

1. **Opening Statement**

All District 833 Activities and Athletics that are allowed to return to play will follow Minnesota Department of Health, Minnesota Department of Education and Center for Disease Control guidelines for COVID-19. The protocol will be followed by all levels of the program. Advisors, Coaches and Directors are responsible for developing the plan and it is approved by each Activity Office corresponding to the guidelines. Compliance by participants, parent(s)/guardian(s) and spectators (when allowed) is required.

2. **Drop off and Pick Up Procedures**

- Practices will be held at Royals Stadium
- Face-coverings/masks must be worn by all players before/after practice while not on the field of play.
- Face-coverings/masks will be worn by coaches at all times.
- Please enter the stadium at the entrance nearest the east bleachers.
 - There will be cones set up inside the track area. One player per cone, these will be used for the players to get ready for practice while socially distanced.
- Practice social distancing before and after the practice and/or games with teams.
 - We will NOT be using the locker room under the east bleachers.
 - Cones will be set up along the sideline, spaced 6 yards apart for our players to use to get ready.
- After practice pick-up procedures
 - If student athletes are driving themselves, they will be asked to leave as soon as they have taken off their gear and collected their belongings (no hanging out together or congregating).
 - If the student athlete needs a ride home, parents should be ready to pick them up (in the parking lot) at the conclusion of the practice time.

3. **Required health screening procedures and exclusionary guidance**

- Enforce stay-at-home when sick policies for coaches and participants.
- Participants who become ill during programming, will be separated from activity and be expected to be picked up as soon as possible.
 - Coaches will call parents/guardians
- All participants will be encouraged to report illness and/or exposure to ensure the safety of all participants.
- Participants cannot participate if they or anyone in their family is ill, has a temperature over 100 degrees, has been in contact with someone who is ill, or has had an exposure to a possible COVID-19 case. Self quarantine will be required for 10-14 days.

- The daily self-report will be conducted prior to each day's session. Each participant or parent will self-report current health to include:
 - temperature check (affirm they do not have a fever, of any temperature),
 - respiratory check (affirm they do not have a new cough and no shortness of breath/difficulty breathing),
 - exposure check (affirm they have not been in contact with a potential or diagnosed COVID-19 case), and
 - other symptom check (affirm they don't have any other undiagnosed COVID-19 symptoms;[MDH Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs](#))

4. **Tracking of participants, staff, volunteers and opponents**

a. **Royals Lacrosse Attendance Sheet**

- The boys lacrosse coaches will be keeping track of attendance at each and every practice.
 - We will be working to make sure that our student athletes are grouped with the same players/coaches at each practice.
- Records of attendance, the self-check affirmation, group assignment, group leaders, etc. need to be maintained until further notice and available for review upon request. These records are vital for contact tracing in the event of a confirmed illness.

5. **Social Distancing and Group size**

● **MDH Social Distancing Guidelines**

- We will be working in pods/groups of 25 or below.
- We are asking that there are no spectators at practices, only coaches and players will be allowed in the stadium.
- Athletic and Activity groups will need to be recorded and kept track of. Minimize group intermixing when possible.
- If severe weather exists, bring participants inside and social distance when possible, wear a mask.
- Implement strategies for social distancing in your activities
 - Use visual cues for social distancing
 - Players/coaches will be asked to maintain 6 feet of social distance, this is equal to one defensive stick.
 - Beginning of practice
 - Players will be socially distanced at cones.
 - End of practice/waiting for drills
 - Players will be asked to remain 6 feet apart.
 - Formation of drills/rehearsal
 - Players will be asked to remain 6 feet apart.
 - Transitioning between drills/rehearsal
 - Players will be asked to remain 6 feet apart.
 - Congratulatory behavior - since high fives are not possible anymore.

- We are asking that players use verbal & visual affirmation with each other.
 - Getting equipment/supplies
 - Coaches will be tasked with getting the field ready.
 - Water, bathroom and hand hygiene breaks
 - Players will bring their own water bottles, not to be shared and keep them at their cone.
 - Players that need bathroom breaks can go on their own.

6. **Health Etiquette**

- Coaches will wear masks when they are unable to social distance even outside.
- Participants should wear masks prior to the start of practice and immediately after practice.
- Masks are required indoors for everyone, except during physical activity.
- Masks are required on the school bus for transportation to and from games.
- Cover your cough
- When you arrive wash hands at least 20 seconds or use hand sanitizer
- Encouraging and enforcing norms of health etiquette.
- Throw away trash immediately
- Bring your own filled water bottles with your name on the bottle
- Limit sharing of equipment, sanitize between uses
- Ensuring policies are considerate of staff, volunteers, and [participants at highest risk of complications.](#)

7. **Athletic Training Room**

- Athletes will be required to bring water to all games. There will not be a cooler provided as in the past.
- Ice from the training room will not be provided for water bottle purposes.
- Masks must be worn while using the athletic training room and working with the Athletic trainer outside, unless it is an emergency.
- Social distancing will be in place inside the Athletic Training Room.
- Students will not be allowed to “hang out” in the Athletic Training Room as may have been done in the past when not receiving care.
- Locker rooms will not be used. You will have to carry your items each day home with you.
- Baseline Concussion testing will be conducted at individuals homes. An email will be sent to families with information and a code for this purpose. Please let the Activities Office know if there is a need for access to technology for this purpose.

8. **Cleaning and Disinfecting**

- All equipment (lacrosse balls & cones) will be sanitized at the end of each activity by the coaching staff.
- Each program will need to have paper towels and spray sanitizer on hand for equipment and surfaces.

9. **Maintaining Healthy Environments**

- Shared/communal food and/or drink is not permitted on school property (buildings and grounds). Eating is only permissible if medically necessary.
- Seed and gum spitting is strictly prohibited on school property.
- Share safety concerns with district staff.

10. **Compliance**

- All attending coaches will be in compliance and follow the guidelines set forth by Minnesota Department of Health and Minnesota Department of Education.
- Participants in your program must follow the plan for your program. These protocol expectations should be communicated prior to the start of your season. Advisors, Coaches and Directors must reinforce COVIDI protocol at all levels during the season.
- In the event a participant is non compliant, they would be told to take time off and return when and if they are able to follow the guidelines for the health and safety of all.