



STEPS Lacrosse, LLC Return to Play Guidelines and Resources

This document is meant to serve as a guideline and resource for STEPS Lacrosse, LLC as it applies to its Return to Play policies.

The document includes an explanation of all stages of Return to Play beginning with our Virtual Program through the eventual return to multi-team events/tournaments.

These stages are fluid and will always follow government regulations and guidelines as well as governing body guidance.

STEPS Lacrosse, as part of our company mission, highly values the health & safety of our players, coaches and parents. This value inspires this document as well as guides the protocols established. We ask that all please keep this in mind and adhere to all guidelines.

Stage 1: April 2020 - June 19, 2020 - Virtual Training

Our virtual program is focused on meaningful player engagement while adhering to the NJ State guidelines of the Stay At Home order (nj.gov). The virtual program includes the following:

- ZOOM meetings with players and coaches
- Film Breakdown
- Google Classrooms for each grade level as appropriate with expected workout targets
- At Home Workouts developed specifically for STEPS by our staff and alumni
- Individual video submissions and evaluations by coaching staff
- Social Media Competitions
- Additional Zoom meetings for our players on the collegiate athlete experience featuring STEPS alumni
- Zoom meetings with players and parents to explain the recruiting process as well as keep all apprised of on-going changes in NCAA regulations regarding the recruiting process

Stage 2: June 22, 2020 - Socially Distanced Training

The Centers for Disease Control and Prevention recommends physical distancing of six-feet between people and the wearing of personal protective masks as fundamental interventions that prevent the spread of COVID-19. These interventions have become widely adopted and STEPS Lacrosse will follow these guidelines during our Stage 2 Return to Play. (usl.org)

Our socially distanced training will follow the general understanding that young players huddled together for instruction or groups of non-participating players socializing on the sidelines represent greater infection risks and are examples of traditional practice plans that must be eliminated. Therefore, our model will follow strict procedures without exception.

These procedures include:

Social Distancing Guidelines

People (players, coaches, staff, parents/caregiver)

- Staggered schedules to limit contact between groups and/or players.
- Training will consist of no more than 25 people at one field (including players and coaches).
- Players will be kept 6 feet apart from the time they arrive through pick-up. This includes all on field training.
- Masks/face coverings are to be worn at drop-off, any off-field instruction, and pick-up. The exception to wearing a mask/face covering is when players are on the field training. Coaches and other personnel present at training will follow these same mask/face covering guidelines.
- Training is limited to non-contact activities, i.e. individual skills, fitness, etc.
- No physical contact including huddles, high fives, etc.
- Only players rostered on a specific team will train together.
- Parents/caregivers must follow government social distancing guidelines and are asked to stay in their vehicles when comfortable. If parents wish to watch practice, they must maintain adequate social distance at all times and must be far enough away from the group, so they are not counted as part of the gathering.

Equipment

- Players will arrive with all personal equipment ready to play.
- Player's water and equipment must not be shared and will be kept at least 6 feet apart to ensure breaks are also properly distanced.
- Hand sanitizer will be available for players to use before, during, and after practice.
- A bag of balls will be assigned to each team and will be cleaned prior to and at the conclusion of practice.

- It is recommended that players disinfect their own equipment at the conclusion of every practice.

Black River Site Plan

- Field maps (see appendix): Each team has been assigned a field and will be instructed to proceed directly to the field upon arrival. Fields will be clearly marked with signs. It is to be understood and will be enforced that players do not congregate with other players who are not on their team or at their field location prior to, during, or at the conclusion of practice.
- Ingress/Egress Plan: Parents/caregivers will follow field-map signage for drop-off/pick-up and are asked to park as close to their player's field as possible.
- Teams entering fields for training should wait until all players from previous practice have left.
- Signage on site: Field numbers

Stage 3: (Tentative Date June 29)

Simulated Game Situations

- Increasing intensity and competitiveness in drills
- Game-specific drills

Stage 4: (Tentative Date July 6)

Larger group gatherings with competitions/practices with other teams from same locale

- Increasing intensity and competitiveness
- Contact allowed
- Competition with teams from same locale to limit athlete exposure

Stage 5: (Tentative Date July 10)

Return to Multi - Team events /Tournaments

- Full competition resumption with teams from varied geographic areas

Stages 3, 4 and 5 represent that stage of return to play where contact increases as well as number of individuals permissible on a site. These stages are fluid and may occur simultaneously based on the advice of local and state health guidelines.

Cooperation & Responsibility for all stages

Each stakeholder as outlined below has a responsibility to cooperate within the framework of this plan. STEPS Lacrosse emphasizes the need for cooperation and an acceptance of responsibility from all members of our lacrosse community--we will be safer when we work together to minimize risks.

Club

- Distribute and post *Return to Play* protocols
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play
- Train and educate all stakeholders in the stages of *Return to Play* protocols
- Provide adequate field space for social distancing, as outlined in this document, as applicable to the various phases

Coach

- Follow all *Return to Play* protocols
- Send players home if they are not feeling well
- Ensure all players have their own individual equipment
- Ensure activities provide adequate social distancing, as applicable
- Respect players, parents and families by accommodating those that may not yet be comfortable returning

Parent

- If you are not comfortable having your child return to play, **DON'T**
- Check child's temperature prior to attending any activities
- Ensure child's clothing is washed after every activity
- Ensure all equipment is sanitized prior to any activity
- Notify Club/coach if your child becomes ill for any reason
- Supply your child with individual sanitizer
- Adhere to all social distancing expectations
- Ensure your child has plenty of water

Player

- If you are not comfortable with returning to play, **DON'T**
- Adhere to all *Return to Play* protocols
- Wash hands thoroughly before and after all activities
- Ensure all equipment is sanitized prior to any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment, bags, etc. at least 6 feet apart

- No High Five's, handshakes, knuckles, or group celebrations

Safety Guidelines for all stages

The following CDC recommendations will be followed, regardless of the Return to Play stage:

- Stay at home if you (or a member of your immediate household) are feeling sick or experiencing the following COVID-19 symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 degrees F/37.9 degrees C
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell(additional less common symptoms can be found at [cdc.gov](https://www.cdc.gov))
- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- Thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Have sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
- **If capability exists**, temperature of participants should be taken using an infrared thermometer. Anyone with a temperature of 100.3 degrees or more should be sent home and evaluated by a licensed medical professional before being cleared to participate.
- Arrive dressed and ready to train.
- Minimize use of changing rooms, bathrooms, communal areas.
- Eat off-site. Bring your own water bottle.
- Any tasks that can be done at home, should be done at home (recovery sessions, online meetings).
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Follow the public health guidance of the host location for the lacrosse activity, when determining what necessary return to play and risk mitigation plan to follow.
- Each program should assign a designated safety or hygiene coordinator as the point of contact for all COVID-19 information, education and hygiene protocols. (See resources)
- Establish a CAP (COVID-19 Action Plan), to determine what steps you need to take, should an athlete, coach, or family member get sick or test positive for COVID-19.

COVID-19 Action Plan for all stages

A plan to determine what steps will be taken should a player, coach, or family member get sick or test positive for COVID 19.

Common COVID 19 symptoms include but are not limited to: [cdc.gov](https://www.cdc.gov)

- Cough
 - Fever
 - Sore Throat
 - Shortness of breath
 - Close contact with a COVID-19 positive
 - Temperature
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- Participant Screening Procedure
 - A Paper Athlete admittance ticket is mandatory every session.
 - This ticket will include all personal data including: name, date, team as well as answers (Y or N) to medical questions and a parent signature.
 - This ticket will be completed by a parent/guardian prior to releasing the athlete to practice.
 - If the ticket is not submitted, the athlete will not be admitted to practice.
 - In addition to the admittance ticket all athletes, coaches, staff and others participating in the sessions will be temperature checked with outdoor rated infrared thermometers and required to answer the health questionnaire

 - Player has shown symptoms of illness during practice
 - Player will immediately be removed from the field and escorted to a segregated medical tent.
 - Parent/guardian will be contacted to pick-up the player immediately.
 - Player will be advised to see a medical professional.
 - A medical professional will determine if COVID 19 test is necessary.
 - Player will be admitted to practice with medical clearance and a note from a medical professional.
 - STEPS Lacrosse families will be notified of occurrence.

 - Player/Coach/Family Member has tested positive for COVID 19 ([cdc.gov](https://www.cdc.gov))
 - Stay at home.
 - Contact STEPS Lacrosse immediately with the date of positive test result.
 - STEPS Lacrosse will contact all STEPS families and staff immediately and begin contact tracing protocol.
 - STEPS Lacrosse will contact the local and state health officials and follow all local and state protocols.
 - Those most at risk will be advised to self-quarantine, monitor symptoms and return to play only when safe and appropriate. ([cdc.gov](https://www.cdc.gov))

TSI COVID Waiver and Tracking

The documents are required for all players and/or coaches to return to play. These documents are necessary for contact tracing and player/coach safety.

- Player COVID 19 waiver: Parents/legal guardians are required to sign the STEPS Lacrosse LLC Waiver/Release For Communicable Diseases Including COVID 19 waiver in our registration system on behalf of their STEPS player prior to in person training beginning June 22, 2020.
([NJ Girls Link](#)) ([NJ Boys Link](#)) ([Philadelphia](#))
Any player without a waiver signed will not be permitted to participate in any STEPS training, playday, or tournament events.
- Coach/Assistant Coach COVID 19 waiver: Coaches and assistant coaches are required to sign the STEPS Lacrosse LLC Waiver/Release For Communicable Diseases Including COVID 19 paper waiver prior to in person training beginning June 22, 2020.
([NJ Girls Link](#)) ([NJ Boys Link](#)) ([Philadelphia Link](#))
Any coach or assistant coach without a waiver signed will not be permitted to participate in any STEPS training, playday, or tournament events.
- STEPS Lacrosse Daily Athlete Admittance Ticket: see detailed explanation in COVID 19 Action Plan above. (see appendix)

Appendix

- Center for Disease Control and Prevention: www.cdc.gov
- State of New Jersey Department of Health: www.nj.gov
- US Lacrosse: www.uslacrosse.org

STEPS Lacrosse
Athlete Admittance Ticket

Parents/Caregivers complete the Athlete Admittance Ticket before EACH practice.
Players without a ticket will NOT be allowed to participate. **NO EXCEPTIONS!**

Player First Name

Player Last Name

Team: _____

Player temperature prior to attending practice: _____

Does the player live in the same household or have close contact with someone who in the last 14 days has been in isolation for COVID-19 or had a test confirming the virus. **Yes No**

Has the player or anyone in the family (household) been in contact with someone who has tested positive for COVID-19 in the last 14 days? **Yes No**

Has the player exhibited any of the following symptoms today (or within the last 24 hour) which cannot be better explained by another condition?

Fever	Yes	No	Difficulty Breathing	Yes	No
Chills	Yes	No	Unusually Weak/Fatigued	Yes	No
Repeated Shaking/Shivering	Yes	No	Loss of Taste or Smell	Yes	No
Cough	Yes	No	Muscle Aches or Pain	Yes	No
Sore Throat	Yes	No	Runny/Congested Nose	Yes	No
Shortness of Breath	Yes	No	Diarrhea	Yes	No

Please provide additional information if symptoms present are better explained by another condition (e.g. exercise induced muscle soreness, diagnosed seasonal allergies).

If the player is experiencing any of the above symptoms prior to practice, without an explanation not related to possible COVID-19, the player is required to STAY HOME from practice until symptom free.

I certify to the best of my knowledge; this information is accurate.

parent/caregiver full name printed

date

parent/caregiver signature

STEPS Lacrosse LLC

WAIVER / RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19

In consideration of being allowed to participate in a STEPS Lacrosse LLC event ("STEPS Event"), the undersigned acknowledges, appreciates, certifies and agrees that:

1. My participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness, injury, and death does exist.
2. If I have a pre-existing health condition, exposure to COVID-19, or any other infectious disease may be more likely to cause serious illness, injury, or death;
3. STEPS Lacrosse cannot ensure that all other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants, coaches, and volunteers, and therefore, participation in a STEPS Lacrosse Event involves risk of exposure to infectious disease; and,
4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
5. I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.
6. I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.
7. I willingly agree to comply with all recommendations provided by STEPS Lacrosse to ensure safe play. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest coach, staff member or volunteer, or official immediately; and,
8. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS STEPS Lacrosse LLC, and their partners, officers, officials, agents, and/or employees, other participants, volunteers, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____

Participant signature (IF 18 OR OLDER): _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: _____ Parent

guardian/signature: _____

Date signed: _____

- Black River Site Plan
- Prominent Hygiene Signage throughout the facility in highly visible locations with reminders regarding social distancing protocols
- Routine and frequent sanitization and disinfecting, particularly of high touch surfaces in accordance with CDC recommendations
- Limit occupancy in restrooms that remain open to avoid over-crowding, maintain social distancing through signage and, where practicable, utilize attendants to monitor capacity
- A dedicated bathroom hygiene attendant will be on site the entirety of the time, cleaning and disinfecting after each use.
- Each field will have a hygiene station
 - Hand Sanitizer
 - Wipes
 - Extra Masks
 - Gloves
 - Thermometers
 - Med-Kit
 - Ice packs



Signage:

ATTENTION!

- ◉ **DO NOT ENTER**
If You Are Sick
- ◉ **Face Covering Must**
Be Worn At All Times
- ◉ **Social Distance**
Maintain 6 Feet
- ◉ **Wash Hands Regularly**
- ◉ **Avoid Physical Contact**
With Eachother