

IRON HORSE LACROSSE COVID-19 GUIDELINES AND INSTRUCTIONS FOR PRACTICES/SKILLS SESSIONS (UPDATED)

The first and paramount concern for Iron Horse Lacrosse, LLC (“**Iron Horse**”) has always been the safety and welfare of its players, coaches and families. In an effort to promote the safety for Iron Horse players and coaches, Iron Horse is implementing the following COVID-19 guidelines and regulations for its practices and skill sessions until further notice. These guidelines have been taken in large part from guidelines issued by the Center for Disease Control, The State of Texas and the University Interscholastic League of the State of Texas. We hope there comes a time in the very near future where these guidelines are no longer necessary but in the interim, we ask that our coaches, players and families do their best to follow them.

I. COVID SCREENING

Before each practice, we ask that each family monitor/pre-screen their respective players and family members for COVID-19 symptoms, prior to bringing their athletes to any practices or skill sessions. This includes taking temperatures of the players and their respective family members. Players, coaches, family members that are immune compromised in any way should not attend practices or skill sessions. Parents/family members over the age of 65 should not attend practices or skill sessions. Players that have immune compromised family members or family members over the age of 65 living in the same home should not attend practices or skill sessions. If you have any question as to whether a player, or another family member is immune compromised, please consult with your personal physician prior to attending any practices or skill sessions.

Coaches should self-screen for COVID-19 symptoms prior to the commencement of each practice or skills session and if able, should take the temperature of each player prior to the commencement of practices and skill sessions.

COVID SYMPTOMS FOR SCREENING:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- **Feeling feverish or measured temperature greater than or equal to 99.6 degrees Fahrenheit**
- Known close contact with a person who has been confirmed by lab testing to have COVID-19 within 14 days of the date of the practice/game

II. POSITIVE CASES OF COVID-19

If an Iron Horse player or coach tests positive for COVID-19 they have to self-quarantine for 14 days from the date of the test result and before returning to play the player/coach must be symptom free, as discussed below, for three days and have one negative Covid-19 pcr test result.

If an Iron Horse player or coach has been “exposed” (as defined below) to someone who tested positive for Covid-19 and that person you were exposed to does not live in the same residence as the player/coach, you should notify Coach Surran and then before returning to play you can:

- A. Self-quarantine for 14 days after exposure and return to play if you have had no symptoms for three consecutive days prior to the date returning to play (no testing is required taking this option); or
- B. Self-quarantine for 10 days since exposure and receive one negative pcr test at least five days after the date of exposure and you must have no symptoms for three consecutive days before returning to play (this option requires one test); or
- C. Self-quarantine and after five days from exposure you must have two negative pcr test results that are 72 hours apart and you must be symptom free for the three days preceding the day you return to play (this option requires two tests that are 72 hours apart).

Exposure is defined as being within six feet of someone who tested positive for Covid-19 for at least 10 minutes.

In the case of a player who has a family member who tested positive for COVID-19, the individual may attend practices/skill sessions when all three of the following criteria are met:

- A. They have had no symptoms for the three consecutive days before returning to practice;
- B. 14 days have elapsed since the original family member tested positive and the family member has subsequently tested negative since such 14 day period has elapsed; and
- C. The player has received a negative test result after such 14 day period has elapsed (this requires one negative test result from the player).

III. Requirements for All Iron Horse Practices and Skills Sessions

Consider having a coach wholly or partially dedicated to ensuring health protocols are being successfully implemented and followed. The coaches should ensure the rules of the practice facility and state and locality/city are being complied with and should consider implementing the following procedures and guidelines at practices/skill sessions:

- If practical, we ask that parents remain in their cars during practices or skill sessions.
- Players should not be given access to locker rooms or showers and should shower at home after the practices or skill sessions are concluded.
- During practices/skill sessions, there should be at least one coach for 20 players in attendance assuring the players are keeping the appropriate distancing between players and implementing all other hygiene and safety guidelines.

- Coaches must have hand sanitizer or hand washing stations readily available for players and staff to use and all in attendance should be encouraged to wash their hands or use the hand sanitizer frequently. Players can also bring their own hand sanitizer with them to practice.
- PLAYERS SHOULD BRING THEIR OWN WATER BOTTLES AND LABEL THEM FOR EACH PRACTICE/SKILL SESSIONS. **There should be no sharing of water or food at the practices/skill sessions.** Coaches, consider buying a couple extra cases of water to practice in case a player forgets water.
- No clothing or equipment should be shared during practices or skill sessions by any participant.
- Every effort should be made to eliminate congregation of parents, coaches and players prior to and after workouts in any given area. Therefore, if possible, have players/parents enter into one area of the facility and exit in another so that congregation does not occur and individuals should remain six feet apart when exiting or entering the practice facility/premises.
- In an effort to minimize the number of players/individuals that would have to self-isolate in the event of a confirmed case of COVID, please consider operating in training/skill groups of 10-15 players on a daily basis. When you have to come together for team training before events, consider operating in grad years.
- Players should wear gloves and helmets for each practice and skill sessions. Youth (1st-8th grade) players should also wear shoulder pads. No players are required to wear arm pads during noncontact practices/skill sessions.
- After each skill session, each player should strongly consider wiping down their lacrosse shaft with disinfectant wipes along with washing their practice reversible and practice gear (gloves/helmets/shoulder pads/goggles).
- For ball hunts, have the players roll the balls into a central area where coaches can pick the balls up with a stick and then place them in the bag/bucket. **PLEASE MAINTAIN SIX FEET DISTANCING DURING BALL HUNTS. PLAYERS AND COACHES SHOULD NOT TOUCH THE LACROSSE BALLS WITH THEIR HANDS AT ANY TIME.**
- **Coaches should wear face coverings during practice.**
- Players should pick up their own trash and empty water bottles after each practice or skill session. Coaches wear gloves if you are forced to pick up players trash.
- If a player/coach tests positive for COVID-19, wait at least 24 hours, if possible, to clean any areas they may have come in contact with.
- Players/Coaches should sneeze or cough into the inside of their elbows.
- There should be no high fives or fist bumps where contact is made between players/coaches until further notice.