

Langham Creek Lobo Lacrosse



COVID-19 Action Plan

September 2020



Langham Creek LOBO Lacrosse COVID-19 ACTION PLAN (CAP) : **Guidelines and Instructions for Practice/Skills Sessions**

- Each player is required to have signed Waiver by parent/guardian prior to ANY PRACTICE or SESSION. This waiver will state that all the following has been discussed and understood with each player. This will be strictly enforced. *add waiver link online

COVID SCREENING:

- Pre-participation screening must be filled out via online prior to each event (practice, group fund raiser, game, etc.). Online form will be provided to each player (via Google Form). Upon arrival to event, each player will need to answer each pre-screening question. Last question will be temperature which will be taken by coach and/or parent volunteer
- Players, coaches, family members that are immune compromised in any way should not attend practices or skill sessions. Parents/family members over the age of 65 should not attend practices or skill sessions. Players that have immune compromised family members or family members over the age of 65 living in the same home should not attend practices or skill sessions. If you have any question as to whether a player, or another family member is immune compromised, please consult with your personal physician prior to attending any practices or skill sessions.
- Coaches should self-screen for COVID-19 symptoms prior to the commencement of each practice or skills session
- Coaches and/or parent volunteer will take the temperature of each player prior to the commencement of practices and skill sessions.

COVID SYMPTOMS FOR SCREENING:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat



- Loss of taste of smell
- Diarrhea
- Feeling feverish or measured temperature greater than or equal to 99.6 degrees Fahrenheit
- Known close contact with a person who has been confirmed by lab testing to have COVID-19 within 14 days of the date of the practice/game

POSITIVE CASES OF COVID-19

Following is the **protocol if a player or coach tests positive for COVID-19**

- Contact Coach Sebastian and/or Board member
- Individual is required to self-quarantine for 14 days from the date of the test result. Provide test date to Coach or Board member
- To return to play the player/coach must meet ALL THREE of the following criteria:
 1. Have quarantined for 14 days from the date of test result
 2. Have had no symptoms for the three consecutive days before returning to practice
 3. Has received a negative test result per positive test result

Following is the protocol if a player or coach has been “exposed” to someone who tested positive for Covid-19 and that person you were exposed **lives in the same residence as the player/coach**

- Contact Coach Sebastian and/or Board member
- Individual is required to self-quarantine for 14 days from the date of the test result. Provide test date to Coach or Board member
- To return to play the player/coach must meet ALL THREE of the following criteria:
 4. Have quarantined for 14 days from the date of test result of family member
 5. Have had no symptoms for the three consecutive days before returning to practice
 6. Has received a negative test result per positive test result



Following is the protocol if a player or coach has been “exposed” to someone who tested positive for Covid-19 and that person you were exposed **does NOT live in the same residence as the player/coach**

- Contact Coach Seb and/or Board member
- Must meet ONE of the following:
 - Self-quarantine for 14 days after exposure and return to play if you have had no symptoms for three consecutive days prior to the date returning to play (no testing is required taking this option);
 - Self-quarantine for 10 days since exposure and receive one negative pcr test at least five days after the date of exposure and you must have no symptoms for three consecutive days before returning to play (this option requires one test)
 - Self-quarantine and after five days from exposure you must have two negative pcr test results that are 72 hours apart and you must be symptom free for the three days preceding the day you return to play (this option requires two tests that are 72 hours apart)
 - **Exposure is defined as being within six feet of someone who tested positive for Covid-19 for at least 10 minutes.**



Requirements for All LOBO Lacrosse Practices and Skills Sessions

- One coach and/or parent volunteer will be dedicated to ensuring health protocols are being successfully implemented and followed.
- All Coaches should ensure the rules of the practice facility and state and locality/city are being identified and protocols are updated
- All Parents and/or family members are to remain in or by their cars during practices or skill sessions. Social distancing protocols should be followed (6 feet distance and face masks)
- One coach for each work group (<15 players) should assure the players are keeping the appropriate distancing between players and implementing all other hygiene and safety guidelines.
- Coaches must have hand sanitizer readily available for players and staff to use and all in attendance should be encouraged to wash their hands or use the hand sanitizer frequently
- Players are **recommended** to bring their own hand sanitizer with them to practice.
- PLAYERS SHOULD BRING THEIR OWN WATER BOTTLES AND LABEL THEM FOR EACH PRACTICE/SKILL SESSIONS. There **should be no sharing of water** or food at the practices/skill sessions
- Coaches and/or volunteer should consider buying a couple extra cases of water to practice in case a player forgets water.
- No clothing or equipment should be shared during practices or skill sessions by any participant.
- Every effort should be made to eliminate congregation of parents, coaches and players prior to and after workouts in any given area. Therefore, if possible, have players/parents enter into one area of the facility and exit in another so that congregation does not occur and individuals should remain six feet apart when exiting or entering the practice facility/premises.
- Players should wear gloves and helmets for each practice and skill sessions. No players are required to wear arm pads during noncontact practices/skill sessions
- After each skill session, each player should strongly consider wiping down their lacrosse shaft with disinfectant wipes along with washing their



practice reversible and practice gear (gloves/helmets/shoulder pads/goggles).

- Coaches are required to wear face coverings during practice.
- All Players must wear face coverings when NOT ACTIVELY practicing or playing in a contest, unless an exception listed below applies.
- All Parents and visitors ten years of age or older are required to wear face coverings or face shields upon entry to an area where lacrosse activities are being conducted
- FACE COVERINGS MUST COVER NOSE AND MOUTH
- Players should pick up their own trash and empty water bottles after each practice or skill session. Players should be reminded NOT to pick up other participants items.
- Coaches will wear gloves if they are forced to pick up players trash.
- If a player/coach tests positive for COVID-19, wait at least 24 hours, if possible, to clean any areas they may have come in contact with.
- Players/Coaches should sneeze or cough into the inside of their elbows.
- **There should be no high fives or fist bumps**

Please note: these guidelines will be modified by board when governance guidelines change. (i.e. federal, state and local health guidelines and mandates, US Lacrosse and/or UIL)



Sample Wellness Pre-Participation Screening Form

Name	Time	Cough		Fever		Sore Throat		Shortness of breath		Close contact w/ someone with COVID-19		Temperature (if higher than 100.3F)
		yes	no	yes	no	yes	no	yes	no	yes	no	
		yes	no	yes	no	yes	no	yes	no	yes	no	
		yes	no	yes	no	yes	no	yes	no	yes	no	
		yes	no	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	No	yes	no	yes	no	yes	no	yes	no	
		yes	no	yes	no	yes	no	yes	no	yes	no	

