

# Ithaca Little Red Lacrosse Club – 14U

## COVID-19 Safety Policy – September 13, 2020

The Ithaca Little Red Lacrosse Club – 14U's Safety Policy (the “**Safety Policy**”) strives to balance personal/public safety with the inherent risks of our sport, and our ability to manage the behaviors of elementary/middle-school aged children. Each family should consider the risks/benefits involved in returning to play and make the decision that is right for their family and child. No one should feel pressured to return to play sooner than they would like, and there will be no penalty for choosing not to participate. Our Ithaca Little Red Lacrosse Club – 14U (the “**Club**”) will welcome back all new and returning players whenever they are ready, no questions asked.

The primary source of guidance at this time is the New York Forward guidance for Sports & Recreation (linked below, the “**NY Guidance**”), which designates “non-contact lacrosse” as a “moderate risk” sport. It is our understanding that “non-contact lacrosse” means the sport of girls lacrosse (as defined and played in accordance with the traditional US Lacrosse rulebook for girls lacrosse), and we will continue to monitor guidance on what is meant by “non-contact” lacrosse. **It is important to understand that the sport of girls lacrosse is not “zero contact” – there is some degree of contact inherent in any team field sport, including girls lacrosse.** The Club cannot promise a “zero/low contact” environment, and parents wishing to understand more about the level of contact typical for girls lacrosse are welcome to contact the Club or any coach for more information, so that you can identify the appropriate risk-management decision for your family.

There are a variety of sources of guidance applicable to youth sports,<sup>1</sup> and these policies are not all aligned. Accordingly, we have taken steps to familiarize ourselves with these policies, as well as the evolving guidance from local county health departments. With respect to the NY Guidance, we are mindful that, at this time, our club has no “employees,” no “owners/operators,” nor any paid personnel – accordingly, while our volunteer coaches and volunteer administrators will strive to adhere to the principles described in the NY Guidance, our Club’s individual volunteers will not be deemed as “employees,” “Responsible Parties,” nor as “Owner/Operators,” under this guidance. We have developed this Safety Policy in a manner which we feel best balances all of the applicable risks of playing our sport at this time.

---

<sup>1</sup> <https://www.whitehouse.gov/openingamerica/>

<https://forward.ny.gov/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.uslacrosse.org/return-to-play>

<https://www.tompkinscountyny.gov/health/movingforwardphases#statewideguidelines>

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationSummaryGuidance.pdf>

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

## Face Mask and Social Distancing Requirements:

Please have your daughter wear a face mask for the following:

- Waiting at the basketball court and side lines for practice to start (including while getting ready; not needed if playing catch with other girls)
- Walking from station to station
- Sitting down for a team meeting
- After the last drill / team meeting and leaving the area
- Walking to and from the parking lot

If your daughter does not have pockets, she should leave her mask during drills with her water bottle.

Players should stay 6 feet apart whenever they are not actively participating in practice. That is essentially 2 stick lengths apart.

ALL parents and caregivers need to be masked as well if they are within 6 feet of others.

**Mandatory Exclusion from Participation in Practices/Games:** *Your child is not permitted to attend any Club events/practices:*

1. If such participation in youth sports, recreational activities, and/or lacrosse is prohibited by the Federal government, state government, or Tompkins County Health Department.
2. If the player, or anyone in the player's household, is exhibiting any of the following symptoms:
  - a. Feeling sick or run-down;
  - b. Cough
  - c. Shortness of breath or difficulty breathing
  - d. Fever of 100.3 degrees F/37.9 degrees C
  - e. Chills
  - f. Muscle pain
  - g. Sore throat
  - h. New loss of taste or smell
  - i. nausea, vomiting and diarrhea

\*This list does not include all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

3. If the player, or anyone in the player's household, or anyone with whom the player had confirmed contact, has tested positive for COVID-19 within the last 14 days, then the player must be tested and cannot return to practice/games until the prescribed quarantine period has passed (in accordance with public health guidelines) and/or player receives confirmation from a doctor/health official confirming that the player is cleared to practice or is no longer exhibiting symptoms. The player is encouraged to notify the Club of this exposure, subject to applicable health privacy regulations, and must otherwise follow the instructions of local health officials regarding contact tracing and notification.

**Spectator Policy:** Due to the ages of the children involved in our programs, one adult per family may remain on-site during practice, as long as s/he can ensure that s/he remains at least 6 feet apart from all players and other spectators at all times. Other spectators need to stay in their vehicles or in the parking lot (with appropriate social distance).

**Steps Parents Are Expected Take Prior to & Following Practices:**

1. Review the “Mandatory Exclusion” list above and confirm that your child is eligible to participate.
2. Minimize contact and congestion at drop-off – review and comply with communications from Club regarding drop-off and pick-up procedures
3. Clean and disinfect player’s equipment (including mouthguards, sticks, water bottles, helmets, eyewear, goalie pads, uniform) before and after practices/games
4. Remind your child not to share equipment, water bottles, clothing, or other items; remind your child to cover her mouth and nose with elbow when coughing or sneezing.
5. At drop-off, ensure that your child sanitizes her hands with approved alcohol-based sanitizer (either provided by the Club, or by the parent).

**Steps LRL Will Take to Enhance Safety during COVID-19 Pandemic:**

- Our main source of guidance is the *New York State Interim Guidance for Sports & Recreation During the COVID-19 Public Health Emergency*. Our volunteer coaches and volunteer administrators will strive to follow the rules for “Moderate Risk Sports” under this guidance. This means that we will allow low-contact drills, competitive team practices, and games/scrimmages with other teams from Upstate New York, based on our understanding that girls lacrosse is considered “non-contact lacrosse.”
- Players have the option of wearing masks, but this will not be required, especially during highly-aerobic drills. Coaches will never require a player to keep her mask on if she removes it, due to risk of fainting/oxygen depletion during intense aerobic activity while wearing a mask.
- When players are actively engaged in practice/games, they will not be required to maintain 6-ft social distance. When players are not actively engaged in practice, Coaches will try to limit contact between players and, wherever practical, keep players 6 feet apart.
- Hand sanitizer will be available in a designated area for use before and after practice, under parent supervision. Players would be instructed to clean their hands and equipment before and after practice, but parents will be responsible for enforcing this for their own children, not coaches. Parents wishing to utilize their own sanitizing supplies will be allowed to do so.
- Girls will be told not to share sticks, water bottles or other equipment, and encouraged to use sticks (only) to pick up balls. Players will be reminded of this, but LRL cannot guarantee 100% compliance. Water bottles are to be clearly labeled with the girl’s name.

- An email will be sent to parents to ensure they are aware of mandatory exclusions from participation, and parents are asked (though not required) to report any instances of players becoming ill, to promote our ability to do contact-tracing if necessary.
- Club will request player sign in/attendance tracking to assist in contact tracing if necessary.
- The Club may require advance practice registration or adopt “first to arrive, first to play” policy, with or without notice, if this becomes necessary or advisable under applicable rules.

This Safety Policy has been approved by the LRL Steering Committee.