

FALL 2020 LOVEJOY LACROSSE COVID-19 RISK MITIGATION GUIDELINES

Lovejoy Lacrosse Club has adopted the COVID-19 Risk Mitigation Guidelines described below for the safety of our players and coaches. These guidelines are based on CDC recommendations, LISD recommendations, federal, state, and local guidelines, and best practices being implemented by other lacrosse programs and sports programs in the area. Despite the fact that Lovejoy Lacrosse Club is not an affiliate of Lovejoy ISD and lacrosse is not a UIL activity or UIL sport, we believe it is beneficial to our program to implement many of the same procedures being adopted by LISD. These guidelines are based on the public health situation as we understand it today and apply to the fall 2020 season. These guidelines are effective September 1, 2020. Changes to the public health situation may necessitate changes to these guidelines. Lovejoy Lacrosse will continue to monitor CDC and other state, federal, and local guidance to determine any potential modifications that may become necessary during the fall 2020 season.

Due to the ongoing pandemic, practices will look a little different this fall. Below are some of the changes parents and players should expect for practice.

- **Check-in:** A parent, guardian, older sibling, or other adult will be required to check-in all players (K - 6th grade) prior to practice. Players in 7th – 12th grade can check themselves into practice, but they must have a cell phone in order to do so. The check-in will be done at the entryway to Willow Springs stadium. This is where Lovejoy Lacrosse will conduct touch-free temperature checks and where the player/parent will complete the self-screener tool.
- **Self-Check:** Every player/coach will be required to complete a self-check for COVID-19 systems prior to entering practice. The self-check will be completed by scanning a QR code and answering 5 basic questions on a self-screener tool. If the answer to any of the self-check questions is YES, the player will be sent home and will not be allowed to enter the practice area.
- **Temperature Check:** Every player will have his/her temperature checked prior to practice. Any player with a temperature in excess of 99.9 will be sent home and will not be allowed to continue to practice.
- **Entering/Exiting the Field:** Players and coaches will enter the field using the gate to the north end of the bleachers and exit the field using the gate on the south end of the bleachers to minimize traffic between practices.
- **Spectators:** Only players and coaches will be allowed inside the main gate at practice.
- **Bathrooms:** The bathrooms at Willow Springs will not be open for practice. Players and coaches should plan accordingly.
- **Water Bottles:** Players should bring their own water bottle to practice. Each player's water bottle should be clearly marked with his/her name and/or number. There will be absolutely no sharing of water bottles.
- **Equipment:** In order to limit unnecessary player contact, players should have all lax equipment on and enter the gate ready to play. Stick in hand and helmet OFF (to facilitate temperature check). No equipment bags should enter the stadium. Players will be permitted to bring a small drawstring bag or purse to hold keys or phones. There will be no sharing of equipment or pinnies. If a player forgets his/her equipment, the player will be unable to practice.
- **Gaiters:** Every player and coach must wear a neck gaiter to practice. The neck gaiter will double as a face covering as needed. This is **NOT** optional. This is something all LISD school teams have also adopted. Due to *Executive Order GA-29* issued by Governor Greg Abbott as well as best practices being implemented by LISD, the UIL, other lacrosse programs and sports programs in

the area, all players and coaches will be required to wear their gaiter as a face covering, covering both their mouth and nose, when arriving and leaving practice. Additionally, players and coaches should wear their gaiter, as a face covering, before practice begins, after practice concludes, during team huddles, and during team meetings. Gaiters need not be worn as a face covering while a player or coach is actually participating in practice.

- **Social Distancing:** Players and coaches are encouraged to exercise social distancing as much as practical considering the circumstances.
- **Coaches' Whistles:** Coaches are strongly encouraged to use electronic whistles.

Required Screening before attending or participating in Lovejoy Lacrosse activities:

1. All coaches and players must self-screen for COVID-19 symptoms before participating in Lovejoy Lacrosse activities or entering areas where Lovejoy Lacrosse activities are being conducted. Symptoms are listed at the end of these guidelines. Coaches and players must report to the Lovejoy Lacrosse VP for their age group if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain away from areas where Lovejoy Lacrosse activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to Lovejoy Lacrosse if they have had close contact with an individual who is lab-confirmed with COVID-19, and, if so, must remain away from areas where Lovejoy Lacrosse activities are being conducted until the 14-day incubation period has passed. Close contact is defined below.

2. Parents must ensure they do not send a player to participate in Lovejoy Lacrosse activities if the player has COVID-19 symptoms (as listed in these guidelines) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met.

COVID-19 Symptoms:

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

Close Contact:

This document refers to “*close contact*” with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate doctor or public health agency. In general, close contact is defined as:

- (a) being directly exposed to infectious secretions (*e.g.*, being coughed on); or
- (b) being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (*i.e.*, both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

Re-Entry Criteria:

Any coach or player that have COVID-19 symptoms or are lab-confirmed with COVID-19 must remain away from areas where Lovejoy Lacrosse activities are being conducted until they meet the requirements for re-entry to Lovejoy ISD as published on the Lovejoy ISD website.