

## **ACHIEVE LACROSSE & MASS ELITE HEALTH AND SAFETY GUIDELINES**

*Achieve Lacrosse LLC adheres to all guidelines set forth by the State of Massachusetts according to the Massachusetts Executive Office of Energy and Environmental Affairs: Workplace Safety and Reopening Standards for Business and Other Entities Providing Youth and Adult Amateur Sports Activities. We will continue to monitor the state mandated policies and procedures related to COVID-19. We will update our guidelines accordingly.*

### **Before you leave home:**

- Check your child's temperature.
- Sanitize lacrosse stick and goggles.
- Players must bring a face covering/mask, hand sanitizer, and personal hand towel.
- Gloves are optional.
- Pack at least two water bottles.

### **Departure from the field:**

- Players must wear face coverings
- Follow pick up line instructions
- Be patient and respectful

## **OUTDOOR TRAINING/COMPETITION PROCEEDURES**

### **Arrival at the field:**

- Children and parents should be wearing face coverings to the field
- Social distancing must be observed when waiting to check-in or waiting to take the field
- Drop off at the designated entrance, pick up at the designated exit.
- **NO spectators; ONLY players and coaches will be allowed on the field**
- Players may not congregate before or after the session
- Carpooling is not recommended

### **During training session, practice, or game:**

- Players must wear face coverings at all times
- Players should maintain social distance in all drill lines, on the sidelines, during team meetings or breaks
- Handshakes, fist bumps are not permitted; sportsmanship is expected

## **INDOOR TRAINING/COMPETITION PROCEEDURES**

### **Arrival at the facility/field:**

- All training sessions/events will adhere to facility capacity limits as specified by facility management.
- Children and parents must wear face coverings at all times while inside the facility
- Hand sanitizer and disinfecting wipes will be available for participants; players will be expected to sanitize upon entry on to the field
- Social distancing must be observed when waiting to check-in or waiting to take the field
- Drop off at the designated entrance, pick up at the designated exit.
- **NO spectators are allowed; ONLY players and coaches will be allowed on the field and inside the facility**
  - o Parents can drop players off and then must leave once the session has begun.
- Backpacks are not allowed inside the facility. Players are expected to come dressed and ready for the session with all appropriate equipment and a water bottle/sports drink. Sling packs or a small shoulder bag/tote (such as a reusable lunch tote) are acceptable.
- Players may not congregate before or after the session
- Carpooling is not recommended

### **During training session, practice, or game:**

- Face coverings:
  - o Participants (players, coaches, referees, and other staff) will be expected to wear face coverings at all times. Face coverings will be required when inside the facility and on the playing field whenever social distancing is not possible. Disposable masks, cloth face coverings and gaiters are all acceptable.
  - o “Mask breaks” will occur frequently. A participant can take off their face covering at a point during the session when they are at least 6ft away from another.
  - o We will utilize space outdoors whenever possible and weather permits.
  - o A participant who has a medical condition or disability such that wearing a face covering is not recommended, may not be required to wear a face covering upon providing documentation from a physician.
- Players should maintain social distance in all drill lines, on the sidelines, in the substitution area/box and during meetings or breaks.
- Handshakes, fist bumps are not permitted; sportsmanship is expected

### **Follow up:**

- **If your child presents with any illness, COVID-19 specific symptoms, or possible exposure please report to Leslie Frank at 781-710-5601, so that players, coaches, and AT’s may be notified.**
- According to the Massachusetts Department of Public health, ‘The possible incubation period for COVID-19 is still 14 days although the majority of cases have incubation periods of fewer than 10 days. **Any player who has had potential exposure to COVID-19 or has had close contact with a person who has tested positive for COVID-19 may not attend or participate in any Achieve Lacrosse or Mass Elite event and MUST remain quarantined consistent with one of the quarantine options below:**
  - o **7 days of strict quarantine**
    - A person may be released on day 8 if a test (either PCR or antigen) taken on Day 5 from the potential exposure or later is negative; AND the individual has not experienced any symptoms up to that point;
    - The individual must continue to conduct active daily monitoring of symptoms through Day 14
  - o **10 days of strict quarantine**
    - A person may be released on day 11 if the individual has not experienced any symptoms up to that point; AND the individual conducts active monitoring through Day 14.
    - No test is necessary under this option
  - o **14 days of strict quarantine**
    - A person may be released on day 15 if the individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR the individual indicates they are unwilling or unable to conduct active monitoring.
- We expect that any player who has had potential exposure to COVID-19 or has had close contact with a person who has tested positive for COVID-19 communicates their quarantine procedure to Leslie and provides a test result if necessary.

### **Additional recommendations outlined by US Lacrosse:**

- **All participants should stay at home if they are feeling sick or experiencing any COVID-19 symptoms.**
- Clean and disinfect frequently touched surfaces and equipment and do not share equipment, water bottles or towels.
- Face coverings are required for staff, coaches, officials and designated adults serving as hygiene support for all practices and activities. Athletes may wear a face mask during lacrosse activity.
- Upon returning home from practice, have players shower and wipe down all gear and equipment.

### **Travel Guidelines:**

In accordance with the state of Massachusetts: “All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to: Complete the **Massachusetts Travel Form** prior to arrival, unless you are visiting from a lower-risk state designated by the **Department of Public Health.**” For more information, please visit:

<https://www.mass.gov/info-details/covid-19-travel-order>

- Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.