

CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

Purpose of Document: This document is to set the guidelines for returning to play for Camas Lacrosse Club during the COVID-19 Pandemic.

Current Status as of 10/13/2020

Clark County is High (Oct 12, 2020 - 100.1 per 100,000)

Lacrosse as defined by Governor Inslee's Oct 6th document is a medium/moderate risk sport.

- HIGH LEVEL COUNTY COVID ACTIVITY >75 cases/100K/14 days OR >5% positivity
 - Team practices and/or training can resume for low, **medium**, and high-risk sports if players are **limited to groups of six** in separate parts of the field/court, separated by a buffer zone.
 - Brief close contact is permitted.
 - It is preferable for the groups of six to be stable over time.
 - Attendance rosters should include group contact information.
 - Each league, organization, or club must publish and follow a "return to play" safety plan. Any practice or training activities that can be done outdoors should be done outdoors.
 - Scrimmage, intra-team competitions, and league games or competition are discouraged if school is not conducting in person learning.
 - No tournaments allowed.
 - No spectators allowed except for one parent/guardian/caregiver for each minor-aged participant allowed.
 - Spectators must maintain physical distance of at least six (6) feet between each person.

https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%20%20and%20%20Sporting%20Activities%20Guidance.pdf?utm_medium=email&utm_source=govdelivery

CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

Guidelines for Club Operations

Masks

Masks required for athletes/participants directly before and directly after sporting activities and strongly encouraged whenever not engaged in strenuous activity. Any spectators must wear facial coverings per the Department of Health facial covering order. Coaches, referees/umpires, trainers, managers, spotters, and any other paid or volunteer staff must always wear face coverings, with an exception for referees that need to run in the field of play.

Physical Distance

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

Hygiene

Require athletes, coaches, umpires/referees and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry.

Personal Equipment

Athletes will only be able to bring their required equipment and a water bottle. Athletes will be asked to get dressed/ready at their cars and leave their gear bag at their cars. Athletes should not share water bottles, uniforms, equipment, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).

Release Forms

Each athlete will need to fill out a release form prior to attending activity. Only one release form will need to be submitted for the entire scheduled season/session(s) of the activity.

Contact and Temperature Tracing

Each athlete will need to check in at the beginning of each activity at the predesignated check in area. Athletes will need to be tested for temperature and noted on a roster that includes all participants and which cohort group they will be associated with. This will assist in contact and temperature tracing. Additionally Camas Lacrosse will be using TeamSnap for health screening.

Return to play after symptoms or testing positive for COVID-19

Players, coaches, or officials with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptoms free and negative repeat COVID-19 test in order to return. Individuals require clearance from a licensed medical professional before return to play granted.

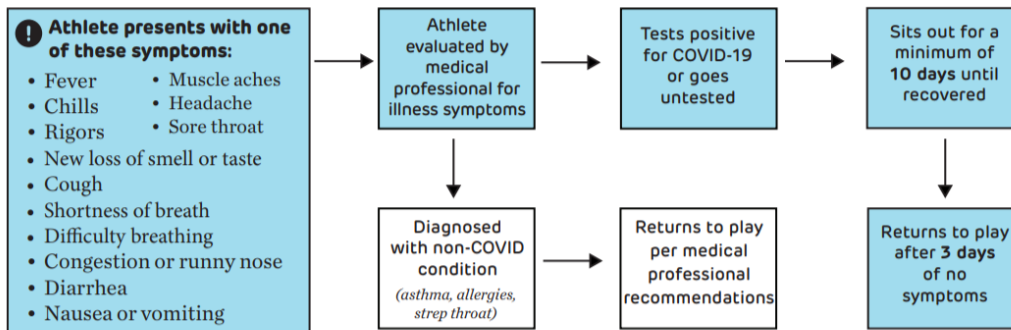
CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

Procedure for enter to activity for Athlete

1. Prior to arrival
 - a. Athlete or Parent has submitted a COVID-19 release form (once per activity session)
 - b. Athlete or Parent must complete the “My Health Check” within TeamSnap
 - i. This is available to be completed 8 hours before activity starts
 - ii. It is located within the event details in TeamSnap
 - iii. If greater than 100.4 do not attend activity
2. Athletes will arrive only with required gear and a water bottle
3. There will be a designated entrance for activity
4. Athletes will check in at table (checking area)
 - a. Volunteer will check the roster for:
 - i. Release form
 - ii. Athlete or Parents submitted temperature via TeamSnap
 1. Athlete or Parent should present green “Health Check Cleared” screen
 2. Do this by going to the event and selecting “My Health Check”
 - iii. Scan with contactless Thermometer
 1. If greater than 100.4
 - a. Athlete is removed from the activity
 - b. Guardian is notified and Athlete will need to submit to Camas Lacrosse quarantine procedures (Return to play after symptoms or testing positive for COVID-19)
5. Wash hand with soap or hand sanitizer
6. Athlete may enter activity
7. Athlete will be set into cohorts (small group)
 - a. Must remain in cohort group and no mixing of groups
 - b. Must wear face masks as documented
 - c. No sharing of water or equipment
8. Once activity is over
 - a. No gathering or lingering
 - b. Must wear face masks as documented
 - c. Athlete must exit from designated exit
 - d. Athlete must head straight to transportation and leave
9. Cleaning of equipment
10. Volunteer or Coach must submit roster to Camas Lacrosse Board for record keeping

CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

WHAT IF I DON'T FEEL WELL?



Guidance for when someone gets sick/test positive for COVID-19 at or after event (from CDC)

- Advise Sick Individuals of Home Isolation Criteria
- Sick coaches, staff members, umpires/officials, or players should not return to the event until they have met CDC’s criteria to discontinue home isolation.
- Isolate and Transport Those Who are Sick
- Make sure that participants know that sick individuals should not attend the youth sports event, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community related exposure (see “Notify Health Officials and Close Contacts” below). If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
- Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- Clean and Disinfect all equipment and surfaces.
- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.
- Notify Health Officials and Close Contacts
- In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in

CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

accordance with the Americans with Disabilities Act (ADA) external icon and other applicable laws and regulations.

- Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, to follow CDC guidance if symptoms develop, and consider contacting their healthcare provider.

Guidance and Responsibilities for Parents and Athletes

- Do not bring your child if you or they are sick or recently sick.
- Complete screening questions prior to play.
- Understand your limited participation in practice and games and need to stay in the car.
- Wipe down equipment before and after participation. CDC has provided cleaning and disinfecting guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaningdisinfecting-decision-tool.htm>
- Cooperate with needs/asks of coaches/organizers.
- Educate children about need for social distancing and what they should do to protect themselves (hand washing, not touching others, keeping 6-feet apart).
- Monitor child for any symptoms of anxiety, depression and distress (i.e. not sleeping, eating, stomach aches before practice) and refer to a mental health professional.

Additional Resources (some of these were used to create this document)

<https://www.uslacrosse.org/sites/default/files/public/documents/safety/us-lacrosse-return-to-play-july-1-final.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaningdisinfecting-decision-tool.html>

CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

Waiver/Release for Communicable Diseases Including COVID-19

In consideration of being allowed to participate in a Camas Lacrosse event, the undersigned acknowledges, appreciates, certifies and agrees that:

1. My participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness, injury, and death does exist.
2. If I have a pre-existing health condition, exposure to COVID-19, or any other infectious disease may be more likely to cause serious illness, injury, or death;
3. Camas Lacrosse cannot ensure that all other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants, coaches, and volunteers, and therefore, participation in a Camas Lacrosse Event involves risk of exposure to infectious disease; and,
4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
5. I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.
6. I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.
7. I willingly agree to comply with all recommendations provided by Camas Lacrosse to ensure safe play. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest coach, staff member or volunteer, or official immediately; and,
8. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Camas Lacrosse, and their officers, officials, agents, and/or employees, other participants, volunteers, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____

Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____

CAMAS LACROSSE
Safe Start/Return to Play – COVID-19

Example of roster for athlete checking

This is an example, however the required fields are First and Last Names, status of the My Health Check, On site verification of TeamSnaps My Health Check, Onsite temperature check, and a cohort label (what small group the athlete is in for contact tracing).

First Name	Last Name	Status	Verify Team Snap My Health Check	OnSite Temp	Cohort Group
Brad	Ault	clear			
Carson	Osmus	clear			
Cohen	Hochstedler	incomplete			
John	Ault	incomplete			
Joshua	Damon	incomplete			
Kaia	Anderson	incomplete			
Michael	Sumner	incomplete			

This can be easily create from within TeamSnap via the Web Page

1. Log into TeamSnap
2. Goto team page
3. Goto "Schedule" tab
 - a. Select the event
 - b. Once in the event scroll down and select "Health Check Report"
 - c. You will then be redirected to the "Health" Check page
 - d. Select "Export"
 - i. This will then export the Health Check to a CSV file (easily read by a spreadsheet program such as Excel, Sheets, or Numbers)
 - ii. For some reason the file extension is not downloaded, so if this is the case rename the file to something with ".csv" at the end. Example would be "event01.csv"
4. Now you can open the file with a spreadsheet program. The remaining steps will be for MS Excel but all are pretty much the same.
 - a. Once open delete the "Time Completed" column
 - b. add a column "Verify TeamSnap My Health Check"
 - i. Since this made for a wide column and we wanted this to be one page, simply highlight the box and then "word wrap"
 - ii. Add a column "Onsite Temp"
 - iii. Add a column "Cohort Group"
 - iv. Highlight all the labels and then bold
 - c. Adjust column widths to fit a landscape page
5. Print