

# COVID19 Action Plan (CAP)

The your club name here has fashioned the following action plan to return players and coaches to the playing field in a safe and thoughtful manner. This CAP addresses our planned resumption of play this fall although the timing and requirements of the resumption could change.

The Club typically has had fewer practices and limited competition in the fall with more focus on skill development which should help us ease our coaches and players back into action. So it is in this context that the following plan was developed. The CAP will need to be re-worked for the spring 2021 season as conditions will change.

The Club is staying abreast of federal, state and local public health guidelines and mandates. The Club will also follow local guidance from school districts, state athletic associations and US Lacrosse. The CAP has incorporated select guidelines from the US Lacrosse “Return to Play” recommendations available in their entirety at:

<https://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf>

The Club is confident that with the cooperation of parents, players, and coaches, the plan will help mitigate the COVID19 transmission risk and get us back on the lacrosse fields.

## General Guidelines

The Club will designate certain club members as “hygiene coordinators” who will attend each club activity to make sure the following guidelines are followed. *(Note: This can be the team manager or a parent with knowledge of the plan requirements. Head coaches will not have this responsibility so they can concentrate on preparing for and running practices.)*

1. The Club will require each player, parent and coach to sign a liability and hold harmless waiver before taking part in club activities.

2. Players, parents and coaches will pre-screen themselves at home before taking part in any practices, games or team activities. Players, parents, and coaches must stay at home if they are feeling sick or experiencing the following COVID-19 symptoms:

- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fever of 100.3 degrees or higher*
- *Chills*
- *Muscle pain*
- *Sore throat*
- *New loss of taste or smell*

*(Note: If uncertain about his or her health or whether symptomatic, the player, parent or coach should err on the side of caution and not attend the team activity. If there are any disputes on-site about a participant's health and ability to participate, the Hygiene Coordinator is responsible for determining if that individual is cleared to participate.)*

3. Players should arrive dressed and ready to participate. Parents should drop off players close to start times, and pick up close to end times to avoid player congregations before and after practices.

4. The Hygiene Coordinator will conduct a pre-participation wellness screening of each player, coach or parent volunteer prior to play. Screening questions will be asked and status documented. A temperature check may be taken. Anyone not passing the screening will be sent home. Coordinators will keep track of results and who takes part in individual team activities for future reference if tracing is necessary due to a participant's exposure to the virus.

5. Any parents that remain should stay in their vehicles or otherwise practice social distancing as a spectator.

6. Masks will be worn at all times by coaches, managers, and any volunteers taking part in team activities. Although optional once physical activity starts, players should wear masks upon arrival and immediately following the completion of practices and games.

7. Players will be asked to place gear to meet social distancing practices. Players must bring their own water bottle. No food may be brought to share at any team activity.

8. Parents and players should sanitize their equipment after every use. The Club will provide sanitizer options (spray, wipes, etc.) if needed during the course of play.

### **Practice Guidelines**

1. The Club will consult with its coaches to fashion safe and efficient practices, and eventually allow for scrimmages, and possibly games against other clubs if conditions warrant.

2. Coaches will develop efficient practice plans that include:

- Gradual return to play in stages to thoughtfully increase exertion and conditioning to reduce the chance of injury.
- Stressing social distancing and avoiding huddles, hand shakes, fist-bumps, high-fives, chest-bumps, or other situations including drills where physical contact can be avoided.
- Avoiding players standing around by engaging as many players as possible at the same time in the activity.
- Avoiding the sharing of equipment when possible.
- Sanitizing any equipment owned or provided by the club before use.

3. Until conditions warrant, the club will avoid conducting indoor practices and meetings.

4. Most importantly, coaches will focus on getting back on the field, knocking off the rust, and having fun!

### **Other Guidelines**

1. The Club may choose to schedule games or scrimmages this fall against other clubs assuming it can be done in a safe manner. Format will be 7 v 7 or 6 v 6, and small-sided games for younger players. Any games will be scheduled against local teams to avoid significant travel and potential exposures or transmissions outside the area.

2. Any spectators for games would be expected to practice social distancing. *(Note: The hosting club will probably provide more details and directions to players, coaches, officials,*

*parents and spectators prior to the contest. Our club will evaluate the precautions being taken by the host club and venue before deciding to take part.)*

3. If a player or coach gets sick, tests positive, or is exposed to the virus, he or she must immediately notify the Club. If he or she tests positive or is exposed, the player or coach will quarantine themselves in accordance with public health guidelines, and not return to team activities until their quarantine period is over, and they have tested negative for the virus.\*

4. In the event the Club believes an infected or exposed player, coach, parent or official has taken part in a club activity, it will make a good faith effort to immediately notify those that have taken part in the event.

5. The Club will thoroughly communicate the CAP to parents, players, coaches, and officials, and will monitor compliance. It reserves the right to enforce compliance and will take corrective action if a participant fails to comply.

*\* Per US Lacrosse recommendations: players, coaches or officials with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptoms free in order to return. Individuals require clearance from a licensed medical professional before return to play is granted.*

***This COVID19 action plan template is provided by the Iowa Lacrosse Association with the hope it will help youth lacrosse clubs prepare to return to play. We know the pandemic situation is fluid and plans will need to evolve including this template. As always, we remain available to you and your club for advice and support as you consider your future plans.***

