



Raleigh LaxFest - COVID-19 Action Plan (CAP)

Unless prohibited by federal, state or local order, Carolina Event Management is committed to safely running lacrosse events this summer and fall. We realize these are difficult times on many levels, and it is our desire to put on events that give your program the best balance of competitive lacrosse and relative safety for your players, coaches and families. We believe that physical activity in general and lacrosse specifically are important to the physical and emotional development of our children. We cannot fully eliminate the risk of exposure to COVID-19, but we hope that our safety measures along with your diligence in adhering to event, facility, state and local recommendations will reduce such risk for yourself and our community.

This is a voluntary, private event - all attendees must follow the guidelines laid out below as a condition of participation. If you do not agree with the guidance or have any concerns - do not attend.

In consultation with local health experts, US Lacrosse and other event operators, the following safety measures will be implemented.

Participation Expectations

- All players will be required to complete an online waiver in order to participate.
- Program/Coaches are expected to and are responsible for monitoring the health of their own players via daily health screening.

Game Play Format and Team Expectations

- We will do our best to schedule games in the shortest time blocks possible to minimize time at the facility.
- Game play will consist of 20 minute running clock halves or four 10 minute running clock quarters (if heat is an issue) with a 5 minute halftime and a 15 minute break between games. Games will start on the hour every hour and utilize a central horn.
- Teams will be asked to arrive at the site no more than 30 minutes prior to their first game. Players must gear up in the parking lot and players and coaches will be prohibited from entering the facility until the fields are cleared.
- Teams will be asked to leave the facility immediately at the conclusion of each game and change out of their gear in the parking lot. This format will allow for greater social distancing and reduced attendee density. Coaches must refrain from post-game huddles and team gatherings at the facility.
- Players may not bring gear bags into the facility and should arrive at the field in full equipment, with nothing more than water bottles, sticks and a mouthguard.
- It is very important players stay hydrated and bring their own clearly labeled water bottles. Players must refrain from sharing water bottles or any other equipment.

Spectator Expectations

- By entering the event facility, spectators confirm that they are free of COVID-19 related symptoms.
- **Spectators will be limited to one (1) immediate family member only**, to help keep spectator density down and allow for greater social distancing.
- **Spectators must practice social distancing and wear cloth face coverings, even if not state mandated. This will be strictly enforced and violators will be asked to leave the facility.**
- No team tents allowed at the facility or in the parking lot. "tailgating" and shared food is prohibited
- Spectators, players and coaches are expected to obey all facility rules and regulations, including entering through the marked entrance areas and exiting through marked exits.

Symptom Screening

Coaches and program directors must screen and monitor athletes for symptoms before and during games. Athletes should be screened in the morning prior to participating in any games. If any athlete shows symptoms of COVID-19 in the screening process or through the course of the day, they should be sent home and instructed to contact their primary care provider. Parents, officials, coaches, and staff will be responsible for screening themselves for COVID-19 related symptoms prior to attending or participating in the event. All event staff will be screened for symptoms by the event each day. Any event staff experiencing symptoms will be directed to local health resources and will not work their scheduled shift. If you have any symptoms of COVID-19, or if you've had close contact with an individual with confirmed COVID-19, you should stay at home, consult your primary care physician, and follow [CDC guidelines for quarantine and isolation](#).

Hygiene Considerations

- All coaches and team personnel must wear cloth face coverings at all times, unless it jeopardizes their health.
- Athletes may wear a face mask or clear protective shield during lacrosse activity. When interacting with other people in a public setting, off the field, all athletes should wear cloth face coverings.
- All individuals, on or off-field must maintain a social/physical distance of at least 6 feet away from others when possible.
- Any guest, event staff or participant reporting COVID-19-related symptoms during the event should be directed to local health care resources.
- Mouthguards should be kept in athletes' mouths at all times during games. When removed, mouthguards should be kept in protective cases and cleaned before future use. Hands used to touch a removed mouthguard should be sanitized before touching anything or anyone.

Staff Considerations

- All event staff must wear cloth face coverings that cover the nose and mouth.
- Officials should wear cloth face masks when within close proximity (within 6 feet) of other people, on or off the field, unless it jeopardizes their health.
- There will be one table staff member per field to minimize on field density.
- Table staff and officials should make sure no contact on sidelines is occurring between athletes, coaches or officials – pre-game, mid-game or post game. (no huddles handshakes, high-fives, fist bumps, etc.).

Facility Considerations

- By entering the event facility, all event staff, participants and spectators confirm that they are free of COVID-19 related symptoms.
- There will be clearly marked field entrances and exits to the facility and fields, when possible, allowing for less density at the start and end of games.
- There will be increased sanitization of restroom facilities and restroom attendants will limit the number of people using the restroom facilities at any given time.
- Signage at event will include, but not be limited to, facility policies and procedures, COVID-19 symptom awareness, expected behavior and assumption of risk, social distancing markers for restroom lines and handwashing guidelines.
- Cleaning and disinfecting of all equipment on field in-between games (ie: scorer's table, clocks, lacrosse balls used in games) and other used common areas at event (bathrooms, sanitizing station, event info table) will occur on a more frequent basis throughout the event.
- There will be no community water coolers.

At-Risk Populations

According to the CDC, there are certain segments of the population that are at an increased risk of being infected by COVID-19. Individuals who are 65-years of age or older, and people of any age with underlying or pre-existing health conditions are at greatest risk of developing more serious complications from COVID-19 illness and it is recommended that they should not participate in or attend events with a large number of participants. **We believe that these individuals should not attend the event in any capacity.**