



This document is meant to serve as a guideline and resource for Long Valley Junior Lacrosse Club as it applies to **Return to Play** policies due to Covid-19. The plan below demonstrates the protocols that Long Valley Junior Lacrosse Club (LVJLC) is implementing for the current stage for **Return to Play**. We understand that requirements may be fluid as the season progresses, and Long Valley Junior Lacrosse Club will always follow government regulations and guidelines as well as follow US Lacrosse and Northern New Jersey Junior Lacrosse League governing body guidance.

We will be following the US Lacrosse "Return to Play" and the NJ Department of Health Guidelines, as it relates to specific protocols for NJ Lacrosse. The protocols being put into place by LVJLC will be communicated to our members, coaches, training partners, and local health and safety officials. The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Lacrosse and Long Valley Junior Lacrosse Club makes no representation and assumes no responsibility for the completeness of this information. Further, Long Valley Junior Lacrosse Club will always seek advice from medical professionals and/or public health officials in our area with specific questions. These guidelines address the currently understood guidelines of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Participant/Coach/Trainer Waiver Procedure – All participants will complete the ACKNOWLEDGEMENT WAIVER, distributed by Washington Township Parks and Recreation before being allowed to participate in sessions on Township fields. If the waiver is not submitted, the participant will not be admitted to practice. The waiver will also be required to be signed by all coaches and trainers.

Below are suggested criteria that the Long Valley Junior Lacrosse Club will request for participation in permitted training sessions from our club, athletes, parents, coaches and staff.

### **Club Responsibilities:**

- Create and distribute these protocols to all club members and staff.
- Contact insurers to ensure all coverages and communicate that information to participants prior to commencement of initial training.
- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware that a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result. (see CAP Plan below)
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Signage provided to clearly identify where players are to go upon arriving and will be clearly communicated prior to training sessions.
- Each player/parent will provide a signed waiver before use of our fields. This waiver will be stored electronically within the TeamSnap application for each team, and will be submitted to town officials for their records.
- Each player/parent will also fill out a health questionnaire via the TeamSnap HealthCheck application (<https://blog.teamsnap.com/announcements/health-checks>) for each event.
- Each player should be administered a temperature check by LVJLC before participation in each session or game.
- A spectator retainment line will be placed at each field no less than 6 feet away from the sideline, either painted or marked with cones.
- Cones will be placed on the players sideline to maintain their belongings 6 feet apart while players are off the field.
- Be prepared to shut down and stop operations.
- Develop a relationship and a dialogue with local health officials.

### **Coach/Team Manager Responsibilities:**

- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling and send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual supplies (water, bag etc.)
- Encourage athletes to bring their own equipment (Protective gear, sticks, etc)
- Ensure the coaches are the only people to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- There will be assigned fields for training and no co-mingling, other than allowed scrimmages.

- Always wear a face mask, while not actively coaching.
- Maintain social distance requirements from players based on state and local health requirements.
- Where possible, keep accurate attendance via the TeamSnap application for each session to facilitate contact tracing (if needed)
- Validate the TeamSnap HealthCheck for each player at each session before participation is allowed.
- Administer a temperature check to each player at each session, ensuring no temperature above 100 degrees.
- Have fun, stay positive, follow the guidelines as players and parents are looking to you for leadership.

### **Parent Responsibilities:**

- Ensure your child is healthy, and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Player should follow all social distancing guidelines as published by cdc and local and state government
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- Please do not arrive any earlier than 10 minutes before the start of your training session
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (protective gear, sticks, cleats, etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

### **Player Responsibilities:**

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear a mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities. (see below)

In addition to general criteria and responsibilities above, the ***LVJLC Gameday Protocol*** attachment contains suggested criteria that the Long Valley Junior Lacrosse Club will request for

participation in permitted game play from both our club's and our opposing club's athletes, parents, coaches, and staff.

Additional Safety precautions to be executed by the Long Valley Junior Lacrosse Club.

**Establish a CAP (COVID-19 Action Plan),**

This plan will be in place by LVJLC to establish what steps need to be taken should an athlete, coach, or family member get sick or test positive for COVID-19.

**Player has shown symptoms of illness during practice or game**

- Player will immediately be removed from the field and escorted to a segregated medical tent.
- Parents/guardians will be contacted to pick-up the player immediately.
- Player will be advised to see a medical professional. -
- A medical professional will determine if COVID 19 test is necessary.
- Player will be allowed back to practice with medical clearance from a medical professional.

**Player/Coach/Family Member has tested positive for COVID 19**

- Stay at home and contact LVJLC immediately with the date of positive test result.
- LVJLC will contact all LVJLC families and staff immediately and begin contact tracing protocol.
- LVJLC will contact local and state health officials and follow all local and state protocols.
- Those most at risk will be advised to self-quarantine, monitor symptoms and return to play only when safe and appropriate and cleared by a medical professional.

**Appendix:**

Center for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)

State of New Jersey Department of Health: [www.nj.gov](http://www.nj.gov)

US Lacrosse <https://www.uslacrosse.org/>

TeamSnap Health Check: <https://blog.teamsnap.com/announcements/health-checks>

**Attachments:**

[LVJLC Gameday Protocol](#)