

FALL 2020 TROJAN YOUTH LACROSSE WAIVER

Trojan Youth Lacrosse (TYL) encourages everyone to follow the recommended guidelines from the Georgia Department of Public Health to protect yourself and those around you from any illnesses including respiratory viruses like COVID-19. To help prevent the spread of respiratory viruses, we ask that you please follow these important practices:

- **Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms:**
 - **People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.**
 - **Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Cough, Shortness of breath or difficulty breathing, Fever of 100.3 degrees F/37.9 degrees C, Chills, Muscle pain, Sore throat, New loss of taste or smell. *This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.**
- **Wash your hands often with soap and water for at least 20 seconds, as recommended by the CDC. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol content.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Avoid close contact with people who are sick.**
- **All adults and children should stay home when sick. Please teach all loved ones to cover coughs or sneezes with a tissue, then throw the tissue in the trash.**
- **Clean and disinfect frequently touched objects and surfaces.**
- **Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.**

When, Trojan Youth Lacrosse practices & games are scheduled, we will continue to monitor the situation, and update if there are any changes to this plan. Prior to every practice or game players and parents will be asked to certify:

1. **They have not tested positive for COVID-19 or any other respiratory illness in the prior 2 weeks.**
2. **They are COVID-19 symptom free and have been for 2 consecutive weeks.**
3. **They have not been in close contact to anyone who has tested positive or shown symptoms of COVID-19 or other respiratory illness in the last 2 weeks.**
4. **They do not currently have a temperature >100.3 degrees. If capability exists, temperature of participants will be taken using an infrared thermometer. Anyone with a temperature of 100.3 degrees or more should be sent home and evaluated by a licensed medical professional before being cleared to participate.**

In addition to the CDC & Georgia Department of Public Health recommendations, TYL will implement the following guidelines to protect ourselves and those around us.

- **Players or parents feeling ill should not attend TYL games or practices.**
- **All participants and attendees at TYL practices will required to certify they are symptom free.**
- **Arrive dressed and ready to train, bathrooms and communal areas will not be available.**
- **No skin to skin handshakes, high fives, chest bumps, huddles, group celebrations, etc.**
- **No pre or post game skin to skin handshakes between players, coaches & officials – teams should continue to show good sportsmanship by clapping or cheering for the opposition team.**
- **TYL will NOT provide water or snacks for communal usage, each player should bring their own bottle.**
- **Drinks bottles should NOT be shared.**
- **All players are advised to carry & use hand sanitizer.**
- **Access to bathroom facilities may be limited so please encourage players to use the bathroom before games and practices.**

Guidance and Responsibilities for Program Leaders and Coaches

- **Every athlete, official and coach should be symptom-screened prior to each activity. Ensure players, coaches and officials are symptom free and feel well. All are clear to play if not symptomatic, able to perform at prior levels, and screen negative on any screening questions.**
- **Players, coaches, or officials with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptoms free and negative repeat COVID-19 test in order to return. Individuals require clearance from a licensed medical professional before return to play granted.**
- **Should appoint someone to serve as designated safety or hygiene manager, if possible, they should ideally have some medical training (athletic trainers, nurses preferred). It's okay to give a lay person the responsibility of screening everyone, keeping documentation for contact tracing/legal if needed. Follow EAP and CAP (see COVID-19 action plan) and enforce restricted play area.**
- **We may also have safety and hygiene manager's conduct contact-less temperature screens on-site, before athletes or any adults who enter practice or game field.**

- Ensure adequate space between the water and personal equipment of each player so that physical distancing of 6-10 feet can be maintained during breaks.
- Monitor athletes for any symptoms of anxiety, depression and distress (i.e. not sleeping, low mood, eating, stomach aches before practice, etc.).
- If there is a dispute that occurs between the hygiene/safety coordinator on-site at a practice and a participant (i.e: if an athlete displays any symptoms on-site and is pre-screened and cleared by parent to participate, or if an official who is symptom-free, shows up to work but after an on-site temperature check has learned he/she has a fever), it is the ultimate responsibility of the on-site hygiene/safety coordinator to determine if the participant (athlete/coach/official) is cleared to play.
- **Guidance and Responsibilities for Parents and Athletes**
- Do not bring your child if you or they are sick or recently sick.
- Complete screening questions prior to play.
- Understand your limited participation in practice and games and may need to stay in car, depending on circumstances.
- There is limited research currently available that determines the risk/benefit for athletes to wear cloth face masks while participating in outdoor or indoor athletic activities. CDC has provided guidance on the use of cloth face masks: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- There is no evidence available yet to recommend clear face shields for use in the prevention of COVID-19 transmission in lacrosse.
- Wipe down equipment before and after participation. CDC has provided cleaning and disinfecting guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>
- Cooperate with needs/asks of coaches/organizers.
- Educate children about need for social distancing and what they should do to protect themselves (hand washing, not touching others, keeping 6-feet apart).
- Monitor child for any symptoms of anxiety, depression and distress (i.e. no stomach aches before practice).

Responsibilities of Safety or Hygiene Manager

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Should have a medical kit and wear a face mask during the entirety of lacrosse activity.
- Administer, collect and review pre-screen wellness paper-work for all participants.
- If possible, administer and record contactless temperature checks for all participants.
- Ensure parents and spectators practice social distancing.
- Determine if all participants are able to participate, based on pre-screen questionnaire and on-site temperature/symptom screening.
- If someone during an activity is injured, feels sick or demonstrates symptoms, the coordinator should work to separate individual from group, assess situation while maintaining distance, and contact parents or if necessary, call for medical assistance.
- If a return to play clearance is required by a licensed medical provider due to COVID-19 or another injury, the coordinator should be a point of contact, and the documentation should also be shared with TYL Commissioner and Coach.
- Should communicate any concerns about participants adherence to safety practices during activity to the Coach and TYL Commissioner.
- Should maintain and retain all information related to minimizing COVID-19 transmission and risk mitigation practices for the team/activity.
- Waiver/Release for Communicable Diseases Including COVID-19

In consideration of being allowed to participate in the Trojan Youth Lacrosse (“TYL”) program and related TYL events and activities, the undersigned acknowledges, appreciates, certifies and agrees that:

1. My participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness, injury, and death does exist.
2. If I have a pre-existing health condition, exposure to COVID-19, or any other infectious disease may be more likely to cause serious illness, injury, or death;
3. TYL cannot ensure that all other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants,

coaches, and volunteers, and therefore, participation in the TYL program involves risk of exposure to infectious disease; and,

4. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,**
5. **I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.**
6. **I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.**
7. **I willingly agree to comply with all recommendations provided by TYL to ensure safe play. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest coach, staff member or volunteer, or official immediately; and,**
8. **I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS TYL, and their officers, officials, agents, and/or employees, other participants, volunteers, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.**