

Program Preparation Guidelines for Lacrosse

The information is not intended or implied to be a substitute for guidelines published by the New Jersey Department of Health, US Lacrosse, Local Department of Health, CDC or any other governing or regulatory body but rather in addition to those guidelines. All content, including text, link and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, The North Jersey Junior Lacrosse League makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to practice and competition. There are links to resources for reference and guidance, including US Lacrosse, CDC and NJ Covid site

Preparing for Practice Guidelines:

All players, coaches, staff, spectators and other attendees must adhere to specifically required guidelines from the New Jersey Department of Health (NJ DOH Guidance for Sports Activities), US Lacrosse, Local Department of Health or other governing or regulatory body.

- It is recommended that each Program:
 - Institute an Infectious Disease/Covid waiver as part of their registration (a sample for consideration and further review can be found in the US Lacrosse Return to Play recommendations - <https://www.uslacrosse.org/return-to-play> page 27
 - Screen athletes, coaches, staff and any other participants with a temperature check and health questionnaire prior to arrival at the field. Anybody showing symptoms of COVID-19 should not be permitted to participate (as an example minimally the CDC symptom checklist or other more extensive checklist a program designates).
 - Instruct participants to not come to practice/game if they or any member of their household are not feeling well or are showing symptoms of COVID-19.
 - Instruct participants not come to practice/game if they or any member of their household have been exposed to a person with COVID-19 within the past 14 days.
 - Instruct participants not come to practice/game if they are not comfortable with the guidelines set forth by the program, NJ DOH, US Lacrosse, Local Department of Health or any other governing or regulatory body.
 - Encourage people of any age with serious underlying medical conditions not to attend practice/game.
 - Have in place a protocol for contact tracing
 - Establish and implement protocols prior to Lacrosse events (practice/game) as to entry/exit paths, warm-up areas, spectator limitations and requirements
- Outline participation when participants for any reason travel out of state. Such that - Travel to a state on the NJ Travel Advisory List is disclosed and the player and/ or coach are expected to quarantine for a total of 14 days upon their return in accordance with State and/or governing body guidelines.
<https://covid19.nj.gov/faqs/njinformation/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

Following are considerations that Programs should review, align and apply as may be appropriate to be in compliance with State and Local Health Department guidelines and US Lacrosse Return to Play recommendations

Conducting Practice/Game Guidelines:

It is recommended that each program institute practices that are in accordance with best practices, including but not limited to:

- **Healthy Practices:** All players, coaches, referees and spectators should practice “good hygiene” by regularly washing their hands with soap and water or using hand sanitizer that contains at least 60% alcohol. Avoid touching their eyes, nose and mouth. Players and coaches should avoid all but the essential contact necessary during practice or competition.
- **Social-distancing:** Players, coaches, referees and spectators should maintain 6-feet of distance whenever possible.
- **Face-coverings:**
 - **Coaches/Spectators:** Spectators are encouraged to wear face-coverings at all times, particularly when 6-feet of distancing is not possible. Coaches must wear face coverings at all times.
 - **Players:** May (but are not required to) wear face-coverings when actively participating in vigorous activity during practice or competition, as tolerated. Though when on the sidelines face covering should be worn when social distancing is not permissible
 - **General/All:** Face-coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- **Drinks & Snacks:**
 - Participants should supply their own drink and snacks. Beverages and snacks should not be shared.
- **Equipment:**
 - No sharing of equipment inclusive of but not limited to: sticks, gloves, game jersey, pinnies, arm pads, shoulder pads, chin straps, mouth pieces, etc....
 - Equipment inclusive of balls, cones, etc. should be sanitized after each event
 - Encourage players to come to practice/game dressed to play and to not bring a lacrosse bag to minimize the risk of contamination
- **Games Scheduling:**
 - Teams before scheduling game times should consult with local authorities such as Health Departments, Recreation Departments, Board of Educations, etc. about any requirements pertaining to the logistics of arriving and departing teams that could have an impact of times scheduled
 - Teams are obligated to communicate to visiting teams any COVID related restrictions/requirements of participants (spectators, players, coaches, referees, etc.)

Following are considerations that Programs should review, align and apply as may be appropriate to be in compliance with State and Local Health Department guidelines and US Lacrosse Return to Play recommendations

Covid-19 Close Contact Exposure:

- Close contact is defined as being within 6 feet or less of the Covid+ person for 10 minutes or more, or if you had any direct contact (e.g. a hug or kiss) or if you had direct contact with infectious secretions (e.g. were coughed or sneezed on).
- This encounter is regardless of whether the contact was indoors versus outdoors, or whether masks were or were not worn by one or both parties, as per the CDC guidelines.
- If a player or coach had a one-time close contact with a Covid+ individual within 2 days prior to, or after their onset of symptoms, a 14-day quarantine is required from the time of that contact.
- If a player or coach had a one-time close contact with a Covid+ individual who was asymptomatic, within the 2 days prior to their positive test or within 10 days afterwards, a 14-day quarantine is required from the time of that contact.
- If the player or coach lives with a person who is Covid+ and can fully self-isolate from them, they must quarantine for 14 days from the time they began self-isolation.
- If the player or coach lives with a person who is Covid+ and cannot fully self-isolate from them, they must quarantine until 14 days following that person's complete resolution of symptoms (i.e. the entire symptomatic period plus an additional 14 days). If that person is asymptomatic, the quarantine period is a total of 24 days following the positive test. If someone else in the house becomes sick during that time or has a positive test, the quarantine period restarts.

Return to Play Guidelines:

- After a one-time close contact, the player or coach may return after their 14-day quarantine is completed.
- If the player or coach lives with the Covid+ person, they must both complete the quarantine period outlined in the prior section and must have a negative PCR test at the end of their quarantine to return to play.
- If the player or coach is Covid+, they must meet all of the following criteria to return:
 1. It has been at least 14 days since symptoms initially started, or at least 10 days from positive test if asymptomatic.
 2. They have been free from fever for at least 72 hours without fever-reducing medications.
 3. Respiratory symptoms (cough, sneezing, and shortness of breath) have fully resolved.
 4. Negative Covid PCR test.

Exceptions:

- If a player or coach had a confirmed positive Covid test within the last 3 months and has met all criteria in the Return to Play Guidelines section, they do not need to quarantine again if they have a subsequent Close Contact exposure. If it has been more than 3 months since their positive test, then they must follow all above guidelines.
- If a player or coach has a Covid-19 test done for any reason, they may not participate until they have received their test result, and it is negative.

NJL:

- It is recommended that games will be limited to no more than 2 per week per team within a program (not including tournaments/festivals/jamborees, etc....)
- No Pre/Post Game contact, including but not limited to: handshakes/high fives, fist bumps, etc....
- No team tents, pre or post game tailgating or team celebrations that result in players and parents gathering together
- Parents on sidelines must maintain separation of at least 6 feet, wear face masks and abide by local protocols
- Face-offs will be discussed prior to the game and will only take place if both head coaches and the officials all agree. Whatever decision is made (face off or not) will be in effect for the entire game and cannot be changed mid game. If it's decided there will be no face-offs, then the team that allowed a goal will pick up the goal and clear the ball from that point. A brief stoppage of play may be allowed to enable player substitutions.
- To the extent that it is learned that a Program has knowingly allowed a player or coach, regardless of grade or team level, participate in an event when they should have been in quarantine - such program will not be permitted to participate in any league sanction event, including but not limited to playoffs, all-star games, etc....
- If a team within a program has a player or coach that has been exposed to Covid, the program is to in addition to following local health department and State protocols immediately contact the division/conference coordinator and confirm their planned course of action and cancel any games for the upcoming period of 14 days. To the extent that there had been a lacrosse activity involving another program and/or referee(s) that may be impacted the appropriate notification should be made informing the parties of the course of action.
- If a school system within a Programs jurisdiction ceases all or majority of extracurricular activities – Programs should seriously consider suspending the remainder of their activities for the duration of the school system closure.

Resources:

US Lacrosse Return to Play

<https://www.uslacrosse.org/return-to-play>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC Youth Sports Guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Youth Sports FAQ

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

NJ COVID 19

<https://covid19.nj.gov/>

NJ Travel Advisory lists

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>