



## **Elk River-Zimmerman Girls High School Lacrosse Pre-Season Training COVID-19 PREPAREDNESS PLAN:**

The purpose of this document is to provide participants, parents, and staff with best practices and recommendations regarding pre-season training sessions held at the Furniture and Things Community Event Center Fieldhouse. We, as an organization, aim to be compliant with state and local regulations as well as all guidelines from the Centers for Disease Control and Prevention (CDC), and the Furniture and Things Community Event Center guidelines.

The circumstances around COVID-19 are changing constantly. We will abide by all public health authorities and local and state government guidelines and event center guidelines set as of 2/16/2021 until further notice.

Do not attend sessions if you:

- Are exhibiting any symptoms of the coronavirus. Symptoms range from mild to severe illness and may appear 2-14 days after exposure to the virus, including: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- Have been in close, sustained contact with someone with COVID-19 in the last 14 days. Participants and staff must complete a daily pre-screen questionnaire to verify the above, see below.
- Consult with a healthcare professional if you are at higher risk of developing serious disease.

Our training group size will meet all guidelines.

- Participants and staff should bring their own water bottle (filled) - water bottles with straws or tube-style nozzles will make drinking with a face covering easier and safer.
- Participants and staff will wear a face covering that covers both mouth and nose to be worn at all times inside the Furniture and Things Community Event Center.
- Participants and staff should arrive no earlier than 10 minutes prior to pre-season training sessions. Participants should arrive ready to start their sessions in appropriate clothes. (no locker rooms will be available for changing)
- Participants will check in with staff at the beginning of each session to make sure registration, waiver, and payment has been received. Players will not be allowed on field without this information
- Participants and staff will maintain 6' social distancing guidelines within the event center
- Participants and staff will be broken into groups of 25 if needed.
- Participants and staff will leave the event center immediately after training sessions are completed. If waiting to be picked up by a parent, this must be done outside of the event center.

- If at any time, a participant or staff member in the training sessions is identified as having symptoms of COVID-19, they will be immediately separated from the group and sent home. They will be instructed to call the local COVID-19 hotline for testing instructions, or contact their personal health care provider. If there is a positive case of COVID-19 reported, communication will be made with parents via email or phone, consistent with applicable law and privacy policies, staff and families of athletes (as feasible) self-report if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations.