



RETURN TO PLAY GUIDELINES & PROTOCOLS

COVID-19 PREVENTION

Maineix is adopting a staged approach to reopening and this document is designed to be an initial framework of guidelines to be used in planning for a safe return to the lacrosse field. We are committed to providing a safe and healthy environment for our players and staff. As a result, our standard operating procedures have changed in each program.

For State of Maine guidelines, visit: <https://www.maine.gov/covid19/restartingmaine>.

PRE-PROGRAM CHECKLIST

- All participants **MUST** be symptom free before attending any Maineix program. This includes the following symptoms from the Centers for Disease Control and Prevention (CDC):
 - 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
 - Diarrhea
 - For more information, visit: [Symptoms of Coronavirus](#)
- **If the participant is sick, or has recently been sick, please DO NOT ATTEND.**
- All participants must wipe down equipment at home before attending and after participation. Guidance on best practices for wiping down equipment can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>.
- All participants should be educated and familiar with the need to social distance and what they should do to protect themselves and others:
 - Wash hands with warm water and soap for 20 seconds
 - Stay 6 feet apart from others
 - Keep hands and body parts to themselves
- Do not attend practice if you have left the state of Maine within 14 days prior while quarantine orders are in effect.



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GEAR, EQUIPMENT & SUPPLIES

- During participation we are **NOT** requiring that participants wear facemasks, however, participants are allowed to wear them. Players and staff will be spaced at a minimum of 6 feet apart. Staff is encouraged to wear masks.
- Each player should bring their own ball to practice.
- No sharing of any equipment including sticks, balls, helmet/goggles, or other equipment.
- Each player should bring their own water bottle filled with water with their name on it.
- No food is allowed (except for medical purposes, i.e. diabetes, etc.)
- There is currently no need for a clear protective shield for boy's helmets.
- Players should not touch other player's equipment with bare hands.
- All bags/backpacks should be left in cars. Players should put on gear/equipment at car before entering field.

ON SITE REQUIREMENTS & PROCEDURES

- All programs shall take place outdoors for June and July programs.
- All spectators including parents MUST remain in vehicles during programs. No spectators will be allowed on sidelines or around fields. If a parent has an important question or comment, they should first text safety managers (Brett: 315-430-8414 or Heidi: 207-660-5848) or email questions prior to arrival.
- Participants should bring their own hand sanitizer to use before and after participation. Players will be asked to use hand sanitizer upon entry and throughout practices. Coaches will also have hand sanitizer on site.
- There are no bathrooms on site.
- We will create a foot traffic entry and exit pattern and staggered start times to ensure physical distancing.
- Programs will be limited to a maximum of 50 people (players + staff) as allowed by Stage 2 state guidelines.
- Participants must wait for clearance to enter from the on site safety manager (Heidi or Brett) which includes:
 - Safety manager will take the participant's temperature upon arrival at check-in before entering the field.
 - Participants will be required to fill out a daily Screening Questionnaire prior to practice with the on site safety manager at check-in.
- Participants should arrive dressed and ready to train for the program (this includes goggles, helmets, gloves, mouthguards and any other pads.) No personal bags are allowed.
- Staff will provide adequate water and hand sanitization breaks.
- Participants will be spread out on the field so that they each have their own personal space for duration of practice. Drills will be limited to those that focus on individual skill practice and conditioning both to maintain social distancing and to acclimate our participants back into more intense physical activity.



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GENERAL GUIDANCE FOR PLAYERS & STAFF

- Players and staff should be Maine residents or have passed the 14-day quarantine timeframe.
- Avoid touching your face, eyes or mouth.
- All practices will be non contact (no shaking hands, high 5's, fist bumps, huddles, etc.)
- Practice good respiratory etiquette including coughing/sneezing into your elbow or a tissue instead of your hands.
- Coaching staff should remain a minimum distance of 6 feet from others or wear a mask when physical distancing cannot be maintained. Masks optional for players.

COVID-19 ACTION PLAN

- The Action plan will be activated should someone show symptoms of COVID or test positive for COVID.
- Site will have a designated isolation area for any player showing symptoms during practice. They will be asked to be picked up immediately.
- Local and state health officials will be notified immediately of a possible case and Maineix will work with them regarding appropriate communication with families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA.)
- Sick participants and families shall not return until they have met CDC criteria to discontinue home isolation. They should be evaluated by a medical provider and prior to returning MUST obtain a physician's note allowing for their safe return to practice.
- Inform those exposed to a person with COVID-19 to stay home and self-monitor for symptoms and follow CDC guidance if symptoms develop.

Resources:

<https://www.maine.gov/covid19/restartingmaine>

<https://www.uslacrosse.org/return-to-play>

<https://mailchi.mp/maine/cu5lemq6yo-1321416>

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/5/14/health-experts-travel-games-should-be-last-to-return-in-youth-sports>

<http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport>

<https://coronavirus.jhu.edu/>