

## **OPC/BPAA Youth Lacrosse Association (OPC/BPAA)**

### **Return to Training Policy and Procedures**

#### **General Guidelines**

##### Definitions

##### *Vulnerable Populations*

For the purpose of these guidelines, OPC/BPAA Youth Lacrosse Association (OPC/BPAA) has adopted the Center for Disease Control (CDC) definition of vulnerable population during this pandemic. This population includes both staff and members. The vulnerable population includes:

- People 65 years and older
- People who live in a nursing home or a long-term care facility
- People of all ages with underlying medical conditions

##### *Participants and Individuals*

Players, coaches, and all individuals in contact with players and coaches are used interchangeably in this document.

##### *FaceMask*

Mask and facemask are used interchangeably in this document. A facemask is any N95 mask, handmade mask, purchased mask or something similar that covers the nose and mouth simultaneously and has a means of attachment around the ears or the back of the head.

#### **General Guidelines for Participants and Individuals**

- Wash hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Coaches are required to wear facemasks while coaching, especially where social distancing measures cannot be maintained.
- Parents are required to ask their player if they have any of the following symptoms prior to any training or play. Coaches are also required to review if they have any of the following symptoms prior to any training or play. Do not attend if anyone in your family or your participant feels sick or has any of the following symptoms:
  - o Fever
  - o Cough
  - o Shortness of breath

- o Sore throat
- o Congestion
- o Headache
- o Chills
- o Muscle and joint pain
- o Nausea or vomiting
- o Loss of sense of smell
- o Diarrhea

- All vulnerable individuals should continue to stay at home. This includes players and coaches living in households where vulnerable individuals reside

- While out in public, social distancing guidelines should still be maintained. Wear a facemask when possible.

- Groups or gatherings of individuals should be limited to no more than 25 people or as specified by the current Minnesota Department of Health guidelines

- Initial lacrosse events will be limited to PLAYERS AND COACHES ONLY

- Non-player individuals will not be allowed on the field (even from a distance) and must drop off their player. Non-player individuals may watch from inside the car. If non-players choose to watch from the car, they are required to maintain social distance from other parents and families they encounter who are doing the same both before, during, and after the event.

- Players must wear masks when walking from the car to the field and when exiting the training or play field to be picked up. Players may remove their masks only to put on their helmet. As soon as a helmet is removed, masks must immediately be put back on and worn other than when wearing a helmet.

- Where social distancing guidelines cannot be observed, other precautionary measures should take place (i.e. masks, good hygiene practices, etc..)

- All training activities will be focused on skills and designed to maintain a 6' distance.

#### **Athletic Equipment and Field Etiquette**

- Participants will be asked to check in prior to entering the training area to ensure that all participants are authorized to be in attendance and to ensure that the no more than 25 people, as specified by the Minnesota Department of Health, rule is followed

- Participants should use their own lacrosse equipment, maintain a 6-foot distance, and avoid touching each other with hands

- Participants should place their equipment and gear bags at least 6 feet apart

- Participants should bring their own water bottles. WATER BOTTLES SHOULD NOT BE SHARED

- Participants should not spit on or anywhere near the athletic complex
- Lacrosse balls, lacrosse nets, cones, and other common use lacrosse equipment should be handled with gloved hands and only by coaches
- Players are only allowed to pick up a ball with their stick
- Participants should arrive at the field full dressed to participate in the event
- Participants should maintain social distancing of at least 6 feet before, during, and after the lacrosse event
- Personal lacrosse equipment should be frequently cleaned with disinfectant before and after the event. Equipment includes helmets, pads, gloves, sticks, etc. Mouthguards and water bottles should be washed with soap and water.
- Facility equipment (balls, cones, etc.) will be frequently cleaned with disinfectant or other appropriate methods before and after the event.

### **Personal Hygiene**

Participants are encouraged to take ownership of their personal hygiene prior to, during, and after the event by:

#### *Hand Washing*

Hand washing remains the most effective measure to control the spread of COVID-19. Participants should wash their hands:

- Prior to coming to the athletic field
- As soon as possible after their designated field time
- After any interactions with other people, especially if there was any physical actions such as a handshake or a pat on the back.

#### *Hand Sanitizer*

Hand washing has been proven to work more effectively than hand sanitizer. When hand washing isn't practical then hand sanitizer is the next best option. Hand sanitizer will be available at the field.

#### *Bodily Excretion*

Participants should not spit on or anywhere near the athletic complex. Players and coaches will wash hands or use sanitizer after using the rest room facilities.

### **Participant Use of Personal Protective Equipment (PPE)**

Certain types of PPE should be worn while at the athletic fields

#### *Gloves*

Coaches are encouraged wear gloves at all times during the lacrosse event. Players should wear their lacrosse gloves at all times when possible.

### *Facemasks*

Facemasks must cover both the nose and mouth simultaneously. Coaches will wear facemasks at all times during the lacrosse event. When participants are not training, or whenever a participant has removed their helmet a mask must be worn.

### **Participant and Coaching Requirements regarding OPC/BPAA Return to Training Policy and Procedures**

Participants, Parents and Coaches will be required to read and sign a copy of the OPC/BPAA Return to training Policy and Procedures. A copy of the signed document will be kept on file.

### **Attendance**

All players and coaches will be required to check-in prior to entering the facility each day. OPC/BPAA will retain the attendance records via physical or electronic means. These records will be used to support any possible future contact tracing required by the Minnesota Department of Health or any other governing authority.

### *Shared Responsibility*

All participants must self-monitor for symptoms of COVID-19

- Prior to coming to the athletic field parents must review with their participant if any signs or symptoms of infection are present as listed above in the GENERAL GUIDELINES FOR PARTICIPANTS AND INDIVIDUALS.
- For the safety of our members, if any signs or symptoms of infection are present in the player or any family member living with the player, the participant is not allowed to attend the training practice and should contact their healthcare provider
- Upon check-in, coaches and athletes/parents will be asked if they are experiencing any signs or symptoms of COVID-19. If the coach or athlete has any signs or symptoms of COVID-19, they will be sent home and instructed to contact their healthcare provider
- OPC/BPAA will make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings are available)
- If a participant or coach has tested positive for COVID-19 or has been in contact with anyone who tests positive with COVID-19, they are required to inform OPC/BPAA immediately.
- All personal information regarding reporting of a positive COVID-19 result, or reporting of contact with someone who has tested positive with COVID-19, will be kept confidential, except for purposes that may be required to fulfill any contract tracing obligations, as required by the Minnesota Department of Health or any other governing authority requiring such information.

### *Arrival & Departure Procedures*

All participants must follow arrival and departure procedures

- Upon arrival all players and coaches must check-in with the site supervisor at the main entrance at the event location

- Athletes & Coaches will be asked if they are experiencing any symptoms during check in
- Participants and coaches will be directed to a set of cones assigned to their training group that will be greater than 6 feet apart.
- A cone will be assigned to each participant for the evening and will be used to mark their equipment and water bottle as well as help maintain 6 feet of distance
- When arriving at the event location, please drop your player/participant at the Main Entrance
- Prior to coming to the athletic field parents must review with their participant if any signs or symptoms of infection are present as listed above