

NOTB BOX LACROSSE COVID – 19 GUIDELINES



NOTB
BOX LACROSSE

Contact:

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Dear PARTICIPANT, COACH, PARENT;

As NY State public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the NOTB Lacrosse directors has been working with health professionals and state guidelines how they best apply within.

The attached NOTB Lacrosse Association's Return to Guidelines document has been developed for our athletes in order to ensure:

- Health and safety of all individuals is a priority
- Activities are in alignment with provincial health recommendations
- Modifications to activities are in place in order to reduce the risks to each organization and its participants
- Is united and aligned on a plan to reopen throughout the State
- While we do hope things will return to normal in the not too distant future, currently this Return to Guidelines document will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of United States, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Guidelines are based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk.

Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our COVID -19 action plan.

Sincerely,

Mike Taylor

Mike Taylor
NOTB Director

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INTRODUCTION

COVID-19 has altered the lives of all Americans in 2020. From coast to coast, Lacrosse players, coaches, officials, volunteers, parents and fans will have to adapt to a new normal including for all forms of Lacrosse in LI.

The purpose of this document is to provide information, directives and guidance regarding the concerns associated with COVID-19 as we introduce participants back to Lacrosse activities. As the COVID-19 situation continues to evolve, it is imperative that all North of the border Lacrosse (NOTB) members implement the COVID-19 safety protocols at all times including physical distancing, disinfection, hygiene and other procedures outlined in this document.

This document is to prepare our Lacrosse community for a safe approach of Return to Lacrosse activities through physical distancing and overall safety while understanding the concerns associated with COVID-19. The health and safety for all participants in the NOTB Lacrosse community is of utmost importance for the NOTB and this is central to all of our decisions around COVID-19. All involved in our sport must take direction from the appropriate health

authorities, including the CDC and local health authorities. We must all enforce and adhere to the guidelines within this document until restrictions are relaxed or removed.

We understand that participants (and parents/guardians of participants) may have concerns with participating in Lacrosse activities during this time. We strongly recommend that a common sense approach be taken and if you have individual concerns, please contact us directly and remove yourself and/or your child from Lacrosse activity until you are comfortable to return. We will understand the concerns raised and will work with our families to ensure their concerns are handled appropriately.

Legacy has been in a combination of phases 1 and 2 up to this time period. To continue to be aligned with COVID-19, this document introduces the NOTBLA's Phase 3. As of August 24, 2020, entered the "Progressively Loosen" Phase of this plan as detailed in the NOTB Activity Chart. In the Progressively Loosen Phase, there can be careful increase to the number of contacts and contact intensity in our sport.

The focus of this document is to provide guidelines and considerations for the NOTB's Progressively Loosen Phase as it relates to and Lacrosse activities. Everyone plays an important role in gradually returning to activities safely. When organizations are making decisions about return to play in Phase 3, it is advised to start conservatively and slowly introduce new activities within this phase.

As public health guidance directs, we may move between phases and Lacrosse associations/clubs must prepare to respond to these changes. Any movement between phases will be decided through collaboration with NOTB, the Provincial Health Office and the NOTBLA.

Thank you to the Long Island Lacrosse community for your passion and love of our great game.

ABOUT THIS DOCUMENT

The information contained in this document is in effect as of November 2, 2020 with NOTB's announcement into the Progressively Loosen Phase for box lacrosse. This document is intended to prepare players, parents, coaches, officials, administrators, clubs and leagues for a gradual return to activity through physical distancing and safe Lacrosse activities. Hygiene and return to Lacrosse protocols will be reviewed on an ongoing basis and may be updated as new health and safety information becomes available.

While preparing this document, the NOTBLA Return to Lacrosse committee members and focus groups collaborated and learned from other agencies, Lacrosse Member Associations (MAs) and other's adopting some of the best practices being applied by other organizations facing similar challenges.

HOW TO USE THIS DOCUMENT

1. RISK ASSESSMENT & MANAGEMENT

COVID-19 is an extremely contagious respiratory illness. The CDC has recommended preventative measures to reduce the spread of COVID-19 in accordance with best practices

published by CDC health experts; however, the NOTBLA cannot guarantee that participants will not become infected with COVID-19 from participation in lacrosse activities. Further, participating in Lacrosse activities could increase the risk of contracting COVID-19. Liability waivers have been introduced to for registration processes to make our participants aware of the risks associated with the transmission of COVID-19 while participating in return to Lacrosse activities. These liability waivers are intended to hold harmless and indemnify the releasees from any and all liability for damage, loss, expense, or injury resulting from participation in NOTB. NOTB liability waivers must be signed by all participants during the registration process before entering all facilities. These waivers ensure that all participants understand the risk associated with Lacrosse activity at this time.

Since publishing the Return to Lacrosse Phase 1 Guidelines June 11 , we have compiled resources available to navigate a progression to safely return to Lacrosse while remaining committed to prioritizing the health and safety for the NOTB Lacrosse community. This guide builds upon the general requirements to create a safe environment to protect NOTB members at all levels and disciplines. We recognize that players, coaches, officials and team staff and administrators will continue to play an important role in combating the transmission of COVID-19, which will allow us to return to Lacrosse in the safest manner possible.

NOTB's Guidelines stipulate that any Return to Play plan must be based on a risk assessment and analysis that considers the risks presented by the type of activities and the place where the activities occur, who is involved and their risk profile, and what measures can be implemented. CDC health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

Contact intensity – how close you are to someone and for how long.

Number of contacts – how many people are in the same setting at the same time.

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest

1. **Physical distancing measures** – to reduce density of people, (number and duration of contacts)
2. **Engineering controls** – physical barriers, increased ventilation, traffic flow
3. **Administrative controls** – rules and guidelines
4. **Non-medical masks** (and other PPE)

This document includes information on all these controls as they relate to Lacrosse activities.

Phased Approach

- A safe return to Lacrosse will take place in phases that align with public health authorities and NOTB Guidelines about the safe resumption of activity.
- As public health guidance directs, we may move between phases and Lacrosse associations/clubs must prepare to respond to these changes.

- Public health restrictions will always guide what is allowable in your community. The duration and dates of each phase will be determined by CDC and government guidelines.
- Resuming activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the State. Lacrosse associations/clubs need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the CDC and Regional Health Authorities.
- Any movement between phases will be decided through collaboration with the CDC and announced by the NOTB. Do not move from one phase to another on your own or without approval to do so.

2. HEALTH AND SAFETY PROTOCOLS – GENERAL

Health and safety are our priorities in establishing and informing our Return to Lacrosse guide. This information applies on a provincial base but it is very important to recognize that some health and safety protocols could vary at the regional or municipal level. This document should be used in concert with public health authority guidelines.

NOTB's Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document:

FIVE PRINCIPLES FOR EVERY SITUATION

Personal Hygiene:

- Frequent hand washing,
- Cough into your sleeve.
- Wear a non-medical mask.
- No handshaking

Stay Home if You Are Sick:

- Routine daily screening.
- Anyone with any symptoms must stay away from others.

Environmental Hygiene:

- More frequent cleaning.
- Enhance surface sanitation in high touch areas.
- Touch-less technology.

Adhering to all health agencies and safety regulations:

- Maintain a 6 feet physical distance measure at all times.

- Frequent hand washing with soap and water. Alcohol-based hand rubs/hand sanitizer can also be used.
- Reduce touch points (equipment, facility, etc.)
- Do not touch your face, eyes, nose or mouth with unwashed hands.

4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing, and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission. The differences between cleaning, sanitizing and disinfecting are outlined below. When used in combination, cleaning, sanitization and disinfectants can significantly reduce the spread of COVID-19, keeping our participants safe.

Cleaning: refers to the removal of germs, dirt and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Sanitizing: Sanitizers are used after cleaning to reduce the level of bacteria to a safe level when following the manufacturer’s instruction for concentration and contact time. Sanitizers are most commonly used on contact surfaces where food may be prepared or consumed.

Disinfectants: Disinfectants are different from sanitizers in that they have a greater ability to destroy bacteria, viruses and molds. Disinfectants are used at a higher concentration and require a longer contact time than sanitizers. If a disinfectant is used on a food contact surface, it may need to be rinsed off with water. This process does not necessarily clean dirty surfaces or remove germs.

5. TOUCH POINTS – Suggested Cleaning and Disinfecting Areas

High Touch and Heavily Soiled Areas

- Door knobs, door push bars, door handles, gate handles
- Hand rails
- Light switches
- Phones/tablets
- Toilets, paper towel dispensers, sinks

All Other Surface Areas

- Tables
- Counters ☐ Chairs
- Floors

Lacrosse-Specific Touch Points

Athlete protocols

Balls

- Only touch the ball with your stick. If need to touch MUST wear gloves.

Stick

- Only use your own stick.
- Wipe down with disinfectant before and after use.
- Do not touch/lend/borrow other player's sticks.

Documents

- If a document needs to be signed, should disinfect pen before and after use.

Tablets / Phones

- Only use your own device— placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity.

Personal Equipment

- **DO NOT** Share ANY Equipment
- Put gear on at home or dress near your own vehicle, prior to proceeding to the facility.
- Do not remove any equipment in the activity area.
- On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms).
- A clean plastic bag should be used to separate cleaned and soiled equipment.
- Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.
- Equipment (jersey, shorts, socks, t- shirts, etc.) should be washed after each session.
- Equipment that cannot be easily washed (kidney pads, shoulder pads, helmet, goggles, gloves, etc.) should be removed from participant's bag and sprayed and/or wiped with disinfectant.
- ***Keep your Lacrosse gloves on at all times!**

Helmets

- Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. As above.

Water Bottles - NEVER SHARE

- Each player must have their OWN clearly marked water bottle with their first and last name (must be filled at home).
- Must have spout or straw in order to aim into mouth while still wearing helmet.

Equipment Bags

- To be left in vehicle or in designated space within facility.
- A clean plastic bag should be used to separate cleaned and soiled equipment.
- Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off

Entering facility

- All athletes must be fully dressed before entering facility.
- Assist/remind your child with putting on their equipment at your vehicle, prior to going to the facility.

- All gear should be put on near your own vehicle, prior to proceeding to the facility.
- Athletes will be asked to enter front door of facility.
- Do not remove any equipment in the activity area.
- Please remind athletes to maintain 6 feet distance and to be fully dressed.
- Temperature checks will be taken by NOTB staff upon entrance.
- Washing hands is strongly encouraged whenever contact is made with any equipment or surface.

Exiting facility

- On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms).
- A clean plastic bag should be used to separate cleaned and soiled equipment.
- Wipe down and disinfect equipment when at home.
- Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off. *Keep your Lacrosse gloves on at all times!
- Athletes will leave it on once the event is completed and return to vehicle to take off equipment.
- Parents should help players wipe down and disinfect equipment when at home.

Spectators

- There will be ***NO spectators*** allowed in the facility.
- Parents must drop off and leave the facility. There is ***no parking*** in the facility area.
- Parents will be asked to pick up athletes after event is over.

6. HEALTH AND SAFETY PROTOCOLS – ATHLETES/TEAM PERSONNEL

Athletes (Parents/Guardians) Responsibilities

- Adhering to all health agencies and safety regulations and guidelines.
- Participant safety is the top priority at all times.
- Must adhere to all health and safety guidelines as outlined by the State public safety guidelines and health restrictions in the local municipalities.
- Promote good hand hygiene (washing & sanitizing) before and after activities.

Facility safety measures

- The size of the training area determines the number of participants allowed in order to remain an appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored. There are restrictions for group sizes, so there must be care and coordination shown when arriving and departing from facility, and adherence to protocols outlined in this guide, by all health agencies and additional municipal guidelines that may be in place.

- Follow municipal guidelines and regulations for all facilities.
- Understand and implement cleaning, disinfecting and sanitizing protocols designed by the facility and what protocols are the responsibility of NOTB.
- There will be a cleaning schedule to ensure the venue and equipment is clean; wiping/sanitizing surfaces and equipment regularly with disinfectant before and after training.
- Facility managers have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed containers for safe deposit of hygienic materials.
- Separate entrance and exit to facility for arrivals and departures – require signage.
- Maintain 6 feet physical distancing measures.
- Washroom availability is available.
- Common areas and facility equipment allow for 6 feet physical distancing between participants.