

Sunset Youth Lacrosse

COVID-19 Return to Play

We are asking that our board, coaches, players, and families follow these guidelines.

Club Responsibilities

- Adopt a Return to Play plan, submit to any party as required; share with coaches, players and parents; and post on our website.
- Adopt the US Lacrosse Waiver/Release for Communicable Diseases including COVID-19 and ensure all coaches and parents/guardians sign it prior to participation in any event.
- Capture information during registration or onsite that supports contract tracing: player name; drop/pick up time; family member doing drop/pick up and contact info; staff info.
- Designate a primary person to communicate updates on local COVID-19 requirements to coaches and parents/guardians as needed.
- Track attendance at events.
- Provide a process for coaches and parents/guardians to notify SYL if they or a player is found to have COVID-19. In addition, notify the local public health authority (LPHA) of any confirmed cases among coaches or players.
- Should a player have or be directly exposed to COVID-19, work with the family to determine eligibility to return to play.
- Monitor guidelines from the Oregon Governor and Oregon Health Authority.
- Remind coaches, players, and families of healthy behavior while on the field/at the facility.
- Create stable (same week to week) cohorts of 10 or fewer players, and limit the number of cohorts per event as required by the Governor, OHA, etc.
- Provide sanitation stations at the field/facility.

Coach Responsibilities

- Follow any guidelines noted in the Club Responsibilities section.
- Monitor personal health - stay home if you feel sick.
- Complete the health survey on the day of an event, prior to arrival.
- Wear a face mask, shield or covering once at the field or facility.
- Practice social distancing yourself and ensure among players. There is no physical contact during play as well as before or after the event.
- Wash or sanitize hands before and after the event, and between work with different cohorts.
- Ensure all players have their proper equipment; ensure only they and other coaches handle team equipment.
- Notify SYL if you are found to have COVID-19 or have been directed to isolate/quarantine due to exposure to COVID-19.

Player Responsibilities

- Follow any guidelines noted in the Club Responsibilities section.
- Monitor personal health - tell your parent/guardian and stay home if you feel sick.
- Arrive no more than 15 minutes before the event so that your temperature can be taken.
- Wear a face mask, shield or covering once at the field or facility; players are required to wear this when participating, both indoor and outdoor, when six (6) feet of physical distance cannot be maintained.
- Practice social distancing. There is no physical contact during play as well as before/after the event.
- Wash or sanitize hands before and after the event.
- Ensure you have your proper equipment; be fully dressed and leave your bag in the car.
- Bring your own water; do not share with other players.
- Do not handle team equipment. Balls are to be picked up with gloves or stick only.
- Have your parent notify SYL if you are found to have COVID-19 or have been directed to isolate/quarantine due to exposure to COVID-19.

Parent Responsibilities

- Follow any guidelines noted in the Club Responsibilities section.
- Familiarize yourself with and share with your player these guidelines before attending any event.
- Monitor personal health of your player - keep her/him home if s/he feels sick.
- Complete the health survey on the day of an event, prior to arrival.
- Avoid carpooling if possible.
- Arrive no more than 15 minutes before the event so that your player's temperature can be taken.
- Wear a face mask, shield or covering once at the field or facility.
- Once your player is checked in and cleared to play, depart the facility. No congregating on the sidelines, in the facility or parking lot.
- Ensure your player has the proper equipment; s/he should be fully dressed and not have anything more than required equipment and water.
- Bring water for your player.
- Notify SYL if you are found to have COVID-19 or have been directed to isolate/quarantine due to exposure to COVID-19.

Field / Facility Guidelines

- Sanitation stations will be provided/present.
- Water bottles will be distanced as well.
- Establish separate Entrance and Exits at the facility and field.

Event Guidelines

- Coaches and players must be healthy as defined by our survey on the day of the event, have their temperature checked at the field/facility, and not have a fever of >100.3 .

- At the conclusion of the event, players need to gather equipment and leave the field/facility.
- Coaches will ensure equipment and garbage has been cleared.