



Indoors Return To Play Playbook and COVID-19 Action Plan (CAP) as of 12/27/2021

General Guidelines from CDC recommendations and US Lacrosse:

- Stay at Home if you are feeling sick or experiencing any COVID-19 symptoms. For an extensive list of symptoms, please visit: <https://www.cdc.gov/coronavirus>
- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- NO sharing of equipment, water bottles, towels, etc.
- Every individual (player, coach, etc) should consider bringing his or her own hand sanitizer to practice. Additionally, coaches will have either disinfectant wipes or lysol spray and paper towels at practice.
- Temperature checks will be taken upon arrival. Anyone with a temperature of 100.3 degrees or more will not be allowed to participate and shall be evaluated by a licensed medical professional before being cleared to participate.
- Arrive dressed and ready to train.
- Minimize use of communal areas such as bathrooms.
- People with COVID-19, or exposed to a confirmed or probable case of COVID-19 may not attend until he or she has been approved by medical personnel in accordance with CDC and St. Mary's County Health Department guidelines.
- Parents and coaches should assess the level of risk based on individual players on the team who may be at [higher risk for severe illness](#), such as children who may have asthma, diabetes, or other health problems. Players at higher risk of developing serious diseases, or with family members at higher risk may wish to delay return to play.

Specific Guidelines for current stage:

Prior to Practice:

- Coaches shall be trained on current COVID-19 prevention guidelines, such as hand hygiene, cleaning protocols, along with proper PPE use and disposal.
- Ensure each athlete has an adequate water supply for the duration of practice.
- Participants shall acknowledge receipt and acceptance of this document via the Jets or SMGLL website. Participants must bring a signed copy of the COVID- 19 waiver to the

first practice before they can play. Players who have already completed the waiver do not need to repeat this step. The waiver is available on both websites.

Practice:

- Upon arrival:
 - Players must be fully addressed and shall not arrive more than 5 minutes prior to practice.
 - Parents must drop off athletes at the main entrance.
 - Coaches are encouraged to wear masks during indoor sessions.
 - Athletes can choose to wear face coverings during training.
- No handshakes, high-fives, fist-bumps or skin-to-skin contact.
- 6 feet of physical distancing shall be maintained wherever and as often as possible. Participants will return to designated spots in between drills to get water, and sanitize hands.
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Conclusion of Practice:

- To the best extent possible, players will be dismissed in small groups to maintain social distancing.
 - Athletes, coaches and adults are encouraged to wear masks during this transition period.
- Athletes shall be picked up by the exit door located near the parking lot adjacent to the baseball field.
- Coaches shall sanitize equipment between and after practices.

After Practice:

- Participants shall continue to practice COVID-19 prevention hygiene practices and recommendations as outlined above.
- Athletes shall continue to stretch, recover and condition appropriately at home.
- Coaches shall maintain a record of practice attendance as well as the daily medical screenings.
- Any Jets participant exhibiting symptoms of or testing positive for COVID-19 shall alert the team coach **and** Jets Director (or Interim Director) as soon as possible.
- Any SMGLL participant exhibiting symptoms of or testing positive for COVID-19 shall alert her coach **and** the President of St. Mary's Girls' Lacrosse League (SMGLL) as soon as possible.
- The Jets Director (or Interim Director) or President of SMGLL will notify local health officials, program coaches and volunteers, and families immediately of any case of COVID-19 while maintaining confidentiality.
- Any participant who has had close contact with a person diagnosed with COVID-19 will be advised to stay home and follow CDC recommendations. Previously listed guidelines apply for anyone exposed.

Indoor Capacity: We will have no more than 35 individuals in the space (coaches and players included) for any session. Typically, we will have a maximum of 20 athletes and 2 - 3 coaches.

Sources/Additional Information

[US Lacrosse Return-To-Play Recommendations for Lacrosse](#)

[CDC Considerations for Youth Sports](#)

[RPS Bollinger Insurance and US Lacrosse Guidelines for Responding to Coronavirus](#)
[State of Maryland COVID-19 Youth Sports Best Practices](#)

[Play Sports Coalition: Return to Play Considerations](#)

[St. Mary's County Recreation & Parks Fall Youth Sports Guidelines](#)