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WULAX COVID- 19 PREPAREDNESS PLAN

Woodbury United Lacrosse (WULAX) is committed to providing a safe and healthy environment for all our players, coaches, families, spectators, and volunteers. To ensure we have a safe and healthy program, WULAX has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Players, parents, coaches, and volunteers are all responsible for implementing this plan.

WULAX'S COVID-19 safety policy is based on the Minnesota Department of Health (MDH) and Centers for Disease Control (CDC) youth sports guidelines which outline the steps we will be taking to help mitigate the spread of COVID-19. Our goal is to mitigate the spread of this disease. BUT NOTE that lacrosse is considered a high-risk sport so there is risk of transmission among players and coaches despite following guidelines. Only through this cooperative effort can we establish and maintain the safety and health of our participants.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending any WULAX event, you voluntarily assume all risks related to exposure to COVID-19 and agree not to hold WULAX or its officers, directors, employees, or volunteers liable for any illness or injury.

Please review the following preparedness plan prior to your player taking the field. We will follow recommendations by District 833 Schools, the Minnesota Department of Health (MDH) and the Centers for Disease Control (CDC) but we cannot guarantee that any of these measures will completely protect you.

You agree to accept all responsibility for the risk that you and your children may contract COVID-19.

WULAX Lacrosse Safety Policy

Objectives

- Practices: Allow players to safely resume skill work & conditioning activities on the field with teammates and coaches.
- Games and Tournaments: Allow players to safely resume competing against other teams and participate in youth tournaments.

Safety Policy

Responsibility

- All of us are responsible for respecting the facilities we are using and rules that have been put in place.

Arrival

- Follow coaches' instructions for arrival time prior to a game or practice.
- Please arrive fully dressed and ready to play.
- Follow all regulations of the venue.

Face Coverings and Social Distancing

People may choose to wear a face covering even when not required. Our teams and Woodbury United Lacrosse respects and supports those individual choices. Disrespect of these choices will not be tolerated in our organization.

Face coverings are not required for vaccinated or unvaccinated individuals. However, the Minnesota Department of Health (MDH) and the Centers for Disease Control and Prevention (CDC) **strongly recommend** that anyone who is not fully vaccinated continue to wear face coverings indoors in businesses, public settings, and when around people from other households, as well as outdoors when social distancing cannot be maintained. **WULAX strongly recommends face coverings for unvaccinated participants in outdoor organized sports activities when social distancing cannot be maintained.** Participants should consider testing weekly if not masking during practice or play. Social distancing of 12 feet is the recommended standard when not wearing a face covering.

Recommendations for unvaccinated participants

These additional recommendations should be considered for those who are either not vaccinated or not yet eligible for vaccine, or for teams with low rates of vaccination.

COVID-19 testing for unvaccinated people

Unvaccinated people participating in sports programs and activities (including athletes, coaches, officials, and other participants) are strongly recommended to test for COVID-19 frequently, as recommended by the Centers for Disease Control and Prevention (CDC). Schedule testing 48-72 hours prior to a game or competition.

Fully vaccinated people do not need weekly testing but should be tested if they are experiencing symptoms.

Recommendations for unvaccinated people participating in practices, games, and competitions

- Maintain at least 6 feet between participants when they are not playing (e.g., on the bench, on the sideline, in locker rooms and other similar situations). This is especially important when sports are being played in indoor settings.
- Wear face coverings in indoor settings.
- Use pods during practices or warm-ups. A “pod” is a group of people that only practice or play with members of their own pod, which limits the potential for team-wide transmission in the event of an exposure or outbreak.
- When hosting or attending multi-team events and tournaments, consider the following:
 - Avoid overnight stays as much as possible to minimize social activities. Consider hosting events at a central location that does not require teams to stay overnight.
 - Staying at hotels or dining together at restaurants creates another environment where teammates socialize, which increases risk of transmission.

HealthEast Sports Center

- Players, coaches, and spectators must comply with posted HealthEast Sports Center rules.
- HealthEast Sports Center recommends face coverings inside their indoor facility.

Away Games & Tournaments

- Remember that all associations and tournaments have the same goal. Allow children to play lacrosse in the safest manner possible. It is the responsibility of each of us to do our part.
- Spectators will be determined by the facility/association per MDH guidelines.
- Plan for your day, bring extra water or snacks for your players, concessions may not be open and use of drinking fountains may be limited.

Coaches	Parents/Families	Players
Are encouraged to wear face coverings over mouth and nose as indicated above.	Are encouraged to wear face coverings over mouth and nose as indicated above.	Are encouraged to wear face coverings over mouth and nose as indicated above.
Recommend observing social distancing of 12 feet on the bench, during practice drills, and when otherwise able.	Recommend observing social distancing of 12 feet between family groups at all indoor and outdoor scrimmages, and games. Recommend staying a minimum of 12 feet away from players and coaches during games.	Recommend observing social distancing of 12 feet on the bench and during practice drills, and when otherwise able.
Sanitize hands and equipment before, during and after practice, clinics, and games. Encourage no sharing of personal equipment.	Check your player for any symptoms prior to attendance Coronavirus Self-Checker	Sanitize hands and equipment before, during and after practice, clinics, and games.
Keep attendance records for every practice.	To allow for team quarantine for unvaccinated players , report any positive COVID test of your player to Dr. Jennifer Eccles, PhD RN, Phone/Text: 651-300-0542, Email: WULAX.covid.compliance@gmail.com	Bring your own gear, no sharing.
Ensure your players stay on their assigned area of the field.	Follow coaches' instructions for arrival time prior to games and practices.	Follow instructions from the coaches.
Complete all required team paperwork & waivers in a timely manner.	Provide a water bottle and hand sanitizer for your player.	Bring your own water bottle and do not share, including no touch-free sharing. Bring your own hand sanitizer.
Alert the team when it is time to enter the facility/field. Follow all protocols set forth by host site.	Follow all protocols set forth by host site for entrance and exiting facility.	Follow all protocols set forth by host site for entrance and exiting facility.

Subject to Change: this information will be updated to continually meet requirements.

WULAX Lacrosse Guidelines for Symptoms, Direct Contact & Reporting

Objective: Mitigate the potential for transmission by ensuring all families follow a standard set of guidelines prior to allowing children to attend any practices or games.

PLAYERS & COACHES WILL STAY HOME IF THEY OR A FAMILY MEMBER IS DISPLAYING SYMPTOMS, HAVE A KNOWN EXPOSURE TO COVID-19, AND/OR A PENDING COVID TEST.

- WULAX families must follow the guidelines set forth by the Minnesota Department of Health (MDH), Washington County Public Health, and District 833 Schools.
- Should your child become exposed or test positive, your reporting is confidential and limited to the COVID Compliance Manager and certain members on the WULAX board of directors. Contact:
 - Dr. Jennifer Eccles, PhD RN,
 - **Phone/Text:** 651-300-0542,
 - **Email:** WULAX.covid.compliance@gmail.com
- We will communicate information to affected teams in a timely manner that upholds the confidentiality of the affected player
- Exposures and positive COVID test cases must be reported to the COVID Compliance Manager and/or WULAX President.
- WULAX is responsible to track cases within our organization and report to MDH on a regular basis.

Symptoms: If you have any combination of the COVID-19 symptoms below, you must not attend practice/game, and you must immediately contact your coach or COVID Compliance Manager and/or WULAX President.

One of the Following:	Two of the Following:
Fever (+100.4) or chills	Nausea, vomiting, or diarrhea
A new cough or cough get worse	Sore throat
Difficulty or hard time breathing	Muscle Pain
New loss of taste or smell	New severe/very bad headache
	New nasal congestion/stuffy or runny nose
	Excess Fatigue/ feeling very tired

What should I do if I...

Have No Symptoms	Was Exposed, but have NO Symptoms	Have Symptoms	Have a Positive COVID-19 Test
Attend lacrosse practice, games or tournament	Stay home, do not attend lacrosse	Ask yourself, what combination of symptoms do I have? – refer to the chart above	Stay home, do not attend lacrosse.
	Report your exposure to WULAX COVID Compliance Officer (see below)	Check out what MDH suggests you do HERE . Strongly consider a free COVID-19 test.	Report your positive result to WULAX COVID Compliance Officer (see below)
	Follow updated MDH guidance on quarantine time	Contact your coach and let them know you will not be at practice/game.	
		Stay home until you are cleared to return.	

If a player becomes ill during a practice or a game, we will immediately isolate the player who becomes ill and contact the parent/guardian.

Contacting WULAX COVID Compliance Manager

The COVID Compliance Manager for WULAX should be contacted to notify WULAX of any player or coach known or suspected exposure to COVID-19, and positive cases of COVID-19.

The COVID Compliance Manager is a parent of one of our players and is a volunteer. The role of the COVID Compliance Manager is to receive information about player or coach known or suspected exposure to COVID-19, and positive cases of COVID-19 among players and coaches, and work with the Minnesota Department of Health on next steps in notifying WULAX members regarding potential COVID-19 exposure.

Contact Information:

Dr. Jennifer Eccles, PhD RN

Phone/Text: 651-300-0542,

Email: WULAX.covid.compliance@gmail.com

Resources:

Minnesota Department of Health (MDH): Coronavirus:

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

Minnesota Department of Health (MDH) testing site information:

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

Minnesota Department of Health COVID-19 Sports Practice and Games Guidance for Youth and Adults:

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

Minnesota Department of Health Testing for Organized Sports:

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

COVIDaware MN App:

<https://covidawaremn.com/>

USA Lacrosse return to play guidelines:

<https://www.usalacrosse.com/return-play>

