



Return To Play (RTP) Protocol starting Spring 2021

In accordance with guidelines set forth by the Centers for Disease Control (CDC) and US Lacrosse (USL), the Upper Merion Lacrosse Club (UMLC) is implementing the following safety protocols for all team events beginning March 2021 and running through the conclusion of the COVID-19 pandemic, as defined by state and federal officials.

This protocol is subject to change as necessary to keep pace with the ever changing landscape and to consistently conform with “best practices” based on recommendations from state, local municipal, CDC, and USL guidelines. No guideline or recommendation can fully prevent the spread of any disease.

The purpose of this document is to maximize the safety of all participants, spectators, volunteers, and officials. All visiting teams, as well as home teams within UMLC, assume all risk arising from participation. Through written attestation, neither UMLC, the Upper Merion Township, nor the Upper Merion Area School District will be held liable for injury, death, or damages resulting from participation in events hosted by the UMLC.

The following guidelines and protocols are based on what UMLC Board believes are “best practices” for the participation in lacrosse, as provided by numerous health, safety, and government entities. Additional consultation for this protocol was developed with recommendations from the Pennsylvania Interscholastic Athletic Association (PIAA), the Philadelphia Area Girls Lacrosse Association (PAGLA), and Southeastern Pennsylvania Youth Lacrosse Association (SEPYLA).

SEVERAL PRIORITIES SUPPORT THIS PROTOCOL:

1. Assess and reduce participant risk
 - Limit the amount of personal contact with shared equipment, gear, and public surfaces
 - Enable ability to engage in social distancing while not actively engaged in play
 - Limiting number of personnel, volunteers, visitors, and spectators in attendance
2. Promote behaviors that increase safety
 - Provide staff with the necessary Personal Protective Equipment (PPE)
 - Increase cleaning, sanitizing, and the availability of wash stations
 - Limit physical contact (high fives, handshakes, etc.)
 - Encourage self-checks and staying home when appropriate
 - Request increased hygiene and respiratory etiquette
 - Require participants to wear proper face coverings when necessary
3. Maintain adequate supplies
 - Increase signs and messages to inform participants
 - Maintain healthy lacrosse environments
 - Reduce the possibilities of shared objects
 - Modify and enhance layouts to allow for social distancing
 - Strategically implement crowd control best practices with physical barriers and guides
 - Take extra precautions with communal public spaces
4. Maintain healthy lacrosse operations
 - Stagger game schedules and spacing to reduce people on site
 - Significantly space out game times to avoid larger crowds
 - Consider crowds, size of gatherings, numbers of spectators, and travel restrictions
 - Designate COVID-19 points of contact
 - Enhance and streamline communication systems
 - Inform participant leadership (coaches) and volunteers via training
5. Follow state and local guidance on identifying infection risk and notifying appropriate entities should someone become infected
 - Educate our all teams, spectators, officials, and volunteers to recognize the signs and symptoms
 - Create emergency response plans in case of reported symptoms of infection
 - In the case of infection, notify state and local health officials as well as close contacts
 - In the case of infection, follow state health and safety guidelines

GENERAL SANITIZING PROTOCOLS

1. Hand sanitizer stations will be positioned at the entrance and exit to the fields/complex, as well as throughout targeted areas of the complex.
2. Each coach will also be assigned hand sanitizers for use before, during and after practices/games.

SCHEDULING AND FIELD LAYOUT PROTOCOLS

1. Scheduling of practices/games will be modified to limit the number of individuals within the complex at any given time.
2. Teams playing longer games will be placed later in the day to maximize the amount of time between games earlier in the day.
3. Fields will be distanced from one another to the maximum distance possible to increase social distancing between teams and spectators on the complex.
4. The home and away teams will be placed opposite sidelines when possible and utilize a 20yd substitution box opposed to a 10yd box. This should keep away teams fully separated from home teams.

HEALTH AND SAFETY PROTOCOLS: *Before Gameday*

1. On the Monday before gameday, UMLC coaches or Athletic Directors will reach out to away team coaches for the upcoming weekend and provide them with our specific protocol for all visiting teams.
2. Game times will be adjusted if need for the various levels to ensure adequate time to arrive and leave with limited crossover of different groups.
3. UMLC will provide and post on the website, a webinar to all UMLC families and visiting teams families describing this protocol in detail and explaining the importance of full compliance.
4. UMLC will provide gameday volunteers a complete list of tasks for their volunteer position, including all necessary health and safety protocols related to their role.
5. UMLC coaches and volunteers will report any and all cases of suspected infection to the COVID-19 Safety Officer, who will follow local and state requirements for reporting.
6. All players and coaches will be asked to conduct temperature checks at home before arriving to any team events. Any individuals (players, spectators, officials, or volunteers) with a temperature of 99.4 degrees or higher **must** stay home and not arrive at the complex.
7. Any player who is awaiting COVID-19 testing results after receiving a test following symptoms or direct contact with someone with

confirmed COVID-19 **must** stay home and not arrive at the complex until a negative test result has been received.

8. Any player who has a member of their household awaiting COVID-19 testing results after receiving a test following symptoms or direct contact with someone with confirmed COVID-19 **must** stay home and not arrive at the complex until a negative test result has been received.
9. Anyone who has had close contact within the past 14 days of anyone with known COVID-19 should not arrive at the complex.
10. All individuals planning to arrive on site for gameday should plan to bring their own face covering, hand sanitizer, sunscreen, hydration, and food.

HEALTH AND SAFETY PROTOCOLS: *During Gameday*

1. Significant signage, ground markings and barriers will be used to ensure proper health and safety protocols are utilized and observed by all attendees (proper social distancing, use of face coverings and good hygiene practices)
2. Bathrooms will be limited to one guest at a time
3. Marked volunteers will be located throughout the complex to assist guests and remind of safety protocols
4. Game schedules have been created to reduce the number vehicles and people on site and to limit contact between spectator groups and/or teams
5. There will be no team benches provided and teams should not bring their own bench (as players must remain 6 ft. apart while not playing)
6. There will be no spectator benches, and all spectators must sit within designated, marked spectator pods along their team's sideline.
7. Anyone who becomes sick while at the complex should leave the complex immediately
8. In the event of suspended play for weather, coaches, players, and spectators **must** immediately leave the fields, return to their vehicles, and await further instructions from the referee(s).

HEALTH AND SAFETY PROTOCOL: *After Gameday*

1. A brief, follow-up email will be sent to away coaches and team managers to get their feedback on UMLC safety, gameday protocol, and to keep communication open in case there is any sort of outbreak for any team members, spectators or officials.
2. Provide local, county, and state health officials, as well as officials from PAGLA/SEPYLA full access to UMLC's protocols and any tracking information.

Resources:

CDC Considerations for Youth Sports Administrators:

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

CDC Play Sports: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>

USL Return To Play: <https://www.uslacrosse.org/return-to-play>

CDC Isolate if you are Sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

CDC When You Can be Around Others After You Had or Likely Had COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

PAGLA Website: <http://www.pagla.org/>

PAGLA Waiver:

<https://s3.amazonaws.com/files.leagueathletics.com/Text/Documents/11749/74597.pdf>

SEPYLA Website:

<https://www.leagueathletics.com/Default.asp?org=sepyla.org>

US Lacrosse Website: <https://www.uslacrosse.org/>