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| LTRC/LTLC Lacrosse COVID-19 Activities Plan | Revision Number: 03 |
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1 PURPOSE AND SCOPE

This document is designed to be an initial framework of guidelines to be used in planning for a safer return to the lacrosse field during, and after, the COVID-19 pandemic. These guidelines prioritize the protection of players, coaches, and volunteers. These guidelines are grounded in public health recommendations established to address the mitigation of exposure risk to the spread of COVID-19, which vary by community, county and state. The responsibility to safely return athletes to the lacrosse field includes limiting exposure of athletes, coaches, volunteers and parents to the virus, as well as assuring effective collaboration with Baltimore County Department of Recreation and Parks and Lutherville-Timonium Recreation Council (LTRC).

2 RESPONSIBILITY:

- 2.1 It is the responsibility of LTRC/LTLC Lacrosse to:
 - 2.1.1 Provide instructions for players and parents regarding necessary modifications to play, social distancing and appropriate safety protocols.
 - 2.1.2 Provide instructions to coaches for modifications for play, player/coach/volunteer screening, social distancing and appropriate safety protocols.
 - 2.1.3 Provide CDC Guidance on Considerations for Youth Sports to coaches and volunteers.
 - 2.1.4 Submit the following to Baltimore County of Recreation and Parks
 - 2.1.4.1 Roster of participants with registered players that have acknowledged the LTRC and Baltimore County COVID waivers
 - 2.1.5 Ensure background checks are complete for volunteers

3 REFERENCE DOCUMENTS:

- 3.1 UPDATE TO RECREATION AND PARKS FALL OUTDOOR SPORTS OPERATIONS 8/13/2020
- 3.2 UPDATE TO RECREATION AND PARKS OPERATIONS 6/12/2020
- 3.3 DIRECTIVE AND ORDER REGARDING COMMUNITY, RECREATIONAL, LEISURE, CULTURAL AND SPORTING GATHERINGS AND EVENTS, Pursuant to Executive Order No. 20-06-10-0, No. MDH 2020-06-10-02 Maryland Interim Guidance for Limited Outdoor Youth Sports
- 3.4 US Lacrosse Return to Play Recommendation for Lacrosse

PROCEDURE:

- 4.1 Player/Parent Instructions
 - 4.1.1 A document has been created and updated to inform parents and players of the current rules regarding our return to play. This includes the following information:
 - 4.1.1.1 revised nature of the practice based on current guidance and best practices
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4.1.1.2 logistics of participation and detailed instructions for before, during and after practice.

4.1.1.3 Please see Attachment #1 for detailed instructions.

4.2 Coach/Volunteer Instructions and Acknowledgement

4.2.1 A document has been created and revised to inform coaches and volunteers of their responsibilities regarding our return to play. This includes:

4.2.1.1 revised nature of the practice

4.2.1.2 logistics of participation and detailed instructions for before, during and after practice.

4.2.1.3 CDC Guidance on Considerations for Youth Sports

4.2.1.4 All coaches and volunteers are required to sign that they have read and understood requirements.

4.2.1.5 Please see Attachment #2 for detailed instructions and Form 1 for COVID-19 Screening Questionnaire and Log

4.3 Program Leadership

4.3.1 Program leadership will continue to follow all changes to the rules for return to play including any revised guidance from Baltimore County Department of Recreation and Parks, US Lacrosse, CDC and the State of Maryland and revise this document and associated documents as necessary.

5 SIGNATURES AND EFFECTIVE DATE:

| Individual | Printed Name | Signature | Date |
|---------------------------------|---------------------|-----------|------------------|
| Author | <u>Jeff Lange</u> | _____ | <u>15AUG2020</u> |
| LTRC/LTLC Lacrosse Commissioner | <u>Joshua Kakel</u> | _____ | <u>15AUG2020</u> |

EFFECTIVE DATE: 15AUG2020

6 REVISION HISTORY:

| Revision Number: | Summary of Change |
|------------------|---|
| 00 | Original Document |
| 01 | Revisions to move to Stage 3 of US Lacrosse's Return to Play Guidelines, Form 1 Screening Questionnaire revised for clarity, various edits for clarity. |
| 02 | Revisions to move to Stage 4 of US Lacrosse's Return to Play Guidelines. |
| 03 | Revisions to include County Requirements, replacement of Health Questionnaire with TeamSnap Healthy Check-in |

OVERVIEW: Baltimore County has released the use of the athletic fields at our parent Recreation Council- LTRC/LTLC. This document is part of LTRC/LTLC Lacrosse's COVID-19 Activity Plan that includes a larger set of safety protocols as part of our return to play. It is designed with the health and safety of our participants and leverages the State of MD and CDC guidelines for your sports along with US Lacrosse's Recommendations for Return to Play. It is imperative that the rules and regulations set forth in this outline are followed strictly. Anyone not following the instructions will be asked to leave the field as failure to meet the required guidelines will result in the termination of our field permits. These guidelines must be followed until further notice. Any changes to this document will be communicated in writing to our parents, coaches and volunteers and updated on our website.

Please understand that we are in Stage 5 of US Lacrosse Return to Play Guidelines while allowing local competition/games/practices from teams within the same state, with limited closeness and contact at outdoor facilities. Modified competitive play: Local, small-sided or full field competition. Aligned with state/local public health guidelines that allow for over 50 people, to gather outdoors, at a time. During practice, game play modifications for aspects of boys' and girls' games will be in place to minimize higher risk activities that limit extended closeness and contact between athletes. Examples of game conditions where there is extended closeness and/or contact include modifications to the draw/face-off, scrums for ground balls involving more than 2 players and positioning what would allow for extended contact within 6 feet of one another.

We will closely follow updated recommendations and move through the US Lacrosse Return to Play Recommendations based on current local and state guidance. We will adjust our practices and the details below based on the current situation.

LOGISTICS

1. Practices will have a max of 25 PEOPLE (players and coaches) in each group. We will break the team into 2-4 groups.
2. Practices will last a maximum of 1 hour and 30 minutes with strict pickup and drop off times. There will be a gap of at least 15 minutes between practices to allow for arrival and departure.
3. Coaches will communicate the practice timeline strict so parents can be there for designated drop-off and pick-up.
4. Players will arrive with full equipment, cloth facemask water (clearly labeled with player name) and hand sanitizer. Goalies should bring their equipment.
5. Bathrooms may not be accessible during practice, please plan accordingly.

BEFORE PRACTICE BEGINS

1. If your child exhibits any COVID-19 Symptoms as listed by the CDC, the child should not attend practice.
 2. If the athlete or any immediate family member shows signs of COVID-19 symptoms the athlete WILL NOT participate in practice.
 3. Parents will use the Health Check function in TeamSnap app to answer a series of questions a maximum of 8 hours before the scheduled practice (automated in TeamSnap). Questions include:
 - a. Temperature Check- verifying that temperature is below 100.4 for past 10 days.
 - b. Positive Test Result in past 14 days.
 - c. In close contact with someone with COVID in past 14 days
 - d. Experienced the following symptoms in the past 14 days
 - i. Cough
 - ii. Loss of smell or taste
 - iii. Runny nose
 - iv. Shortness of breath
 - v. Sore throat
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4. We must have 100% compliance with screening questionnaire on TeamSnap. If parent answers yes to any items on the questionnaire, the player will not be allowed to practice. Parents will drop off at designated location.
5. Players should be fully dressed for practice when exiting the car.
6. No carpooling is allowed.
7. Coaches will welcome and direct the players to specified areas that will maintain social distancing. Parents should stay in their cars or leave the site. They should not attend the practice or congregate anywhere surrounding the field.
8. **PARTICIPANTS MUST LISTEN TO COACHES DIRECTIONS- PLEASE REITERATE THIS WITH YOUR CHILD**
9. All athletes must be kept at the socially acceptable distance of SIX FEET between each other before during and after practice.
10. Players must wear a mask during drop off, field entrance and exit.
11. Coaches will wear masks before, during and after practices.
12. Once on the field, players will have designated cone to keep their bag and their water with a minimum distance of six feet. **WATER MUST NOT BE SHARED** between players. Each athlete must bring their own hand sanitizer to practice. Coaches will also have hand sanitizer for each team.

DURING PRACTICE

1. Players cannot pick up balls with hands or touch goals, cones etc.
2. Players cannot share/trade/borrow any equipment from others.
3. When athletes are on the field, they must also be kept at the SIX FEET distance between each other outside of competition.
4. Competition with small or full roster sizes allowable.
5. Practices will limit contact, or any activity where athletes are within 6 feet of other players or coaches.
6. During practice, game play modifications for aspects of boys' and girls' games will be in place to minimize higher risk activities that limit extended closeness and contact between athletes. Examples of game conditions where there is extended closeness and/or contact include modifications to the draw/face-off, scrums for ground balls involving more than 2 players and positioning what would allow for extended contact within 6 feet of one another.
7. Coaches will provide frequent breaks for water and hand sanitizer.
8. Athletes and Teams CANNOT "huddle", give "high-fives", nor shake hands with other teams before games.
9. If someone during an activity is injured, feels sick or demonstrates symptoms, the coach will work to separate individual from group, don program provided gloves, assess situation while maintaining distance, contact parents or if necessary, call for medical assistance.

AFTER PRACTICE

1. Remove equipment, use hand sanitizer
2. Players should wipe equipment down with disinfectant wipe
3. Coaches will sanitize balls and cones after each practice with sanitizer and/or disinfectant wipes.
4. Coaches will escort kids to staging area (maintaining social distance) where parents can pick up players. Parents should not get out of their cars.

OVERVIEW: This document is designed to ensure our coaches are prepared and trained for a safe return to play per the State of MD and CDC guidelines for your sports along with US Lacrosse's Recommendations for Return to Play. **It is imperative that the rules and regulations set forth in this outline are followed strictly. Anyone not following the instructions will be asked to leave the field as failure to meet the required guidelines will result in the termination of our field permits.** Any coaches not following the guidelines will not be able to continue practicing. These guidelines must be followed until further notice. Any changes will be communicated in writing and the documents will be updated.

Please understand that we are in Stage 5 of US Lacrosse Return to Play Guidelines while allowing local competition/games/practices from teams within the same state, with limited closeness and contact at outdoor facilities. Modified competitive play: local, small-sided or full field competition. Aligned with state/local public health guidelines that allow for over 50 people, to gather outdoors, at a time with strict guidelines to ensure social distancing and wearing of masks.

We will closely follow updated recommendations based on current local and state guidance. We will adjust our practices and the details below based on the current situation.

LOGISTICS

1. We will have a max of 25 PEOPLE (players and coaches) in each group. SPREAD OUT AS MUCH AS POSSIBLE
2. Practices will last a maximum of 1 hour and 30 minutes. WE MUST ADHERE TO THE TIMELINE. There will be a gap of at least 15 minutes between practices to allow for arrival and departure.
3. Coaches will communicate the practice timeline strict so parents can be there for designated drop-off and pick-up.
4. Players will arrive with full equipment, cloth facemask water (clearly labeled with player name) and hand sanitizer. Goalies should bring their equipment.
5. Bathrooms may not be accessible during practice, REMIND PARENTS.
6. **All coaches must have a pair of gloves, hand sanitizer and disinfectant wipes available for all practices and games. If the coach needs these items, see age group coordinator or club director and they will be provided.**

BEFORE PRACTICE BEGINS

1. Parents will be told that if their child exhibits any COVID-19 Symptoms as listed by the CDC, the child should not attend practice.
2. If the athlete or any immediate family member shows signs of COVID-19 symptoms the athlete WILL NOT participate in practice.
3. Parents will drop off at designated location. **Players should be fully dressed for practice when exiting the car.**
4. Coaches will confirm that all parents complete the Health Check questions in TeamSnap. Questions are available to parents at a maximum of 8 hours before the scheduled practice (automated in TeamSnap). Questions include:
 - a. Temperature Check- verifying that temperature is below 100.4 for past 10 days.
 - b. Positive Test Result in past 14 days.
 - c. In close contact with someone with COVID in past 14 days
 - d. Experienced the following symptoms in the past 14 days
 - i. Cough
 - ii. Loss of smell or taste
 - iii. Runny nose

- iv. Shortness of breath
- v. Sore throat
- 5. **We must have 100% compliance with screening questionnaire on TeamSnap. If parent answers yes to any items on the questionnaire, the player will not be allowed to practice. Parents will drop off at designated location. If parent does not complete the Health Check, the player will not be allowed to practice.**
- 6. Stage the players using cones in location off the field. We cannot enter the field all at once, but by group. For Seminary Turf, use gates labeled: ENTRY ONLY gate and EXIT ONLY gates. For Valley Fields South we will use main entrance. Parents should stay in their cars or leave the site. While we cannot stop them from attending practice, they cannot congregate anywhere surrounding the field. They should practice social distancing and wear a mask when social distancing is not possible. If this doesn't happen our permitted use of the field can be canceled.
- 7. All athletes must be kept at the socially acceptable distance of SIX FEET between each other before during and after practice. THIS WILL REQUIRE DIRECTION FROM COACHES AND WILL BE REFERENCED AT THE BEGINNING OF EACH PRACTICE.
- 8. **Coaches will wear masks before, during and after practices.**
- 9. Once on the field, players will have designated cone to keep their bag and their water with a minimum distance of six feet. WATER MUST NOT BE SHARED between players. Each athlete must bring their own hand sanitizer to practice. Coaches will also have hand sanitizer for each team.

DURING PRACTICE

- 1. Players cannot pick up balls with hands or touch goals, cones etc.
- 2. Players cannot share/trade/borrow any equipment from others.
- 3. When athletes are on the field, they must also be kept at the SIX FEET distance between each other outside of competition.
- 4. Competition with small or full roster sizes allowable.
- 5. Practices will limit contact, or any activity where athletes are within 6 feet of other players or coaches.
- 6. During practice, game play modifications for aspects of boys' and girls' games will be in place to minimize higher risk activities that limit extended closeness and contact between athletes. Examples of game conditions where there is extended closeness and/or contact include modifications to the draw/face-off, scrums for ground balls involving more than 2 players and positioning what would allow for extended contact within 6 feet of one another. Coaches will blow the whistle and use alternating possessions in order to prevent groups of players tied up in a scrum for the ball. **We want to do everything we can to remove contact from practices.**
- 7. Game modifications for aspects of boys' and girls' games are to be in place to minimize higher risk activities that limit extended closeness and contact between athletes. Examples of game considerations where there is extended closeness and/or contact include the "quick" draw/face-off, more than 2 athletes competing for a ground ball and positioning that would allow bodies to make contact or be positioned within 6 feet of one another.
- 8. Coaches will provide frequent breaks for water and hand sanitizer.
- 9. Athletes and Teams CANNOT "huddle", give "high-fives", or come within SIX FEET with each other during non-competition situations.
- 10. If someone during an activity is injured, feels sick or demonstrates symptoms, the coach will work to separate individual from group, don a mask and program provided gloves, assess situation while maintaining distance, contact parents or if necessary, call for medical assistance.

AFTER PRACTICE

- 1. Players and coaches to use hand sanitizer
- 2. Coaches and players wear masks when exiting the field.
- 3. Players should wipe equipment down with disinfectant wipe

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4. Coaches will sanitize balls and cones after each practice using sanitizer and/or disinfectant wipes.
5. Coaches will escort players to staging area (maintaining social distance) where parents can pick up players. Parents should not get out of their cars.

COACH DOCUMENTATION REQUIREMENTS

1. All coaches must sign the COVID waiver even if they do not have a child on the team.
2. All coaches must review CDC Guidance on Considerations for Youth Sports found here- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
3. With my signature, which I voluntarily acknowledge that I have read, understood, all requirements found in the current version of this document and the Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19.

Coach's Name (please print): _____ Age Group: _____ Boys or Girls (circle)

Signature of Coach: _____ Date: _____

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Practice Date: _____ Practice Time: _____ Coach Name (please print): _____

Instruction: to be completed by each Team Coach and submitted to Director after each practice. Player has sanitizer and water (labeled) at drop off.

| Player Name | Player Present | | Cough | | Fever (temperature > 100.0 F) | | Sore Throat | | Shortness of Breath | | Close contact w/ someone with COVID-19 | |
|-----------------|----------------|---|-------|---|-------------------------------|---|-------------|---|---------------------|---|--|---|
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| <Insert roster> | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| Add coaches | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |

I hereby certify that all participants listed above were screened per LTRC/LTLC COVID-19 Activity Plan

Completed by: _____ Date: _____

Reviewed by: _____ Date: _____