

2021 Winter Lacrosse Program

COVID-19 Preparedness Plan



The Farmington High School Lacrosse Program is committed to providing a safe and healthy environment for all of our members. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Coaches, parents, and players (participants) are all responsible for fully implementing this plan. Our goal is to provide reasonable protective measures to limit risks for the potential transmission of COVID-19 on and around the field of play, and that requires full cooperation from everyone involved. Only through this cooperative effort can we establish and maintain the safety and health of our participants.

Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines related to COVID-19 and addresses:

- Prompt identification and isolation of sick persons
- Hygiene and respiratory etiquette
- Controls for social distancing
- Cleaning, disinfecting and decontamination
- Communications and training provided to coaches and players
- Steps necessary to ensure effective implementation of the plan

The MDH recognizes that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social-emotional health. We all want to support youth engaging in sports, but we want to do it in a way that will keep them safe.

COVID-19 Screening and Policies for Participants

Participants should self-monitor for signs and symptoms of COVID-19 before leaving home. Stay home if you have a temperature exceeding 100.4 degrees or have respiratory symptoms (i.e. cough, sore throat, or shortness of breath). Participants who are sick should notify their Program Director and follow CDC-recommended steps. Participants should not return to play until the criteria to discontinue home isolation is met, in consultation with healthcare providers and state and local health departments. Participants who are well but who have a sick family member at home with COVID-19 should follow CDC recommended precautions, including self-quarantine. Team personnel may screen players for symptoms upon arrival. Participants who appear to have symptoms or who become sick during an activity should be immediately separated from other participants and sent home.

Participants with underlying medical conditions or who have household members with underlying health conditions should take additional precautions to minimize face-to-face contact, maintain a distance of six feet from other participants, and/or use CDC approved Personal Protective Equipment (PPE) if possible.

If a participant is confirmed to have a COVID-19 infection, Farmington High School Boys Lacrosse

Program will inform fellow participants of their possible exposure to COVID-19 while maintaining confidentiality and instruct fellow participants about how to proceed based on the Public Health Recommendations for Community-Related Exposure.

Hygiene and Respiratory Etiquette

Basic infection prevention measures are encouraged at all times including hand hygiene and respiratory etiquette. Participants should wash their hands for at least 20 seconds with soap and water frequently, but especially before and after activity, prior to eating and after using the toilet. Participants should use hand sanitizer (of greater than 60% ethyl or 70% isopropanol alcohol) for hand hygiene in place of soap and water, as long as hands are not visibly soiled. Please review the CDC's guidelines for proper handwashing. Participants are prohibited from handshakes or high fives.

Participants should cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. If participants are suffering from seasonal allergies, make sure to employ exceptional hand hygiene and respiratory etiquette, as they are likely to touch their face more frequently which may increase risk of exposure. No spitting, chewing gum, or eating sunflower seeds as this may cause respiratory droplets while around others. No sharing of food or drinks is permitted.

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 bandanna, 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 bandannas 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.
- 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.
- Face Covering Requirements and Recommendations under Executive Order 20-81 (www.health.state.mn.us/diseases/coronavirus/facecover.html)
- People are not permitted to remove their face coverings during activities that involve a high level of exertion. For guidance on when a person refuses to wear a face covering, or is unable to wear a face covering due to a disability, medical, or mental health condition, please see Frequently Asked Questions About the Requirement to Wear Face Coverings (www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).

Guidance for Social Distancing

The term "social distancing" refers to measures being taken to restrict where and when people can gather in order to stop or slow the spread of infectious disease. In general, 6 feet of separation is the distance that should be kept between people interacting within their community. Social distancing should be observed in youth programs through the following controls:

- Adapt practices to allow physical distancing of at least 6 feet whenever possible.
- Adhere to a staff (or volunteer) to participant ratio of 1:24. If social distancing cannot be attained within the group size, then the number of participants must be reduced.
- Within the program, create consistent pods of the same staff, volunteers, and participants with a maximum number of 25 people in each pod.
- Wherever possible, hold activities outdoors and encourage participants to spread out.
- Avoid having areas easily accessible that would allow staff, volunteers, or participants to easily congregate in a limited space.
- When helping participants with equipment, ensure staff and volunteers are sanitizing hands between interactions.
- Reduce ride sharing or carpooling when possible.
- Stagger arrival and/or dismissal times.
- Consider dividing participant entry points rather than funneling all participants through the same entry space to limit the amount of close contact between participants in high-traffic situations and times.
- Adhere to facility or specific guidelines for COVID-19.

This guidance is based on the MDH Guidance for Social Distancing in Youth and Student Programs.

Cleaning and Disinfecting

Regular housekeeping practices should be followed including routine cleaning and disinfecting of player equipment. Team personnel will carry the necessary disinfectant to be used before, during and after practices and games. Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer to disinfect their equipment and clean hands. Players should refrain from sharing equipment in general. This includes but is not limited to lacrosse sticks, helmets, gloves, shoes, padding or protective equipment.

- Players should clear the field or sideline area of all trash and other items after each practice or training session.
- Players should use their own personal cooler or water bottle. Team coolers or water bottles are prohibited at this time. There are water filling stations at the high school's grass fields, and in the high school if necessary.
- Participants should hand sanitize following contact with other players, coaches, or shared equipment.

Communication and Training

This Preparedness Plan will be communicated to all participants on or before the first day of organized activity. Additional communication and training will be provided to all participants on an ongoing basis. This Preparedness Plan will be updated, as necessary, to implement a phased approach to a safe return to play.

Participant Screening Questions

The following questions may be used by team personnel to screen for symptoms of COVID-19.

- Do you live with anyone who has tested positive for COVID-19?
- Do you live with anyone that is required to self-quarantine?
- Do you have any of the following respiratory symptoms?

- Cough
- Sore throat
- Shortness of breath
- Have you taken any fever reducing medications (i.e. Tylenol) within the last 24 hours?

Farmington High School Lacrosse Contact Information

Booster Club President (COVID-19 Preparedness Plan Administrator/COVID-19 Coordinator)

Michelle Beauvais

(952) 210-3676

president@fhslacrosse.org

Varsity Head Coach

Mitch Grengs

651-373-7635

mitchgrengs@yahoo.com