

PROTOCOLS & GUIDELINES FOR PLAY

Central PA Fusion Lacrosse Return to Play Procedures

Our Fusion Family players and their families' health and safety come first; our girls' physical and mental health are of utmost importance to us. Getting our kids outside, in fresh air and playing lacrosse safely is our goal. When our kids play, their body produces endorphins, which are a natural mood booster that can fight stress and depression. Feelings of empowerment, relaxation, and optimism follow. Play not only promotes healthy weight and cardiovascular fitness, but also enhances the efficacy of the immune, endocrine, and cardiovascular systems.

Fusion Lacrosse Club's approach for returning to play is based on the reopening guidelines issued by Governor Wolf, Department of Health Secretary Dr. Levine and CDC guidelines and US Lacrosse.

Our protocols and best practices do not ensure immunity from exposure, and Fusion Lacrosse Club makes no representations and assumes no responsibility for individual activity or participation decisions by parents or players.

General Hygiene & Safety Protocols

- Hand sanitizer will be available at all practices.
- No sharing of water, snacks or equipment.
- No shaking hands, high fives, fist bump, hugs, etc.
- No player or coach can attend if they are feeling sick.
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Can only return with a Doctor's approval. Must show notice to the club.
- All training equipment --cones, goals, flags etc. will be sanitized after each practice.
- Coaches to wear a face mask/stay 6ft apart if not vaccinated, per CDC guidelines
- Players may wear mask during activity at parents or players discretion.
- Player practice pinnies washed after every session.

Parents/Guardians

- Take your players temperature prior to each practice. **(Any temperature 100.4 F or greater is considered a fever)**
- If your player is showing any of the following signs, keep them home!
 - Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:
- Cough
- Shortness of breath
- Or at least two of these symptoms:



PROTOCOLS & GUIDELINES FOR PLAY

- Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste and smell
 - Gastrointestinal problems (nausea, diarrhea, vomiting)
 - Sore throat
 - Headache
- Comply with Commonwealth of Pennsylvania, Fusion Lacrosse club and any additional club directives or requirements.
 - Share information with your daughter.
 - No signs of COVID-19 for the player the past 14 days and no known exposure before sending her to training/practice. Sick players and coaches must stay at home and follow appropriate health guidelines.
 - Determine if you want your child to wear a face mask during training.
 - Sanitize and wash all equipment and uniforms after training
 - Pack hand sanitizer and a face mask in her bag.
 - Spectators are not essential to training and not recommended to attend.
 - Comply with social distancing and mask directives.
 - Direct your child to never share water, snacks or equipment.
 - Notify club and coach should your child become ill.

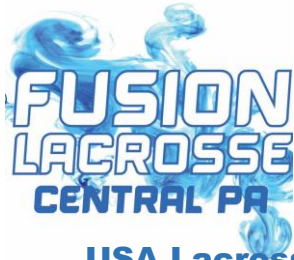
Coaches

- Comply with Commonwealth of Pennsylvania, Fusion Lacrosse Club and any additional club directives or requirements.
- Reinforce directives, policies and protocols as necessary with parents and players.
- Supply medical kits or bags with gloves, extra masks, sanitizer, and facial tissues.
- Each player's equipment at least six feet from each other.
- Coaches to wear a face mask/stay 6ft apart if not vaccinated, per CDC guidelines
- Players may wear masks during practice/training at their discretion.
- Sanitize all equipment after training.
- Minimize interaction with other teams that train before or after you. Emphasize that players should go straight to cars after practice.
- Be positive, fun and engaging. Help the players and parents acclimate and reintegrate.

Resources

CDC Guidelines

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



PROTOCOLS & GUIDELINES FOR PLAY

USA Lacrosse Guidelines

<https://www.usalacrosse.com/sites/default/files/documents/Safety/us-lacrosse-return-to-play-july-1-final.pdf>