

# DULUTH WOLFPACK BOYS & GIRLS COVID-19 PLAN

OUR RECOMMENDATIONS TO COMBAT COVID-19  
2021 LACROSSE SEASON



## PURPOSE OF THE PLAN

This plan was put together mutually between the Varsity Lacrosse Coaching Staff and the members of the Duluth Lacrosse Booster Club Board (DLBCB). Ultimately, we want all members of each team on the field to be healthy and participate safely for the duration of the lacrosse season. For this to happen, we will rely heavily on the decisions and support of our lacrosse families (parents and players).

The goal is to do our best to ensure our players' teams' safety for the duration of the 2021 lacrosse season.

We need your family to consider living in your own "bubble" for the duration of the lacrosse season. The reality is that playing throughout the season, without interruption, is going to be a very difficult thing to accomplish this season. Much like the professional teams Bubble System, we recommend that your families (parents and players) do your best to only do the things that are necessary if it requires you to go outside the home.

We are asking this: *Please think about your child's team before making decisions that may impact their teams' lacrosse season.* We recognize that some of this is outside of your control as a family, and we thank you in advance for doing everything you can to avoid COVID-19 exposure to anyone on our teams.

Please read through the following information carefully. It is imperative that you understand that contact with someone that is COVID-19 positive OR if an individual on one of our teams is tested positive for COVID-19, it will have a profound effect on our lacrosse season.

## ADDITIONAL RESOURCES:

Please use these additional resources to answer any COVID-19 related questions.

- <https://www.mshsl.org/sports-activity-guidance-and-information-covid-related-resources-2020-2021>
- <https://www.mshsl.org/sites/default/files/2020-10/mshsl-covid-19-graduated-return-to-sport.pdf>
- <https://www.health.state.mn.us/diseases/coronavirus/sportsjan4.pdf>
- <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

### **ALWAYS EVALUATE SYMPTOMS:**

Before any team related event, please evaluate and determine if your child is well enough to participate on that given day. However, when in doubt, just keep them out. It is better to be safe than sorry. If your child has any cold-like symptom, it is best to keep the child at home to keep our team safe.

### **MASKS/FACE COVERINGS:**

Types of face coverings can include a cloth mask, a neck gaiter, a scarf, a bandanna, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.

### **IF PLAYER IS COVID-19 POSITIVE:**

If an athlete has been diagnosed with or has tested positive for COVID-19, medical evaluation by a qualified medical provider (MD/DO/PAC/ARNP) is highly recommended prior to returning to physical activity and team training. From onset of illness or positive test through the return protocol, the recovery and return process requires a minimum of 10 days for a mild COVID-19 case, and up to 17 days for moderate or severe cases as required by MDH (includes the recommended 7-days for the Graduated Return to Sport Protocol). Very complicated cases may require several more days or even months. The following Post COVID-19 Return to Sport form has been provided to assist school administrators and parents in safely returning students to participation.

### **IF PLAYER IS IN CONTACT WITH SOMEONE WHO TESTED COVID-19 POSITIVE:**

“Close contact” is a person who was within 6 feet for at least 15 minutes of someone who is infected OR anyone that lives within the same household. Players must stay home for 14 days since the last contact with the person that was tested COVID-19 Positive. Even if a person receives a test that is COVID-19 Negative, the season will have to pause for that individual, and the individual will need to complete the 14 days of quarantine. The season would continue for the rest of the lacrosse team.

### **STEPS TO RETURN TO PLAY:**

#### **ASSISTING PARENTS IN DETERMINING A COURSE OF ACTION:**

##### **HOW ILL WAS YOUR STUDENT?**

- Positive test with
  - No symptoms (asymptomatic)
  - *Mild symptoms*
  - *Moderate symptoms* (fever less than 72 hours, shortness of breath, exercise intolerance, chest tightness, dizziness, fainting, palpitations, or total symptom duration less than 10 days (except loss of taste or smell))
  - *Severe symptoms* (high fever, fainting, need for oxygen, hospitalization)
  - If your student-athlete has continued symptoms, do not return to activity and consider seeing a physician if the symptoms get worse.

**SEE REQUIREMENTS ON FOLLOWING PAGES FOR MILD, MODERATE, AND SEVERE CASES**

**ASYMPTOMATIC OR MILD CASE**

- It is highly recommended the student see a physician prior to returning to sport participation (Use attached Physician Clearance Form below if seeing a physician.)
- Participation may begin after 10 days since positive test or onset of symptoms with no symptoms or fever (without fever reducing medications for at least 24 hours)
  - Loss of taste/smell may take longer to go away and should not limit activity.
- The parent/guardian may determine if a student will see a physician prior to returning to sport participation. The student must be able to answer NO to all screening questions below.
  
- **Symptom screening check list**
  - Chest pain/tightness at rest YES  NO
  - Chest pain/tightness with activities of daily living? YES  NO
  - Chest pain/tightness with exertion? YES  NO
  - Unexplained passing out (syncope) or nearly passing out? YES  NO
  - Unexplained/excessive shortness of breath or fatigue with exertion? YES  NO
  - Skipped heart beats or racing heart with activity? YES  NO
  - Significant ongoing fatigue YES  NO
  - Persistent or recurrent fever/chills YES  NO
  - Shortness of breath YES  NO
  - Dizziness with physical activity YES  NO
  - Persistent or recurrent vomiting YES  NO

If YES to any question above a physician evaluation for medical eligibility is required.

- If any of the above symptoms occur at any time during participation stop immediately and call a physician.

Physician evaluation for medical clearance received YES  NO  If NO, requires the Parent Acknowledgment below.

Asymptomatic / Mild Illness – Parent Acknowledgment Asymptomatic or Mild Illness – Parent Acknowledgment:

I do not know of any existing physical or additional health reason that would preclude returning my student to participation in sports. I certify the answers to the above questions are true and accurate. I have answered NO to all of the health concerns identified and I approve participation in strenuous sport activities.

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

## MODERATE ILLNESS

- It is highly recommended the student see a physician prior to returning to sport participation (Use attached form clearance form if seeing a physician.)
- Participation may begin after 10 days since positive test or onset of symptoms with no symptoms or fever (without fever reducing medications for at least 24 hours) • Loss of taste/smell may take longer to go away and should not limit activity.
- The parent/guardian may determine if a student will see a physician prior to returning to sport participation. The student must be able to answer NO to all screening questions below to return to participation.
  
- **Symptom screening check list**
  - Chest pain/tightness at rest YES  NO
  - Chest pain/tightness with activities of daily living? YES  NO
  - Chest pain/tightness with exertion? YES  NO
  - Unexplained passing out (syncope) or nearly passing out? YES  NO
  - Unexplained/excessive shortness of breath or fatigue with exertion? YES  NO
  - Skipped heart beats or racing heart with activity? YES  NO
  - Significant ongoing fatigue YES  NO
  - Persistent or recurrent fever/chills YES  NO
  - Shortness of breath YES  NO
  - Dizziness with physical activity YES  NO
  - Persistent or recurrent vomiting YES  NO

If YES to any question above a physician evaluation for medical eligibility is required. If all answers are no, follow the 7-day Graduated Return to Sport Protocol (included below)

- Stop and call a physician if any of the above symptoms occur during the return to sport 7-day protocol.

Physician evaluation for medical eligibility received YES  NO  If NO, the Parent Acknowledgment below is required.

Moderate Illness – Parent Acknowledgment I do not know of any existing physical or additional health reason that would preclude returning my student to participation in sports. I certify the answers to the above questions are true and accurate. I have answered NO to all of the health concerns identified and I approve participation in strenuous sport activities.

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Parent or Legal Guardian Signature

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Date

## **SEVERE ILLNESS—REQUIRES PHYSICIAN CLEARANCE (utilize physician clearance form below)**

- Student is required to see a physician prior to returning to sport participation.
  - Do not participate in sports until cardiac evaluation has been performed.
  - Timing of Graduated Return to Sport to be determined by a physician.
  - A return to activity note attesting to full medical eligibility signed by a physician is required for severe COVID-19 illness. (Bylaw 107.2.)

### **Graduated Return to Sport 7-Day Protocol**

In all cases it is highly recommended that this 7-day protocol be followed when returning from a moderate or severe COVID-19 illness. School administration may require this protocol for their students.

Starting on day 11 after COVID-19 positive result, follow these Graduated Return to Sport Steps: (The amount, type, and intensity of activity should be gradually increased over at least 7 days.)

The following 7-day return protocol is not proven but is based on the best evidence currently available to provide a gradual increase in cardiac load during return to physical activity. Some athletes may require a longer time at each stage and if unable to progress, may require additional medical evaluation.

- **Stage 1:** (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2:** (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3:** (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4:** (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5:** (1 Day Minimum) Return to Full Training Sessions without restrictions or limitations on intensity or duration.
- **Stage 6:** Medically ready for Full Participation in ALL Sports Activities (Minimum duration 7-days)

If any symptoms noted below occur during activity, STOP exercising and contact your physician for an evaluation:

- Feeling like passing out or nearly passing out DURING or AFTER exercise
- Any discomfort, pain, tightness, or pressure in chest during exercise
- Feeling like your heart is racing or skipping beats (irregular beats) during exercise
- Feeling more lightheaded or dizzy than expected during exercise
- Becoming more tired or becoming short of breath more quickly than expected during exercise
- Swelling, vomiting, severe fatigue (more than expected), or fever

**MSHSL Student-Athlete Medical Eligibility – Post COVID-19 Return to Sport PHYSICIAN CLEARANCE FORM**

(THIS PAGE TO REMAIN IN THE MEDICAL RECORD AND DOES NOT GO TO THE SCHOOL)

If an athlete has been diagnosed with or has tested positive for COVID-19, medical evaluation by a qualified medical provider (MD/DO/PAC/ARNP) is highly recommended prior to returning to physical activity and team training. From onset of illness or positive test through the return protocol the recovery and return process requires a minimum of 10-days for an uncomplicated COVID-19 infection plus the 7-day highly recommended Graduated Return to Sport 7-Day Return Protocol for a total of 17 days. Complicated infections may require 6 months or more.

Student-Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Sport: \_\_\_\_\_

Brief COVID-19 History Date of Evaluation: \_\_\_\_/\_\_\_\_/202\_\_\_\_  
Date of symptom onset: \_\_\_\_/\_\_\_\_/202\_\_\_\_  
Date of Positive Test: \_\_\_\_/\_\_\_\_/202\_\_\_\_

Positive test with  No symptoms  Mild symptoms  Moderate symptoms (fever fewer than 72 hours, dyspnea, exercise intolerance, chest tightness, dizziness, syncope, palpitations, or total symptom duration fewer than 10 days (except loss of taste or smell)  Severe symptoms (syncope, need for oxygen, hospitalization)

Treated at  home (mild to moderate)  hospital (moderate to severe)  ICU or  intubated (severe)

**Criteria to Return** (Please check EACH box below that applies to the athlete and if not meeting criteria schedule a return visit or additional evaluation for the athlete)

- At least 10 days since positive test or onset of symptoms with no symptoms or fever (without fever reducing medications for at least 24 hours)
- Able to tolerate activities of daily living without cough, shortness of breath, or fatigue
- Negative cardiac screen (All answers below must be no)
  - Chest pain/tightness with activities of daily living? YES  NO
  - Chest pain/tightness with exertion? YES  NO
  - Unexplained syncope or near syncope? YES  NO
  - Unexplained/excessive dyspnea or fatigue with exertion? YES  NO
  - Palpitations (skipped heart beats, racing heart) with activity? YES  NO
  - New heart murmur on exam? YES  NO

**NOTE:** If a student-athlete had moderate to severe symptoms, was hospitalized, or has positive responses to any cardiac screening question or a new heart murmur, cardiac evaluation is recommended before returning to physical activity.

See return algorithms below from Kim et al; JAMA Cardiology for cardiac evaluation that may include ECG, cardiac enzymes, CXR, spirometry, PFTs, echocardiogram, chest CT, Cardiac MR, and/or cardiology consult. The primary concern is CV19-induced myocarditis with scarring that may predispose to arrhythmia and sudden cardiac arrest.

Please report any athletes with myocarditis to MDH at 651.201.5414.

MSHSL Student-Athlete Medical Eligibility – Post COVID-19 Return to Sport PHYSICIAN CLEARANCE FORM

(THIS PAGE SHOULD BE GIVEN TO THE ATHLETE TO BRING TO THE SCHOOL)

Student-Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Athlete is Medically Eligible to begin the return to activity progression on: \_\_\_\_/\_\_\_\_/\_\_\_\_

Medical Office Information (Please Print/Stamp):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_



## **SPECIFIC PLANS TO MITIGATE THE SPREAD OF COVID-19**

### ***PLANS FOR OUTSIDE OF LACROSSE***

**Masks/Face Coverings:** Please always follow state and local mandates.

**Incorporate Physical Distancing:** Please do your best to enforce a physical space of 6 feet when out of the home.

**Do Not Do Things that Aren't Necessary:** The reality is that our kids (and coaches) are already at risk by playing the sport of lacrosse. Coaches, Players, and Parents that participate in social gatherings only perpetuate the risk. Please consider limiting the sizes of these gatherings or the gathering all together if you can. If they aren't necessary, please consider staying home.

**Social Gatherings:** Everyone must understand that social interactions outside of practices/games are sources of transmission among teams. Gatherings indoors should be strongly discouraged. Further, players, parents, and coaches must understand that any gatherings that exceed the current social gathering limits of up to two households indoors (maximum of 10 persons total) and up to three households outdoors (maximum of 15 persons total) are prohibited.

**No Ride Shares:** Parents are encouraged to provide their kids with their own rides to and from the facilities.

**Player Travel:** Players who travel out of the State of Minnesota or who travel in state to attend large public gatherings (parties, dances, weddings, family reunions, other sporting events, etc.) will be required to isolate from the team for a minimum of four days after return, and should monitor for any COVID-19 symptoms. Travel to Superior, WI and attendance at ISD709 sponsored events are exempt.

## ***DAILY SCREENING FOR PLAYERS AND COACHES***

Before any practice, game, and/or bus trip – all players, coaches, and team managers will have to complete the self-screening. Once completed, the coaches and/or team manager will take the temperature of all individuals. This must be done prior to practice and games. Attendance at any practice, game, or team event implies that the self-screening has been completed.

**Self-Screening** – Verify that you do not have any of the following symptoms:

- Chills
- Cough
- Shortness of breath
- Sore throat
- Muscle aches
- Headache
- Loss of smell or taste
- Runny or stuffy nose
- Fever (temp 99.5 or above)

*All Participants must self-monitor the signs and symptoms of any illness. If there is any indication of possible COVID-19, athletes and coaches must remain home from all team activities.*



# ***PLANS FOR PLAYERS AND COACHES IN PRACTICE***

**ALL PLAYERS AND TEAM PERSONNEL MUST FOLLOW THESE GUIDELINES IN PRACTICE:**

***Masks/Face Coverings:*** Players must wear masks when they enter and leave the practice facilities. Masks will be worn in practices at all times by players, staff, and team personnel. If players need to take a break with their masks off, there will be places on the field that are indicated as areas for a mask break.

***Use Hand Sanitizer:*** Hand sanitizer must be used by all participants as they enter the field, periodically in practices, and when they leave the field.

***Pods:*** There will be assigned pods for practice. There will be a maximum of 25 players per field half. Within the facilities at East and Denfeld high schools, the pods will be kept separated by a distance of no less than 12 feet at all times.

***No Intermixing of Groups:*** There will be no intermixing of players from different lacrosse pods on the field OR with groups that use the field before or after the scheduled practice time (boys and girls lacrosse). There will be a 15-minute period between scheduled practices to allow the safe transfer of participants on and off of the field with no intermixing.

***Landing Area:*** On the edge of the field there will be an area for all athletes to put their bags, extra clothing, and/or equipment. The locker room will not be available for practices.

***Bring your own Water bottle:*** There will be no shared water bottles at practices. There will also be no drinking fountains that are available.

***Bring your own Sweat Towel:*** It will be best to bring a clean sweat towel each day to wipe down sweat in comparison to your jersey.

***Shower at Home Immediately:*** After practices, players should immediately shower at home. Showers at school will not be accessible after practices.

***Lacrosse/Equipment Sanitized:*** At the beginning and end of all practices, all shared equipment will be sanitized. This will be done jointly by coaches and players.

***Wash Practice Gear Regularly:*** It is important that you wash your practice jersey regularly. We encourage washing your practice gear daily.

***Incorporate Physical Distancing:*** Scrimmaging and body contact is allowed. However, when players are in a non-scrimmage situation, 6 feet of physical distance/separations will be enforced when within the field of play and when interacting with those within a practice

***No Spectators:*** There will be no spectators allowed at practices.

## ***PLANS FOR PLAYERS AND COACHES IN GAMES***

***Masks/Face Coverings:*** Masks must be worn by coaches and players during the immediate competition and on the bench.

***Incorporate Physical Distancing:*** When players are in a non-game situation, 6 feet of physical distance/separations will be enforced when on the field and when interacting with those within a practice

***Team Bench:*** The bench will have a limited number of players. Team benches will be positioned to observe social distancing of 6 feet or greater.

***Huddles:*** All huddles should be situated to observe social distancing. Players and coaches should maintain a 6-foot distance. All players and coaches within a huddle should be wearing their masks.

***Starting Line-ups/Anthem:*** During the line-ups and anthem, all players should be socially distanced. Additionally, there will be no handshakes prior to the game.

***Teams bring Own Balls:*** Teams will provide their own lacrosse balls for use during the warm-up.

***Water Bottles:*** Players must bring their own water bottles. These water bottles must be filled up before the game begins.

***No Post Game Handshake:*** Instead of handshaking, give the other team a sign of respect after the conclusion of the game.

***Leave After the Game:*** After the post-game meeting, players should immediately leave the facility. Fans should leave the facility following the end of the game.

## ***TRANSPORTATION/BUSSING***

***Masks/Face Coverings:*** All players and coaches will wear a mask on the bus.

***Encouraged to Transport Own Player If Possible:*** Although we will provide busses for all road games (except Proctor/Hermantown), we encourage families to fill out the designated paperwork so players can ride to the game or home with a parent (if at all possible). No ride shares.

***Sanitize:*** Players and coaches are encouraged to use hand sanitizer before, during, and after the ride on the bus. Players are encouraged to have their own bottle of hand sanitizer.

***Physical Distance:*** When on the bus, players and coaches must be at least 6 feet away from the bus driver and other players and/or coaches.

***Food and/or Beverages:*** There will be no sharing of food or beverages before or after games. Food and beverages will be provided for the players on the bus ride home for all road games. Buses will not stop for food.

# **GAME DAY INFORMATION**

## **PARENTS, SPECTATORS, AND PERSONNEL MUST FOLLOW THESE GUIDELINES FOR GAMES:**

### **Information and Requirements:**

- All home Wolfpack spectators must be recorded on the [pre-submitted list](#) or they will not be allowed entry. Each player may list up to 8 spectators as part of their family pod, a maximum of 6 may attend the same game.
- Away spectators coming to Duluth will be recorded via the scanning of QR code – this is required.
- Spectators must be separated from the competition by a minimum of 12 feet
- Spectators must be separated by at least 6 feet between households/spectator groups
- If spectators and participants can be clearly separated by at least 12 feet, then participants do not need to be included in the total capacity count
- Spectators must wear masks/face coverings at all times inside the facility
  
- Essential game/event personnel include: Team members, game officials, and site staff (including ticket-takers/sellers, administrative supervision from both schools, certified medical personnel, announcer, official scorers, and score board operators, etc.) do NOT count toward the maximum number of occupants if they remain separate from the spectator community. Game/event personnel must be limited to the extent possible.
- Game/event personnel must wear masks and be socially distanced.
- Officials should bring their own equipment.
- Masks/face coverings are required the entire time the official is in the facility.
- Locker rooms will not be available for anyone
- Groups that perform during a break in the contest and are not part of the contest do NOT count toward the maximum number of spectators if they only enter the facility to perform and then leave the facility.
- If group members are in the facility before or after their performance, they DO count toward the maximum number of spectators.
- Cheer Teams are considered a separate competitive pod and do not count toward the total allowable number of spectators if the following is adhered to: They are in their own designated space that maintains a 12' distance from spectator groups and they maintain a 12' distance from the competitive area.
- Media members count toward spectator count.
- Interviews with coaches and participants must be done with physical distancing guidelines.
  
- Certified medical personnel should be available.
- Schools should limit medical personnel whenever feasible.
- The number of medical personnel should not exceed the number that has been used in past years.
- Certified medical personnel providing medical service for the event do not count toward the spectator count.