

Inver Grove Heights Lacrosse Association Return to Play 6/18/20

We believe that any return to play will be primarily guided by rules provided by the Minnesota State Government, including the Minnesota Department of Health and City of Inver Grove Heights. However, in the actual “getting back” process, there is a role for parents, for players and for coaches to each do their part to help all. This document sets forth our rules and expectations for when practice restarts - and it addresses each of the 3 groups' roles. *Note - this document is specific to Minnesota's Phase 2 guidelines that are in effect as of June 1, 2020. They will be amended as Minnesota moves to Phase 3 and then 4.* Thus, we expect these rules to change over time such that larger groupings will be allowed as we move deeper into June and July. We will be propagating additional rules for our attendance at tournaments, as we have been informed by numerous tournaments that there will be “tournament-specific” rules for our teams.

Remember - Parents are the arbiter of their child's health - if you, as a parent, are uncomfortable with anything with your child's well-being, it is ultimately in your power to withdraw your child from any such situation.

Prior to the start of the season each staff member (board, coach and managers) will attend a COVID-19 training on the below plan & continued training as the plan evolves into the various stages.

BEFORE EVERY PRACTICE/SCRIMMAGE AND ON THE DAY OF EVERY PRACTICE/SCRIMMAGE:

- **Parents** - Actively monitor your child's health. If your child has any of the following symptoms that are either *NEW* or *WORSENING* the day of practice, **your child must be kept home from practice - here are the symptoms to monitor:**
 - Fever at or above 100.3
 - Cough
 - Difficulty Breathing/Shortness of Breath
 - Sore Throat
 - Unexplained Muscle aches
 - Unexplained loss of smell or taste
 - *This is not a list of all possible symptoms, other less commons symptoms have*

been reported, including gastrointestinal symptoms like nausea, vomiting or diarrhea

If you send your child to practice, you, as the parent, are averring that your child has *none* of these symptoms in a new or worsening manner. We are all dependent upon each other for compliance with this rule. **If you hold your child from practice because he/she is showing a new or worsening symptom above,** please immediately inform Sarah Tenney via email ighlaxpresident@gmail.com OR via phone call/text 651-983-9450 FURTHERMORE we suggest contacting your child's physician. FINALLY, a child held from practice may either be quarantined for 14 days or obtain a COVID-19 test that indicates no COVID-19 infection before returning to practice.

- **Parents** - If you find out that your child has had close AND unprotected contact with a confirmed or probable case of COVID-19, **your child must be kept home from practice** - Note that "Close" is defined as under 6 feet and "unprotected" means that proper Personal Protective Equipment (PPE) guidelines were not followed during the contact - (PPE means gloves, mask, eye shield, gown, etc).
- **Parents** - If you learn that your child has a *CONFIRMED* case of COVID-19, a parent/guardian is requested to immediately provide this information, along with the date of the test, to Sarah Tenney at ighlaxpresident@gmail.com. The athlete's name will be kept confidential, but all team coaches, the team manager, and other children that were potentially exposed within 48 hours of the onset of the infected athlete's symptoms will be notified of possible exposure. The confirmed positive athlete is not allowed back to an Inver Grove Heights Lacrosse Association event (practice/tournament) until the athlete tests negative for COVID-19, and receives a doctor's note approving his participation in athletics.
- ***These first 3 rules above also apply to all coaches and their health.***

ARRIVAL AT PRACTICE/SCRIMMAGE THROUGH DEPARTURE FROM PRACTICE/SCRIMMAGE:

- **Players/Parents** - Please arrive NO EARLIER than 15 minutes before practice begins. If there is an event happening on the field you're scheduled for you will need to prepare for your game/scrimmage while maintaining social distancing and DO NOT put your bag on the sideline until the other team departs.
- **Parents** - please note that current DNR rules discourage car-pooling to events.
- **Parents** - If your child is 10 or older, we recommend you do not leave your vehicles during drop off of players, and do not stay at practice - please return on time to pick up your player when practice is over. Minor athletes under the age of 10 are allowed one adult chaperone during practice. We ask that all adults follow social distance guidelines and stay away from the team(s). No parent gatherings, socially distanced or not, should take place at practice fields.
- **Players** - Have the majority of your gear on your body when you come to the field. Bags are OK at this time, just keep them 6 feet away from other players along the sidelines, even during scrimmages.
- **Players** - Have your own water bottle, with water from home when you arrive at the field. There will be no team water at practices or scrimmages.
- **Players** - any personal items that you do bring along with you to practice must be set 6 feet away from anyone else's personal belongings.
- **Coaches** - set out cones for players to leave extra gear (ie other stick)/water bottles at - 1 cone for each player, and cones should be 6-8 feet apart. Have these cones set up 10 min prior to practice - where you will be coming onto a field after a team is coming off - make sure to have your cones in a suitably far area from the prior team's location.
- **Coaches** - recommended to wear masks during coaching when difficult to maintain social distance.
- **Players** - Maintain a 6-foot distance with each other while warming up at all times.
- **Players/Coaches** - try not to handle the balls with your hands. Use a stick as much as possible
- **Players** - no sharing, or trying, another's equipment, including gloves or sticks.
- **Coaches** - Until otherwise superseded by state guidance practice in groups of up to 25 (1 coach/up to 24 players), with players maintaining 6 feet distance during all parts of practice, including when each group "brings it in" to start a new drill,

and when ball hunting. These groups are to remain fixed until otherwise superseded by state guidance. We are allowed to fit up to 2 player/coach Pods on each lacrosse field.

- **Parents** - As with drop-off, please stay in your vehicle at the time of pickup and leave the practice fields within 5 minutes of the conclusion of practice
- **Players** - you are recommended to leave the field *immediately* upon completion of practice. No extra shooting/talking w/friends etc.
- **Coaches** - when teams are scheduled on the same field back-to-back the next team on the field needs to start on the other end, or opposite side, of the field to keep the 2 teams from inter-mixing.
- **Players/Coaches** - Inver Grove Heights Lacrosse Association has a “Zero tolerance” for violation of these rules. You will be removed from the association if these rules are not followed.
- **Parents/Players/Coaches** - if a player should develop a temperature, or other COVID-19 Symptom (see above) while at practice, the player will be separated from the team, and asked to sit away from the team in a removed location on the field. The player’s parent/guardian will be notified to pick them up immediately. The player will be required to follow CDC guidelines for self-quarantine and obtain a doctor’s note clearing the athlete for play before returning to practice.

POST PRACTICE

- **Coaches** - Take balls/cones and sanitize in a 5-gallon bucket - use water and bleach. - 1 cup bleach to 5 gallons of water. Let air dry, preferably in a sunny area.
- **Players** - wash hands thoroughly with soap and water or hand sanitizer as soon as possible
- **Players** - leave gear out in direct sunlight - if done the following morning, make sure to wash hands after you put the gear in the sun, and after you put the gear back in storage.