

## WHEELER JUNIOR WILDCATS LACROSSE ASSOCIATION COVID-19 PREPAREDNESS PLAN

In preparation for the fall lacrosse season, the Board of Directors approves the following plan as a preventative strategy against the spread of Covid-19 among participants:

### GENERAL PROVISIONS:

The association models its plan on guidance issues by the Centers for Disease Control (CDC) for youth sports and additional guidance of US Lacrosse and local government, including the rules of Cobb Parks, which are adopted by reference. The Board of Directors shall modify this plan as guidance is updated.

The CDC instructs youth sports that individual skill building drills followed by team-based practice are on the lower end of the risk spectrum. Risk increases with within-team game practice and full competition between teams in same local geographic areas.

The following general rules are established for all circumstances:

- Players exhibiting any symptom of Covid-19, or who have family members who experience symptoms, tested positive, or have been in high-risk exposure situations may not participate in any team activities until at least 14 days after said symptoms subside or exposure occurred.
- The Board shall transmit by e-mail to all families a list of symptoms as a reminder and for clarification.
- Stay-at-home expectations shall be enforced.
- Participants and parents shall be prescreened weekly, with affirmative responses required that participants meet the above conditions.
- Players, parents and coaches in any high-risk category are discouraged from participating physically in the fall season.
- All participants shall be reminded to clean equipment and wash hands before and after any team activity.
- Remind all parents that CDC discourages car pools.

### PRACTICE PROVISIONS:

- Social distancing norms shall be applied wherever practicable.
- No shared personal equipment shall be allowed.
- To discourage congregation, no equipment bags shall be allowed, and players are encouraged to arrive dressed for practice.
- Players are required to bring their own water bottles labelled with their names. Sharing of bottles is prohibited. No player may participate without bringing their own, labelled water bottle.

-No shared equipment shall be touched with hands (eg. Lacrosse balls). Necessary shared equipment such as goals, buckets, and goalie equipment shall be sanitized before and after each use.

-Practices will be divided into groups of no more than 20 players, and teams will remain in their age-group cohorts until Covid-19 restrictions are lifted.

-Handshakes, high-5's and other social contact shall not be permitted.

-Players shall be encourage to abide by distancing norms during breaks, while in line for drills, and at other practice times when they would otherwise congregate.

-Parents, guardians and spectators are strongly discouraged from congregating at the field.

-Coaches shall design practice plans that prioritize activities that are consistent with best practices for Covid-19 mitigation.

-The Board shall stagger arrival and departure times as much as possible to limit congregation.

-The Board shall identify a parent volunteer for each age cohort to monitor practice and encourage adherence to these restrictions.

-Support, coping and resilience: Lacrosse is a team sport, where support of each other is fundamental. Players shall take responsibility for each other, and take specific responsibility to support and encourage teammates who cannot participate because of these rules, including regular phone calls, texting, and other non-contact methods.

#### GAME RESTRICTIONS:

-Practice restrictions shall apply in the game context.

-As congregating with the other teams is a higher risk activity, there shall be no pre-game socializing with the other team, and no pre- or post-game handshakes. Teams are encouraged to find ways to show sportsmanship in other ways.


-While we are glad for support of the players, we encourage families to limit the amount of people in attendance to 2 or less, and social distancing norms shall be enforced.

-Coaches, players and scorekeepers are reminded that while strict social distancing on the sidelines in the game context is not entirely practicable, players, coaches and volunteers are nonetheless reminded to adhere to distancing norms as much as possible, not sharing water bottles and equipment, and that participants who are dismissive of these limitations shall be asked to cease participation in team events.

LASTLY, all participants are reminded that Covid-19 is a serious illness and that we all have a role in mitigating its spread. We all have to have a positive attitude about this and understand that our ability

to play this season is largely dependent on our adherence to these rules, common sense, and respect for one another.

ADOPTED, this 17 day of June, 2020.

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Secretary