



**PINNACLE
LACROSSE**
★ ★ ★ ★ ★ ★ ★

PINNACLE GIRLS LACROSSE CLUB OPERATIONS STANDARDS DURING THE COVID PANDEMIC

Pinnacle Girls Lacrosse Club acknowledges and takes very seriously the nature of the coronavirus and COVID-19 symptoms that can result. We also believe high school sports and the physical activity, collective effort and camaraderie they encompass are an important part of the physical, social, emotional, and psychological well-being of young women.

With these two beliefs in mind, PGLC is committed to conducting camps, clinics, workouts, and practices in a manner that:

- 1) Minimizes risks of coronavirus exposure for all participants, based on our evolving knowledge of the coronavirus and how it is transmitted.
- 2) Meets or exceeds fast-changing district, local, state and federal mandates.
- 3) Supports [Centers for Disease Control and Prevention](#) guidelines.
- 4) Complies with *Return to Play* standards as defined by U.S. Lacrosse's 12-person Medical Leadership Advisory Team.

General Guidance on Return to Play

The following CDC recommendations will be followed:

- All participants are expected to stay at home if they are feeling sick or experiencing the following COVID-19 symptoms, which may appear 2-14 days after exposure to the virus:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 degrees F
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell

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

- No sharing of equipment, water bottles, towels, mouthguards, eyewear, etc. by any participants before, during or after any PGLC event.
- Lacrosse balls should be picked up with the lacrosse stick whenever possible.

- PGLC will provide hand sanitizer on the sideline for use by any participant at any time. At a minimum, participants will be expected to sanitize their hands before entering and leaving the event.
- PGLC will strive to provide a safety and hygiene coordinator as frequently as possible to ensure coaches and participants follow these guidelines as rigorously as possible.

PLAYERS

- Players will strive to remain six feet apart at practice anytime they are not actively practicing, including putting on equipment, stretching, talking, warming up, taking water breaks, and packing up equipment.
- Once players arrive at the PGLC team event and exit their cars, they will be expected to wear masks fully covering nose and mouth. These masks will remain on until warmups begin.
- Once practice is complete, masks will be worn again over nose and mouth until the player re-enters their car.
- Players will regularly clean and disinfect frequently touched equipment (including mouthguards, sticks, water bottles, eyewear and pinnies).

COACHES

- Coaches will wear masks throughout practice any time they are within six feet of any participant, from the time they leave their car until they arrive back at their car.
- When coaches need to use a whistle during practice, they will stand at least 10 feet away from any participant before use.

PARENTS

- To minimize any congregating on the sidelines or in the parking lot at any PGLC event, parents dropping off or picking up their participants should remain in their vehicles at all times.
- No adults beyond coaches and supporting personnel should be present at any PGLC events, aside from official competition or games.
- PGLC will communicate additional guidelines for spectators clearly and in advance of any event or competition, in an effort to ensure everyone has an opportunity to enjoy the competition as safely as possible.
- In the event any spectator(s) refuse/s to comply fully and completely with the latest guidance, the PGLC event will stop and will not resume until the spectator(s) either complies fully with club guidance or returns to their vehicle.

By following these guidelines which will be updated as guidance and regulations change, PGLC will minimize the potential risk to players and participants while maximizing the many physical, social, emotional and mental benefits that regular exercise, teamwork and social interactions offer for young women.

US Lacrosse Stages of Return to Play

US Lacrosse has outlined five distinct stages of lacrosse activity, based on the local, state and federal guidelines. PGLC will follow these guidelines as we work to comply with PVUSD, AIA, City of Phoenix, State of Arizona and CDC recommendations.

Stage 1: At home individual training (mild risk)

Aligned with state/local public health guidelines that do not permit or recommend any size group gathering, outside of family members, in any public setting. At this stage, the community may be under a stay-at-home order by local or regional authorities. At this time, according to the CDC, there is large scale community transmission, healthcare staffing is significantly impacted, and there are multiple COVID-19 cases within communal settings like healthcare facilities, schools, mass gatherings, etc...

Goal: Hone sport-specific skills at home with individual drills that can be done in backyard or driveway. Prepare for sports participation with general cardiovascular conditioning, core work and body weight strength. Work on injury prevention activities, such as those offered in the US Lacrosse LaxFit course (free to members): <https://www.uslacrosse.org/coaches/coach-development-program/online-courses/laxfit>

Stage 2: Small group (less than 10) modified lacrosse activity or practice at outdoor facility (mild to moderate risk)

Aligned with state/local public health guidelines that allow for small group (under 10) gatherings in a public or private setting. At this stage, according to the CDC, there is widespread and/or sustained transmission with high likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

Goal: Continue conditioning with small, socially-distanced community based groups. Improve hand-eye coordination, footwork, shooting skills. Continue improving cardiovascular and lacrosse fitness in a supportive group setting for enhanced mental and physical health.

Stage 3: Medium group (less than 50) modified intra-squad scrimmages/practices with limited closeness and contact at outdoor facility (moderate risk)

Aligned with state/local public health guidelines that allow for under 10 people to gather in groups indoors at a time or up to 50 people to gather outdoors at a time. At this stage, according to the CDC, we are likely to see transmission with likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

Goal: Once appropriate fitness levels are attained, this stage allows for increasing intensity and competitiveness in drills, including game-specific drills.

Stage 4: Medium group (less than 50) local competition/ practices from teams within same locale, with limited closeness and contact at outdoor or indoor facility (moderate to high risk) no multi-team events

Aligned with state/local public health guidelines that allow for up to 50 people, to gather indoors or outdoors, at a time. At this stage, according to the CDC, sustained transmission with likelihood or confirmed exposure within communal settings with potential for increase in suspected cases.

Goal: Create a more competitive environment with local groups to enhance skills while protecting athletes from risks of travel and interactions with different communities with different risk profiles.

Stage 5: Larger group gatherings (more than 50) and full competition resumption with multiple teams from varied geographic areas. (highest risk)

Aligned with state/local public health guidelines that allow for groups larger than 50. At this stage, according to the CDC, there is evidence of isolated cases or limited community transmission, case investigations underway, no evidence of exposure in large communal setting, e.g., healthcare facility, school, mass gathering.

Goal: Full return to larger competitive events, including participants from a variety of communities/regions. Events should be evaluated for safety considerations and continued diligence to mitigate virus transmission.