

# LILAC CITY LACROSSE CLUB

## RETURN-TO-PLAY POLICY FOLLOWING COVID-19 PANDEMIC

Lilac City Lacrosse Club (referred to as Club going forward) has established the following guidelines for return to play following the COVID-19 pandemic. The guidelines listed are consistent with the US Lacrosse Return To Play Recommendations issued on May 28, 2020.

### Player, Coach Requirements:

1. Any player, coach or member of the Club will STAY HOME and not participate in any Club event if they are feeling sick or experiencing any of the following COVID-19 symptoms:
  - Cough
  - Shortness of breath or difficulty breathing
  - Fever of 100.3 degrees F/37.9 degrees C
  - Chills
  - Muscle pain
  - Sore throat
  - New loss of taste or smell

*\*This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. See CDC guidance for latest information.*

2. Self certify that you are free of any of the COVID-19 symptoms per the guidance below.
3. Maintain six feet or social distancing whenever possible.
4. Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
5. No sharing of equipment, water bottles, towels.
6. Thoroughly wash hands with soap and water for at least 20 seconds (sing "Happy Birthday" twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol before participating in any Club activity.
7. Have sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
8. Arrive dressed and ready to train or play.
9. Minimize use of changing rooms, bathrooms, communal areas.
10. Eat off-site.
11. Bring own water bottle.
12. Cover your mouth and nose with elbow or tissue when coughing or sneezing.
13. Follow the public health guidance of the host location for any lacrosse activity that the Club participates in.

## Club Policies

**NOTE: If any of the guidelines listed below are found to be in violation by Club Staff or Coaches or are reported as such by a player or the parent or guardian of a player, the Club will likely suspend practices until further notice.**

- Consistent with applicable law and privacy policies, any coaches, staff, umpires/officials, and families of players (as feasible) self-report to the youth sports organization if they have COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with other applicable laws and regulations. Notify staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure.
- If a player, coach or staff member has been EXPOSED to a confirmed COVID-19 case or HAS BEEN DIAGNOSED with COVID-19 that individual will be withheld from all club activities for 14 days or until released from the care of a health provider.
- If any player or coach has been in close contact with another player or coach (within 6 ft for 10 minutes or more) they will be withheld from any club activities for 14 days. If they develop symptoms of COVID over the course of this time, an additional 14 days will be added to the time out for that player to be out of Club activities or until the player is provided guidance from a health care provider.

## Parents(s), Guardian(s) or Family Members of Player, Coaches or Staff

- Parents, Guardians, or Family Members are not allowed to stay on practice fields during practice, scrimmages or XX. These restrictions will be released consistent with the state of WA guidelines for youth athletics.

## Practice Requirements

- Coaches will set out cones (spaced) at 6 feet prior to each practice. Players are to place all bags and gear at a cone. Cone spaces are not to be shared, one per player.
- Players will self certify prior to the start of practice that they meet the following requirements:
  - Check temperature & below 100.4F
  - No cough
  - No sore throat
  - No shortness of breath
  - No contact with any individual known to have COVID-19
- Coaches will verbally confirm the above with each player and document on a player roster that the verbal confirmation is made (e.g., place an X next to player name to confirm completion of self certification). This confirmation must be made each day that a Club practice, scrimmage or game is held.
- Each player will bring their own water or other beverage. No team water bottles will be provided and bottles will not be shared.
- Players and coaches will not share gloves, pads, mouth guards or other protective equipment amongst players unless the equipment has been sanitized prior.
- Per WA state guidelines, in Phase 2, groups of 5 should be maintained and no contact. (these requirements will change as WA guidelines are updated). Play by the Club outside of WA will adhere to host requirements.
- Parents and household members must not congregate on the sidelines during practice. If they desire to remain at the practice site, they should stay in the immediate (think touching) facility of their cars for the duration.