

GRASSLAND BOYS LACROSSE COVID-19 PROTOCOLS AND GUIDELINES

In response to the unprecedented COVID-19 pandemic, Grassland Boys Lacrosse Club created a Re-Entry Task Force in order to plan for a return to play. The Task Force, along with the Board of Directors, and in consultation with local medical experts, developed the GRASSLAND BOYS LACROSSE COVID-19 Protocols and Guidelines that detail the club's response to the pandemic.

This GRASSLAND BOYS LACROSSE COVID-19 Protocols and Guidelines 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 BOYS 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 implementation and compliance of the GRASSLAND BOYS LACROSSE COVID-19 Protocols and Guidelines 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, TSLA, local government officials, and in consultation with health professionals.

- Training and Games will be permitted while following all COVID-19 Protocols & Guidelines
- All players, staff, and family members have the responsibility to immediately inform GRASSLAND BOYS LACROSSE of any positive COVID-19 test to protect all our membership from possible transmission
- All players, staff, and family members visiting a GRASSLAND BOYS LACROSSE facility are asked to wash hands and check their temperature beforehand and to stay home if temperature is above 100.4°F
- All players, staff, and family members visiting a GRASSLAND BOYS LACROSSE facility are asked to stay home if showing any signs of illness
- GRASSLAND BOYS LACROSSE strongly discourages carpooling to training and games. Please limit where possible
- GRASSLAND BOYS LACROSSE requires players and spectators to abide by all facility guidelines. GRASSLAND BOYS LACROSSE strongly encourages ALL members to always wear face coverings while visiting ANY GRASSLAND BOYS LACROSSE facilities
- GRASSLAND BOYS LACROSSE strongly encourages family members / guardians to adhere to all social distancing guidelines (Please avoid congregating of any sort)
- All GRASSLAND BOYS LACROSSE coaches required to wear face masks while coaching where social distancing cannot be achieved
- Coaches will sanitize all equipment (pinnies, cones, etc.) after every training session

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 BOYS 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°F, 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 10 days have passed since symptoms first appeared

Players and coaches with confirmed COVID-19 infection who HAVE NOT had any symptoms cannot attend any GRASSLAND BOYS LACROSSE practices or games until:

- 10 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 DIAGNOSED CASE OF COVID-19

Any symptomatic player or staff member who has been directly exposed to an individual with a diagnosed case of COVID-19 should be restricted from participation:

- Household exposure must quarantine for 14 Days
- Non-household/Community exposure must quarantine for at least 10 days without a negative test, or seven (7) days with a negative test obtained on 5th day or later, as well as monitor for any symptoms consistent with infection.

If asymptomatic after the quarantine period, 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 totaling up to 15 minutes or more (e.g. carpooling) -- OR -- Playing or practicing on field with teammate and/or opponent with a confirmed COVID-19 infection
- 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.)

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to three (3) months as long as they do not develop symptoms again. - Directive from the Centers for Disease Control

GRASSLAND BOYS LACROSSE leadership will investigate and analyze each case of on field exposure where possible to evaluate if team-wide vs. individual quarantine measures will take place. Every effort will be made to keep players playing where possible and with the utmost focus on health and safety.

Reporting exposure to or infection of covid-19 to Grassland Boys 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 BOYS LACROSSE as soon as reasonably possible. If you are currently quarantining due to exposure or confirmed diagnosis and will miss the start of GRASSLAND BOYS LACROSSE team training, please fill out the appropriate report. 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 BOYS LACROSSE before returning to in-person GRASSLAND BOYS LACROSSE team activities. Upon receiving a player's report, GRASSLAND BOYS LACROSSE will immediately contact the family to confirm receipt. GRASSLAND BOYS 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.

GAME PROTOCOLS

PRE-GAME

- Each participating team should conduct health screening questions to confirm no one is experiencing symptoms of COVID-19. This should be done by a designated individual (coach/team manager) and confirmation of the completion of this task should be made between the two coaches in attendance and the center referee during the pre-game period
- Parents should not congregate together and should follow social distancing guidelines. Parents are encouraged to wait until the field has been cleared by the previous game's attendees before taking their place on the sidelines
- Team benches will be removed(when possible) to encourage social distancing y It is recommended that teams bring their own tents to the event to provide shelter for players, though social distancing should still be practiced as much as possible
- Participants should not pick-up field equipment, move goals or handle other equipment. If team bibs are used, they should only be used by one participant and not shared or rotated amongst participants

WARM-UP

- No coach should be within 6 feet of any player unless wearing a PPE (mask)
- The players should not touch any equipment
- In general, maintain as much social distance as possible during warm-up activities

PRE-GAME ACTIVITIES

- A designated official from each team should provide the center referee with a copy of the official team roster and player cards, practicing social distancing to accomplish this requirement
- The coin toss should be socially distanced
 - Only one referee and one representative per team should take part in the coin toss
 - Only the owner of the coin should touch the coin
- No pre-game handshakes shall take place
- Uniform or jewelry checks should be visible checks only, maintaining 6-ft between the referee and player

DURING THE GAME

- No handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., should take place, including when goals are scored, or when substitutions are leaving or entering the field
- The following modifications to substitutions protocols are suggested:

- When subbing into the game, players should maintain distance from the referees and other players who are also subbing into the game
- If a player is subbed out of the game, the player should stand at least 6 ft apart

HALFTIME

- During halftime, referees, players and coaches should maintain at least six feet distance between each other
- All players and coaches should be wearing proper PPE (e.g. masks).
 - If a player needs to recover before participating in halftime activities, player should stand 12 ft away from other individuals while recovering before putting on their face covering or mask
- Players should sanitize their hands
- Coaches should limit the amount of time the entire team is near the bench area at one time
- Referees should sanitize their own equipment (whistle, flags, etc.)

POST GAME PROCEDURE

- At the end of the game, the official should return the completed game card to the designated field box so that the score can be recorded and posted online
- No post-game handshakes will take place between the teams