

Hebron Lacrosse COVID Policy

Updated: 07/31/20

Parents must ensure they do not send an athlete to participate in lacrosse activities if the athlete has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met.

EVENTS, TRAINING & PRACTICE

MANDATORY	RECOMMENDED BEST PRACTICES
<ul style="list-style-type: none"> • Coaches and players must adhere to physical six-foot distancing except when the ball is in play. • Hebron Lacrosse coaches must wear face coverings at all times. • Athletes must wear face coverings at all times while not actively participating in the field of play. • Players and coaches must conduct daily symptoms assessments. Anyone experiencing symptoms must stay home.* • Players and Coaches will be temperature screened when entering practice location and game field. • Players and Coaches will be asked to use hand sanitizer before and after practice. • Athletes should bring individual water containers. No sharing. • Players go to player bases to gear up. Bases are spaced six-feet apart and will be designated with cones. 	<ul style="list-style-type: none"> • Face coverings are strongly recommended for any spectators. • For practices and training sessions, it is recommended that coaches divide players into groups and establish rotating shifts when possible. • Athletes are strongly recommended to travel to the venue alone or with a member of their immediate household..

ATHLETES

MANDATORY	RECOMMENDED BEST PRACTICES
<ul style="list-style-type: none"> • Must adhere to six-foot social distancing practices off the field of play. • Must wear face coverings at all times when not actively participating in the field of play. • Athletes must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.* • Bring your own hand sanitizer and disinfectant wipes • Must bring own water in a portable container. • Must not share water or equipment • "No-touch" rule: players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans. • Players should refrain from touching any lacrosse ball with their hands at any time on the field. Sticks must be utilized to move or pick up the ball in all situations. • No spitting or eating seeds, gum, other similar products 	<ul style="list-style-type: none"> • Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended for athletes during all events/practices. • Whenever possible, equipment and personal items should have proper separation and should not be shared.

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SPECTATORS

MANDATORY	RECOMMENDED BEST PRACTICES
<ul style="list-style-type: none"> • Must adhere to six-foot social distancing practices off the field of play. • Must wear face coverings at all times when not actively participating in the field of play. • Spectators must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.* • Bring your own hand sanitizer and disinfectant wipes • Must bring your own water in a portable container. • Must not enter player areas (on the field of play or bench areas). • Must keep six feet or more from the field of play • No tents or tailgating allowed before or after games. 	<ul style="list-style-type: none"> • Strongly recommended to wear face coverings at all times • Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended for athletes during all events/practices.

COACHES

MANDATORY	RECOMMENDED BEST PRACTICES
<ul style="list-style-type: none"> • Must adhere to six-foot social distancing practices off the field of play. • Must wear face coverings at all times. • Coaches must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.* • Bring your own hand sanitizer and disinfectant wipes • Must bring own water in a portable container. • Must not share water or equipment • "No-touch" rule: players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans. • Must ensure that players are following COVID-19 related prevention measures included herein. • No spitting or eating seeds, gum, other similar products 	<ul style="list-style-type: none"> • Coaches should ensure that players are adhering to social distancing and wearing face coverings while in common areas and not actively participating on the field of play • Whenever possible, equipment and personal items should have proper separation and should not be shared.

CONFIRMED CASES

A Player on a Hebron Lax team	COMMUNICATION PLAN
<ul style="list-style-type: none"> • In the case of an individual who was diagnosed with COVID-19, the individual may return to practice when all three of the following criteria are met: <ul style="list-style-type: none"> ○ at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); 	<ul style="list-style-type: none"> • Player/Parent notifies Coach and HLA President • Hebron team will be notified. • Opponent for the next game will be notified.

<ul style="list-style-type: none"> ○ the individual has improvement in symptoms (e.g., cough, shortness of breath); and ○ at least ten days have passed since symptoms first appeared. ● In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the practice until the individual has completed the same three-step set of criteria listed above. ● If the individual has symptoms that could be COVID-19 and wants to return to practice before completing the above stay at home period, the individual must either (a) obtain a medical professional's note clearing the individual for return based on an alternative diagnosis or (b) receive two separate confirmations at least 24 hours apart that they are free of COVID-19 via acute infection tests at an approved COVID-19 testing location found at https://tdem.texas.gov/covid-19/. 	
<p>Parent/Sibling of Player sick (Player has indirect contact with parent/sibling)</p>	<ul style="list-style-type: none"> ● Player/Parent notifies Coach and HLA President ● Hebron coaches will be notified
<ul style="list-style-type: none"> ● the individual may return to practice when all three of the following criteria are met: <ul style="list-style-type: none"> ○ at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); ○ the individual has improvement in symptoms (e.g., cough, shortness of breath); and ○ at least ten days have passed since contact occurred. 	
<p>Parent/Sibling of Player sick (Player has DIRECT contact with parent/sibling)</p>	<ul style="list-style-type: none"> ● Player/Parent notifies Coach and HLA President ● Hebron coaches will be notified
<ul style="list-style-type: none"> ● the individual may return to practice when all three of the following criteria are met: <ul style="list-style-type: none"> ○ at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); ○ the individual has improvement in symptoms (e.g., cough, shortness of breath); and ○ at least ten days have passed since contact occurred. 	
<p>A player on another team we just played was sick</p>	<ul style="list-style-type: none"> ● Hebron team will be notified ● Opponents COVID policy will be shared if possible
<p>A Hebron Coach is sick</p>	<ul style="list-style-type: none"> ● Hebron team will be notified
<ul style="list-style-type: none"> ● the individual may return to practice when all three of the following criteria are met: 	

<ul style="list-style-type: none"> ○ at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); ○ the individual has improvement in symptoms (e.g., cough, shortness of breath); and ○ at least ten days have passed since symptoms first appeared. 	
<p>If a player has flown, taken a cruise, left the state or been at a camp or beach....</p>	<ul style="list-style-type: none"> ● Player/Parent must communicate with Hebron team coach and HLA President

COVID-19 Symptoms

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following questions:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Headache
- Chills
- Sore throat
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea