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**Grand Rapids Amateur Lacrosse Association (GRALA)**

**COVID-19 SAFETY PLAN FOR OPEN GYM/Indoor Practice**

**MARCH - APRIL 2021**

This plan is a guide for GRALA to follow when gathering for open gym or indoor practice that creates the safest environment for athletes and coaches. The intent is to minimize the potential for transmission of COVID-19 between participants. This is a living document which means it will follow and adjust to the evolving and most recent guidelines provided by:

* [COVID-19 Sports Practice Guidance for Youth and Adults-Minnesota Department of Health](https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf)
* [COVID-19 Youth and Adult Sports Guidance Minnesota Department of Health](https://staysafe.mn.gov/industry-guidance/organized-sports.jsp)
* [CDC Sports Guidance](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
* [US Lacrosse return to play guidance](https://www.uslacrosse.org/return-to-play)

**THE PLAN**

1. Create pods of 25 or fewer athletes and managers.
   1. Coaches are not included in the 25 as long as they wear a mask and are properly socially distanced.
   2. If more than one pod, the pods must either practice in physically separate rooms, facilities or areas or steps must be taken to separate pods by no less than 12 feet at all times.
   3. Each pod's members remain the same.
2. Pre-workout Health Screening
   1. Players or staff cannot attend if they are awaiting covid testing results; someone in their household is awaiting covid test results; or someone in their family is sick with covid symptoms.
   2. Student-athletes, coaches, and team personnel must confirm that they are symptom free. These confirmations must be aligned with the CDC's "Coronavirus Self-Checker'' or current recommendations.
      1. This shall be done at home.
      2. A record must be kept of all student-athletes and team personnel at each practice session to allow for contact tracing.
   3. If any players or coaches are experiencing any signs/symptoms listed below **they are to STAY HOME if symptoms develop at an open gym, they will be sent home immediately..** It is highly recommended they contact their primary care physician if they are experiencing any of these signs/symptoms.
3. **Signs and Symptoms of COVID-19**
   1. Fever: Infrared temperature of 100.0 degrees fahrenheit or higher taken on the forehead or 1-2 inches below the back of the ear on the neck. Or infrared temperature of 99.0 - 99.9 along with any other symptom.
   2. Chills
   3. A new cough or sneezing not related to allergies
   4. Shortness of breath
   5. A new sore throat
   6. New muscle aches
   7. New headache
   8. New loss of smell or taste
   9. New runny or stuffy nose
   10. Had close contact with someone who tested positive for Covid-19 or is highly suspected of being positive
4. Facemasks are to be worn by students and coaches from the time before entering the school until after exiting the school at the end of practice.
   1. Exceptions to wearing masks are:
      1. When a player/coach takes a water break using their personal water bottle while properly socially distanced.
      2. If the player has medical exemption from a licensed medical professional.
5. Maintain physical distancing of 6 feet or more between all students and coaches at the beginning and ending of practice and when possible during practice activities.
   1. This includes while arriving at the school and at the end of practice.
   2. Players, coaches, and other team personnel are not to mingle before or after practice.
   3. Enter the school while masked and go directly to the gym for the start of the open gym/practice.
   4. When the open gym/practice ends, or if you leave early, exit the school immediately without any unnecessary loitering in the school.
6. Water bottles and equipment bags for each player are to be kept a minimum of 6 feet apart along the end wall in the gym.
7. Players are to wear workout clothes to practice and wear them home. Players and coaches should shower and wash their clothes as soon as possible when getting home. There will be no locker rooms available for changing clothes before or after open gym.
8. Absolutely no sharing of sticks other equipment unless they can be disinfected and both players sanitize their hands.
9. Lacrosse balls will be touched with the stick head only.
   1. If a ball is touched by a hand or face it is to be left on the ground and the coach will pick it up with their stick and place it in a "to be disinfected" bucket.
10. No touching or catching by hands of the balls or other team equipment.
11. All team equipment used for practice will be sanitized by the coach before and after use.
    1. Exception is the goalie is responsible to clean and store their goalie equipment.
12. Practice area will be of full gymnasium size
    1. Up to one full pod of 25 student-athletes and managers plus coaches per full size gymnasium.
    2. Gymnasiums planned to use
       1. Grand Rapids High School
       2. Robert J. Elkington Middle School
       3. East Elementary
       4. West Elementary
       5. Cohasset Elementary
       6. IRA Civic Center East Venue
13. Observers/spectators discouraged. No more than one per participant.
    1. If necessary for a parent or guardian to be at practice, they must maintain at least 6 feet of social distancing between households and must comply with venue/facility guidance—including applicable capacity limits.

**PERSONAL PROTECTIVE EQUIPMENT**

1. Lacrosse safety equipment required for each player to bring for themselves without sharing.
   1. Lacrosse helmet, gloves, pads, or goggles
   2. Mouthguard
   3. Water Bottle
2. Virus transmission prevention equipment required for each player and coach
   1. Mask. The MDH and MSHSL have approved the following mask/face coverings: paper or disposable mask/face coverings, cloth mask/face coverings, or neck gaiters.
   2. Hand Sanitizer

Prepared by:

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