

**MINNETONKA LACROSSE ASSOCIATION
COVID-19 PREPAREDNESS PLAN**



4 12 2021



Minnetonka Lacrosse Association (referred to hereafter as MLA) is committed to providing a safe and healthy environment for all of our players, coaches, families, spectators, volunteers and officials (referred to hereafter as “participants”). To ensure that we can provide a safe and healthy program, MLA has developed a COVID-19 Preparedness Plan in response to the Pandemic and as required by the Minnesota Department of Health (referred to hereafter as MDH).

Coaches, players, parents and volunteers are all responsible for implementing this plan. MLA's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, rules and standards, and Minnesota's relevant and current executive orders.

Our goal is to mitigate the potential of transmission of COVID-19 on and off the lacrosse field, and that requires full cooperation among all participants. Only through this cooperative effort can we establish and maintain the health and safety of our participants. MLA promotes a culture of honesty and health and expects all participants to self-monitor and exclude themselves in case of any illness or symptoms. Please familiarize yourself with the MDH Decision Tree and Exclusion Guidance resources included in this document and linked to MDH websites. All participants must stay home when they are sick.

The COVID-19 Preparedness Plan is administered by the MLA board, who maintains overall authority and responsibility for the plan.

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

Please review the following preparedness plan prior to your player taking the field. We will follow recommendations by District 276 schools, the MDH and the Centers for Disease Control (CDC) but we cannot guarantee that any of these measures will completely protect you or your player. You agree to accept all responsibility for the risk that you and your children may contract COVID-19.

This is a fluid document and will continue to be updated as guidelines change per MDH.



MINNETONKA YOUTH LACROSSE SAFETY POLICY

GUIDELINES FOR PRACTICES:

OBJECTIVE: To allow children to safely resume skill work & conditioning activities on the field with teammates and coaches

Responsibility & Requirements:

- We are all responsible for respecting the facilities we are using and rules that have been put in place
- We are counting on all of our players, parents and coaches to respect the rules of our facilities and COVID protocols in order to continue practicing and playing lac throughout the season
- Lacrosse is a team sport and does not allow for social distancing. Players and coaches are required to wear face coverings at all times during all clinics and practices.
- Outdoor practices will have “pods” created and will not exceed 50 people

Arrival & Gear:

- Players may not arrive to practice more than 5 minutes prior to start time
- Players must be dropped off at the “entrance” area at Badger Field and picked up at the “exit area” – see diagram for more details
- Please arrive **fully dressed** and ready to play
- Bags ***may not be brought onto the field*** at Badger or any other field (home or away)
- Players may get dressed at their vehicle and may enter the field no more than 5 minutes prior to the start of practice

GUIDELINES FOR GAMES AND TOURNAMENTS:

OBJECTIVE: To allow children to safely resume competing against other teams and participate in youth tournaments.

Responsibility & Requirements:

- Remember that all associations and tournaments have the same goal: to allow children to play lacrosse in the safest manner possible. It is the responsibility of each of us to do our part and follow the guidelines so our players can continue to play.
- Plan ahead – bring plenty of water and snacks – no sharing water bottles and concessions or vendors may not be available.
- Lacrosse is a team sport and does not allow for social distancing. Players and coaches are required to wear face coverings during all clinics, scrimmages and games.
- Avoid handshakes in postgame handshake/fist bump lines

Arrival and Gear:

- Follow coaches' instructions for arrival time prior to games – arrival times vary depending on venue
- Teams should only arrive early enough to warm up before their competition, and teams should leave as soon as their game is over
- Please arrive **fully dressed** and ready to play
- Bags may not be brought onto the field at Badger or any other field (home or away)
- Players may get dressed at their vehicle and join their team per their coaches' instructions

Spectators:

- Spectators will be determined by the facility/association per MDH guidelines
- Staggered admission is encouraged whenever possible to minimize overlap and congregating of patrons at choke points (e.g., access points, security check points, admission areas, concession areas).

FACE COVERINGS AND SOCIAL DISTANCING:

- Everyone must wear face coverings/masks at all times. This includes while viewing or participating in practice, clinics, scrimmage, or a game. Face coverings must be worn in accordance with MDH guidance and Executive Order 20-81.
- Types of face coverings can include a cloth mask, a neck gaiter, a scarf, a bandana, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandanas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.
- A face covering must cover the nose and mouth completely. The covering should not be overly tight or restrictive and should feel comfortable to wear.
- Insufficient face coverings: Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents, are not sufficient face coverings because they allow droplets to be released from the mask.
- While wearing a helmet, if the helmet that interferes with wearing a face covering safely or effectively (which is more likely with younger children), athletes may consider alternatives to face coverings that are specifically designed by helmet manufacturers to provide protection against the splashes, sprays, and aerosols that can lead to COVID-19 transmission (i.e., a full-face shield). o A face covering is still the most protective option and should be used to the extent possible, but a full-face shield may provide some protection. o Any full-face shield used as a face covering alternative must cover the entire face, extend to the ears and below the chin, and must not have exposed gaps or vents near the eyes, mouth, or nose.

SPECTATORS:

- No spectators are allowed at practices
 - If you have a younger player, you may escort them to practice but you may not stay and watch
- There is no congregating of payers/parents/coaches before, during or after the practice or game, indoors or outdoors

OTHER GENERAL EXPECTATIONS:

COACHES WILL:

- Wear face coverings over mouth and nose as indicated
- Get dressed in your gear prior to taking the practice/game field and leave your bag in your car
- Observe social distancing of 6 feet on the bench and during practice drills, and when otherwise able
- Sanitize hands and equipment before, during and after practice, clinics, and games
- Bring your own gear, no sharing
- Bring your own water bottle and do not share, including no touch-free sharing. Bring your own hand sanitizer
- Follow instructions from the coaches
- Follow all protocols set forth by host site for entrance and exiting facility

PARENTS/FAMILIES WILL:

- Wear face coverings over mouth and nose at all times as indicated above
- Observe social distancing of 6 feet between family groups at all indoor and outdoor scrimmages, and games. Stay a minimum of 12 feet away from players and coaches during games. Spectators are not allowed at practices at Badger Park or other assigned fields with few exceptions for assisting a younger player with equipment
- Follow all spectator guidelines (including number of people in attendance) at all games and tournaments
- Check your player for any symptoms prior to attendance [CDC COVID Self-Checker](#)
- Not arrive to the field more than 5 min before the start of practice. Follow coaches' instructions for arrival time prior to games
- Provide a water bottle and hand sanitizer for your player
- Remain in car for drop off and pick up from practice
- Follow all protocols set forth by host site for entrance and exiting facility

PLAYERS WILL:

- Wear face coverings over mouth and nose as indicated
- Get dressed in your gear prior to taking the practice/game field and leave your bag in your car
- Observe social distancing of 6 feet on the bench and during practice drills, and when otherwise able
- Sanitize hands and equipment before, during and after practice, clinics, and games
- Bring your own gear, no sharing
- Bring your own water bottle and do not share, including no touch-free sharing. Bring your own hand sanitizer
- Not spit anywhere on or near the fields
- Follow instructions from the coaches
- Follow all protocols set forth by host site for entrance and exiting facility

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.

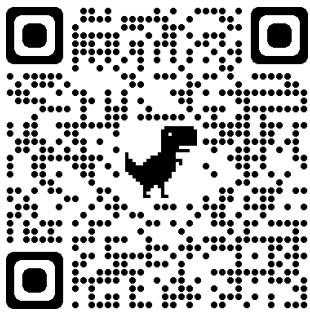
- MLA families and participants must follow the guidelines set forth by MDH, Hennepin County Public Health, and District 276.
- Should your child become exposed or test positive, your reporting is confidential and limited to members on the MLA COVID Compliance team
- We will communicate information to affected teams in a timely manner that upholds the confidentiality of the affected player
- Exposures and positive COVID test cases must be reported using the form located on the homepage of the MLA website
- MLA 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 practices/games, and you must immediately contact your coach and/or the MLA COVID Compliance Director.

ONE OF THE FOLLOWING	TWO OR MORE OF THE FOLLOWING
Fever of 100.4° or higher	Nausea, vomiting, or diarrhea
A new cough	New sore throat
Shortness of breath	New muscle aches
	New loss of smell or taste
	Congestion/runny nose

WHAT SHOULD I DO IF I...

HAVE NO SYMPTOMS	WAS EXPOSED, BUT HAVE NO SYMPTOMS	HAVE SYMPTOMS	HAVE A POSITIVE COVID TEST	SOMEONE IN MY HOUSE IS POSITIVE
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 MTKALAX COVID Compliance Officer (see below)	Follow the decision making tree to determine next steps. Strongly consider a free COVID-19 test.	Report your positive result to MTKALAX COVID Compliance Officer (see below)	
	Follow updated MDH guidance on quarantine time	Don't forget to contact your coach and let them know you will not be at practice/game		
		Stay home until you are cleared to return		



QR Code for the MDH Decision Tree

Use this to assess symptoms to determine exclusion from youth sports

Copy of the Decision Tree is below

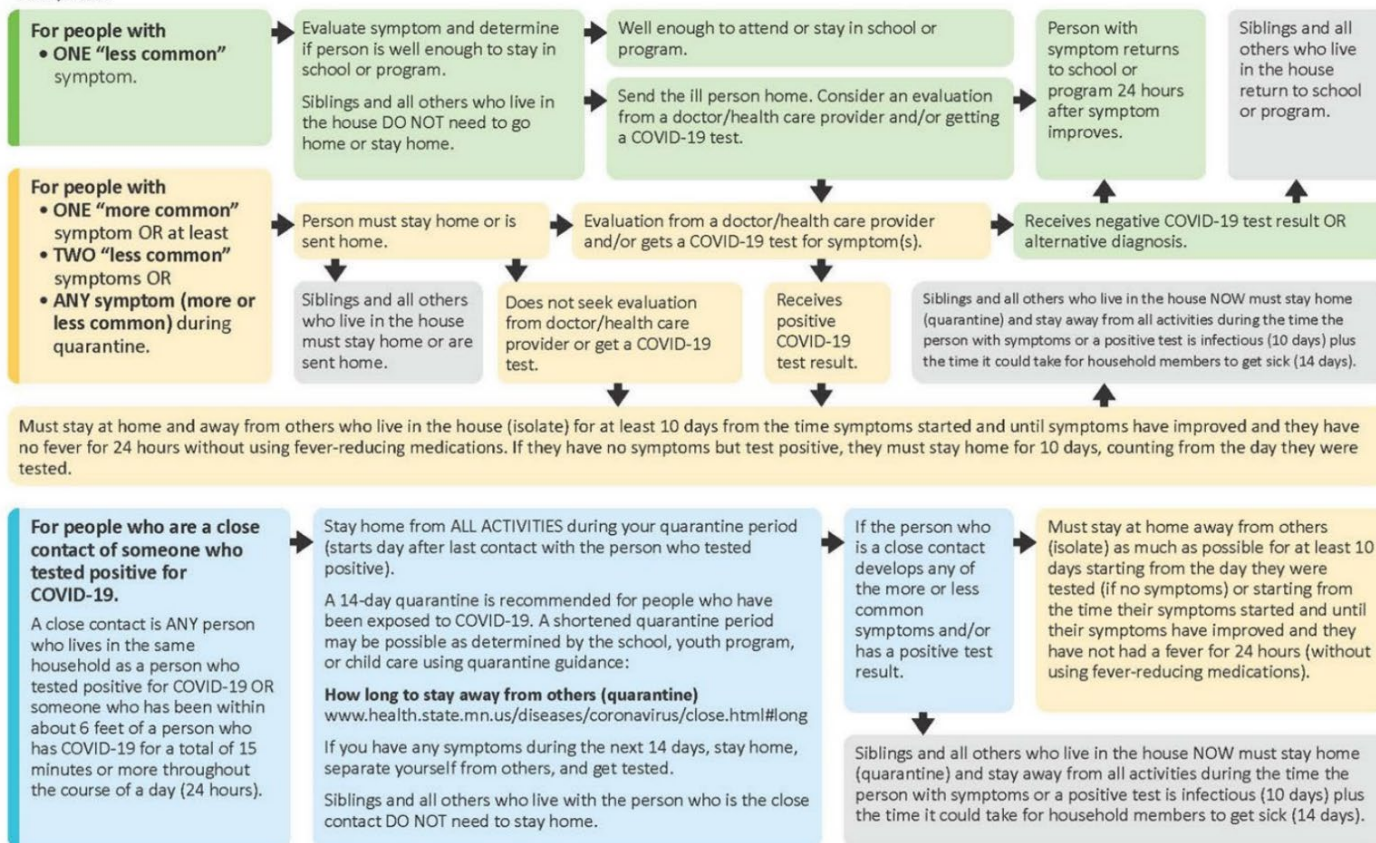
It can also be found on the MDH website complete with a full narrative for deciding whether or not to send your child to play/practice.

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

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever of 100.4 degrees Fahrenheit or higher; new cough or a cough that gets worse; difficulty/hard time breathing; new loss of taste or smell.
- **Less common:** sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; new severe/very bad headache; new nasal congestion/stuffy or runny nose.



NOTE: 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 MLA COVID COMPLIANCE MANAGER

The COVID Compliance Manager for MLA should be contacted to notify MLA 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.

MLA COVID Compliance Manager Contact Information:

Melissa Semira

Phone/Text:

763-443-5889

Email:

TONKALAX.covid@....

OTHER RESOURCES:

Minnesota Department of Health (MDH) – Coronavirus:

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

Decision Tree for COVID-19 Symptoms or Exposure:

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

Minnesota Department of Health (MDH) Home Screening Tool for COVID-19 Symptoms

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

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 & Adults

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

COVIDaware MN App:

<https://covidawaremn.com/>