



In efforts to mitigate the risk of contracting the COVID-19 virus, consistent with the requirements of the Safe Start Washington Phased Reopening Plan and the US Lacrosse Return to Play Recommendations for Lacrosse, Woodinville Boys Lacrosse will follow these guidelines and protocols as our club moves forward with small group training.

Stay at Home

If your player is feeling sick or experiencing any COVID-19 symptoms they should stay at home. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. We will provide a required prescreen checklist to be completed by every player (parent/guardian), coach and administrator prior to the start of the first practice session.

Known symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Hygiene Best Practices (Players)

- Clean and disinfect frequently touched surfaces and equipment (including balls, mouth guards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- 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.
- Have personal sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
- Arrive dressed and ready to train.
- Minimize use of changing rooms, bathrooms, communal areas.
- Eat off-site.
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.

Hygiene/Distancing Practices (Program)

As city, county, state, education and park districts permit return to play in small groups, Woodinville Boys Lacrosse will implement these best practices. Our goal is to practice safely in small, socially distanced groups, with focus on conditioning, stick work, footwork, shooting skills, and offensive and defensive positioning with ball and body movement. Drills will be contactless.

- Temperature testing of players and coaches using an infrared thermometer prior to the start of every practice.
- Anyone with a temperature of 100.3 degrees or more will be sent home.
- Required face masks for staff, coaches, and designated adults serving as hygiene support for all practices and activities.

- Hand sanitizer and disinfectant wipes available.
- Each team shall be assigned a designated safety or hygiene coordinator (**we are soliciting volunteer parents**).
- No huddles; no pre-or post-activity in-person meetings.
- No handshakes, high-fives, fist-bumps or skin-to-skin contact.
- Ensure adequate space between personal equipment of each player so that physical distancing of 5 feet can be maintained during breaks.
- No spectators (including parents) on or near the field during practices or activities. Parents ideally stay in vehicles during practices.
- Players will be socially distanced across the field (in groups of 5 with a minimum of 5 feet of space between players), with buffer space between groups to effectively allow for room to safely conduct small group activities, during practices.
- Players, coaches, officials or volunteers with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptoms free and negative repeat COVID-19 test in order to return. Individuals require clearance from a licensed medical professional before return to play granted.
- Players and coaches may not enter the playfield until the start of the reservation, and no equipment can be brought to the field until the start of the reservation. Waiting on the sidelines prior to the start of the reservation is not allowed. All players and coaches must vacate the field within 15 minutes of the end of the reservation. All equipment and garbage must be removed from the field within 15 minutes of the end of the reservation.

Note: Woodinville Boys Lacrosse will require the use of clear face shields. Although there is no evidence available yet that they prevent COVID-19 transmission in lacrosse. Clear face shields are currently under review by US Lacrosse.

Responsibilities of Hygiene Coordinator

- Should have a medical kit and wear a face mask and disposable gloves during the entirety of the lacrosse activity.
- Collect and review pre-screen wellness paperwork for all participants.
- Administer and record contactless temperature checks for all participants.
- Ensure parents and spectators remain away from fields or in vehicles.
- Approve player and coach participation on practice based on their pre-screen questionnaire and on-site temperature/symptom screening.
- If someone during an activity is injured, feels sick or demonstrates symptoms, the coordinator should work to separate the individual from the group, assess the situation while maintaining distance, contact parents, and if necessary, call for medical assistance.
- If a return to play clearance is required by a licensed medical provider due to COVID-19 or another injury, the coordinator should be a point of contact, and the documentation should also be shared with the program director.
- Should communicate any concerns about participants' adherence to safety practices during activity to the program director.