



NWJLC COVID-19 GUIDELINES

Practices & Games

- Coaches will be screening participants with a questionnaire and temperature check (information will be recorded)
 - Please try to arrive 5 minutes prior
 - Please stay with your child until his/her temperature check/questionnaire is complete
- Everyone present will be required to sign-in with their name and contact phone # for contact tracing purposes

Face-coverings

- Coaches, spectators, and referees are required to wear face-coverings at all times
- Players will be required to wear face-coverings when off the field at all times
- Players are NOT required to wear face-coverings on the field

Equipment

- Coaches are responsible for sanitizing all shared equipment before and after each game/practice (goalie equipment, balls, cones)

General

- All contact considered non-essential will be avoided
- 6-ft social distancing is encouraged at all times
- Participants will supply their own drinks and snacks
- Players should come dressed to practices and games
- Avoid bringing a lacrosse bag
- Coaches will have hand sanitizer and masks available

Parents

- Discourage family members/friends with underlying medical conditions from attending practices or games
- Advise your child's coach if you have traveled outside of the state, have been in close contact with someone exhibiting symptoms or if your child has been exhibiting symptoms
- If a player and/or someone living within the household has traveled to a state on the NJ Travel Advisory List a 14 day quarantine is mandatory
- Consider volunteering to be in charge of the contact tracing documentation

Covid-19 Close Contact Exposure:

- Close contact is defined as being within 6 feet or less of the Covid+ person for 10 minutes or more, or if you had any direct contact (e.g. a hug or kiss) or if you had direct contact with infectious secretions (e.g. were coughed or sneezed on).



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- This encounter is regardless of whether the contact was indoors versus outdoors, or whether masks were or were not worn by one or both parties, as per the CDC guidelines.
- If a player or coach had a one-time close contact with a Covid+ individual within 2 days prior to, or after their onset of symptoms, a 14-day quarantine is required from the time of that contact.
- If a player or coach had a one-time close contact with a Covid+ individual who was asymptomatic, within the 2 days prior to their positive test or within 10 days afterwards, a 14-day quarantine is required from the time of that contact.
- If the player or coach lives with a person who is Covid+ and can fully self-isolate from them, they must quarantine for 14 days from the time they began self-isolation.
- If the player or coach lives with a person who is Covid+ and cannot fully self-isolate from them, they must quarantine until 14 days following that person's complete resolution of symptoms (i.e. the entire symptomatic period plus an additional 14 days). If that person is asymptomatic, the quarantine period is a total of 24 days following the positive test. If someone else in the house becomes sick during that time or has a positive test, the quarantine period restarts.

Return to Play Guidelines:

- After a one-time close contact, the player or coach may return after their 14-day quarantine is completed.
- If the player or coach lives with the Covid+ person, they must both complete the quarantine period outlined in the prior section and must have a negative PCR test at the end of their quarantine to return to play.

If the player or coach is Covid+, they must meet all of the following criteria to return:

1. It has been at least 14 days since symptoms initially started, or at least 10 days from positive test if asymptomatic.
2. They have been free from fever for at least 72 hours without fever-reducing medications.
2. Respiratory symptoms (cough, sneezing, and shortness of breath) have fully resolved.
3. Negative Covid PCR test.

Exceptions:

- If a player or coach had a confirmed positive Covid test within the last 3 months and has met all criteria in the Return to Play Guidelines section, they do not need to quarantine again if they have a subsequent Close Contact exposure. If it has been more than 3 months since their positive test, then they must follow all above guidelines.
- **If a player or coach has a Covid-19 test done for any reason, they may not participate until they have received their test result, and it is negative.**