



COVID-19 Safety Plan

Response to Guidelines, Risks and Precautions

Powhatan Lacrosse's (PowLAX) first priority is the health and safety of all our participants, spectators, staff and attendees. PowLAX will continue to monitor the situation closely throughout the season and make adjustments as necessary based on recommendations from the Centers of Disease Control (CDC) and Virginia Department of Health (VDH).

The following are steps we expect all players, spectators and coaches to take before, during and after practices/games to mitigate the risks of spreading any germs or sickness:

1. **Social Distancing:** All players, coaches, staff and spectators should practice social distancing of 6 ft wherever possible. This does not apply to players and coaches while engaging in practice/games.
2. **Temperature Checks:** Players and spectators are expected to take their temperature before leaving home and should remain home with any reading of 100.4 Fahrenheit or higher per CDC guidelines.
3. **Personal Protective Equipment (PPE):** All coaches, staff, players, and spectators should wear PPE such as facemasks whenever not practicing/playing and unable to maintain a safe social distance.
4. **Water:** Water will not be placed on fields; players should bring water bottles with themselves for the duration of the any practice/game and should not share with any other individuals.
5. **No Handshakes/Celebrations:** With social distancing practices, players and coaches should refrain from handshakes, high fives, or any celebrations that could result in contact.
6. **Symptom Monitoring and Notification:** If a player or anyone in their household tests positive for or exhibits symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat, the player will follow the guidelines for isolation or quarantine as defined by the CDC. His/her parent or guardian will notify the coach of the team(s) of their isolation/quarantine status and anticipated date of clearance. The coach(s) will notify the PowLAX board. The PowLAX board will provide notification of potential exposure to those contacts as defined by CDC guidance. Names of those involved will remain anonymous to the best of the board's ability.