

Nassau County PAL Lacrosse Return-to-Play Recommendations (as of 4/6/21)

Executive Summary

The attached recommendations have been developed based upon the latest guidelines from federal, state and local authorities.

The goal of these guidelines is to inform our member entities and units Nassau County Police Activity League Youth Lacrosse League as to the approach to participation at this stage of the COVID19 Pandemic in the Spring of 2021.

In order for the NCPALYLL to successfully carry out the season's schedule there are two essential recommendations (the goal is through cautious prevention and selected isolation/quarantine we can safely continue even as cases arise):

Screening and attendance of participants, coaches and game officials:

Each team should designate a trainer, assistant coach or parent as a COVID19 protocol compliance coordinator to:

- Receive from the parent of the participant an affirmation through text, email or in written form that the participant has answered the COVID19 questions (see attached) or has completed the steps required to obtain the "clear for class- symptom Free" or similar Covid-19 health screening app for that day (which shall include a temperature affirmation). Note that an affirmation that the participant attended in-person school (not virtually) will suffice given the pre-condition for school attendance and if such submittal has not been produced to the coordinator before participation record the participant's response to the COVID-19 questions (see attached) and confirm temperature using an infrared thermometer that displays that the individual does not have a fever of 100.4 (Fahrenheit);
- Receive from the coaches and officials a similar affirmation as to the answers to the COVID-19 questions and temperature check
- take team member, coach and official attendance (it is not necessary to take attendance of spectators) and store attendance in a manner for ready access and retrieval by the Director.

Isolation of COVID19 positive test recipients and quarantine of "close contacts":

Undertake, for 10 consecutive days during which there are no symptoms, isolation of a positive test recipient and quarantine of "close contacts"

Nassau County PAL Lacrosse Return-to-Play Recommendations (as of 4/6/21)

These recommendations of the Nassau County Police Activity Lacrosse League (NCPALYL) provide protocols as to the conduct of outdoor sports and have been designed to communicate best practices to reduce the risk of Covid-19 transmission to our players, coaches, officials and spectators.

It should be noted that COVID-19 is a highly contagious virus and it is not possible to eliminate the risk of transmission. Further, it has been demonstrated since the emergence of COVID-19 and its variants that certain parts of the population are more vulnerable to contraction of the virus with a greater risk of severe symptoms. In this regard we note that individuals aged 65 and above and, those with co-morbid medical conditions irrespective of age have a higher risk upon contraction of the virus of developing severe symptoms requiring more intensive treatment. It is recommended that for the individuals in these groupings that this potential vulnerability serve to heighten compliance with CDC and State Health Department protocols. Further, prior to two weeks after the final or only dose of a COVID19 vaccine, appropriate precautions should be implemented including possibly even refraining from attending NCPALYL events. Please see the CDC attending sports guidance below:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/attending-sports.html>

High Risk Sports Guidelines from DOH of the New York State Effective February 1, 2021, under the New York State Department of Health guidelines, participants in higher risk sports and recreation activities may partake in individual or distanced group training and organized no/low-contact group training. And further, may partake in other types of play, including competitions and tournaments, as permitted by the Nassau County Department of Health.

Social Distancing for players, coaches and other participants:

Social distancing should be practiced in combination with other [everyday preventive actions](#) to reduce the spread of COVID-19, including [wearing masks](#), avoiding touching ones face with unwashed hands, and frequently washing hands with soap and water for at least 20 seconds.

Social distancing, also called “physical distancing,” means keeping a safe space between you and other people who are not from your household (subject to the interactions of a sport). To practice social or physical distancing, stay at least 6 feet (about 2 arm lengths) from other people who are not from your household in both indoor and outdoor spaces

In the context of conducting an outdoor sport, where feasible (as best as can be maintained) social distancing should be practiced, except where the actual conduct of the sport itself (practicing, playing, coaching) requires a shorter distance. If a shorter distance is required, it is recommended that individuals wear face coverings, unless players are unable to tolerate such a covering during the physical activity (practicing, playing); provided however, that coaches, trainers, and/or other individuals who are not directly engaged in the sport or activity are wearing face coverings.

Face coverings:

Under New York State guidelines for sports participation a face covering is recommended unless its use cannot be tolerated.

The CDC recommends that face coverings/ masks be worn in public settings, events and gatherings, and anywhere one will be around other people. Here is a link that more fully describes face-covering recommendations from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

As per the CDC acceptable face coverings include but are not limited to cloth (e.g. homemade sewn, quick cut, bandana) or surgical masks.

Masks: Should have two or more layers of washable, breathable fabric and:

- completely cover the nose and mouth;
- fit snugly against the sides of the face without gaps; and
- have a nose wire to prevent air from leaking out of the top of the mask.

Gaiters: a gaiter with either two layers or folded to make two layers is acceptable. A face shield alone is not currently acceptable at this time (2/22/21) but research is ongoing. Scarves, ski masks and balaclavas are not acceptable substitutes for masks.

Physical Distancing and Masks for Spectators:

Spectators are expected to wear face coverings and maintain 6 ft. of distance from parties not in the same household unit.

Hygiene, Cleaning, and Disinfection:

Each game and practice site should adhere to hygiene and sanitation requirements from the Centers for Disease Control and Prevention (CDC) and New York State Department of Health (DOH) and venue providers should provide and maintain hand hygiene stations with an alcohol-based hand sanitizer containing 60% or more alcohol.

Screening and attendance of participants, coaches and game officials:

Each team should designate a trainer, assistant coach or parent as a COVID19 protocol compliance coordinator to:

- Receive from the parent of the participant an affirmation through text, email or in written form that the participant has answered the COVID19 questions (see attached) or has completed the steps required to obtain the "clear for class- symptom Free" or similar Covid-

19 health screening app for that day (which shall include a temperature affirmation). Note that an affirmation that the participant attended in-person school (not virtually) will suffice given the pre-condition for school attendance and if such submittal has not been produced to the coordinator before participation record the participant's response to the COVID-19 questions (see attached) and confirm temperature using an infrared thermometer that displays that the individual does not have a fever of 100.4 (Fahrenheit);

- Receive from the coaches and officials a similar affirmation as to the answers to the COVID-19 questions and temperature check
 - take team member, coach and official attendance (it is not necessary to take attendance of spectators) and store attendance in a manner for ready access and retrieval by the Director.
1. No one who feels sick or has any symptoms of COVID-19 should attend any sessions. Symptoms include but are not limited to fever or chills Cough, Shortness of breath or difficulty breathing, Fatigue, sore throat, loss of taste or smell, muscle or body aches.
 2. Anyone who has had "close contact" (see below) with a person known to have tested positive for COVID-19 or diagnosed with symptoms of COVID-19 within 10 days prior to the PAL activity should not attend any sessions.
 3. All individuals should disinfect their hands prior to and immediately after every session.
 4. Each team should clean and disinfect frequently touched surfaces and equipment (including balls, mouth guards, sticks, water bottles, helmets, eyewear, pads, uniform).
 5. All individuals are to bring their own face coverings, hand sanitizer and water bottles which may not be shared. Face coverings must be worn at all times and for players as well if it can be tolerated.
 6. Goalie Equipment it is advised that equipment should not be shared (if there is one set of goalie equipment it should be disinfected at halftime or between games). If the goalie equipment is for team use, it should be sanitized after the game.
 7. All participants should avoid post-game handshakes, huddles and mingling and should depart immediately following any session.
 8. Members of the same household unit should separate by 6 feet from other household units or other individuals and be masked.
 9. In the event of a lightning delay, athletes, spectators, and coaches will be asked to seek shelter in their cars and not in any buildings.
 10. "Together time" during practices, pregame/game/postgame should be kept to an absolute minimum and players should be moving/active as much as possible. Limit the time in huddles/in-person meetings.
 11. All players should get fully dressed and ready for practice or games at or near their car to minimize contact with other teammates, coaches and opponents
 12. While on the sideline or waiting to participate in a drill, players should maintain safe social distances

Protocol upon receipt of positive test as to COVID-19 transmission

If within 48 hours after a NCPAL event a participant is diagnosed with COVID-19 symptoms or tests positive with COVID-19 the coach and the program director and the NCPAL registrar shall be notified. Nassau County PAL Registrar can be reached at Registrar.ncpallax@gmail.com

Further, the appropriate County Department of Health shall be notified. The County DOH will inquire as to certain activities to determine close contacts with the participant with the positive test as to who should be quarantined. Nassau DOH phone numbers are 5162279570 and 516227 9697. The party diagnosed with COVID19 should be isolated.

Please note

Quarantine is the separation of people without symptoms who were exposed to a contagious disease to prevent them from further transmitting should they go on to develop the disease.

Isolation is the separation of people who have a contagious disease to prevent them from transmitting it to others.

Determining Close Contact-

Upon receipt of a positive diagnosis, an effort shall be made to identify close contacts of the party diagnosed which will usually be individuals from the team or the coaching ranks.

Based upon current knowledge, a [close contact](#) is someone who was within 6 feet of an infected person for a total of 15 minutes or more starting from 48 hours before illness onset until the time the patient is isolated. An infected person can spread COVID-19 starting from 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19.

In the outdoor sports context (assuming there otherwise is compliance with the protocols on mask and physical distancing) close contact during the PAL activity. For determining 15 minutes within 6 feet will oftentimes refer solely to the car ride to and from the event or events. It is recommended that when transporting participants from different households to and from PAL events that masks be worn and a window or windows open. Another consideration as to the close contact requirement is the aggregate of time together if a practice occurred prior to a game on consecutive days.

IF YOU HAVE COVID-19 SYMPTOMS – you were able to spread COVID-19 starting TWO DAYS BEFORE your first symptoms started. Notify the people you had close contact with during this time.

IF YOU HAVE NOT HAD SYMPTOMS – you were able to spread the disease starting TWO DAYS before your COVID-19 test was taken. Notify the people you had close contact with during this time.

Close contact is defined as any of the following interactions:

- Having direct physical contact with someone. (e.g. hug, kiss, handshake)
- Being within 6 feet of someone for 15 minutes total in a day.

- Having contact with your respiratory secretions. (e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)
- Living with or spent the night with someone

QUARANTINE REQUIREMENTS FOR EXPOSURE TO COVID-19; VACCINATIONS

The requirements of the Department of Health of the State of New York consistent with the latest Centers for Disease Control guidance require isolation/quarantine for 14 days (during which there are no COVID19 symptoms). For those who tested positive for COVID 19 or for those who were in close contact with an individual with COVID-19 provided the quarantine/isolation can end after 10 ten days, without a testing requirement, if no symptoms have been reported during the quarantine/isolation period. Individuals who cease quarantining/isolation on day 10 must continue daily symptom monitoring through Day 14 and are counseled to continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14.

As of April 1, 2021, [domestic travelers will no longer be required to quarantine](#) after entering New York.

If you have been on **quarantine** for a “close contact” with someone known to have COVID-19:

- a negative test does NOT release you from quarantine (unlike quarantine as to international travel restrictions where a test can serve to shorten quarantine).
- It is essential to wait 10 full days to make sure that no infection appears, even if you have no symptoms, before being released from quarantine.
- Quarantine should last 10 days from the last exposure to a person with known COVID-19.
- In addition, you should continue to monitor yourself for any signs or symptoms of COVID-19 for up to 14 days after that last exposure.

As per the CDC, vaccinated individuals who have been exposed to someone with COVID-19 do not need to quarantine if:

- They're fully vaccinated and at least two weeks have passed since getting the second dose of a two-dose vaccine or one dose of a single-dose vaccine.
- No more than three months have elapsed since the final dose of the vaccine. And
- They are without [symptoms of COVID-19](#) after the exposure.

FAQ's

When You Can be Around Others After You Had or Likely Had COVID-19

Updated Feb. 11, 2021

[If you have or think you might have COVID-19](#), it is important to stay home and away from other people. Staying away from others, helps stop the spread of COVID-19. **If you have [an emergency warning sign \(including trouble breathing\)](#)**, get emergency medical care immediately.

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

Note that these recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for “I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?”

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. [Persons who are severely immunocompromised](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Your doctor may work with [an infectious disease expert or your local health department](#) to determine whether testing will be necessary before you can be around others.

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after his or her last exposure** to that person.

- The best way to protect yourself and others is [to stay home for 10 days and be alert if symptoms develop for up to 14 days. If you think you've been exposed](#) to someone who has COVID-19 be vigilant and protect others from potential infection. However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does not need to stay home.
- Someone who has been fully vaccinated within the last three months and shows no symptoms of COVID-19

Or:

- Someone who has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

RESOURCES

Seek professional medical guidance and review federal, state, and local resources for more on health and safety guidelines

- [New York State Department of Health Interim Guidance for Sports and Recreation](#)

Review CDC Guidelines

- [Keeping Your Kids Safe Online During COVID-19](#) (US Center for SafeSport)
- [Symptoms of Coronavirus](#) (CDC)
- [Coping with a Disaster or Traumatic Event](#) (CDC)
- [Coronavirus Prevention & Treatment](#) (CDC)
- [Helping Children Cope with Emergencies](#) (CDC)
- [Coronavirus Travel Information](#) (CDC)
- [CDC - How does COVID-19 spread?](#)
- [CDC - How can you protect yourself and others?](#)
- [CDC - What do I do if I am sick?](#)
- [CDC - What does quarantine and isolation mean?](#)
- [CDC - How to wear a cloth face covering](#)

Model Participation Checklist:

NCPAL Participation Check List-

Every participant must complete this form if an affirmation as to a response to the COVID19 questions are not otherwise issued through a “Clear for Class” or similar message provided

Name: _____ Team _____

Date: _____

Location/Venue: _____

I checked Child’s temperature prior to leaving the house and it was less than 100.4 degrees

My child does not have a sore throat or other signs of illness such as diarrhea, severe headache, vomiting or body aches

My child has not been determined to be a “close contact” under NY state DOH/ CDCD Guidelines and if so determined to be a close contact the period of quarantine (10 days) has fully elapsed.

My child has not traveled internationally within the past 14 days

My child has not tested positive for Covid-19 in the last 14 days

I ATTEST THAT THE INFORMATION ABOVE IS TRUE AND ACCURATE.

Parent Signature: _____

Print last name: _____