



Snohomish Boys Lacrosse Club

2022 SAFETY PLAN AND EVENT PROTOCOLS

In efforts to mitigate the risk of contracting or spreading the COVID-19 virus, consistent with the requirements of the WA State Governor's Office and the Department of Health, updated *January 3rd, 2022*, and the US Lacrosse Return to Play Recommendations for Lacrosse, Snohomish Boys Lacrosse Club (SBLC) will follow the below guidelines and protocols for our Club events, practices and competitions.

Currently, players, coaches, or spectators are not required to wear masks at outdoor training or games, although they may choose to wear one. Physical distancing among spectators is strongly encouraged. Masking is required at Indoor events, except while actively eating or drinking. Should any new guidelines come out that effect players, coaches, or spectators at training or games, this document will be updated and redistributed.

Stay at Home

If a player, coach, volunteer or parent is feeling sick, experiencing any COVID-19 symptoms, or has been in close contact with someone with COVID-19 they should **stay at home and follow the specific guidelines below**. Close contact generally means being within 6-feet of someone with COVID-19 for at least 15 minutes while unmasked, especially in an indoor setting. People with COVID-19 have a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Known symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Unusual muscle, body aches or fatigue
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

IN CASE OF A POSITIVE COVID-19 DIAGNOSIS or HIGH-EXPOSURE:

When an athlete or coach is diagnosed with COVID-19 (regardless of vaccination status):

- The individual should stay home and isolate for 5 days or until symptoms are resolved or significantly improved, whichever is longer.
- They may return to Club events after 5 days if they are symptom free or have significant improvement in symptoms. A mask must be worn at all times for the following 5 days if there will be any indoor events or any extended close contact with their teammates.
- If the infected player was in contact with their team within 48 hours of diagnosis (date of positive test or date of symptom onset – whichever was earlier), they must notify their Coach who will in turn notify the Board. Board will review and decide if parents/guardians need to be alerted that “someone” on the team has tested positive for the virus (do not reveal name of infected individual). Outdoor lacrosse activities are considered low risk exposures and do not require quarantine unless >15 minutes of contact with the infected individual within 6 feet, or other special circumstances (ie, carpool, social or indoor exposure). Each player may choose to be tested for COVID-19 (especially non-vaccinated players).
- If the infected player played in a game within 48 hours of diagnosis, The Board will determine if they need to notify the opposing team with suggestions as above.

When an athlete or coach who is **Not Up-to-Date* on vaccinations, has high-exposure contact with someone positive for COVID-19:**

- Stay home, monitor for symptoms and get tested on Day 5.
- May return after Day 5 with negative test while wearing a mask for the following 5 days, if there will be any indoor events or any extended close contact with their teammates.
- Contact your Coach immediately who will alert the Board. The Board will determine the need to inform the team if there was a high-risk exposure event (unmasked indoor or <6 feet for >15 minutes). The players do not need to get tested but it can be considered per individual preference.

When an athlete or coach who is **Up-to-Date* on vaccinations, has high-exposure contact with someone positive for COVID-19:**

- No isolation necessary.
- Must monitor for symptoms and wear a mask at all times for 5 days and test on Day 5. If symptoms appear before 5 days, must stay home, isolate and get tested immediately.
- Contact your Coach immediately who will alert the Board. The Board will determine the need to inform the team if there was a high-risk exposure event (unmasked indoor or <6 feet for >15 minutes). The players do not need to get tested but it can be considered per individual preference.
- May resume normal play if asymptomatic and test is negative after 5 days.

***The CDC considers “up-to-date” to be all individuals who have received their booster shot, 2nd shot of either Pfizer or Moderna fewer than six months ago, or the Johnson & Johnson shot fewer than 2 months ago. Children are considered up-to-date if they are 14 days post having received their second shot.

Hygiene Best Practices (Players and Coaches)

- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- Thoroughly wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Have personal sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
- Minimize use of changing rooms, bathrooms, communal areas.
- Eat off-site.
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Players encouraged to wash clothing between each session.

Hygiene/Distancing Practices (Club or Program)

- Any athlete, coach, Board member or spectator with high-risk exposure or the signs/symptoms of COVID-19 should stay home.
- Hand sanitizer and disinfectant wipes should be available.
- No handshakes, high-fives, fist-bumps, or skin-to-skin contact.
- Ensure adequate space between personal equipment of each player so that physical distancing of 6 feet can be maintained during breaks.
- Six feet of distance must be maintained among athletes when not engaged in sporting activities; huddles and team meetings should be physically distanced.
- Masking is required for any indoor event, except while actively eating or drinking.
- A physical distance of 6 feet is encouraged between staff, volunteers, and any spectators not in the same household at all times with exceptions for training and medical personnel and volunteers performing their duties.
- Players, coaches, officials, or volunteers who have tested positive for COVID-19 must be at least 5 days postpositive test, with a minimum of 72 hours symptom-free in order to return. Clearance from a licensed medical professional before return to play is recommended for anyone who was symptomatic.
- Limit exposure to those outside the household unit during travel to and from the fields. We encourage only those in the same household to travel together to practice, and if not in the same household, travel in separate vehicles or wear masks during travel, if possible.

TEAM / PLAYER / CLUB RESPONSIBILITY:

- By registering as a player or coach with SBLC, coaches, players, and parents agree to follow all Club COVID-19 policies as listed above in the 2022 Safety Plan and Event Protocols.
- The Club will provide our opponents with any rules that are specific to our fields that need to be followed by visiting teams and will communicate any change in rules for away games.
- The Club will provide adequate field space for social distancing at all Home events.
- All coaches are responsible for keeping attendance for which players are at every game, practice and event to allow for contact tracing, if needed.
- All coaches need to have an effective communication plan in place with their families and the Board in case the coach or organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality as per law.
- Coaches will communicate any cancelations or shutdowns as quickly as possible to the Board and the Board will communicate to any opponent or League contacts per above guidelines.
- Coaches should communicate with players and parents that COVID-19 protocols will follow local public health, State and CDC guidelines and may be updated during the season if needed.