

# BYLA Lacrosse COVID-19 Preparedness Plan

Under Gov. Tim Walz's Executive Orders, association's that are in operation during the peacetime emergency are required to establish a COVID-19 Preparedness Plan.

This COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines, federal OSHA standards related to COVID-19 and Executive Order 20-48, and address:

- social distancing;
- hygiene and respiratory etiquette;
- cleaning and disinfection protocol;
- drop-off, pick-up and delivery practices and protocol; and
- Communications and training practices and protocol.

## Spring 2021 Lacrosse Season

BYLA Lacrosse is committed to providing a safe and healthy environment for all our players, volunteers, and coaches. To ensure we have a safe and healthy environment, BYLA Lacrosse has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. BYLA Lacrosse board and coaches are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19. We will only be successful with the support, commitment, and compliance of players, coaches, volunteers, and parents. Through this cooperative effort we can establish and maintain the safety and health of players, coaches, volunteers, and parents.

The COVID-19 Preparedness Plan is administered by BYLA Lacrosse, who maintains the overall authority and responsibility for the plan. However, players, coaches, volunteers, and parents are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. The BYLA Lacrosse board and coaches have full support in enforcing the provisions of this plan. We are serious about safety, health, and protecting our lacrosse family.

Players, coaches, volunteers and parents are responsible for the following:

- All participants should stay at home if they are feeling sick or experiencing any COVID-19 symptoms.
- Maintain social distancing- stay 6 ft apart during drills and on the sideline.
- Wash your hands prior to arriving at lacrosse and immediately following lacrosse.
- Clean and disinfect frequently touched surfaces and equipment (including balls, mouth guards, sticks, water bottles, helmets, eyewear, pads, uniform). Wipe down equipment before and after participation. Review CDC cleaning and disinfecting guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>
- Bring own water bottle. There is no sharing of equipment, water bottles, and towels.
- Players, volunteers, and coaches will wear a mask as required by GNLL and MSLax
- No handshakes, high-fives, fist-bumps or skin-to-skin contact.
- Wipes may be available for cleaning and disinfection as needed.

- For practices, parents are asked to drop off and pick up players only. Socializing on the sidelines is not permitted. For games, spectators are allowed per GNLL and MSLax guidelines.
- The BYLA Lacrosse COVID-19 Preparedness Plan will be posted on the BYLA Lacrosse website. Email communication will be sent to parents, coaches and volunteers regarding the BYLA Lacrosse COVID-19 Preparedness Plan and their responsibilities.

## Prompt identification and isolation of sick persons

COVID-19 has the potential to cause serious illness and death in people of all ages and genders in all communities. Those who are immunocompromised, have co-morbid medical conditions and/or are over the age of 60 are at greatest risk. At the present time, effective treatments have not been developed, and a vaccine is not expected to be widely available for the foreseeable future. Additionally, while children appear to be at a lower risk to contract the virus, there is growing concern that they can be asymptomatic carriers who can expose their respective parents and siblings to infection. Unfortunately, there is no way to eliminate the risk of infection in this pandemic. Therefore, the goals of a safe return to play will focus on mitigating the risk of COVID-19 transmission, quickly identifying and removing participants who may have contracted or been exposed to COVID-19 (and managing appropriately), and allowing parents of vulnerable and at-risk populations to determine their level participation.

Coaches and players have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess coaches, volunteer's, and player's health status prior to entering the field and for coaches, volunteers, and players to report when they are sick or experiencing symptoms. Coaches, players and volunteers will be asked to take a body temperature, 1 hour prior to field session. If temperature exceeds 100.5, they are asked to remain home. At any point should a player, coach, or volunteer show any signs of illness, they will be asked to leave the field and not return for 72 hours after their symptoms subside and they have a temperature under 100.5.

People with COVID-19 have had a wide range of symptoms reported- ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Stay at home or notify the coach if you are feeling sick or experiencing the following COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.5 degrees F/37.9 degrees C
- 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.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If a coach, player or volunteer is exposed to a person with COVID-19 or is diagnosed with COVID-19, they are required to report this information to the BYLA Lacrosse President and stay home for the required amount of time. The coach, player or volunteer should be evaluated by a licensed medical professional and may require clearance from a licensed medical professional before return to play is granted. BYLA Lacrosse will protect the privacy of players, coaches, and volunteer's health status and

Health information. The identity of anyone being officially diagnosed with COVID-19 will be kept private under the penalty of HIPPA Laws.

## Respiratory etiquette: Cover your cough or sneeze

Coaches, players, and volunteers are being instructed to cover their mouth and nose with their sleeve or a tissue to the best of their ability when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands.

## Handwashing

While there is limited exposure due to players wearing gloves and using sticks to control the ball, disinfectant wipes/sanitizer will be available.

## Social Distancing

For the spring of 2021, groups and teams will be limited to 50 or less on  $\frac{1}{2}$  of the field. Players will be asked to keep a distance during drills and activities. Any tasks that can be done at home, should be done at home (recovery sessions, online meetings) in order to maximize the effectiveness of the time together. See Appendix A for the Stages of Return to Play.

## Drop-off, pick-up and delivery practices and protocol

We are asking parents to drop off and pick up only. We ask that they do not socialize on the sidelines during practice.

## Communications and training practices and protocol

The BYLA Lacrosse COVID-19 Preparedness Plan will be post on the BYLA Lacrosse website. Email communication will be sent to parents, coaches and volunteers regarding the BYLA Lacrosse COVID-19 Preparedness Plan and their responsibilities. Communication will be ongoing and provided to all players, coaches, parents, and volunteers as guidelines change or new information becomes available.

## Additional protections and protocols

These guidelines are not intended to serve as a replacement for professional medical advice, diagnosis or treatment by a licensed medical professional. The information regarding the prevention and treatment of COVID-19 is ever changing and, although these guidelines will be continually reviewed and updated, BYLA Lacrosse cannot assure that this information is 100% current or complete. Refer to the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) for current guidance.

### Managing Expectations

- Plan on players wearing masks during practices and games
- Game play modifications may also be implemented to minimize higher risk activities by limiting extended closeness and contact between athletes.

The BYLA Lacrosse board, coaches and parents are to take an active role and collaborate in carrying out the various aspects of this plan, and provide updates as necessary. This COVID-19 Preparedness Plan has been certified by BYLA Lacrosse Board.

