



## RETURN TO PLAY GUIDELINES & PROTOCOLS

### COVID-19 PREVENTION

Maineix has adopted a staged approach to reopening and this document is designed to be a 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.

### 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>.
- Perform **AT HOME pre-practice self check**. Please review them here: <https://docs.google.com/document/d/14ExLLkWRyQYNxpHOfRnFDQOTZD03H7v-TzyKvqXir1M/edit?ts=5edc5085>
- 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
  - Maintain 6 feet apart from others
  - Keep hands and body parts to themselves
- Do not attend practice if you have traveled to a non approved travel state within 14 days prior.



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### GEAR, EQUIPMENT & SUPPLIES

- For all sessions, staff and players must wear facemasks at the field or facility during all times, including during live play.
- Please only pick up balls with your stick.
- No sharing of any equipment including sticks, 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.)
- 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 the field or facility.

### ON SITE REQUIREMENTS & PROCEDURES

- All spectators including parents **MUST** remain in vehicles during programs. No spectators will be allowed on sidelines, at fields or in the building at this time. 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 might not be 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 100 people outdoors and a maximum of 50 people indoors (includes players + staff). No spectators allowed at sessions.
- Participants must wait for clearance to enter from the on site safety manager (Heidi or Brett) which includes:
  - Safety managers will take the participant's temperature upon arrival at check-in before entering the field or facility.
  - 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.

### GENERAL GUIDANCE FOR PLAYERS & STAFF

- Players and staff should be Maine residents or have passed the 14-day quarantine timeframe or current state guidelines.
- 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.



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### 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/cu5lemq6y0-1321416>

<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/>