

Eagan Lacrosse – Safety Guidelines for Returning to Play

Eagan Lacrosse and EAA have worked with the City of Eagan to prepare the following guidelines to allow teams to begin practicing in small groups of 10 or less total people. Eagan Lacrosse will also continue to work with Youth Lacrosse Minnesota (YLM) and US Lacrosse regarding the various phases in approach for safe return to play. These guidelines were created with the intention of being used during the current Phase II of the Safe At Home plan posted by the Governor. These guidelines are for return to practice only with the expectation that these could and most likely change during Phase III when game play is allowed. All players and parent are required to understand and sign off on these guidelines.

- Players and Coaches must complete a self-evaluation symptom assessment before coming to practice and anyone showing signs of symptoms must stay home and notify your head coach, so they are able to track timing for return to play outlined below
 - Symptoms consistent with COVID-19 include:
 - i. New onset or worsening cough OR
 - ii. Shortness of breath OR
 - iii. At least two of the following symptoms: fever (100.4F or higher); chills; muscle pain; headache; sore throat; new loss of taste or smell
 - iv. Please refer to the “Is it COVID-19?” resource page from the State found here and their self-screening tool for more info: <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>
 - Anyone who has symptoms can return in one of the following ways:
 - i. **Getting Tested:** Having 2 negative tests in a row at least 24 hours apart
 - ii. **Not Tested:** You must be symptom free without aid of medicine for at least 3 days AND at least 10 days have passed since your symptoms first appeared
 - iii. **Alternative Diagnosis:** If you are diagnosed with something that explains the symptoms (Ex. Strep Throat, Norovirus, etc.) then you should stay home until symptoms improved (Siblings and household are free to resume immediately)
 - Siblings and household members of anyone with symptoms should also stay home for 14 days unless the person showing symptoms is cleared using the COVID test process as explained above.
- Anyone who has had “close contact” with someone who has tested positive for COVID-19 is required to stay home for 14 days from last contact with them and should limit contact with others.
 - Close contact is considered being within 6 feet for 15 minutes or more with anyone from 2 days before either the onset of symptoms or date the test specimen was collected until they meet the criteria to discontinue home isolation
 - The 14 day quarantine period only applies to individual(s) that were in directly exposed with the close contact and not their household
 - If you are informed by someone you have been in close contact with they are waiting for the results of a test we would ask you to also stay home until the results are known and then proceed based on the results
- Anyone testing positive for COVID-19 should immediately inform your head coach and is required to follow the imposed isolation period provided by the MDH. Please provide the end date given you by the MDH for your self isolation to your head coach. Once you are past that date and if any symptoms you had are cleared up you have a green light to return. If you also receive a letter from the MDH saying you are clear, please provide a copy of that letter to your coach.
- Players may only arrive 5 minutes before their scheduled time. Parents are asked to drop-off and pick-up players for practice in the parking lot and ensure they are there at the designated times. We ask that no one congregates in this area to allow a smooth transition between groups. It is requested that if family members want to stay and watch that they park away from the pick-up and drop-off area and remain in their vehicle.

- Players need to come to the training session fully dressed. Helmet and gloves need to put on before player can walk on the field and must stay on until they walk off the field. Players water and personal equipment should not be shared and should be placed 6 feet apart to ensure breaks are also properly distanced. No use of team water bottles or coolers.
- Coaches and Players will be divided into groups of no more than 25 on a half field. Coaches and Players will ensure safe social distancing of 6' or greater when entering, exiting or being on the field.
- Players will start by practicing these drills (examples: Wall Ball, Shooting, General Fitness, Footwork, Passing, Catching, etc.). Restrictions have loosened regarding contact and scrimmages and those will be incorporated into the clinics.
- There should be enough sets of goalie gear for each goalie to have his own set for the season. In the event goalie gear needs to be shared, it will be sanitized prior to handing over to the next player.
- Players are asked to leave w/in 5 minutes of practice ending and keep on their helmets, gloves and gear until they get to the car. Hand sanitizer should be used by each player before and after trainings.
- There will be 15 minutes between one training session ending and another beginning to avoid any overlap.
- Parents should disinfect equipment before and after training sessions.

* Per the CDC, symptoms can include Cough, Shortness of breath or difficulty breathing, Fever, Chills, Muscle pain, Sore throat, New loss of taste or smell (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)