



Armstrong Cooper Youth Lacrosse COVID-19 Safe Play Plan

Effective 3/21/21 until further notice

Armstrong Cooper Youth Lacrosse is committed to providing a safe and healthy environment for our families, players and coaches. We have developed this COVID-19 Safe Play Plan in response to the COVID-19 pandemic. This plan will be updated as needed based on local mandates, as well as CDC, MDH and US Lacrosse guidance. Association leaders and members are responsible for implementing and adhering to the plan.

SELF SCREENING GUIDELINES PRIOR TO ALL EVENTS

All Armstrong Cooper Youth Lacrosse Association participants (players, coaches, etc.) are required to self-screen prior to any event (all practices, games, etc.) for signs, symptoms or possible exposure to COVID-19.

Each individual (and parent or guardian) must monitor for signs and symptoms. Anyone who has any of the following should not attend practice, games, or any association event within ten days of the start of symptoms:

- a fever (100.4 or higher),
 - cough,
 - sore throat,
 - shortness of breath
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- If a player is feeling “off” or shows any signs of being sick, they must stay home.
 - If a player feels ill while at an activity, they must inform their coach immediately, leave immediately and do not return until permitted under MDH guidelines.
 - Participants should exclude themselves if they believe they were potentially exposed to anyone with COVID-19 within the last 10 days.

The Association will notify families immediately if a possible case of COVID-19 occurs and will maintain the privacy of any player or family member with symptoms or COVID-19 diagnosis.

PARTICIPANT EVENT STANDARDS (Players and coaches)

- Players and coaches must sign the COVID-19 2021 Season waiver to participate in all events.
- Players and coaches will practice in pods of 25 indoors, 50 outdoors or those set to the maximum size set by the MDH or facility in use.
- During times when players are not actively participating, attention should be given to maintaining social distancing of 6 feet or the current standards set by the MDH or MSHSL for youth athletics.
- No sharing of sticks, goggles, water bottles, or other personal equipment.
- Personal equipment and water bottles must be kept in designated social distanced locations as directed by coaches.
- Players will be responsible for cleaning and sanitizing their personal equipment before and after practice, games, and all events.
- Players are not allowed to bring lacrosse balls from home.
- Players and coaches should avoid touching lacrosse balls with their hands.
- Players should arrive at the practice start time, wearing their gear and ready to train.
- Players should not arrive more than 15 minutes before each event.
- Players may put their gear on in the parking lot before they enter the field.
- Participant mask requirements will follow all current guidelines set by the MDH, MSHSL, MSLAX, GNLL and YLM for all events.
- Coaches must clean and disinfect all shared lacrosse balls and other shared equipment after every practice if less than 3 days in between practices. Disinfectant for shared equipment will be supplied by the Association.

SPECTATOR EVENT STANDARDS

Spectator rules and guidelines are fluid but the following guidelines apply until further notice:

- Spectators are not allowed at practices.
- Only two spectators are allowed per participant on most Robbinsdale District fields for games. Cooper High School allows for more spectators due to increased seating in the stands. As guidelines change, we will communicate with players and their families.
- Spectators at games and tournaments will adhere to the safety rules and standards of the hosting team or venue.
- Spectators will follow all guidelines set by the hosting team and follow all current mask and spacing guidelines set by the MDH.
- If allowed, spectators at games should be limited to family members.
- If allowed, spectators will maintain social distancing standards of 6 feet and avoid gathering.
- Please stay home if you or a family member are experiencing any of the symptoms identified above or have been exposed to anyone with COVID-19.

COVID EXPOSURE OR POSITIVE TEST – NEXT STEPS

IF YOU HAVE BEEN EXPOSED TO A PERSON CONFIRMED TO HAVE COVID-19

Per CDC and MDH guidelines, this is defined as ‘close contact within 6 feet of an individual for at least 15 minutes’ without the use of personal protective equipment. Should this occur, report to the VP of Boys (acylaxboys@gmail.com) or VP of Girls (acylaxgirls@gmail.com) immediately to determine next steps according to the MDH Decision Tree.

IF A PLAYER OR COACH TESTS POSITIVE FOR COVID-19

Please notify the VP of Boys (acylaxboys@gmail.com) or VP of Girls (acylaxgirls@gmail.com) immediately. ACYLA will notify all team members if a positive case is confirmed, while maintaining that person’s confidentiality. Team activities may be paused until ACYLA has consulted with local health officials and/or the MDH on additional testing or requirements before returning to play.

All potential or positive cases will follow the current MDH COVID-19 Decision Tree for People in Schools, Youth and Child Care Programs. For reference, go to:

<https://www.health.state.mn.us/diseases/coronavirus/schools/>

TRAVEL RECOMMENDATIONS

The CDC is currently recommending no travel at this time, given that travel increases the chance of getting and spreading COVID-19. If staff and families decide to travel, they are reminded to continue observing all prevention measures including maintaining six feet of distance from others whenever possible, masking consistently, using proper hand hygiene, and testing and quarantining when appropriate.