

NORTH TAPPS LEGACY LACROSSE CLUB (NTLLC)

COVID-19 Return to Play Plan

January 25, 2020

This COVID-19 “return to play” plan will follow the instructions of officials from the Centers for Disease Control and Prevention, Washington State and local public health departments to prevent the spread of COVID-19.

General Guidance

All athletes, coaches, volunteers, officials, spectators and other personnel are required to stay at home if feeling sick or experiencing the following COVID-19 symptoms:

Class A Symptoms:

- Cough
- Fever of 100.3 degrees F/37.9 degrees C
- Shortness of breath or difficulty breathing
- Loss of sense of taste or smell

Class B Symptoms:

- Fatigue
- Headache
- Muscle / body aches
- Congestion or runny nose
- Sore throat
- Nausea, vomiting or diarrhea

Every athlete, official, coach and volunteer are required to submit a Wellness Screen through identified online system before attending or sending the player to a Club activity (practice, game, scrimmage, etc.). All athletes, coaches, volunteers and officials must be COVID-19 symptom free to participate in a Club activity. All athletes, coaches, volunteers and officials are clear to participate in Club activities if not symptomatic, and screen negative on Wellness Screening questions on the day of the Club activity.

Control Measures

- **Face Coverings are required for all individuals (players, coaches, volunteers, spectators, etc.). Face Coverings should cover nose and mouth.**
- All Individuals will be encouraged to 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.
- All players are encouraged to arrive dressed and ready to train
- No sharing of equipment, water bottles, towels. Etc.
- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- Players to be assigned areas of adequate physical space for water brakes and necessary personal equipment. IE. Goalie Pads, Spare Lacrosse Stick etc.

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- Have sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes/spray.
- Social Distancing of 6' or more for players, coaches, staff and spectators not within the same household should always be practiced whenever possible.
- Signage and other Communication will be posted at facilities where possible
- All rules will be enforced by a hygiene/safety manager designated by North Tapps Legacy Lacrosse Club.

COVID-19 Action Plan (CAP)

If an athlete, coach, or volunteer is determined to be sick or exhibiting COVID-19 symptoms, they must be sent home and should contact their doctor.

Class B Symptom Assessment

If you have any of the following class B symptoms, which lasts less than 24 hours:

- Fatigue
- Headache
- Muscle / body aches
- Congestion or runny nose
- Sore throat
- Nausea, vomiting or diarrhea

You may return to a Club activity after symptoms improve without a COVID test.

If any symptom lasts longer than 24 hours, OR you have two or more Class B symptoms above, you must get a COVID-19 test OR Stay home for 10 days after symptoms began (return on the 11th day) AND you are fever-free for 24 hours without medication and symptoms are better.

Class A Symptom Assessment

If you have one of the following Class A symptoms:

- Fever of 100.3 or greater
- Cough
- Shortness of breath
- Loss of sense of taste or smell

You must get a COVID-19 test OR Stay home for 10 days after symptoms began (return on the 11th day) AND you are fever-free for 24 hours without medication and symptoms are better.

If the COVID-19 test is negative, you may return to Club activities 24 hours after any fever resolves without the use of fever-reducing medication AND symptoms are better

If the COVID-19 test is positive, you may return to Club activities 10 days after symptoms began (on the 11th day) AND 24 hours after fever resolves without the use of fever-reducing medication AND symptoms are better.

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If you have symptoms AND were in close contact with someone who has COVID-19 positive, you must get a COVID-19 test OR stay home for 10 days (return on the 11th day) AND 24 hours after fever resolves without the use of fever-reducing medication AND symptoms are better.

Individuals are not permitted to return if they have a pending test for COVID-19 themselves or within the household.

If a player, coach or volunteer tests positive for COVID, and the individual has been in contact with other NTLLC members, they must inform their coach and the NTLLC VP immediately so contact tracing can ensue.

Note: NTLLC will follow the guidance of the Tacoma-Pierce County Health Department and the above information may be adjusted to remain current with the latest guidance. <https://www.tpchd.org>

Investigation

When the Club is notified of a Positive COVID-19 case the following will ensue:

- Interview the individual to determine if any others within the Club activities were in Close Contact to the positive case.
- Verify area of known positive has been cleaned and sanitized (if applicable)
- Notification of a COVID-19 positive will be communicated to either with a posting or verbally while protecting the individual and their family's identity.
- NTLLC will maintain a COVID-19 list for tracking purposes.

Government Resources

Tacoma-Pierce County Health Department: <https://www.tpchd.org>

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Centers for Disease Control (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Washington State Labor and Industries: [Labor & Industries \(L&I\), Washington State](#)

Federal Occupational Safety and Health Administration: [Home | Occupational Safety and Health Administration \(osha.gov\)](#)