

Covid-19 Procedures
Kingwood Ladies Lacrosse



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Overview

Kingwood Ladies Lacrosse is committed to keeping our daughters as safe as possible during this pandemic. Our goals with these procedures is to mitigate the risk for all participants in the ongoing COVID-19 environment and to provide program leaders, coaches, players, families, referees and volunteers with medically informed guidance and protocols.

Please note, however, that the guidance presented within these procedures is meant to supplement – *not replace or supersede* – any local, state, regional, or federal laws, rules, and regulations. Furthermore, these guidelines are not intended to replace professional medical advice, diagnosis, or treatment by a licensed medical professional.

The information regarding the prevention and treatment of COVID-19 is ever-changing. Kingwood Ladies Lacrosse will seek continual guidance from public health officials and medical professionals to customize and regularly update our procedures and protocols. We firmly believe that if all members follow these guidelines, together, we can create a safer environment and be able to have a complete lacrosse season.

Important Risk Considerations

Before starting training or games, all participants should consider the risk associated with COVID-19 being spread between all players, coaches, officials, facilitators, and spectators. To ensure the safest possible environment for our players to continue participating in practices and any competition, Kingwood Ladies Lacrosse is asking all members to follow these recommendations and protocols. The more physical or close contact that occurs, the higher risk there is in spreading illness. The more interactions, the physical closeness of the interactions and the length of interactions, the higher the risk of transmission spread. Therefore, risk will depend on the type of activity. Activities that require close interaction, indoor spaces, and the sharing of equipment or contact points will make it more difficult to maintain social distancing. These interactions will increase risk of transmission.

General Recommendations

CDC recommendations

General hygiene practices can reduce the risk of spread of infection. The following [CDC recommendations](#) should be followed. They currently include:

Stay at home if you 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 100.4 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list does not include all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Best practices

The following practices should be reinforced to mitigate the transmission of any infectious disease.

- Avoid touching your face
- Frequently [wash hands](#) with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when unable to social distance. A face mask is not required when a player and/or coach are exercising, competing, or practicing.
- Understand [how to wear a face mask properly](#)
- Frequently [disinfect](#) commonly used surfaces and equipment
- Avoid contact with other individuals (shaking hands or high fives)
- Maintain [social distancing](#) of 6 feet between you and others
- Outdoor spaces pose less risk than indoor spaces
- Individuals with a [higher risk](#) (including players, coaches, officials, and spectators) should assess their risk level and limit exposure.

What to do if you are sick

A complete list of recommendations for anyone who might have COVID-19 can be found on the [CDC website](#). These currently include:

- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical attention. Do not leave your home, except to get medical care. Do not visit public areas.
- Separate yourself from other people.
- Monitor your symptoms.
- Stay in touch with your doctor. Follow care instructions from your healthcare provider and local health department.
- If you have an [emergency warning sign](#), get emergency medical care immediately

General guidance on practices and training

Safety Protocols

- Face masks should remain on until appropriate distance can be maintained, or players have started practice/game. (Humble ISD requires that all players and coaches must wear their masks until they take the field for practice. This includes while in transit from vehicle to field)
- Parents should remain in their vehicles when dropping off and picking up players.
- Six (6) feet for Social Distancing should be maintained whenever possible
- Outdoor spaces are safer than indoor spaces
- Choose well-ventilated areas

Hygiene Protocols

- Coaches, referees, and staff wear face coverings when appropriate and per the Humble ISD guidelines listed above.
- Promote hand washing
- Avoid high fives or close celebrations

Other Ongoing Protocols

- Nobody should attend training or games if not feeling well or they don't feel safe
- At-risk individuals should stay at home
- Disinfect all equipment and surfaces after each use

Health Screening & Monitoring for Symptoms

Before participation, program technical staff, coaches, or designated board members will be obtaining confirmation from each player that:

1. They are not experiencing symptoms related to COVID-19.
2. They have not had close contact with anyone who has had a confirmed case within the last 14 days.
3. They are not restricted from participation by a healthcare provider.
4. They have filled out the Team Snap Health Assessment check and are cleared to participate.

Any individual who cannot confirm these criteria should be restricted from participation.

Spectators

No spectator should attend a game if they are displaying symptoms of COVID-19.

What to do if someone tests positive

The CDC recommends the following actions if someone on your team, club, or at your facility gets sick.

- **Communicate criteria to begin home isolation**
 - Sick coaches, staff, officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
 - Individuals who are sick should go home or to a healthcare facility, depending on the severity of their symptoms.
 - Individuals who have had close contact with a person who has a suspected or confirmed case should also be separated and sent home.
 - Isolate and transport anyone who is sick
 - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.
- **Clean and Disinfect**

Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- **Notify Health Officials and Close Contacts**
 - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials while maintaining confidentiality.

Kingwood Ladies Lacrosse Reporting Protocols

1. Any individual with a suspected case of COVID-19 should notify the team coach immediately.
2. The coach, if there is a suspected case of COVID-19, should notify the board immediately.
3. Once notified of a suspected case of COVID-19 in a player, staff member, coach, or referee, the club should contact anyone within the club who may have had contact with that individual in the 14 days prior to the diagnosis of COVID-19. Please follow confidentiality requirements.
4. Once notified of a confirmed case of COVID-19 in a player, staff member, coach, or referee, the club should notify any other organization/teams involved in competitions with that individual in the 14 days prior to the diagnosis of COVID-19.
6. Once notified of a confirmed case of COVID-19 in a player, staff member, coach or referee, the club should notify the South District of the Texas Girls High School Lacrosse League (TGHSLL).
7. If our team has 2 or more confirmed positive cases of COVID-19, it will be considered to have an outbreak and we will pause team activity until all participants have completed a self-quarantine according to CDC guidelines.
8. All reporting should maintain confidentiality in accordance with the American with Disabilities Act (ADA) and other applicable laws and regulations.

When to return to play following a confirmed or suspected COVID-19 infection

We used the CDC's criteria to [discontinue home isolation and quarantine](#) as a guide to inform our policies.

These recommendations are intended to guide decision-making regarding participants with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission and can change. Checking with health care providers is always recommended before returning to any activity.

Symptomatic or asymptomatic player, coach, official or staff member with suspected or laboratory-confirmed COVID-19 infection cannot attend training, games, or events until at least one of the following requirements have been met:

- 1) At least ten (10) days have passed since symptoms first appeared.**
- 2) At least three (3) days (72 hours) after all symptoms have passed.**
- 3) Negative results of an authorized SARS-CoV-2 test from at least two consecutive samples collected at least 24 hours apart.**
- 4) At least fourteen (14) days since the date of known exposure with no symptoms.**

The viral incubation period can last anywhere from 2-14 days after exposure.

Ultimately, we want full compliance with these procedures because we want all of our girls to stay safe and we also want to be able to play as much lacrosse as possible this season.