

# Armstrong Cooper Youth Lacrosse COVID-19 Safe Play Plan

**Effective 8/27/20 until further notice**

Armstrong Cooper Youth Lacrosse is committed to providing a safe and healthy environment for our families, players and coaches. Therefore, we have developed this COVID-19 Safe Play Plan in response to the COVID-19 pandemic. This plan will be updated as needed based on local mandates, as well as CDC, MDH and US Lacrosse guidance.

## General Guidance & Responsibilities

- Every athlete and coach should self-screen prior to each activity to ensure they are not experiencing any of these symptoms:
  - NEW ONSET or WORSENING COUGH
  - SHORTNESS of BREATH
  - FEVER OF 100.4 or MORE
  - SORE THROAT
  - CLOSE CONTACT WITH SOMEONE WITH COVID-19
- Coaches and families should follow the MDH Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs, which is pictured at the end of this document.
- Inter-team scrimmages may be included as part of practice.
- Practices will be held outdoors.
- Practices will be scheduled with a minimum of 15 minutes between practices to allow for one team to clear the area before the next team arrives.
- ACYLA will notify families immediately if a possible case of COVID-19 occurs.
- ACYLA will maintain the privacy of any player or family member with symptoms or COVID-19 diagnosis.
- ACYLA will provide a map of direction for entering and exiting field space to maintain spacing requirements for teams.
- Each team will have a dedicated set of equipment including lacrosse balls, cones and other shared practice equipment.

## Players

- Players will practice in consistent pods of the same coaches and players, with a maximum number of 25 people in each pod.
- Stay with their pod of players. No intermixing between pods allowed.
- There will be no more than two pods on the field at a time.
- During times when players are not actively participating in practice, attention should be given to maintaining social distancing of 6 feet.
- Players may wear a face mask during lacrosse activity, but it is not mandatory.
- Do not attend practice if you are sick.
- Each player must come to practice dressed in their gear with a water bottle and their own supply of hand sanitizer or wipes. No large gear bags are allowed.
- Sign a COVID-19 waiver to participate.

- No sharing of sticks, goggles, water bottles, or other personal equipment. Personal equipment and water bottles must be kept in designated social distanced locations as directed by coaches.
- Players are not allowed to touch the net. Balls in the net will be retrieved using their stick.
- Players will clean their personal equipment before and after practice.
- Players are not allowed to bring lacrosse balls from home.
- Players should avoid touching lacrosse balls with their hands.
- Players should arrive at the practice start time, wearing their gear and ready to train. Players should not arrive early. Players may put their gear on in the parking lot before they enter the field.

### **Coaches and Parent Volunteers**

- CDC/MDH now allow coaches to remove masks, but only if they follow social distancing. When coaches need to get closer to players, they will use their masks when appropriate.
- Maintain a 6-foot distance from others as much as possible.
- Ensure adequate space between the water and personal equipment of each player so that physical distancing of 6-10 feet can be maintained during breaks.
- Stay with their pod of players. No intermixing between pods allowed.
- Clean and disinfect all shared lacrosse balls and other shared equipment after every practice. Disinfectant for shared equipment will be supplied by ACYLA.
- Do not attend practice if you are sick.
- Report to the VP of Boys (acylaxboys@gmail.com) or VP of Girls (acylaxgirls@gmail.com) immediately if you or a member of your family are exhibiting symptoms of or have tested positive for COVID-19.
- Sign a COVID-19 waiver to coach and participate.
- Avoid touching lacrosse balls with your hands.
- We will encourage players and coaches to wash their hands before and after practice with their personal sanitizer.
- If a player becomes sick during practice, the pod coach will find a space away from other players and will contact a parent or guardian to pick them up.
- Coaches will be responsible for monitoring their personal health status. Coaches exhibiting any of the following symptoms will not be allowed to participate, and should report his or her symptoms to the VP of Boys or VP of Girls immediately:
  - NEW ONSET or WORSENING COUGH
  - SHORTNESS of BREATH
  - FEVER OF 100.4 or MORE
  - SORE THROAT
  - CLOSE CONTACT WITH SOMEONE WITH COVID-19
- If a coach tests positive for COVID-19, the VP of Boys (acylaxboys@gmail.com) or VP of Girls (acylaxgirls@gmail.com) should be notified immediately. The remaining members of the pod will be informed and the ACYLA Board will determine the next steps. The infected person's identity will not be named to maintain privacy.

### **Parent Guidance and Responsibilities**

- Do not bring your child if you, a family member or they are sick or recently sick.

- Parents/Guardians will be responsible for monitoring their player's personal health status and will complete a self-screening prior to every activity.
- If a player or any of their family members exhibit any of the following symptoms, the player will not be allowed to participate, and parents should notify the VP of Boys (acylaxboys@gmail.com) or VP of Girls (acylaxgirls@gmail.com) immediately:
  - NEW ONSET or WORSENING COUGH
  - SHORTNESS of BREATH
  - FEVER OF 100.4 or MORE
  - SORE THROAT
  - CLOSE CONTACT WITH SOMEONE WITH COVID-19
- Report to the VP of Boys (acylaxboys@gmail.com) or VP of Girls (acylaxgirls@gmail.com) immediately if their player has tested positive for COVID-19.
- Understand your limited participation in practice and need to stay off the field or space near the field during practices.
- Have their player clean his or her personal equipment (sticks, goggles, gear) before and after each participation.
- Encourage their player to wash his or her hands before and after each practice and use their personal hand sanitizer in the gear.
- Sign a COVID-19 waiver in order for their athlete to participate.
- Will send their player with an adequate water supply.

MINNESOTA DEPARTMENT OF HEALTH

STAY SAFE MN

## Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs

For people (e.g., children, care providers, or staff) who have symptoms consistent with COVID-19, send home or deny entry and reference the exclusion criteria in this document to determine when they may return.

**Symptoms of COVID-19 include:** new onset cough or shortness of breath by themselves OR at least 2 of the following: fever (100.4°F or higher), chills, muscle pain, sore throat, loss of sense of smell or taste, and gastrointestinal symptoms of diarrhea, vomiting, or nausea.

If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.

For people who received a laboratory test for COVID-19

[What to do if you're waiting for COVID-19 test results \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf)  
([www.health.state.mn.us/diseases/coronavirus/waiting.pdf](https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf))

**Positive test result:** Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

**Negative test result but symptoms with no other diagnosis:** Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

For people with a COVID-19 diagnosis *without* a lab test OR people with symptoms consistent with COVID-19 *without* a medical evaluation (e.g., monitoring symptoms at home)

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.



For people with other diagnoses (e.g., norovirus, strep throat) that explain the symptoms, or when a health care provider says symptoms are connected to a pre-existing condition

Stay home until symptoms have improved. Follow specific return guidance from the health care provider or follow the [Infectious Diseases in Childcare Settings and Schools Manual](https://www.hennepin.us/daycaremanual/) ([www.hennepin.us/daycaremanual/](https://www.hennepin.us/daycaremanual/)).

If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps.

Siblings and household members **do not** need to stay home.



Minnesota Department of Health | [health.mn.gov](https://health.mn.gov) | 651-201-5414 | 1-877-676-5414 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975  
Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

06/02/2020

## Field Maps

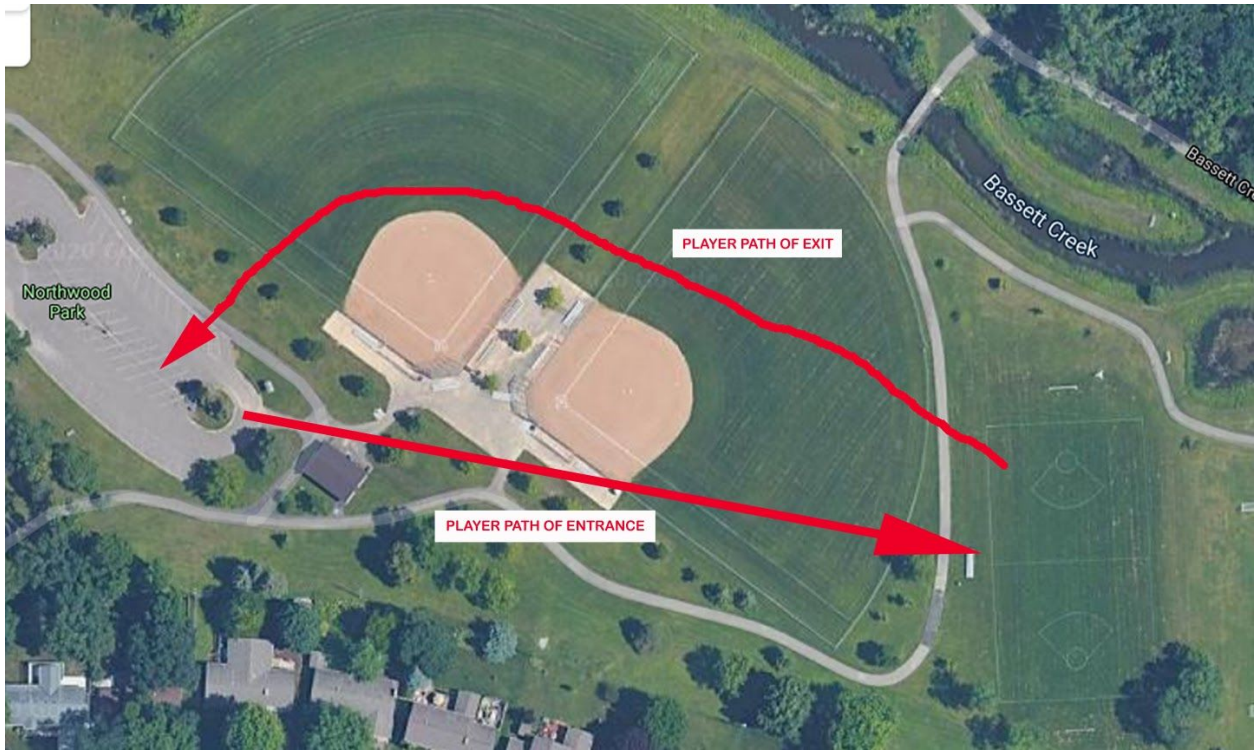
### PMS Field Drop Off & Pick Up Directions



### FAIR Pilgrim Lane Field Drop Off & Pick Up Directions



Northwood Park Drop Off & Pick Up Directions:



Hidden Valley Drop Off & Pick Up Directions:



