

# **Snohomish Boys Lacrosse Club**

## **RETURN TO PLAY GUIDELINES**

In efforts to mitigate the risk of contracting the COVID-19 virus, consistent with the requirements of the Safe Start Washington Phased Reopening Plan and the US Lacrosse Return to Play Recommendations for Lacrosse, Snohomish Boys Lacrosse Club (SBLC) will follow these guidelines and protocols as our club moves forward with small group training.

### **Stay at Home**

If your son is feeling sick or experiencing any COVID-19 symptoms they should stay at home. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. We will provide a required prescreen checklist to be completed by every player (parent/guardian), coach and administrator prior to the start of the first practice session.

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

### **Hygiene Best Practices (Players)**

- 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.
- Arrive dressed and ready to train.
- 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.

## Program Hygiene/Distancing Practices

As city, county, state, education and park districts permit return to play in small groups, SBLC will implement these best practices. During Phase 2, our goal is to practice safely in small, socially distanced groups, with focus on conditioning, stickwork, footwork, shooting skills, and offensive and defensive positioning with ball and body movement. Drills will be contactless while in Phase 2.

- Temperature testing of players and coaches using an infrared thermometer prior to the start of every practice. Anyone with a temperature of 100.3 degrees or more will be sent home.
- At the start of every practice, confirm that no participants have experienced any of the known symptoms listed above in the 72 hours prior.
- Required face masks for staff, coaches, and designated adults serving as hygiene support for all practices and activities.
- Hand sanitizer and disinfectant wipes available.
- Each team shall be assigned a designated safety or hygiene coordinator (could be a volunteer parent, SBLC board member or coach).
- Maintain 6-feet between all player and coaches for any team communication.
- 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.
- Minimal spectators (including parents) on or near the field during practices or activities. Parents ideally stay in vehicles during practices or maintain 6-foot distance and wear a face mask if on the sidelines.
- Players will be socially distanced across the field (in groups of 5 with a minimum of 6-feet of space between players), with buffer space between groups to effectively allow for room to safely conduct small group activities, during practices.
- Players, coaches, officials or volunteers with confirmed or suspected COVID-19 and **have symptoms** can end home isolation\* when:
  - It's been at least 3 day with no fever without using fever-reducing medication AND
  - Symptoms have improved, AND
  - At least 10 days since symptoms first appeared.
- Players that test positive for COVID-19 but **have not had any symptoms**, can end home isolation\* when:
  - At least 10 days have passed since the date of your first positive COVID-19 test, AND
  - Have had no subsequent illness.

\* **Home isolation** means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

## **Responsibilities of Hygiene Coordinator**

- Should wear a face mask and have sanitation supplies and disposable gloves available during the entirety of the lacrosse activity.
- Review pre-screen wellness paperwork or assessments for all participants.
- Administer and record contactless temperature checks for all participants.
- Record attendance of participants at each practice.
- Ensure parents and spectators remain appropriately distanced or away from fields or in vehicles.
- Approve player and coach participation for practice based on their pre-screen questionnaire and on-site temperature/symptom screening.
- If someone during an activity is injured, feels sick or demonstrates symptoms, the coordinator should work to separate the individual from the group, assess the situation while maintaining distance, contact parents, and if necessary, call for medical assistance.
- If a return to play clearance is required by a licensed medical provider due to COVID-19 or another injury, the coordinator should be a point of contact, and the documentation should also be shared with the athletic director.
- Should communicate any concerns about participants adherence to safety practices during activity to the athletic director.

As we move into Phase 3, we will follow the enacted guidelines with our goal to safely move to larger practice groups and into a competition phase. SBLC will continue to follow the Stay at Home and Hygiene Best Practices as outlined above. As the guidelines or restrictions for Phase 3 participation and play are clarified, the SBLC Program's Hygiene/Distancing Practices will be adjusted to meet those guidelines.