

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 and will update our guidelines accordingly.

Achieve Lacrosse & Mass Elite expect that all participants follow these general safety standards:

- **All participants should stay at home if they are feeling sick or experiencing any COVID-19 symptoms.**
- Participants should stay home if someone in their household is feeling sick, experiencing COVID-19 symptoms or has taken a COVID-19 test.
- Frequently clean and disinfect uniforms and equipment and do not share equipment, water bottles or towels.
- Observe social distancing guidelines and face covering mandates when applicable.
- Upon returning home from practice, players should shower and wipe down all gear and equipment.
- **Before you leave home:**
 - o Monitor for COVID-19 symptoms including: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting
 - o Sanitize lacrosse stick and goggles
 - o Players must bring a face covering/mask, hand sanitizer, and personal hand towel (gloves are optional)
 - o Pack multiple water bottles/sports drinks

Achieve Lacrosse & Mass Elite coaches and staff will continue to employ safety standards that minimize the risk of transmission of infection including:

- Encourage social distancing between players/participants whenever possible (especially in all drill lines, on the sidelines, during team meetings or breaks)
- Assist participants in achieving proper hand hygiene at the beginning and end of all activities with use of alcohol-based hand sanitizer
- Clean and disinfect frequently touched surfaces or shared spaces
- Monitor and adhere to any guidelines set forth by facilities, local or state guidelines

OUTDOOR TRAINING/COMPETITION PROCEEDURES

Arrival to/departure from the field:

- Players and parents should wear face coverings upon arrival to and departure from the field
- Social distancing must be observed when waiting to check-in or waiting to take the field
- Follow all posted facility signs and placards reminding participants of health and safety protocols
- Once athletes have completed their competition or activity, they must leave the area if another team is taking the field or using the playing space to ensure adequate distancing
- If carpooling with members outside your household, consider wearing a face covering

During training session, practice, or game:

- Face coverings are not required for coaches, staff, or umpires during outdoor play (while on the playing field or sidelines); participants can still wear a face covering if they choose too
- 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
- Players are expected to adhere to all guidelines set forth by the league, event, or tournament director/management
- **Spectators must remain socially distant by household OR wear face coverings when social distancing is not possible; spectators are required to follow any/all facility-specific guidelines**

INDOOR TRAINING/COMPETITION PROCEEDURES

Arrival to/departure from the facility/field:

- Participants and parents must wear face coverings at all times while inside the facility
- All training sessions/events will adhere to facility capacity limits as specified by facility management
- Hand sanitizer and disinfecting wipes will be available for participants
- Social distancing must be observed when waiting to check-in or waiting to take the field
- Players may not congregate before or after the session
- If carpooling with members outside your household, consider wearing a face covering

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 unless 14ft of distancing can be consistently maintained
 - o "Mask breaks" will occur frequently. A participant can remove their mask when they are at least 6ft away
 - 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
- Players are expected to adhere to all guidelines set forth by the league, event, or tournament director/management
- **Spectators will be allowed inside the facility so long as the total number of spectators is less than the allowed capacity**
 - o We advise one spectator per participant to ensure adequate space for social distancing
 - o If social distancing is not possible inside an athletic facility, chaperones/spectators may be asked to wait outside the facility until the game/program is completed

COMMUNICATION/FOLLOW UP

- **If a player/participant presents with any illness, COVID-19 specific symptoms, or possible exposure please report to Leslie Frank at 781-710-5601, as soon as possible so that players, coaches, and AT's may be notified.** 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.
- 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.
- Individuals who have had potential exposure to or have had close contact with a person who has tested positive for COVID-19 do **NOT** need to quarantine if:
 - o They have tested positive for COVID-19 within the past 3 months and recovered (as long as there are no new symptoms)
 - o They have been fully vaccinated against the disease and show no symptoms.

TRAVEL GUIDELINES:

The state of Massachusetts travel advisory states, all visitors entering Massachusetts, including returning residents, are advised to quarantine for 10 days upon their arrival. Travelers are exempt from this quarantine advisory if:

- They have received a negative COVID-19 result on a test administered not more than 72 hours prior to their arrival in Massachusetts. Travelers may also test out of the quarantine advisory after arrival in Massachusetts, as long as they quarantine until receiving a negative test result.
- Anyone who is entering Massachusetts for fewer than 24 hours
- Anyone who is returning to Massachusetts after being out of the State for fewer than 24 hours
- Travelers who are fully vaccinated (i.e. who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Johnson & Johnson vaccine, 14 days or more ago) and who do not have symptoms.