



MOORESTOWN LACROSSE CLUB
COVID-19 HEALTH AND SAFETY PLAN

1. Require COVID-19 screening for participation in every practice and game

An MLC COVID-19 health screening questionnaire will be sent to parents prior to each session relating to COVID-19 precautions. All coaches must complete a screening questionnaire. A completed and signed form with all “No” responses will be required to be provided to the designated coaching staff member PRIOR to the session in order for the player to be eligible to participate in that day’s session. A new health screening questionnaire will be required for each session. MLC may at some point modify the reporting system but at the outset of the season, MLC requires the questionnaire to be provided in hardcopy form. Any player who responds “Yes” to any screening questions will be denied entry to the session.

2. Parents will be required to practice social distancing and practice COVID-19 safety protocol at all times

In accordance with State and federal health guidelines, social distancing of at least 6 feet will be practiced (unless as part of the same family) and face masks will be required to be always worn, including during practices, games and player drop-off/pick-up. During games, parents must comply with any designated field watching areas, some of which may be marked or restricted to provide the appropriate social distance or marked as home/away groups. Also, parents and players must comply with any greater or additional restrictions imposed by the municipality or township that owns or maintains the fields.

3. Players will be required to wear face masks while entering and exiting the field area

Each player will be required to wear a face mask while entering and exiting the field area (including the parking lot). Once on the field, each player will store his or her personal belongings and water bottles at a designated location and there will be no sharing of water bottles or personal equipment. It is recommended that each player bring their own hand sanitizer – it will not be provided by MLC. Players are not required to wear face masks during the activity but may do so voluntarily provided that the mask is made of a soft material and does not inhibit the player’s breathing.

4. Establish protocols and implement proper facility regimens

- All coaches and other volunteers should be educated about the risks of Covid-19 and be informed about MLC’s protocols and policies.
- Each field/facility should have signage in highly visible locations with reminders to practice social distancing protocols, face covering requirements and good hygiene practices.

- Implement physical barriers, such as using tape or cones, to assist in showing proper safe distancing.
- Strive to maximize available field space between groups/teams in scheduling team practices.
- Minimize unnecessary personal contact between players/coaches by prohibiting spitting, handshakes, high-fives, etc.

5. Response Plan for Positive Covid Test or Screening Questionnaire Result

Scenario 1: Responds “Yes” to any other questions on the Screening Questionnaire:

- Player may not return to play until they provide medical clearance from a healthcare provider that it is safe for them to return to the lacrosse field

Scenario 2: 1 player or coach tests positive for Covid-19:

- Player/coach must notify the team coach (if a player) and the applicable MLC boys or girls league Rep.
- That player/coach may not return to play until they provide medical clearance from a healthcare provider that it is safe for them to return to the lacrosse field.
- The applicable Team will be notified by the MLC Board without identifying the individual

Scenario 3: 2 players/coach test positive for Covid-19 at same time (i.e., within 14 days of each other):

- Entire Team is prohibited from returning to play (no practices or games) for 10 days from last positive test result.
- The Covid-19 positive 2 players/coach may not return to play until they each provide medical clearance from a healthcare provider that it is safe for them to return to the lacrosse field.

At all times, MLC will not retaliate against any player or coach or any other volunteer as a result of any Covid-related diagnosis or test result provided that that such individual has complied with all applicable MLC protocols and policies. MLC reserves the right to institute disciplinary measures, including dismissal from MLC, in the event that a player/coach is found to be knowingly and continually disregarding MLC protocols and policies even after such player/coach has been made aware of such deficiencies. Any issues involving a player’s compliance will be first discussed with the player’s parents.

Responsibilities Allocation

Coaches' Responsibilities:

- Conduct self-screening protocol by successfully completing MLC Screening Questionnaire prior to each practice and game session.
- Ensure all players are using their own equipment (no sharing)
- Wear a face mask when entering and exiting the field.
- Handle all club equipment (place, pick up, touch cones, discs, etc.) and discourage players from handling them.
- Clean and sanitize equipment before and after each practice.
- Discourage use of shared pinnies; encourage players to bring 2 contrasting shirts to each practice (i.e., black and gold practice shirts)
- Will not come within 6 feet of any player unless if injury occurs and player requires aid.
- Send home any player who self-identifies with feeling ill during a session or who appears obviously ill or unwell during a session.

Parent Responsibilities:

- Follow and respect all MLC return to play protocols and related policies.
- Ensure their Player successfully completes and submits MLC Screening Questionnaire prior to each practice and game session, which includes checking their player's temperature before heading to the facility or game to ensure it is below 100.4 degrees F.
- Notify the player's coach and the appropriate boys/girls rep immediately if their child becomes ill.
- Ensure their child has hand sanitizer and other playing equipment.
- Ensure washing (e.g. hands) takes place before and after every training
- Ensure clothes and equipment are washed/sanitized before and after every training.
- Parents must maintain social distancing guidelines per federal, state, and local regulations.

Player Responsibilities:

- Follow and respect all MLC return to play protocols and related policies.
- Bring and use hand sanitizer and required personal playing equipment.
- Place bags and equipment in designated team area and at least 6 feet apart
- Do not touch or share anyone else's equipment, water, food, or bags.
- Wear mask before and after practices - when walking to/from car to the field
- Wash hands thoroughly and immediately after events
- Wash and sanitize all equipment before and after event.

MLC - DAILY QUESTIONNAIRE

Please check your child daily for COVID-related symptoms. If your player is experiencing any COVID-19 symptoms, they should remain at home. Please contact your player's coach and MLC for further guidance.

Section A - If **TWO OR MORE** of the fields in this Section are checked off, please keep your player at home and notify MLC for further instructions.

- | | |
|---|---|
| <input type="checkbox"/> Chills | <input type="checkbox"/> Sore Throat |
| <input type="checkbox"/> Rigors (shivers) | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Myalgia (muscle aches) | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Congestion or runny nose |

Section B - If **AT LEAST ONE** field in this Section is checked off, please keep your player home and notify MLC for further instructions.

- | | |
|---|---|
| <input type="checkbox"/> Fever (100.4 or greater) | <input type="checkbox"/> Shortness of Breath |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Difficulty Breathing |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> New loss of smell |
| <input type="checkbox"/> Vomiting | |

If ANY of the fields in the 'Close Contact/Potential Exposure' section are checked off, your player should remain home. Please notify MLC.

- Your child has had close contact (within 6 ft of an infected person, 15 mins or more of cumulative exposure in a 24 hr period) with a person with confirmed COVID-19
- Someone in your household is diagnosed with COVID-19
- Someone in your household is waiting for a COVID-19 test result

If your player checks no symptoms in sections A or B or has not had close contact or personal exposure, please sign below indicating your player is eligible to attend the session based on the MLC COVID policy.

Player Name and Team _____

Player Parent and Date _____

Signature _____