



## COVID19 Action Plan (CAP) (Spring 2022)

The West Des Moines Lacrosse Club has fashioned the following action plan to ensure players and coaches play in a safe and thoughtful manner. This CAP addresses our planned play this spring although the timing and requirements of the resumption could change as well as this CAP.

The Club is staying abreast of federal, state and local public health guidelines and mandates. The Club will also follow local guidance from school districts, state athletic associations and US Lacrosse.

The Club is confident that with the cooperation of parents, players and coaches, the plan will help mitigate the COVID19 transmission risk and keep us on the lacrosse fields.

### General Guidelines

1. Each player must complete registration with The Club and have a current US Lacrosse membership before taking part in club activities. The COVID liability and hold harmless waiver has been incorporated into registration and thus agreed to upon completion.
2. Players, parents and coaches should be pre-screened at home before taking part in any practices, games or team activities. Players, parents, and coaches should stay at home if they are feeling sick or experiencing the following COVID-19 symptoms:
  - *Cough*
  - *Shortness of breath or difficulty breathing*
  - *Fever of 100.3 degrees or higher*
  - *Chills*
  - *Muscle pain*
  - *Sore throat*
  - *New loss of taste or smell*

*(Note: If uncertain about his or her health or whether symptomatic, the player, parent or coach should err on the side of caution and not attend the team activity.)*

3. Players should arrive dressed and ready to participate.
4. Masks will be worn at all times by coaches, managers, and any volunteers taking part in indoor team activities **who are not fully vaccinated**. All volunteers, athletes, spectators, and visiting teams are HIGHLY ENCOURAGED to wear face masks indoors, but are no longer required to wear them. Masks are not required when outdoors.
5. Players must bring their own water bottle.
6. Parents and players should sanitize their equipment after every use.

## Other Guidelines

1. The Club is proceeding with spring games as conducted during pre-COVID including local and travel games. All appropriate safety measures will be taken and local, state and school guidelines followed. All schedules are subject to change.
2. If a player or coach gets sick, tests positive, or is exposed to the virus, he or she must immediately notify the Club. If he or she tests positive or is exposed, the player or coach will quarantine themselves in accordance with public health guidelines, and not return to team activities until their quarantine period is over, and they have tested negative for the virus.\*
3. In the event the Club believes an infected or exposed player, coach, parent or official has taken part in a club activity, it will make a good faith effort to immediately notify those that have taken part in the event.
4. The Club will thoroughly communicate the CAP to parents, players, coaches, and officials, and will monitor compliance. It reserves the right to enforce compliance and will take corrective action if a participant fails to comply.

\* [CDC direction as of 1.4.2022](#): People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Additionally, CDC is updating the recommended quarantine period for anyone in the general public who is [exposed to COVID-19](#). For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

