



GELL Return to Play Protocols (v5, 2/24/2021)

GELL, its member and guest programs (clubs), coaches, players, and families all play an important role in keeping our players on the field and ensuring their safety while participating. The protocols that we utilize are intended to meet or exceed state and local mandates to provide a high level of safety. These protocols also take into consideration the guidelines provided by the [State of Washington](#) and [US Lacrosse](#).

On January 11th, 2021, Washington State Governor Inslee launched “Healthy Washington – Roadmap to Recovery”, redefining the phases. The Puget Sound and Northwest Regions transitioned into phase 2 on February 1st and February 14th, respectively, allowing youth sports teams to resume participation in games in addition to practices.

Please familiarize yourself with GELL’s Return to Play Protocols and follow all directives. To keep the players on the field and ensure the safety of all in our community, GELL has agreed to follow all local mandates. **Accordingly, cloth coverings (masks or gator style face coverings) are required for everyone while at all GELL events. They must cover both the nose and the mouth. Shields are no longer accepted as an approved face covering per Washington State guidance.**

GELL does not mandate requirements for non-GELL events, including your program’s practices and other team activities.

The Greater Eastside Lacrosse League (GELL) makes no representations and assumes no responsibility for individual activity and participation decisions by member clubs, coaches, parents, or players. Adherence to these considerations and recommendations does not ensure immunity from exposure.

Definitions:

Close contact: Close contact occurs when a person has been within about six feet of a person with confirmed novel coronavirus infection for 15 minutes within a 24 hour period of time or has had direct contact with secretions from a person with confirmed novel coronavirus infection.

GELL event: Games or other in-person events on the GELL schedule where two or more GELL programs (member or guest) are present.

Participants: Anyone associated with your program. This includes but is not limited to administrators, coaches, volunteers, players and their families, and all others present associated to your club at all GELL events (i.e., field setup, table crew, trainers, etc.).

Program Director Responsibilities:

- Provide GELL with any restrictions imposed by the home field or the jurisdiction under which it operates. For example, notify GELL if your field is not allowed to have spectators or further limits the occupancy below the current phase 2 state limitations. GELL will post this information to the web page for that field so that it can be easily accessed by clicking on the field name within the game schedule.
- Ensure that your coaches review home field restrictions during the week prior to a game and proactively communicate with their players and families.
- Ensure that your coaches understand and adhere to their responsibilities.
- Implement a solution for conducting pre-game screenings for your teams. Programs may use any technological or manual solution your program wants to implement. Keep records for at least 28 days to facilitate contact tracing.
- Ensure that a “Health and Safety Coordinator” has been designated for each of your club’s teams at each of their games.
- Ensure that all *participants* have received a copy of or link to this document.
- Review and understand the maximum number of people allowed at a game (see the section below entitled “Phase 2 – Washington State Guidelines”). If the number of spectators becomes a problem, the league will consider options such as limiting spectators to one per family or eliminating spectators entirely. Track the number provided by your health and safety coordinator and notify the GELL Executive Board if the number is above the maximum.

Health and Safety Coordinator Responsibilities:

At each *GELL event*, each team shall have their own designated Health and Safety coordinator. Their responsibilities shall include;

- Conduct pre-game wellness screenings (see criteria below) for all their *participants* who enter the field area. This excludes spectators who never enter the field area.
- Approve player and coach participation based on their pre-screen questionnaire.
- Have sanitizer and disinfectant wipes available
- Record a count of all participants at the game (taken at halftime) and email it to your program director. This count should include everyone present at the game.
- Communicate any concerns about participants’ adherence to safety practices to your program director.

Pre-game Wellness Screenings: Each team is responsible for screening their own *participants*. Track the following information for all who enter the field area:

- Temperature upon arrival at the *GELL event* if required by School District or other governing body (temperature will be included in health questions below)
- In the prior 14 days, which of the following occurred?
 - A positive result from a COVID-19 test?
 - Had *close contact* with anyone that has or had symptoms of COVID-19 that required you to quarantine?
 - Experienced any of the following symptoms? **Don't include any that have already been attributed to a non-COVID-19 health condition by your physician.** Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
 - Fever of 100.4°F (38°C) or greater
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or Body Aches
 - Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or Runny Nose
 - Nausea or vomiting
 - Diarrhea

If the answer is “yes” to any of the above, that person may not participate in the GELL event and shall be directed to stay home until cleared by a licensed medical professional.

Recovering *participants* must be:

- (a) at least 10 days since symptoms first appeared, **and**
- (b) at least 24 hours with no fever without fever-reducing medication, **and**
- (c) improving for all other symptoms of COVID-19.

For severe illness, the CDC suggests isolation longer than 10 days, perhaps up to 20 days, based on your healthcare provider’s recommendations. If you test positive for COVID-19, but had no symptoms, the CDC recommends that, assuming no symptoms, 10 days have passed since the date of your positive test.

Players must provide medical clearance to their coach/program in order to return.

Home Team Responsibilities

Attestation Location: At all *GELL events*, the home team is responsible for setting up a clearly marked attestation location for teams to process their *participants* pre-game wellness screening.

The attestation location may be as simple as an area designated with signage or more elaborate with amenities such as a tent and a table and chair(s) for each team's health and safety coordinator to administer the prescreen.

Player Responsibilities

- Before heading to the game...
 - Eat off-site
 - Use restroom at home to minimize use at facility
 - Thoroughly wash hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Clean and disinfect your gear.
 - Have personal sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
 - Bring your own water bottle (do not share)
 - Stay home if sick or exhibiting any symptoms suggestive of COVID-19.
- Once you arrive at the field
 - Wear a mask before, during, and after all games.
 - Approach your team's "Health and Safety Coordinator" at the designated attestation location at the field facility.
 - Complete your club's pre-game screening (depending on your program's process, this may be either via online or on paper.)
 - Receive approval from your team's designated Health and Safety coordinator before proceeding onto the field.
 - Stay outside the field area until all previous teams have left the field.
 - Place bags 6 feet apart, starting behind your team bench area and extending toward the end of the field on which your team bench is located.
 - Avoid clustering with other players. Do not gather and socialize before or after the game. Maintain 6 feet apart during team meetings or instruction.
- At the end of the game
 - No handshakes or fist bumps
 - Exit the field quickly so that the next teams can get started on their warmups.

Parent/Guardian Responsibilities

- Review and understand the maximum number of people allowed at a game (see the section below entitled "Phase 2 – Washington State Guidelines"). If the number of spectators becomes a problem, the league will consider options such as limiting spectators to one per family or eliminating spectators entirely.
- Ensure that your player(s) understand and adhere to their responsibilities.
- Remain in or around your car for drop-off and pick-up.
- Wear your mask at all times.

- All spectators of different households are to remain physically distant, 6 feet or more, as much as possible.

Coach Responsibilities

- Ensure that your player(s) understand and adhere to their responsibilities.
- Review home field restrictions during the week prior to a game and proactively communicate with your players and families.
- Wear your mask at all times.
- Ensure player bags are 6 feet apart, starting behind your team bench area and extending toward the end of the field on which your team bench is located.
- No huddles; no pre- or post- activity in-person team meetings.
- No handshakes, high-fives, fist-bumps or skin-to-skin contact.
- The “Honor the Game” ceremony will no longer occur on premises at games. Our goal is to discourage gathering of players during the postgame period. The process has also changed;
 - Coaches should select their own player(s) who exemplified sportsmanship during the game(s), instead of selecting players on the opposing team.
 - Coaches should distribute the sticker in a manner that provides encouragement to the player while respecting the physical distancing guidelines (for example, distributing stickers at your next practice).

Phase 2 – Washington State Guidelines

- Facial coverings required for all *participants* at all times.
- Games are allowed (no tournaments).
- The maximum number of people allowed at a game depends on the number of fields and areas of play at the facility (as of 2/9/2021);
 - If the facility has one field with one area of play, a maximum of 200 people are allowed, including spectators.
 - If the facility has more than one field or area of play (such as when a field is split into two play areas for K-2 and 3/4 games), a maximum of 75 people are allowed at each game, including spectators (2 x 75 = 150 total).

Staying in Phase 2

In order to remain in Phase 2, our region must continue meeting at least three of these four metrics.

- Decreasing or flat trend in 14-day rate of new COVID-19 cases per 100K population;

- Decreasing or flat trend in 14-day rate of new COVID-19 hospital admissions per 100K population;
- Average 7-day percent occupancy of ICU staffed beds less than 90%; and,
- 7-day percent positivity of COVID-19 tests less than 10%

The status of these metrics can be tracked on the Washington State COVID-19 dashboard:

<https://coronavirus.wa.gov/what-you-need-know/roadmap-recovery-metrics>

Phase 1 – What Happens if we return to phase 1

In the event that the Puget Sound Region returns to phase 1 during the GELL Spring 2021 season, affected games will be cancelled on a week-by-week basis on the preceding Wednesday, and not rescheduled. If the region returns again to phase 2, upcoming games will be resumed.