

# Fall 2021 Parkview Youth Lacrosse COVID-19 Policy

The purpose of this policy is to help mitigate the risk of spreading COVID-19 during our lacrosse activities. Taking these actions does not guarantee that players, coaches, parents, etc. will not be exposed to COVID-19 during lacrosse activities, but they are intended to help limit the possible exposure. Please help us protect our players, volunteer coaches and parents by following these guidelines.

Above all, stay at home if you are feeling sick, are experiencing COVID-19 symptoms or have a temperature above 100.3. COVID-19 symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

\*This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. 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.**

## Practices/Games

- Arrive dressed and ready to train. Minimize use of changing rooms, bathrooms and/or communal areas.
- Players to bring their own water bottle with their name clearly labeled. No equipment sharing.
- Exposure for COVID-19 transmission is higher when within 6 feet of a sick person for more than 5 minutes. Stay at least 6 feet away from non-household members when not participating in a lacrosse activity. Social distancing should be followed by those in attendance, at all times.
- No huddles; limited, socially distanced pre-or post-activity in-person meetings.
- No handshakes, high-fives, fist-bumps or skin-to-skin contact.
- No spectators (including parents) on or near the field during lacrosse practices or activities. If you are going to stay and watch, please stay socially distanced in the bleachers.
- For games, host parks reserve the right to change and enforce different requirements than those listed above. They will post their policies at the park/field entrance.

## Exposure

Players exposed or with suspected exposure are required to quarantine for 7 days with a negative test or 14 days with NO test. Negative test paperwork must be sent to the Head Coach or Team Manager.