the Directors of Horsham Girls Lacrosse Club if the participant or someone in the participant’s home is presumptive positive or tests positive for COVID with 24 hours of known exposure.
  - HGLC will notify participants who came in contact with the individual of potential exposure following CDC guidelines and HIPAA regulations on confidentiality.
- COVID Point of Contact for Horsham Girls Lacrosse Club
  - For all HGLC COVID related policy questions and concerns, the individuals below will serve as the point of contact for the club:

- i. Justin Neeld – HGLC Co-Director ([horshamgirls1ax@gmail.com](mailto:horshamgirls1ax@gmail.com))
- ii. Cathleen Henly – HGLC Co-Director ([horshamgirls1ax@gmail.com](mailto:horshamgirls1ax@gmail.com))

- Symptoms Associated with COVID-16
  - Fever
  - Chills
  - Cough
  - Shortness of Breath
  - Sore Throat
- Key Links
  - [US Lacrosse Return to Play Recommendations for Lacrosse](#)
  - [Pennsylvania Guidance for All Sports Permitted to Operate During COVID-19](#)
  - [CDC Considerations for Youth Sports](#)