



EDMONDS LACROSSE CLUB

2021 – RETURN TO PLAY PLAN



IN-PERSON PRACTICE PROTOCOL

Edmonds Lacrosse Club

- will identify and equip a safety/hygiene manager(s) who will review the Electronic Health Attestation Form (hardcopy Pg. 2 of 3)
- will update Emergency Action Plan (EAP) with the COVID Action Plan (CAP) to coaches and safety/hygiene manager(s)
- will provide an Electronic Health Attestation Form (hardcopy Pg. 2 of 3), on the day of each In-Person Practice, to players and coaches at 6:00 AM which must be completed by 5:00 PM in order to attend

Players, Coaches, and Safety/Hygiene Managers

- will follow strict hand hygiene (antibacterial hand sanitizer), before and after practices and water/food breaks
- will bring their own water bottle and snack - if necessary, and will not share them with others
- when/where applicable mouthguards will be kept in players mouths or in their containers
- will disinfect equipment immediately after use
- will keep their gear together in a personal space as designated
- will not attend or participate in In-Person Practices if they have any risk factors/illnesses, have answered 'Yes' to any of the Electronic Health Attestation Form questions, and, if so, are advised to visit a medical provider

Parents

- will read all communications sent from Edmonds Lacrosse Club
- will ensure their player has completed the Electronic Health Attestation Form (hardcopy Pg. 2 of 3) by 5:00 PM the day of each In-Person Practice and will not attend practice if answering 'Yes' to any of the questions
- will give their player(s) a heads up as to what to expect from her experience
- will review distancing guidelines and hygiene etiquette with their player(s)
- will drop their player(s) off, wait nearby the practice location, and pick her/them up per the protocols outlined by Edmonds Lacrosse Club in this document
- will wear a mask if when within Six Feet (6'-0") of others
- will not enter the In-Person Practice vicinity
- know that participation is optional and make choices that are right for their family
- encourage backyard lacrosse play and other physical activities
- monitor their player(s) for symptoms of anxiety, depression, or distress and notify coaches
- follow the standards and protocols set by Edmonds Lacrosse Club for their player's participation
- will make sure they have their own water, food, hand sanitizer, and a case for their mouthguard
- will remind their player(s) of good hygiene
- will help show their players(s) how to clean their equipment after practice, ensure this gets done
- will review the **ELC COVID-19 Protocol Agreement (pages 2 & 3)**



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ELC COVID-19 Protocol Agreement

PART 1: DAILY HEALTH ATTESTATIONS – (*Hardcopy*)

Parents/guardians/players will be required to complete an electronic health questionnaire prior to arrival at every ELC-organized in-person gatherings. You will need to respond to the following questions:

Have you /has your child had any of the following symptoms not related to another medical condition as documented by a physician in the past three days (72 hours)?:

- A cough
- Shortness of breath or difficulty breathing
- A fever of 100.0°F or higher or a sense of having a fever
- A sore throat
- Chills
- New loss of taste or smell
- Muscle or body aches
- Nausea/vomiting/diarrhea
- Congestion/running nose – not related to seasonal allergies
- Unusual fatigue

Does anyone in your household have any of the above symptoms?

Have you / Has your child been in close contact with anyone with suspected or confirmed COVID-19?

Have you / Has your child had any medication to reduce a fever before coming to practice?

If the answer to any of the above questions is “yes” you / your child should stay home from ELC-organized in-person activities.

If you / your child has been in close contact with someone who has *confirmed* COVID-19 in the last 14 days, you should not attend ELC-organized in-person activities. Other activity options might be put in place for a ELC player who had close contact with an individual with *suspected* COVID-19.

Social distancing is believed to be one of the most effective ways to reduce the spread of the virus. For this reason, players should keep at least 6-feet between them as much as possible and follow coaches’ instructions in this regard.



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PART 2: ON-FIELD RISK MITIGATION PROTOCOLS

- **FACE COVERINGS (MASKS) WILL BE WORN CORRECTLY (OVER THE MOUTH AND NOSE) AT ALL TIMES WHEN APPROACHING, DURING, AND EXITING IN-PERSON PRACTICES.** When masks are lowered during water/food breaks, a minimum of six feet 6'-0" between each player and coach must be maintained.
 - The **FIRST** violation will result in immediate dismissal from practice and a follow-up with the player's parent or guardian.
 - **THE SECOND VIOLATION WILL RESULT IN FORFEITURE OF PARTICIPATION IN FUTURE PRACTICES**
- At the beginning of each practice, Coaches will review distancing guidelines and hygiene etiquette with players, and Safety/Hygiene Manager(s) will confirm that coaches and players have completed the Electronic Health Attestation Form
- Coaches will suspend In-Person Practice and take appropriate steps to ensure the safety of others if someone in the vicinity refuses to comply with the safety protocols outlined herein and endangers other attendees
- In-Person Practice will take place once per week for a four-week period
- In-Person Practice will consist of two parts:
 - The first will consist of Small Groups - 'Pods'- max. 6 players:
 - Pods will be divided in areas no less than 20 yards x 20 yards for the first portion of practice
 - Players will practice only in their assigned Pod for the duration of the four-week practice
 - The second will consist of a Group Practice:
 - The Group will consist of players, still in their pods, performing long-distant drills with other Pods or goalies
 - No scrimmages
 - Drills will be designed to minimize the exposure of players at a distance of closer than six feet (6'-0")

LIMIT EXTENDED AND AVOIDABLE CONTACT

- All In-Person Practices will be held outdoors
- In-Person Practices will be no longer than 120 minutes
- A minimum of six feet (6'-0") will be maintained if waiting in line or taking breaks
- 1 v 1 situations will be limited and will only take place within Pods
- No faceoffs
- No high fives or handshakes

HYGIENE

- Cough and sneeze etiquette (into arms and turned away from others if possible)
- No spitting
- Players will be instructed not to pick up the ball only with their sticks

SKILL DEVELOPMENT AND FUN

- Four weeks to get back into playing shape-gradual increase in intensity - no more than 80% max effort
- Participation voluntary