

## SPRING 2021 LOVEJOY LACROSSE COVID-19 RISK MITIGATION GUIDELINES

Lovejoy Lacrosse Club has adopted the COVID-19 Risk Mitigation Guidelines described below for the safety of our players and coaches. These guidelines are based on CDC recommendations, LISD recommendations, federal, state, and local guidelines, and best practices being implemented by other lacrosse programs and sports programs in the area. Despite the fact that Lovejoy Lacrosse Club is not an affiliate of Lovejoy ISD and lacrosse is not a UIL activity or UIL sport, we believe it is beneficial to our program to implement many of the same procedures being adopted by LISD. These guidelines are based on the public health situation as we understand it today and apply to the spring 2021 season. These guidelines are effective January 19, 2021. Changes to the public health situation may necessitate changes to these guidelines. Lovejoy Lacrosse will continue to monitor CDC and other state, federal, and local guidance to determine any potential modifications that may become necessary during the spring 2021 season.

Due to the ongoing pandemic, practices will look a little different this spring. Below are some of the changes parents and players should expect for practice.

- **Self-Screen:** Prior to arriving at each practice, every player/coach will be required to self-screen for any of the following symptoms: 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; Fatigue; Headache; Chills; Sore throat; Congestion or runny nose; Shaking or exaggerated shivering; Significant muscle pain or ache; Diarrhea; Nausea or vomiting. If a player/coach has any of these symptoms, they must stay home. If a player/coach has had direct contact with anyone confirmed to have COVID, they must stay home.
- **Temperature Check:** Every player must check his/her temperature prior to arriving at practice.
- **Spectators:** Only players and coaches will be allowed inside the main gate at practice.
- **Bathrooms:** The bathrooms at Willow Springs will not be open for practice. Players and coaches should plan accordingly.
- **Water Bottles:** Players should bring their own water bottle to practice. Each player's water bottle should be clearly marked with his/her name and/or number. There will be absolutely no sharing of water bottles.
- **Equipment:** It is recommended that each player enter the main gate dressed for practice. There will be no sharing of equipment or pinnies. If a player forgets his/her equipment, the player will be unable to practice.
- **Gaiters:** Every player and coach must wear a neck gaiter to practice. The neck gaiter will double as a face covering as needed. This is **NOT** optional. This is something all LISD school teams have also adopted. Due to *Executive Order GA-29* issued by Governor Greg Abbott as well as best practices being implemented by LISD, the UIL, other lacrosse programs and sports programs in the area, all players and coaches will be required to wear their gaiter as a face covering, covering both their mouth and nose, when arriving and leaving practice. Additionally, players and coaches should wear their gaiter, as a face covering, before practice begins, after practice concludes, during team huddles, and during team meetings. Gaiters need not be worn as a face covering while a player or coach is actually participating in practice.
- **Social Distancing:** Players and coaches are encouraged to exercise social distancing as much as practical considering the circumstances.
- **Coaches' Whistles:** Coaches are strongly encouraged to use electronic whistles.

Required Screening before attending or participating in Lovejoy Lacrosse activities:

1. All coaches and players must self-screen for COVID-19 symptoms before participating in Lovejoy Lacrosse activities or entering areas where Lovejoy Lacrosse activities are being conducted. Symptoms are listed at the end of these guidelines. Coaches and players must report to the Lovejoy Lacrosse VP for their age group if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain away from areas where Lovejoy Lacrosse activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to Lovejoy Lacrosse if they have had close contact with an individual who is lab-confirmed with COVID-19, and, if so, must remain away from areas where Lovejoy Lacrosse activities are being conducted until the 10-day incubation period has passed. Close contact is defined below.

2. Parents must ensure they do not send a player to participate in Lovejoy Lacrosse activities if the player has COVID-19 symptoms (as listed in these guidelines) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met.

COVID-19 Symptoms:

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

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
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

Close Contact:

This document refers to “close contact” with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate doctor or public health agency. In general, close contact is defined as:

- (a) being directly exposed to infectious secretions (e.g., being coughed on); or

(b) being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (*i.e.*, both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

*Re-Entry Criteria:*

Any coach or player that have COVID-19 symptoms or are lab-confirmed with COVID-19 must remain away from areas where Lovejoy Lacrosse activities are being conducted until they meet the requirements for re-entry to Lovejoy ISD as published on the Lovejoy ISD website.