

El Segundo Youth Lacrosse

Practice & Game re-opening Protocol for Covid 19 (updated March 3,2021)

The Purpose of this protocol is to detail the procedures to resume practicing for boys and girls lacrosse groups of participants at the **Rec Park roller rink** and for starting league games at **Campus El Segundo** fields.

PRACTICE PROTOCOLS

1. Field Personnel

All practices will be staffed by **1 Parent Volunteer** and a **minimum of 2 coaches**. One parent will be the **Gate Monitor** designated to screen all players (see below) **and one coach** will be the **Changing Area Monitor**, seeing that protocols are observed in that area.

The second Coach will focus on field set up and field activities, enforcing protocols as outlined below.

2. Collection of Parent Waivers

All players' parents will have signed ES waivers on file with the town. All parents and players will have read copies of these protocols.

Parents will be provided (via email) with US Lacrosse "Return to Play" protocols, LA County and State protocols and any updates as they become available.

All coaches will have phone numbers of every parent with them at all times and a copy of LA County protocols will be in the head-coach's possession at all times.

3. Venue Preparation:

Prior to the arrival of players, coaches will chalk small circles on the cement areas 8 feet apart as private rest areas for each player. Individual water bottles will be kept in these circles during the practices as well as phones and other personal items. This helps comply with the county guideline:

A coach will move the nets into place and this same coach will return the nets to storage after the practice.

4. Player arrival/departure

The **Gate Monitor** will be at the entrance to the venue to allow in the players in a “hand off” from the parents (who will not be allowed in). Players and coaches and **Parent Monitors** will all have masks in place for this phase. Coaches will have “quizzed” each other with the screening guidelines (below).

Players will arrive with their equipment on. They will be asked, one at a time, as they enter, how they are feeling in accordance with these screening protocols:

Note: Each player will have their temperature checked upon arrival as they are quizzed.

Screening is conducted before players and coaches may participate in youth sports activities. Checks must include a check-in concerning fever, cough, shortness of breath, difficulty breathing and fever or chills, and whether the person has had contact with a person known or suspected to be infected with the Novel Coronavirus (COVID-19) within the last 14 days. These checks can be done in person or through alternative methods such as on-line check in systems or through signage posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises. If the person has no symptoms and no contact to a known or suspected COVID-19 case in the last 14 days, they can be cleared to participate for that day. If the person has had contact to a known or suspected COVID-19 case in the last 14 days they should be sent home immediately and asked to quarantine at home. Provide them with the quarantine instructions found at ph.lacounty.gov/covidquarantine. If the person is showing any of the symptoms noted above they should be sent home immediately and asked to isolate at home. Provide them with the isolation instructions found at ph.lacounty.gov/covidisolation.

Note: Upon departure, the **Parent Monitor** will be at the gate to keep distancing and to make sure that the “hand off” is complete back to parents.

If one practice follows another, there will be a 15 minute buffer between practices to clear the venue completely and re-chalk circles, if needed.

5. Practice Routines

For stretching, all players will have their masks on and stand 8 feet apart.

Partner passing will follow and **masks will be encouraged** as this is not a strenuous activity. ***In drills that are strenuous (ie. contact drills and scrimmaging) players will have the option to lower their mask to their chin. This is always an option and players who wish to continue having their mask in place are welcome to do so.***

Note: even pre-Covid, players virtually never touched lacrosse balls with their hands. The stick is used to pick up balls or fish balls out of the net. If, however, a ball is touched it, it will be disinfected. **Balls will be collected regularly (between major drills; at water breaks) and disinfected in the bucket.**

Note: There will be no sharing of equipment (lacrosse equipment is not generally shared anyway).

6. Water and bathroom breaks

Water breaks will return players to their circles. One player at a time may use the bathroom and they will have access to the **Parent Monitor**-supplied hand sanitizer upon return to their circle while being mindful of county guidelines:

“Children under age 9 should use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is the potential of unsupervised use by children. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.”

7. When a player feels ill on the field

If any player feels ill during practice that player will return to their circle and the **Changing Area Monitor** will call the parent for pick-up. All parents will be told about the incident and there will be follow up emails to the parents about the status of the player.

8. When a player feels ill at home

Parents will be instructed that in the case of a player feeling ill (or even a family member feeling ill) they must contact the coach with this information. The coach will then notify the entire team of the situation and share whether or not there will be a Covid test administered.

The coach will notify the executive director of ES Youth Lacrosse who will consult with the Rec Park office at that point as to whether or not all practices must be suspended at that time.

9. If a player is found to have Covid

While maintaining the anonymity of the infected player or coach, all parents will be contacted by email and all practices will be suspended. **Strict adherence to HIPAA guidelines for patient anonymity will be followed.** All parent volunteers and coaches will be trained in the requirements for HIPAA guidelines.

Practices will only be resumed after consultation and agreement/approval with the ES Rec staff and a minimum of 14 days of having no other players reporting symptoms. Also, of course, these LA County compliant steps will be taken:

“In the event that 3 or more cases are identified among the members of the youth sports team within a span of 14 days the coach or league should report this outbreak to the Department of Public Health at (888) 397-3993 or (213) 240-7821”

LEAGUE GAME PROCEDURES

League games will involve teams from neighboring towns entering El Segundo facilities to play games. Teams will play a maximum of one game per day. There will be no round-robins or tournaments allowed this year (or until further notice).

Prior to the first game day, coaches from league teams will collect **El Segundo waivers** from their players. These waiver-signed players' names will be put on a list and the lists will be in possession of the **Field Director** who stands with a **Field Monitor** at the entrance gate. They will **check off names** of incoming players and **perform temperature checks** in the minutes before each game. Field Director and all volunteer staff will be a stable cohort per game day and not rotate.

How a typical game proceeds:

Games are played in a cycle of 75 minutes. If the first game faces-off at, say, 1PM, the next game will face-off at 2:15. The actual playing time is two 24 minute halves (with 4 minutes halftime). The rest of the time is used in protocol entrance/exit and warm-up.

Let's look at two teams playing the second game of the day-- a 2:15 face-off.

At 1:50 the teams will

10. Regarding all other Clauses in the Feb 25, 2021 Reopening Guidelines (revised)

All procedures in the guidelines, if not mentioned here, will be adhered to and enforced by head coaches and the executive director of El Segundo Youth Lacrosse who will fully train all coaches and parent volunteers in the necessary protocols to enforce and adhere to in the coming season.

These protocols are submitted by:

Brooks Roscoe

Executive Director

El Segundo Youth Lacrosse