

## **Edina Lacrosse Association COVID-19 Policies**

### **Effective 11/22/2021 until Further Notice**



Following Minnesota Department of Health current COVID-19 policies and [MDH Youth Programs](#) these rules and policies must be followed by all families, their designated support individuals, players and coaches participating in Edina Lacrosse Association sponsored group activities:

#### **Participation is not allowed if participant:**

- Has a fever or has any symptom of illness
- Was tested positive for COVID-19 and/or has been directed to quarantine or isolate due to COVID-19 exposure according to current MDH guidance at <https://www.health.state.mn.us/diseases/coronavirus/case.pdf>

#### **Before and after participating in the group activity, the participant must:**

- Wash hands for 20 seconds or use a hand sanitizer with at least 60% alcohol

#### **General good hygiene practices should be followed:**

- Coughs or sneezes should be covered
- Used tissues or paper towels must be disposed of in trash cans
- After using the restroom, hands should be washed for 20 seconds, or hand sanitizer with at least 60% alcohol should be used
- Do not share water bottles, gear, equipment or personal items (e.g., mouth guards, towels, etc.)
- If directed by your physician due to asthma, remind your player to bring their inhaler in a protected bag. Players should not share inhalers.

#### **Recommended by MDH:**

- The MDH recommends that approved individuals be vaccinated to prevent getting or spreading COVID19. Visit [www.health.state.mn.us/diseases/coronavirus/vaccine/index.html](http://www.health.state.mn.us/diseases/coronavirus/vaccine/index.html) for details.
- The MDH recommends individuals wear face coverings for indoor activities and maintain 6-foot social distancing when not actively participating in the group activities.

#### **Physical Distancing during Game and Non-Game Activities - Indoor Activities:**

- MDH recommends 6-foot Physical distancing for unvaccinated participants who are not playing (e.g., on the sideline, attending team meetings, and other similar situations).
- Practices will limit the number of participants in a practice pod, including players, coaches and volunteers, to reduce exposure.
- Participants are only allowed to participate in their assigned pod. Edina Youth Lacrosse Association will minimize pod reassignments as much as possible.
- Edina Youth Lacrosse Association may have more than 1 pod at an indoor field at a time in accordance with MDH and City of Edina guidance.
- Spectators:
  - Some venues may restrict the number of spectators allowed, require staggered arrival times and/or manage attendance via ticketing.

#### **Gear:**

- If a player needs help with getting gear on or off, the player's guardian/parent/support individual should do this before or after the group activity in a non-field location (e.g., in the car, at home, etc.).

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- Player should have gear on before entering the field, ideally getting geared up at home or in the car. Player should remove gear after leaving the field in their car, at home, or at a spot where they maintain 6-foot physical distance.
- At group activities, all gear and personal equipment either needs to be worn/used by the player or stored in a zipped gear bag. Gear and personal equipment are not to be shared between participants. Gear bags, if brought to the field, and water bottles must be kept in designated locations as directed by coaches. Mouth guards should never be shared.
- Goalies: Goalie helmets and throat guards will not be shared. If a goalie does not have their own gear, the chest pad and leg pads will be shared; however, the goalie will receive a dedicated throat guard for their helmet.
- Coaches: Coaches will have Gear Bags, including Lacrosse Ball Bags, which may be stored in the facility's lacrosse lock-box. Hand sanitizer will be available. Electronic whistles will be used. A limited number of unused, unopened mouth guards will be available for emergency distribution, but once used, the player should keep for their own personal use. **PLAYERS ARE EXPECTED TO BRING THEIR OWN MOUTH GUARDS TO EACH EVENT AND NOT SHARE THEM.**

#### **Wearing Face Coverings:**

- MDH recommends unvaccinated participants wear face coverings in indoor settings.
- Participants who choose to wear face coverings will provide their own.
- Some venues may have different face covering requirements, and those venues' rules must be followed.

#### **Reporting Requirement:**

Report positive COVID-19 test results to [edinayouthlacrosse@gmail.com](mailto:edinayouthlacrosse@gmail.com) as soon as possible to determine possible exposure and resulting quarantine requirements. If needed, Edina Lacrosse Association may consult with the MDH.

All participants must RSVP prior to all their scheduled events via the Edina Lacrosse Sports Engine App, so Edina Lacrosse has record of attendees.

Please refer to the [MDH Youth Programs](#) for the definition of exposure and required action steps, and to the [MDH COVID-19 Quarantine Guidance](#) for quarantine information.

This document is posted on the home page of [edinalacrosse.com](http://edinalacrosse.com). This policy may be revised as MDH or City of Edina Guidance changes. Participants will be informed when changes are made. Parents/Legal Guardians, Coaches and Administrators must acknowledge receipt of this policy before being allowed to participate in group activities. Ongoing participation in Edina Lacrosse Association activities constitutes acknowledgement of current COVID-19 Policies.