



## Return to Play Action Plan - Girls

- **COVID-19 Coordinators:** Rush-Henrietta Lacrosse Club board members have been appointed as the COVID-19 task force 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.
- **State and Local COVID-19 Guidelines:** The Rush-Henrietta Lacrosse Club will follow all state and local guidelines as regards COVID-19 and youth sports including but not limited to start dates and limitations on crowd sizes. We will follow the guidance as outlined in the following <https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationSummaryGuidance.pdf>
- **Waiver / Release:** A minor waiver/release with COVID-19 language form will be signed by all parents/guardians and players prior to participation. An adult Waiver/Release with COVID-19 language will be signed prior to participation by all Rush Henrietta Lacrosse club coaches and other volunteers.
- **Distribution:** Communication will be emailed to all staff and parents/guardians prior to participation in the first event. In addition, this document will be posted on the Rush Henrietta Lacrosse Club website.
- **Stay Home When Appropriate:** Players, staff, parents/guardians, and spectators will stay home when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.
- **If COVID Symptoms Exhibited:** If a staff member, player, parent/guardian, or spectator exhibits symptoms during an event, they will immediately be separated and sent home or to a health care facility depending on the severity of the symptoms. They will not be allowed to return to activity until they have met the **CDC criteria for discontinuing home isolation.**
- **Notification:** Local health officials, staff, and family members will be notified immediately of any lab confirmed case of COVID-19 while complying with local and state privacy/ confidentiality laws as well as with HIPAA and the Americans With Disabilities Act.
- **Social Distancing:** All staff, players, parents/guardians and spectators not of the same household will practice social distancing of 6 ft. whenever possible

- **No Congregation:** Staff, players, parents/guardians, and spectators will not congregate prior to the event and will be directed stay in cars until right before warm ups and will avoid other groups that are leaving the prior event. Team staff, players, parents/guardians, and spectators will quickly exit after the event and go directly to their cars without congregating with other teams or spectators in common areas.
- **Daily Screening:**
  - **STAFF/COACHES:** We will conduct pre-event observation and/or questioning of all staff about the existence of any COVID-19 symptoms including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known **close contact** with person who is lab confirmed to have COVID-19.
  - **PLAYERS:** We are asking all parents to screen their child every day. Please stay at home if you are feeling sick or experiencing any COVID-19 symptoms. Please refer to the following link for more information regarding symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- **Staff Face Coverings:** Staff are expected to wear face covering whenever within 6 ft. of another player, staff member, or parent.
- **Player Face Coverings:** Players are encouraged to wear face coverings in close contact areas and situations where applicable. Players will be allowed to wear face coverings in competition if they choose to do so and long as they don't compromise their safety.
- **Parent / Spectator Face Coverings:** Parents and spectators are expected to wear face coverings whenever they are at the facility and within 6 ft. of a person. No more than 2 spectators per player. Parents and spectators will be asked to stay off the field of play. They will be able observe from the parking lot or a safe distance that is not on the grass playing field.
- **Personal Hygiene:** Staff, players, parents/guardians, and spectators are expected to 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 backup, players and staff are encouraged to carry their own hand sanitizer.
- **Field Practice Logistics:**
  - **Spread Out Scheduling of Practice and Games:** When applicable, based on team size, and in accordance to social gathering restrictions, teams will practice in smaller groups and practices will be scheduled to allow one group to vacate the premises before the next group enters as well as for proper sanitation of equipment.

- **Player Equipment:** Players will put on all equipment at their car or be dropped off fully dressed and ready to practice with their water bottle only. Please do not bring your bag on the field. Players are encouraged to bring their own disinfectant wipes to wipe down their own equipment after use.
- **Water Bottles:** Players MUST bring their own filled water bottle. Parents/guardians will be expected to label marked water bottles or sports drink to prevent sharing. No team coolers will be provided.
- **Skills and Drills:** Practices will consist of skills and drills only. Coaches will direct players while staying at least 6 feet apart from anyone and designing drills where limited to no contact occurs.
- **Shared Equipment:** The use of team provided equipment will be limited to the greatest extent possible and will be disinfected between each use if possible. Balls will be disinfected whenever possible and an adequate supply will be kept on hand.
- **No Contact: No Handshake Policy:** Coaches and players will use verbal queues such as saying “nice job”, without shaking hands, high-fiving, or fist-bumping.

We will continue to update this document with the most up to date information we are provided with.