

Edina Lacrosse Association COVID-19 Policies

Effective 5/29/2021 until Further Notice



Following City of Edina and Minnesota Department of Health current COVID-19 policies and the [MDH Youth Sports Guidance](#) effective 5/28/2021, these rules and policies must be followed by all families, their designated support individuals, players and coaches participating in Edina Lacrosse Association sponsored group activities:

Participation is not allowed if participant:

- Has a fever or has any symptom of illness
- Was tested positive for COVID-19 and/or has been directed to quarantine or isolate due to COVID-19 exposure according to current MDH guidance at <https://www.health.state.mn.us/diseases/coronavirus/case.pdf>

Before and after participating in the group activity, the participant must:

- Wash hands for 20 seconds or use a hand sanitizer with at least 60% alcohol

General good hygiene practices should be followed:

- Coughs or sneezes should be covered
- Used tissues or paper towels must be disposed of in trash cans
- After using the restroom, hands should be washed for 20 seconds, or hand sanitizer with at least 60% alcohol should be used
- Do not share water bottles, gear, equipment or personal items (e.g., mouth guards, towels, etc.)
- If directed by your physician due to asthma, remind your player to bring their inhaler in a protected bag. Players should not share inhalers.

Recommended by MDH:

- The MDH recommends that approved individuals be vaccinated to prevent getting or spreading COVID19. Visit www.health.state.mn.us/diseases/coronavirus/vaccine/index.html for details.

Physical Distancing during Game and Non-Game Activities:

- Outdoor Activities:
 - 6-feet Physical distancing is recommended for participants who are not playing (e.g., on the sideline, attending team meetings, and other similar situations).
 - Practices will limit the number of participants in a practice pod, including players, coaches and volunteers, to reduce exposure.
 - Participants are only allowed to participate in their assigned pod. Edina Youth Lacrosse Association will minimize pod reassignments as much as possible.
- Indoor Activities:
 - 6-feet Physical distancing is recommended for participants who are not playing (e.g., on the sideline, attending team meetings, and other similar situations).
 - Practices will limit the number of participants in a practice pod, including players, coaches and volunteers, to reduce exposure.
 - Participants are only allowed to participate in their assigned pod. Edina Youth Lacrosse Association will minimize pod reassignments as much as possible.
 - Edina Youth Lacrosse Association may have more than 1 pod at an indoor field at a time in accordance with MDH and City of Edina guidance.
- Spectators:

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- Spectators are discouraged at indoor practices. If a parent, guardian or care giver needs to be present at an indoor practice, it should be limited to 1 per player.
- Non-vaccinated Spectators attending group activities are encouraged to maintain social distancing of at least six feet from persons in other households and wear face coverings.
- Note: some venues may restrict the number of spectators allowed, require staggered arrival times and/or manage attendance via ticketing.

Gear:

- If a player needs help with getting gear on or off, the player's guardian/parent/support individual should do this before or after the group activity in a non-field location (e.g., in the car, at home, etc.).
- Player should have gear on before entering the field, ideally getting geared up at home or in the car. Player should remove gear after leaving the field in their car, at home, or at a spot where they maintain 6-foot physical distance.
- At group activities, all gear and personal equipment either needs to be worn/used by the player or stored in a zipped gear bag. Gear and personal equipment are not to be shared between participants. Gear bags, if brought to the field, and water bottles must be kept in designated locations as directed by coaches.
- Goalies: Goalie helmets and throat guards will not be shared. If a goalie does not have their own gear, the chest pad and leg pads will be shared; however, the goalie will receive a dedicated throat guard for their helmet.

Wearing Face Coverings:

- Face coverings are not required, but participants may choose to wear face coverings if they prefer. MDH recommends unvaccinated participants, in particular, wear face coverings in indoor settings.
- Participants who choose to wear face coverings will provide their own.
- Some venues may have different face covering requirements, and those venues' rules must be followed.

Coach-Managed Supplies:

- Coach bags will be issued for away games for league-required lacrosse balls and other required supplies (home game lacrosse balls and other required supplies will be in field lock boxes). Electronic whistles are available and will be issued to coaches or kept in field lock boxes. Tape, stick repair kits, Dry Erase boards, cones, first aid kits and stick butt ends will be stocked in field lock boxes. A limited number of unused, unopened mouth guards will be available for emergency distribution in field lock boxes, but once used, the player should keep for their own personal use. **PLAYERS ARE EXPECTED TO BRING THEIR OWN MOUTHGUARDS TO EACH EVENT.**
- ELA will provide hand sanitizer in the field lock boxes with at least 60% alcohol.

Reporting Requirement:

Report positive COVID-19 test results to edinayouthlacrosse@gmail.com as soon as possible to determine possible exposure and resulting quarantine requirements. If needed, Edina Lacrosse Association may consult with the MDH via email at health.sports.covid19@state.mn.us.

All participants must RSVP prior to all their scheduled events via the Edina Lacrosse Sports Engine App, so Edina Lacrosse has record of attendees.

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Please refer to the [MDH Youth Sports Guidance](#) for the definition of exposure and required action steps, and to the [MDH COVID-19 Quarantine Guidance](#) for quarantine information.

This document is posted on the home page of edinalacrosse.com. This policy may be revised as MDH or City of Edina Guidance changes. Participants will be informed when changes are made. Parents/Legal Guardians, Coaches and Administrators must acknowledge receipt of this policy before being allowed to participate in group activities. Ongoing participation in Edina Lacrosse Association activities constitutes acknowledgement of current Social Distancing Policies.