

In response to the unprecedented COVID-19 pandemic, Grassland Boys Lacrosse created a plan for a return to play. With newly amended Tennessee Pledge, contact in youth sports is now permitted under the guidelines of the TN Pledge. We have revised our plan to continue to provide the safest environment possible at all our facilities.

This Return to Play Plan addresses many critical details that must be followed by all players, parents, coaches, staff, etc. to ensure the health and safety of everyone involved with our club and community. We are all in this together and need everyone's commitment to follow these club mandates. As a Grassland Lacrosse member, it is your responsibility to adhere to these policies and to report any positive COVID-19 test results immediately to the club to ensure the safety of our membership and limit further transmission. The progression through the stages of this action plan will be determined by Club Leadership in evaluating all current data available and based on guidelines from the Center for Disease Control, the State of Tennessee, US Lacrosse, local government officials, and in consultation with health professionals.

- With the amended Tennessee Pledge on August 7th, contact is now permitted in youth sports under the guidelines of the TN Pledge
- Games will be permitted while following all Return to Play guidelines
- All players, staff, and family members have the responsibility to immediately inform Grassland Lacrosse of any positive COVID-19 test to protect all our membership from possible transmission
- All players, staff, and family members visiting a facility are asked to wash hands and check their temperature beforehand and to stay home if temperature is above 100.4°F. A Board Member will be on site conducting temperature checks
- All players, staff, and family members visiting a facility are asked to stay home if showing any signs of illness
- Grassland Lacrosse strongly discourages carpooling to training and games. Please limit where possible
- All Grassland Lacrosse members are required to adhere to the guidelines set forth by local and/or state government bodies regarding the wearing of face coverings at events. Grassland Lacrosse always encourages all members to wear face coverings while visiting the facilities
- Grassland Lacrosse strongly encourages family members / guardians to adhere to all social distancing guidelines (Please avoid congregating of any sort)
- All Grassland Lacrosse coaches required to wear face masks while coaching
- Players do not touch any equipment (cones, goals, coaching sticks, etc.)
- Coaches will sanitize all equipment (pinnies, cones, etc.) after every training session
- No common water will be provided, please ensure you player has enough water for the session
- No team huddles

RETURN TO PLAY FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

- Symptomatic players and coaches with suspected or confirmed COVID-19 infection cannot attend any Grassland Lacrosse practices or games until ALL the following criteria are met:
 - At least three days (72 hours) have passed with fever of less than 100.4, without the use of fever reducing medications

- At least three days (72 hours) have passed with resolution of all symptoms including respiratory (e.g. inability to smell, cough, congestion, chest pain, shortness of breath or difficulty breathing), GI symptoms (e.g. inability to taste, vomiting, diarrhea, abdominal pain), general fatigue
- AND at least 14 days have passed since symptoms first appeared
- Players and coaches with confirmed COVID-19 infection who HAVE NOT had any symptoms cannot attend any practices or games until:
 - 14 days after the date of their first positive COVID-19 diagnostic test, assuming no symptoms since that time

RETURN TO PLAY FOLLOWING DIRECT EXPOSURE TO A SUSPECTED OR DIAGNOSED CASE OF COVID-19

Any asymptomatic player or staff member who has been directly exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 10 days and monitor for any symptoms consistent with infection.

If asymptomatic after 10 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, direct exposure means any one of the following:

- Living in the same household or being cared for by as an individual with a suspected or confirmed COVID-19 infection
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for approximately 10 minutes or more (e.g. carpooling)

-- OR --

- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, etc.)

REPORTING EXPOSURE TO/OR INFECTION OF COVID-19 TO GRASSLAND LACROSSE

If your player has been exposed to an infected person or has tested positive for COVID-19, we ask that you please report this directly to Grassland Lacrosse as soon as reasonably possible. We assure you that your privacy will be protected, and your medical information will remain confidential.

PROCESS FOR RETURNING TO PLAY AFTER QUARANTINE

All players who are required to quarantine due to exposure to or infection of COVID-19 MUST receive approval from Grassland Lacrosse before returning to in-person team activities. Upon receiving a player's report, Grassland Lacrosse will immediately contact the family to confirm receipt. Grassland Lacrosse will contact each family, as well as the player's coach, as their return date approaches to provide approval for returning to the fields.