

Catamount Lacrosse Covid Control Protocols

General Guidelines

- **Practice can be ended at any time if the site administrator feels social distancing is not being followed or if local guidelines are compromised by attendees. Site administrators will also dismiss individuals from practice who are unable to follow guidelines & instructions.**
- Protocols May be Changed as updated information becomes available
- Bathrooms, porta-potties will not available
- Anyone diagnosed with COVID-19 or awaiting test-results must self-isolate until: It's been 3 full days of no fever without the use of fever-reducing medication and Other symptoms have improved, and At least 10 days have passed since symptoms first appeared.
- If symptoms begin while participating in sport, the individual must be sent home as soon as possible. Keep sick participants separate from well participants and limit staff contact as much as possible.
- People with a temperature greater than 100.4 F must be sent home until they have and no fever for 72 hours without the use of fever-reducing medications.
- Equipment, and other supplies touched by participants must be thoroughly cleaned and disinfected regularly.
- Spectators should be kept to a minimum, and must follow current state social distancing guidelines.
- Players are encouraged to bring hand sanitizer for use or wash their hands prior to and after training
- Avoid touching eyes, nose, and mouth with hands.
- To the best of the organizations' ability, hand sanitizer should be made available during all sessions for participants in case they do not have their own. Players and coaches need to disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.

Check-In Procedures

Practices to begin with check in by the site administrator. The administrator will ask all coaches and players the following questions and then record the answers and the temperature of the individual.

1. Have you been in close contact with a person who has COVID-19?

2. Do you feel unwell with any symptoms consistent with COVID-19? For example, have you had a cough, high temperature, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?
3. Take your temperature prior to arrival. Do not attend if temperature is over 100.4 F (if participant has not checked at home, leagues and programs may offer a touchless thermometer to check.) If the answer to the first two questions is “yes” and/or the temperature is above 100.4 F, the participant must be sent home immediately.

Player Expectations

- Print and Voluntarily sign the Covid Waiver sent via email
- Review drills that have been sent out prior to practice.
- No group celebrations. No celebrations that require physical contact.
- No contact with other players
- No spitting on the field or sideline.
- No sharing of water bottles. Players MUST bring personal water bottles which are not to be shared. Players will be advised to bring MORE water than necessary and label their water bottles. **Players without water will be sent home.**
- Do not touch or share other players equipment, pinnies, etc.
- Clothes / uniform should be laundered after each game or training session.
- Players must keep their jersey on while on the field and within the general vicinity of the field of play. •
- **“Arrive, Play, Leave”**. No gathering at the field or in the parking lot after practices
- Respect other players. If you have concerns of being ill, STAY HOME!!!

Coaching Expectations

- Print and Voluntarily sign the Covid Waiver sent via email.
- All coaches will wear a mask when in close proximity with players.
- Practice physical distancing whenever possible of at least 6 feet.
- No physical contact with players
- No spitting on the field or sideline.
- No sharing of water bottles.
- No group celebrations. No celebrations that require physical contact.

Practice Execution

- **Practice can be ended at any time if the site administrator feels social distancing is not being followed.**
- Practice physical distancing whenever possible of at least 6 feet.
- Bathrooms, porta-potties will not available
- No group celebrations. No celebrations that require physical contact.
- Sanitize all personal equipment prior to each game.
- We encourage all players to wear a facemask prior to taking the field and during all rest time off the field
- To the best of the organizations' ability, hand sanitizer should be made available during all sessions for participants in case they do not have their own. Players and coaches need to disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- Once checked in and assigned a designated distanced area, players may warm up with partner passing in the wing area, hashes on the wing and sideline will outline 6 ft distance
- Drills will be conducted in a circuit manner with groups of 10 players or fewer in one particular area/action during phase 2. If lines/rest are incorporated into the drill, cones will be placed 6ft apart where players may line up or rest to assure safe social distance.
- Drills will be sent to players one day prior to each practice
- Coaches must ensure social distancing is in effect before and during any pre-drill demonstration

Roles & Responsibilities

Essex, VT Site Admins

Joe Mester - Boys Administrator & Vermont Program Administrator - 203-530-0786

Skip Harris - Essex Girls Administrator - 802-522-7118

Gill, MA Site Admin

Charlie Edwards- 413-883-9146

Hoosick, NY Site Admin

Brad De Boer - 802-384-1164

