

Edina Lacrosse Association Social Distancing Rules & Policies

Effective 4/22/2021 until Further Notice



Following City of Edina and Minnesota Department of Health current COVID-19 social distancing policies and the [MDH Youth Sports Guidance](#) effective 4/22/2021, these rules and policies must be followed by all families, their designated support individuals, players and coaches participating in Edina Lacrosse Association sponsored group activities:

Participation is not allowed if participant:

- Has a fever or has any symptom of illness
- Was tested positive for COVID-19 and/or has been directed to quarantine or isolate due to COVID-19 exposure according to current MDH guidance at <https://www.health.state.mn.us/diseases/coronavirus/case.pdf>

Before and after participating in the group activity, the participant must:

- Wash hands for 20 seconds or use a hand sanitizer with at least 60% alcohol

General good hygiene practices should be followed:

- Coughs or sneezes should be covered
- Used tissues or paper towels must be disposed of in trash cans
- After using the restroom, hands should be washed for 20 seconds or hand sanitizer with at least 60% alcohol should be used
- Do not touch your face
- Do not share water bottles, gear, equipment or personal items (e.g., mouth guards, towels, etc.)
- No eating or snacks at any group activities
- Players and their families should follow applicable face covering requirements and MDH social gathering recommendations to avoid unintentional spread of COVID-19 at youth sports events. Car pooling is discouraged; if needed, wear face coverings.
- If directed by your physician due to asthma, remind your player to bring their inhaler in a protected bag. Players should not share inhalers.

Social Distancing during Game and Non-Game Activities:

- Non-game group activities (practices or other training) will not have more than 25 participants per pod for indoor activities or 50 participants per pod for outdoor activities, including players, coaches, and volunteers.
- Games or scrimmages (played indoors or outdoors) can have the total number of players, coaches, referees, umpires, etc. as needed to hold the game, just as long as the total number of people is not exceeding the total number allowed by the venue or facility. Edina Lacrosse will share specific venue or facility rules with families. Families will be required to comply with the venue or facility rules.
- Game rules may be modified based upon league and facility requirements. Edina Lacrosse will share game rule modifications in advance as applicable.
- Participants are only allowed to participate in their assigned group. They are not allowed to participate or join other groups where they are not assigned.
- Spectators attending group activities must maintain social distancing of at least six feet from persons in other households. Note: some venues may restrict the number of spectators allowed.
- Participants should not congregate on the field before or after the group activity. Participants should be geared up and on the field no sooner than 10 minutes before the start time of practices (games

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may require an earlier arrival time, which coaches will communicate prior to games), not before. Participants should leave immediately after the group activity is done.

- All participants in the group activity must maintain at least 6-foot social distancing, except if they are actively playing on the field. Players not following the guidelines established by the coaches after 2 warnings will be asked to sit on the sideline until the parent/guardian/support individual returns.
- Edina Youth Lacrosse Association may have more than 1 pod at a field at a time in accordance with MDH and City of Edina guidance. Social distancing must be maintained between groups. Players may not leave their group to participate with another group.

Gear:

- If a player needs help with getting gear on or off, the player's guardian/parent/support individual should do this before or after the group activity in a non-field location (e.g., in the car, at home, etc.).
- Player should have gear on before entering the field, ideally getting geared up at home or in the car. Player should remove gear after leaving the field in their car, at home, or at a spot where they maintain 6-foot social distance.
- At group activities, all gear and personal equipment either needs to be worn/used by the player or stored in a zipped gear bag. Gear and personal equipment are not to be shared between participants. Gear bags, if brought to the field, and water bottles must be kept in designated social distanced locations as directed by coaches.
- Lacrosse balls will be shared. However, clean lacrosse balls will be used at each session. Players, coaches and volunteers are not allowed to bring the used lacrosse balls home. Participants should avoid touching the lacrosse balls with their hands and use their sticks instead to pick up and retrieve lacrosse balls. Participants should not carry lacrosse balls in any personal equipment other than sticks (e.g., do not carry lacrosse balls in helmets).
- Goalies: Goalie gear will not be shared. If a goalie does not have their own gear, ELA will issue clean gear at the beginning of the season that will be used only by the goalie to whom it was issued. The goalie will keep the gear for the full season and return it clean at the end of the season. All gear rules above apply to goalie gear as well.

Wearing Face Coverings:

- **Per MDH COVID-19 Sports Guidance for Youth and Adults (Updated 4/22/21):**
 - For Outdoor Events: Players on the field participating may wear face coverings if desired, but it is not required. However, all coaches and spectators must wear face coverings. In addition, players not actively participating on the field must wear face coverings. (NOTE: different venues or leagues may require face coverings at all times, and ELA will notify families impacted by those differences if they occur)
 - For Indoor Events: All participants, including players, coaches and spectators, must wear face coverings at all times.
 - Types of face coverings can include a cloth mask, a neck gaiter, a scarf, a bandana, or a religious face covering. CDC recommends using two layers of fabric if using a cloth face covering. However, for our programs that use helmets, players 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). 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,

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or vents are not sufficient face coverings because they allow droplets to be released from the mask.

- Participants will provide their own face coverings.

Coach-Managed Supplies:

- Coach bags will be issued for away games for league-required lacrosse balls and other required supplies (home game lacrosse balls and other required supplies will be in field lock boxes). Electronic whistles are available and will be issued to coaches or kept in field lock boxes. Tape, stick repair kits, Dry Erase boards, cones, first aid kits and stick butt ends will be stocked in field lock boxes. A limited number of unused, unopened mouth guards will be available for emergency distribution in field lock boxes, but once used, the player should keep for their own personal use. **PLAYERS ARE EXPECTED TO BRING THEIR OWN MOUTHGUARDS TO EACH EVENT.**
- ELA will provide hand sanitizer in the field lock boxes with at least 60% alcohol.

Reporting Requirement:

The MDH guidance requires that Edina Lacrosse Association, if notified by one of our participants that they tested positive for COVID-19, report the case to the MDH at health.sports.covid19@state.mn.us. MDH or local public health officials will work with Edina Lacrosse Association to identify close contacts. MDH will do any additional follow up based upon the information provided by Edina Lacrosse Association.

Participants must RSVP prior to all their scheduled events via the Edina Lacrosse Sports Engine App, so Edina Lacrosse has record of attendees.

If a participant was exposed to COVID-19, please refer to the [MDH Youth Sports Guidance](#) on **page 14** for the definition of exposure and required action steps.

This document is posted on the home page of edinalacrosse.com.

Click [here](#) for the most recent MDH COVID-19 Sports Guidance for Youth and Adults.

This policy may be revised as MDH or City of Edina Guidance changes. Participants will be informed when changes are made.

Parents/Legal Guardians, Coaches and Administrators must acknowledge receipt of this policy before being allowed to participate in group activities.

Ongoing participation in Edina Lacrosse Association activities constitutes acknowledgement of current Social Distancing Policies.