



Elizabethtown Lacrosse Club's COVID Action Plan

(Revised: March 15th, 2021)

Elizabethtown Lacrosse Club, entity of Rheems Athletic Association (RheemsAA), has fashioned the following action plan to ensure players and coaches play in a safe and thoughtful manner. This CAP addresses our planned play this spring although the timing and requirements of the resumption could change as well as this CAP.

ELC is staying abreast of federal, state and local public health guidelines and mandates. ELC will also follow local guidance from school districts, state athletic associations and USLacrosse. ELC has incorporated select guidelines from the USLacrosse "Return to Play" recommendations available in their entirety at:

<https://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-playfinal-1.pdf>

ELC is confident that with the cooperation of parents, players and coaches, the plan will help mitigate the COVID19 transmission risk and keep us on the lacrosse fields.

General Guidelines

1. Each player must complete registration with ELC and have a current USLacrosse membership before taking part in club activities. ELC's Return to Play Guidelines and RheemsAA's Release of Liability waiver have been incorporated into registration and thus agreed to upon completion.
2. Players, parents, and coaches should be pre-screened at home before taking part in any practices, games or team activities. Parents and Coaches will be responsible for completing ELC's Pre-practice/play screening form provided to all parents and uploaded to our website here: www.rheemsaa.org/lacrosse. Players, parents, and coaches should stay at home if they are feeling sick or experiencing the following COVID-19 symptoms:
 - o *Cough*
 - o *Shortness of breath or difficulty breathing*
 - o *Fever of 100.3 degrees or higher*
 - o *Chills*
 - o *Muscle pain*
 - o *Sore throat*
 - o *New loss of taste or smell*

(Note: If uncertain about his or her health or whether symptomatic, the player, parent or coach should err on the side of caution and not attend the team activity.)

3. Players should arrive masked, dressed, and ready to participate. Parents should drop off players close to start times, and pick up close to end times to avoid player congregations before and after practices.
4. Any parents that remain should stay in their vehicles or otherwise be fully masked and practice social distancing if the need for communication with coaches or staff members arises.
5. By order of the Secretary of the Pennsylvania Department of Health, masks will be worn at all times by coaches, players, managers, and any volunteers taking part in team activities. *(A copy of this updated information has been provided to parents and uploaded to our web.)* Players will not need to wear a mask while helmets are on and engaging in practice/play unless specified by a coach, official, or other members of staff. While on the sidelines, entering, and exiting fields, players will be expected to wear masks.
6. Players will be asked to place gear to meet social distancing practices. Players must bring their own water bottle. No food may be brought to share at any team activity.
7. Parents and players should sanitize their equipment after every use. Parent's own the responsibility to provide necessary items for sanitization purposes to their child(ren) when needed.

Practice Guidelines

1. ELC will consult with its coaches to fashion safe and efficient practices, and allow for scrimmages, and games against other clubs as conditions warrant.
2. Coaches will develop efficient practice plans that will include:
 - Stressing social distancing and avoiding huddles, hand-shakes, fist-bumps, high-fives, chest-bumps, or other situations including drills where physical contact can be avoided.
 - Making sure players are wearing masks while not wearing helmets and engaging in practice/play.
 - Avoiding players standing around by engaging as many players as possible at the same time in the activity.
 - Avoiding the sharing of equipment when possible.
 - Sanitizing any equipment owned or provided by the club before use.
3. ELC will follow facilities guidelines when conducting practices and meetings.

Other Guidelines

1. ELC is proceeding with spring games as conducted during pre-COVID including local and travel games. All appropriate safety measures will be taken and local, state and school guidelines followed. All schedules are subject to change.
2. Any spectators for games will be expected to adhere to the mandated order requiring universal face coverings by the Secretary of the Pennsylvania Department of Health, practice social distancing, and adhere to the hosting club's guidelines in place. *(All clubs are required to provide such information to each club being played prior to any games. Each club is mandated to follow the guidelines of the strongest action plan provided for safety measures. Both clubs will evaluate the precautions being taken by the opposing club and venue before deciding which guidelines will be followed.)*
3. If a player or coach gets sick, tests positive, or is exposed to the virus, he or she must immediately notify ELC through rheemsa@lacrosse.org. If he or she tests positive or is exposed, the player or coach will quarantine themselves in accordance with public health guidelines, and not return to team activities until their quarantine period is over. Player or coach will then need to provide medical documentation attesting to such information or negative test results clearing them to participate.
4. In the event that ELC believes an infected or exposed player, coach, parent or official has taken part in a club activity, we will make a good faith effort to immediately notify those that have taken part in the event as well as EASD or the contact personnel of which venue our club was using during exposure.
5. ELC will thoroughly communicate the CAP to parents, players, coaches, and officials, and will monitor compliance. It reserves the right to enforce compliance and will take corrective action if a participant fails to comply.

**Players, Coaches, Officials, and Volunteers Per CDC & PA Department of Health Recommendations:*

- *Symptomatic Without Test Confirmation – 10 days from first day symptoms appeared and fever free for 24 hrs without the use of medication.*
- *Positive Test Without Symptoms – 10 days post positive results*
- *Positive Test With Symptoms – Minimum of 10 days post positive results*
- *Exposure To Covid-19 – 10 days quarantine without testing and symptom free from the last time exposure or 7 days quarantine with a negative test on or after day 5 from time of exposure and symptom free.*
 - *This does not apply if all parties were fully masked and practiced 6ft distancing (this does not include gaiters or face shields as they are not considered equally safe)*

