

FHCYLL COVID19 Protocol and Response

In order safely participate in lacrosse in our community, it is critically important that we remind ourselves of the preventive actions FHCYLL has in place to reduce player and coaches exposure to COVID- 19. These protocols need to be followed and in some cases, re-established so we can be confident we are doing everything possible to protect our team. As a reminder, players, coaches, parents and spectators are expected to follow the below protocols in place.

1. Masks/Face Coverings MUST be worn:

- All boy league players are required to wear a clear face shield on their helmets. If the players helmet is not on, a gator or mask must be worn.
- All girl league players are required to wear a mask/ face covering of their choice.
- Coaches and team parent helpers must wear a mask/face covering while on the sidelines
- All spectators must to wear a mask/face covering and social distance when possible.

2. Hygiene:

- Continue to wash hands frequently and frequently sanitized touched athletic equipment
- Use hand sanitizer as needed.
- DO NOT share equipment without being sanitized.

3. Health Screening:

- Each player and coach must complete the health status questionnaire on the **Game Changer Team Manager App**. If this is not completed, the player and coach cannot attend the FHCYLL event.
 - In the past **14 days**, have you had any of the following symptoms?
 - Chills, fever, coughing, sore throat, shortness of breath or difficulty breathing, pain or pressure in your chest, new loss of taste and smell, diarrhea, or muscle pain
- If the player and coach answer YES to any of the above symptoms then they are not to participate in the event and their return to play/ coach will be evaluated.

4. Sickness:

- **DO NOT** come to a game or practice sick.
- If you become sick at game or practice, notify your coach.
- If you've been sick, **DO NOT** come to game or practice until you're fever-free for 24 hours (with no fever –reducing meds, AND 10 days have passes since your first symptoms.
- If you, or a member or your household tests positive for COVID-19, contact your coach immediately.
- If there is a COVID-19 positive case on the team, the team will be able to practice or complete for 10 days.

5. Communications:

- Please reference Facebook, league updates, and communications from your coach for an updates regarding COVID-19.

6. MHSAA guidelines

- **FHCYLL will following the MHSAA guidelines**
 - <https://www.mhsaa.com/portals/0/Documents/AD%20Forms/PACKET%20BLAX.pdf>
 - [PACKET GLAX.pdf \(mhsaa.com\)](#)