



Chaparral Girls Lacrosse Club (“CGLC”) acknowledges and takes very seriously the nature of the coronavirus and COVID-19 symptoms that can result. We also believe high school sports and the physical activity, collective effort, and camaraderie they encompass are an important part of the physical, social, emotional, and psychological well-being of young women.

With these two beliefs in mind, CGLC is committed to conducting camps, clinics, workouts, and practices in a manner that:

- 1) Minimizes risks of coronavirus exposure for all participants, based on our evolving knowledge of the coronavirus and how it is transmitted.
- 2) Meets or exceeds fast-changing district, local, state and federal mandates.
- 3) Supports [Centers for Disease Control and Prevention guidelines](#).
- 4) Complies with Return to Play standards as defined by U.S. Lacrosse’s 12-person Medical Leadership Advisory Team.

General Guidance on Stay at Home

The following CDC recommendations will be followed:

- All participants are expected to stay at home if they are feeling sick or experiencing the following COVID-19 symptoms, which may appear 2-14 days after exposure to the virus:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 degrees F
 - 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.

- No sharing of equipment, water bottles, towels, mouthguards, eyewear, etc. by any participants before, during or after any CGLC event.
- Lacrosse balls should be picked up with the lacrosse stick whenever possible.
- CGLC will provide hand sanitizer on the sideline for use by any participant at any time. At a minimum, participants will be expected to sanitize their hands before entering and leaving the event.
- CGLC will strive to provide a safety and hygiene coordinator as frequently as possible to ensure coaches and participants follow these guidelines as rigorously as possible.

PLAYERS

- Players will strive to remain six feet apart at practice anytime they are not actively practicing, including putting on equipment, stretching, talking, warming up, taking water breaks, and packing up equipment.
- Once players arrive at the CGLC team event and exit their cars, they will be expected to wear masks fully covering nose and mouth. These masks will remain on until warmups begin.
- Once practice is complete, masks will be worn again over nose and mouth until the player reenters their car.
- Players will regularly clean and disinfect frequently touched equipment (including mouthguards, sticks, water bottles, eyewear and pinnies).

COACHES

- Coaches will wear masks throughout practice any time they are within six feet of any participant, from the time they leave their car until they arrive back at their car.
- When coaches need to use a whistle during practice, they will stand at least 10 feet away from any participant before use.

PARENTS

- To minimize any congregating on the sidelines or in the parking lot at any CGLC event, parents dropping off or picking up their participants should remain in their vehicles at all times.
- No adults beyond coaches and supporting personnel should be present at any CGLC events, aside from official competition or games.
- CGLC will communicate additional guidelines for spectators clearly and in advance of any event or competition, in an effort to ensure everyone has an opportunity to enjoy the competition as safely as possible.
- In the event any spectator(s) refuse/s to comply fully and completely with the latest guidance, the CGLC event will stop and will not resume until the spectator(s) either complies fully with club guidance or returns to their vehicle.

By following these guidelines which will be updated as guidance and regulations change, CGLC will minimize the potential risk to players and participants while maximizing the many physical, social, emotional and mental benefits that regular exercise, teamwork and social interactions offer for young women.

The following steps should be taken to reduce the spread and decrease the risk of COVID-19:

- All athletes, coaches and staff **MUST STAY HOME** if they are symptomatic, have a fever, and/or have been **exposed** to someone who is positive for COVID-19
 - You are considered **exposed** to COVID-19 if you have:
 - Been within 6ft of someone who tests positive for COVID-19 for 15 minutes, does not need to be consecutive
 - Had physical contact of any kind with someone positive for COVID-19
 - Had an exchange of body fluid with someone positive for COVID-19
 - Live with or cared for someone who is positive for COVID-19
 - Period of contact occurred from 2 days before symptom onset or positive test whichever is first until the positive individual meets criteria for discontinuing home isolation
 - Stay at home in quarantine for 14 days after your last contact with the person with COVID-19
 - If you develop any symptoms consistent with COVID-19 during the 14-day quarantine period, you should:
 - Get tested for COVID-19 with a PCR or antigen test at a healthcare facility or other testing site.
 - If you do not get tested, are waiting for your test results OR test positive for COVID-19, you should isolate at home until:
 - At least 10 days have passed since your symptoms first started and
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved.
 - If you do not get tested, are waiting for your test results OR test positive for COVID-19 AND are admitted to the Intensive Care Unit (ICU) OR you are severely immunocompromised, you should isolate until:
 - At least 20 days have passed since your symptoms first started and
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved.

- If you test negative for COVID-19, you should quarantine at home until:
 - At least 14 days have passed since your last exposure to the person with COVID-19 **and**
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved
- One exception:
 - Individuals who have documentation of a positive COVID-19 PCR for Antigen test within three months of the date of exposure do not need to quarantine if the following criteria are met:
 - Individual must be symptom free
 - Documentation of positive COVID-19 PCR or Antigen lab result within three months (no sooner than 21 days from positive test due to RTP protocol) must presented to site athletic trainer and school nurse
- Masks will be worn by all coaches, staff, and spectators at all times
- Athletes should wear masks at all times unless participating in *intense* aerobic training or competition
- Athletes and coaches should frequently sanitize hands throughout practice and competition. (Hand sanitizer is provided in PPE kit)
- All touchable surfaces, including shared balls and equipment must be sanitized frequently during competitions and between each drill at practice. (disinfectant spray and cleaning rag or paper towels are provided in the PPE kit)
- Social distancing of 6 feet or more should be practiced whenever possible

Per MCDPH and ADHS persons will be asked to stay in home isolation:

- If you had any symptoms consistent with COVID-19 and had mild or moderate illness, you should isolate at home until
 - At least 10 days have passed since your symptoms first started **and**
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved

- If you had any symptoms consistent with COVID-19 and had severe or critical illness or are severely immunocompromised, you should isolate at home until:
 - At least 20 days have passed since your symptoms first started **and**
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved.
- If you had any symptoms consistent with COVID-19 you may be **released** from home isolation if:
 - You test **negative** for COVID 19 by PCR or antigen **and**
 - You have had no fever for 24 hours (without the use of medications) **and**
 - All other symptoms have improved

US Lacrosse Stages of Return to Play

US Lacrosse has outlined five distinct stages of lacrosse activity, based on the local, state and federal guidelines. CGLC will follow these guidelines as we work to comply with SUSL, AIA, City of Scottsdale, State of Arizona and CDC recommendations.

Stage 1: At home individual training (mild risk)

Aligned with state/local public health guidelines that do not permit or recommend any size group gathering, outside of family members, in any public setting. At this stage, the community may be under a stay-at-home order by local or regional authorities. At this time, according to the CDC, there is large scale community transmission, healthcare staffing is significantly impacted, and there are multiple COVID-19 cases within communal settings like healthcare facilities, schools, mass gatherings, etc...

Goal: Hone sport-specific skills at home with individual drills that can be done in backyard or driveway. Prepare for sports participation with general cardiovascular conditioning, core work and body weight strength. Work on injury prevention activities, such as those offered in the US Lacrosse LaxFit course (free to members):

<https://www.uslacrosse.org/coaches/coach-development-program/online-courses/laxfit>

Stage 2: Small group (less than 10) modified lacrosse activity or practice at outdoor facility (mild to moderate risk)

Aligned with state/local public health guidelines that allow for small group (under 10) gatherings in a public or private setting. At this stage, according to the CDC, there is widespread and/or sustained transmission with high likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

Goal: Continue conditioning with small, socially-distanced community based groups. Improve hand-eye coordination, footwork, shooting skills. Continue improving cardiovascular and lacrosse fitness in a supportive group setting for enhanced mental and physical health.

Stage 3: Medium group (less than 50) modified intra-squad scrimmages/practices with limited closeness and contact at outdoor facility (moderate risk)

Aligned with state/local public health guidelines that allow for under 10 people to gather in groups indoors at a time or up to 50 people to gather outdoors at a time. At this stage, according to the CDC, we are likely to see transmission with likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

Goal: Once appropriate fitness levels are attained, this stage allows for increasing intensity and competitiveness in drills, including game-specific drills.

Stage 4: Medium group (less than 50) local competition/ practices from teams within same locale, with limited closeness and contact at outdoor or indoor facility (moderate to high risk) no multi-team events

Aligned with state/local public health guidelines that allow for up to 50 people, to gather indoors or outdoors, at a time. At this stage, according to the CDC, sustained transmission with likelihood or confirmed exposure within communal settings with potential for increase in suspected cases.

Goal: Create a more competitive environment with local groups to enhance skills while protecting athletes from risks of travel and interactions with different communities with different risk profiles.

Stage 5: Larger group gatherings (more than 50) and full competition resumption with multiple teams from varied geographic areas. (highest risk)

Aligned with state/local public health guidelines that allow for groups larger than 50. At this stage, according to the CDC, there is evidence of isolated cases or limited community transmission, case investigations underway, no evidence of exposure in large communal setting, e.g., healthcare facility, school, mass gathering.

Goal: Full return to larger competitive events, including participants from a variety of communities/regions. Events should be evaluated for safety considerations and continued diligence to mitigate virus transmission.