



MBYLL Return To Play Support Guide

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On June 2, Governor Baker announced the phased approach for the return of youth sports in Massachusetts starting with Phase II of the overall state plan to re-open. **Phase II is currently set to launch on Monday, June 8.** The following is information on MBYLL insurance, resources and links the state of Massachusetts, and national organizations providing support guides to youth sports returning to play.

It is imperative that before any organized lacrosse activities take place, that your town program contact your local board of health, and whomever is in charge of opening fields in your town and follow any local guidelines and restrictions in place for gatherings and use of the fields.

INSURANCE - When the 8-week MBYLL schedule was cancelled, and a large majority of towns requested the ability to practice/play in the months ahead, the board of directors unanimously voted to keep the MBYLL insurance policy active in hopes of practices and play this summer as the policy covers the entire calendar year. The MBYLL Insurance provides all our member town programs with General Liability Insurance, which is required by every municipality to use town fields and run a sanctioned program in the town. All 2020 registered and compliant coaches (2020 MBYLL Coaching Badges have been mailed) are covered under Excess Accident, Catastrophe Accident / Cash, and General Liability policies while coaching officially sponsored, sanctioned, and supervised events of the member program. All players who registered for 2020 are extended coverage under the MBYLL Excess Accident and Catastrophe Accident insurance. This insurance policy is up to date and valid for the remainder of the 2020 calendar year. Further we have applied for insurance relief on our cancelled season – we are waiting to hear back, but coverage remains in effect. Any savings we receive we will pass on to our membership for next season.

What all Town Programs must consider and educate all administrators and coaches on, is negligence, especially as it relates to Covid-19 and any possible transmission due to involvement in program run activities. Following all state and local regulations, guidelines, and best practices is the best way to ensure you are not negligent for any injury or health related issue. The links below provide detailed information on regulations, guidelines, and best practices. Your town needs to have a “Covid 19 Return to Play Plan” and we are working to lead and provide you the resources for your town to put this into place. When you look at the state plan requirements, pay particular attention to “must haves”. These will be things you “must” follow.

IMPORTANT RESOURCE LINKS-

STATE OF MASSACHUSETTS REOPENING STANDARDS FOR SUPERVISD YOUTH SPORTS LEAGUES-

<https://s3.amazonaws.com/files.leagueathletics.com/Text/Documents/6319/74416.pdf>

US LACROSSE RETURN TO PLAY GUIDE –

<https://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf>

Sadler Sports & Recreation (MBYLL insurance provider) – Coronavirus Risk Management -

<https://www.sadlersports.com/coronavirus-risk-management-in-sports/>

ASPEN INSTITUTE PROJECT PLAY RETURN TO PLAY Covid-19 Risk Assessment Tool –

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

HOW TOWN PROGRAMS CAN RETURN TO PLAY-

- 1) **COVID-19 Coordinator:** Appoint a COVID-19 coordinator to oversee all aspects of the COVID-19 risk management plan including customization, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, documentation, and answering staff, player, parent/guardian and spectator questions about COVID-19 concerns.
- 2) **Contact your local officials** (board of health, town hall, field managers, etc) for approval on using fields, and any local restrictions or guidelines your town has that are in addition to the state.
- 3) **Waiver / Release:** Waiver/release with COVID-19 language form should be signed by all parents and players, league staff and team staff including coaches and volunteers prior to participation. [CLICK HERE](#) for a Waiver/release template that can be used.
- 4) **Signage:** COVID-19 warning signage should be conspicuously posted at entry, exit, and in bathrooms warning of COVID-19 risks and what steps can be taken to reduce such risks such as social distancing, use of face coverings, frequent hand washing and/or use of hand sanitizer, and enhanced risks to those with underlying conditions and over the age of 65. Contact your town/field manager as they may already be doing this for town fields.
- 5) **Communication to Coaches, Parents & Players:** A document with these points should be emailed to all staff, players (if appropriate), and parents/guardians prior to participation in the first practice outlining what your program is doing to comply with state and local guidelines, and to keep all of the players, coaches and parents safe while participating in any practices.. In addition, this document should be posted on the sports organization's website and any applicable social media.
- 6) **Players and Coaches:** To participate or attend, organizers should ensure that participants, volunteers, coaches and spectators must show no signs or symptoms of COVID-19 for 14 days. Current list of symptoms is available here: <https://www.cdc.gov/coronavirus/2019-ncov/symptomstesting/symptoms.html>
- 7) **High Risk Population:** Players, coaches, volunteers, parents/guardians in high risk categories should not participate or attend organized sports activities. List of high-risk categories available here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higherrisk.html>

- 8) **Stay Home When Appropriate:** Players, staff, parents/guardians, and spectators should stay home when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.
- 9) **If COVID Symptoms Exhibited:** If a staff member, player, parent/guardian, or spectator exhibits symptoms during a practice, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms. They should not be allowed to return to activity until they have met the [CDC criteria for discontinuing home isolation](#).
- 10) **Spread Out Scheduling Of Practices:** There should be enough time between practices to allow one group to vacate the premises before the next group enters as well as for proper sanitation of surfaces and other equipment.
- 11) **Practice Activities:** Inter-team games, scrimmages, and tournaments shall not be permitted for any organized sports activities. Contact sports (e.g., basketball, football, baseball, soccer, field hockey, lacrosse, hockey and other sports where ordinary play puts players in direct contact or close proximity) must limit activities exclusively to no-contact drills and practices. (Massachusetts Youth Sports Re-Opening Guidelines). Treat the first 2-4 weeks as if players are returning from an injury and need proper conditioning. Not all players were able to keep up with the lacrosse and conditioning training during time at home.
- 12) **Groupings On Fields:** Programs must separate participants into groups of no more than 10, including coaches and staff. Larger playing areas and surfaces, such as athletic fields, tracks, tennis courts, and fullsize basketball courts, may be used by more than one group of 10 at one time, provided that adequate social distance and group separation can be maintained. To ensure group separation, groups must be spaced at least 20 feet apart while sharing a playing surface or field. (Massachusetts Youth Sports Re-Opening Guidelines)
- 13) **Before Practice:** Team staff should wipe down and sanitize any sideline seating areas. Ensure that athletes arrive dressed for practice.
- 14) **After Practice:** After practice, the team staff should remove and dispose of all trash. Players must leave immediately after practice: no recreational play or loitering is allowed, and any locker rooms must remain closed. Teams completing practice should not stay to watch other practices before or after their practice session.
- 15) **Social Distancing (Players):** Limited sports activity is allowed for players; players must maintain 6 feet of distance at all times and there should be no contact between players. If maintaining physical distance is difficult or impossible because of the nature of the sport, coaches should limit players to workouts, aerobic conditioning, individual skill work, and drills. (Massachusetts Youth Sports Re-Opening Guidelines)
- 16) **Social Distancing (Coaches/Parents):** All coaches, parents/guardians and spectators not of the same household should practice social distancing of 6 ft. whenever possible.

- 17) **Face Coverings – Players:** Players may remove face coverings while participating in practice and drills, provided they are able to maintain at least 6 feet of distance from all other persons present.
- 18) **Face Coverings - Coaches:** Face coverings should be worn by coaches, volunteers, other staff, officials, youth chaperones, and spectators in accordance with MA guidelines to prevent against the transmission of COVID-19 throughout the duration of the activity.
- 19) **Face Coverings – Parents/Spectators:** Spectators must be limited to ensure social distancing on the sidelines or other observation areas. Spectators should be limited to one adult chaperone per athlete. All spectators must wear face coverings.
- 20) **No Contact: No Handshake Policy:** Athletes should be discouraged from high fives, fist bumps or other social contact during practice.
- 21) **Personal Hygiene:** Staff, players, parents/guardians, and spectators should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. In addition as a back up, players and staff should carry their own hand sanitizer.
- 22) **Player Equipment:** Player provided equipment should be kept in a bag and should be spaced to encourage social distancing. Players should bring their own disinfectant wipes to wipe down their own equipment between use.
- 23) **Shared Equipment:** The use of team provided equipment should be limited to the greatest extent possible and should be disinfected between each use if possible. Balls should be disinfected whenever possible and an adequate supply should be kept on hand.
- 24) **Food & Concessions:** No shared food or drink may be provided during any activities for participants or spectators (e.g., concession stands or team snacks).
- 25) **Water/Drinks:** No use of public water bubblers, fountains or bottle fillers if present on site. Participants and spectators should only drink from their own containers. Organizers must provide individual, dedicated water bottles for children if they do not have their own.
- 26) **Officials:** Referees, umpires and other officials are not required for practices and cannot be present in Phase II.

We will update this guide as needed and as more information and guidelines come in from health and government authorities. Please visit www.MBYLL.org for the latest information.