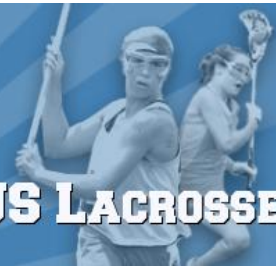


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WESTERN MARYLAND CHAPTER OF US LACROSSE



Western Maryland Chapter of US Lacrosse Covid Guidelines for Return to Play in Frederick County, Maryland.

This document provides a high level of recommendations and guidance for return to lacrosse activities focused on transitioning children back into physical activity through organized small-group practices, training, and competition. These recommendations come from many different sources such as but not limited to Western Maryland Chapter of US Lacrosse, Centers for Disease Control (CDC), Frederick County Parks and Rec (FCPR), and Western Maryland Youth Lacrosse Conference (WMYLC). For a more information on ways our athletes and community members can reduce the spread and help to keep our communities safe please visit the CDC website for the most up to date information.

For those most vulnerable in our community

As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a group-based event, as you will be putting your health at risk. Therefore, you may consider not participating in in these types of events at this time.

Stages for return to play

Research has shown that introduction to full competition activity after a long span of deconditioning increases risk for significant musculoskeletal injury. Every effort should be made to have a gradual return to activity starting with drills and conditioning regardless of the community phase or stage. Please refer to the CDC and your State Departments of Health to determine the recovery stage of your community, county or state.

These guidelines consist of a “staged” return to play that is based on staged or phased return of activities established by most states and local public health departments. Factors such as new infections of COVID-19, the rate of hospitalizations due to COVID-19, and the availability of healthcare resources in each community, county or state determine the stage or phase of activity allowed. The return to play “stages” in this document will broadly describe the activities that are recommended, based on the level of risk that is associated with that activity, during that stage. It is important to note that these stages are not intended to be followed in a linear manner, as it may become necessary to return to prior staged guidance and activities, based on the everchanging status of COVID-19 exposure in the community, county or state that you are conducting lacrosse activities in. It is possible, if not likely, that there will be local and regional outbreaks and surges of COVID-19 for some time to come.

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Current Stage in Frederick County Maryland

Our current stage for Frederick County as of the date of this document:

Stage 4: Medium group (less than 50) local competition/ practices from teams within same locale, with limited closeness and contact at outdoor or indoor facility (moderate to high risk) no multi-team events Aligned with state/local public health guidelines that allow for up to 50 people, to gather indoors or outdoors, at a time. At this stage, according to the CDC, sustained transmission with likelihood or confirmed exposure within communal settings with potential for increase in suspected cases.

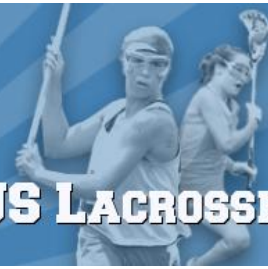
The Following are recommendations based on the current stage for return to plan:

HYGIENE / DISTANCING

- Required face masks for staff, coaches, officials and designated adults serving as hygiene support for all practices, scrimmages, games and activities. Athletes may wear a face mask during lacrosse activities. Face coverings should cover nose and mouth. All event staff must wear cloth face coverings that cover nose and mouth and regularly sanitize their hands with soap and water or alcohol-based hand sanitizer.
- All coaches and team personnel must wear a face covering; it must cover both the nose and mouth, at all times.
- During games, officials should do their best to maintain 6 feet of distance from coaches, player, staff and spectators as well as other officials and if they choose, they may wear cloth face masks that cover the nose and mouth. When off of the field, officials should wear cloth face masks and continue to maintain 6 feet of distance from others.
- During games, athletes should do their best to maintain 6 feet of distance from other players, coaches and officials and if they choose, they may wear a face mask that covers nose and mouth, during lacrosse games and activity.
- When interacting with other people in a public setting, off the field, all athletes should wear cloth face coverings and maintain appropriate social distancing
- If the venue allows, all spectators and family members must wear cloth face masks that covers nose and mouth in public settings and maintain 6 feet of distance from one another
- Coaches on side-lines should make sure no contact is occurring between athletes, coaches or officials off-field – whether during pre-game, mid-game, or post game (no huddles handshakes, high-fives, fist bumps, etc....).

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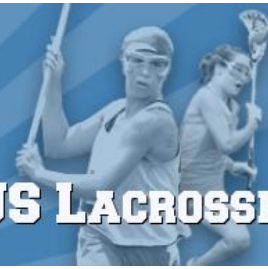


FACILITY/ VENUE

- Only at an approved public outdoor facility, using your own equipment.
- Event staff and volunteers should participate in daily health screenings, (i.e.: a temperature check and symptom reporting.) Any staff or volunteers experiencing symptoms will be directed to local health resources and will not work their scheduled shift.
- Confirmation of screenings should be completed by event staff for all participants and spectators upon entrance to the facility parking lots. For admittance to the event facility, a successful screening must be completed.
- Event staff should maintain contact list for all players, coaches and officials as well as a record of games played for contact tracing purposes.
- Event staff should ensure that there is adequate time provided to teams and officials for hydration, sanitation and recovery between games. Staggered entry and exit times for teams should be implemented to minimize interaction and exposure time between groups.

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Western Maryland Chapter of US Lacrosse Covid Action Plan (CAP)

Our Plan:

Pre-Screening prior to the event:

- All participants will complete an online screening or a paper screening document withing 24 hours of game time each week. The screening can also be completed by smart phone on the day of the event.
- Each week participants will be required to check in at the check-in tent. During check in the tent personnel will validate the completion of the weekly screening and provide a colored wristband.
- Each week, each team's coach will be required to check his/her players prior to entering the field of play to ensure they have the appropriate colored wristband.
- Anyone experiencing two or more of the symptoms on the check list or loss of taste and smell should consider themselves to be possibly positive for Covid 19 and will require a covid test to return or 14 days without symptoms or new exposer to the virus. No exceptions or waivers.

Exposure prior to or during our event

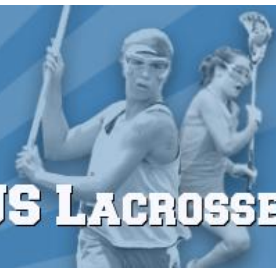
- If a player, official, or event worker is exposed or tests positive to Covid-19, they will be required to notify one of the event coordinators.
- Any persons who may have been exposed as a result of attendance to our event will be notified immediately.
- Any players or coaches who meet the CDC guidelines for a possible exposure will be required to sit out of games until either a negative test has been completed to confirm no exposure or the 14-day isolation has been completed per the CDC guidelines.

Events

- Prior to the event communications will go out with the expected rules and requirements. This will include any restriction such as but not limited to mask requirements, screening requirements, and distance requirements. These will include and venue recommendations or County and State requirements. These are subject to change at any time.
- Maps or instructions should be included in the communications prior to the event that would include entry and exit into the venue, main tent locations, event timing to include how early players may arrive, and when and where to check-in.
- Each participant shall bring his or her own sports equipment and personal protection equipment. Sharing is not permitted currently at our events.
- Sharing drinks or snacks at Events is not currently permitted.
- Event coordinators and officials have the authority to remove any persons from the event for non-compliance with these recommendations. Our primary goal is to provide a safe and organized event.

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Western Maryland Chapter of US Lacrosse Event Specific Recommendations

High School Girls Spring Lacrosse Program

Field Rules

- Field entry and exit gates to remain open to minimize surface touching.
- Restrooms should be cleaned regularly by the venue.
- All players and coaches must use hand sanitizer before and after participation.
- A maximum of 50 persons allowed per multi-purpose field.
 - Each team no more than
 - 20-21 Rostered players & 2 Coaches
 - 2 officials and 2 event staff
- Players and coaches are to maintain a 6-foot distance between each other, both on and off the field. Players and coaches must wear masks when walking to and from the field.
- Each player must utilize their own equipment, which must be disinfected before and after each session as well as during sessions when possible. All players, coaches, administrators etc. cannot share water, towels, or any personal or playing equipment (e.g., cones)
- No centralized hydration stations are permitted during activities.
- Currently Spectators are not allowed and will be asked to wait in the car or possibly go for a walk around the park on the walking path.
- No group celebrations, fist bumps, high-fives etc.
- Players should remain in their cars until just before the check in, instead of forming a group
- A central table will be used to sanitize balls before each game.
- No scores will be kept on the field.
- All other field use rules apply

Game Play rules

- 2 – 20 min game halves, 5 min half-time
- No Timeouts
- Running clock kept by the referee
- In place of the draw, we will start play with an indirect free possession from the center.
- Alternate possession at the start of the game and halftime. Home team has first possession.
- The team that was scored upon will start with possession from the center after each goal.
- Players may choose to wear the mask while on the field. While on the sideline, player must wear a mask.

Other Recommendations

- Strongly recommend that parents/guardians bring their own player(s) to events and not carpool.
- Please ensure that all players and coaches report to the field dressed and ready to participate.
- Players should stay with their own group for the entire event.
- Sanitizing options should be available for your players and coaches. Each participant will be provided with a bottle of hand sanitizer courtesy of Western Maryland Chapter of US Lacrosse.
- Recommend that each player label his/her equipment that they are using including personal containers for game hydration.
- We recommend that when players and coaches return home, they should sanitize any additional equipment (e.g., cleats, shin guard, gloves, balls etc.) before and after training.