

NXT Sports - COVID-19 Policies and Procedures for Box Lacrosse

The guidelines provided below are based on guidance from the Pennsylvania Department of Health and the Centers for Disease Control and Prevention and in conjunction with Steelyard Sports.

COVID-19 continues to be a public health threat. We must continue to stay vigilant and enact policies that combat its spread throughout our community. Everyone must do their part to prevent this virus from disrupting us any further. These are certainly not ideal circumstances, but we need to work together to create a safe environment and get the most out of our current situation.

Please be sure to thoroughly read this document so that you know what to expect at practices.

High Risk Individuals

If you, your child, or a member of your household is part of a high-risk group (65 years of age or older or has a pre-existing medical condition including chronic lung disease, moderate to severe asthma, serious heart conditions, immunodeficiency, diabetes, chronic kidney disease, or liver disease), you should consult with your family physician before attending any NXT programming.

If you are Sick

- **If you are sick, STAY AT HOME!**
- If an athlete becomes sick at practice, they will be taken off the field, evaluated by the athletic trainer, and likely sent home.
- Athletes and their families should self-report to NXT if they have tested positive for COVID-19 or have been exposed to an individual who has tested positive in the previous 14 days.

Symptom Screening

COVID-19 symptom screening will be completed for each practice and competition through TeamSnap. When you select your event or practice on TeamSnap through the mobile application, you will see the option to complete your "health check." The health check must be completed prior to participating in practice or competition. If the health check is not completed on TeamSnap ahead of time, the athlete will have to check in with our on-site athletic trainer to complete an in-person symptom screening. Checking in with the AT will cut into the athletes practice time, so please make sure the health check is completed ahead of time.

Social Distancing

- Only 35 individuals, coaches included, are allowed on the rink at any given time.
- Athletes should arrive to the facility dressed and ready to play no more than 5 minutes prior to their scheduled practice time.
 - We will not be able to use the inside of the facility to put gear on, so please dress prior to arrival or outside near your car.

- You will not be able to enter the facility until the team on the rink before you has exited the building.
- When feasible, athletes should maintain social distancing (6ft) while not directly participating in sport or a drill. For example:
 - When taking a break / getting a drink
 - When waiting in line for a drill
 - Listening to a drill be explained / team huddles
 - Recovering on the sidelines
- When feasible, coaches should maintain social distancing from athletes.
- Unnecessary contact should be avoided - this includes high fives, fist bumps, handshakes, and hugs.

Entrance and Exit Procedures for Steelyard Sports

- Athletes should arrive to the facility dressed and ready to play.
 - Facility rules dictate that bags must be kept on the turf, so we prefer that you do not bring a bag at all, but rather just your drink and any other essential items.
- Entry
 - Athletes must enter the building through the east entrance
 - Upon entry athletes will undergo a temperature check.
 - Following the temperature check, athletes will proceed to the left and directly into the turf rink.
- Exit
 - At the conclusion of practice, athletes must exit through the rear end of the building adjacent to the turf and proceed to the right around the building. Here, they can wait to be picked up or proceed directly to their cars.
 - Athletes will be accompanied by a coach as they exit around the rear of the building.

Cloth Face Coverings

- Athletes must wear a face covering into the building and only take it off when actively participating in team activities.
- Athletes will not be required to wear face coverings during activity, but are welcome to do so if they desire and can tolerate it.
- Coaches are required to wear face coverings at all times while indoors.

Visitors, Parents, and Spectators

Due to state gathering limitations and facility rules, parents will not be permitted to stay and watch practices.

Hand Hygiene and Respiratory Etiquette

- Athletes should clean their hands with hand sanitizer frequently.
 - Athletes should bring their own hand sanitizer.
 - Hand sanitizer will be available on site with the athletic trainer, but should be considered a back-up.

- Please cover any coughs or sneezes with a tissue or the inside of your elbow.
- Spitting is prohibited.

Water Availability

- Water will not be available on site for athletes.
- Athletes must bring their own water bottles and should not share with others.
 - Please be sure to bring extra bottles of water as athletes will not be able to refill with water once on site.

Return to Play from COVID-19

In order to return to play from a confirmed or suspected case of COVID-19, you should follow the [CDC's instructions for when you can be around others following COVID-19](#). Additionally, you will be required to provide a signed doctor's note indicating that you are no longer contagious and are cleared for full participation in sport and physical activity.

Tournament Play

Throughout the winter, NXT club teams will participate in competition at multi-team events. The same guidelines provided above apply to these competitions. It is likely that different event operators will have unique rules for each event depending on the layout and rules of the facility. Please be on the lookout for and read through any safety documents for events that get emailed to you.

COVID-19 Communications

All athletes, their families, staff, and coaches should self-report if they have been diagnosed with COVID-19. If NXT becomes aware of any potential exposure to COVID-19 within the NXT community, a communication will be sent to any individuals who may have had close contact with the infected individual. Privacy will be protected and no identifying information will be shared within the communication. Based on the circumstances of the case and the team's adherence to the policies and procedures set forth in this document, it is possible that all activities for a particular team may be suspended for a period of time if a case emerges.

If you have any questions, comments, or concerns about COVID-19, please contact our Director of Participant Health and Safety, Ian McGinnis (ian.mcginis@nxtsports.com).

Everyday Preventative Actions

Please engage in these everyday preventative actions to prevent the spread of COVID-19 including, but not limited to:

- Washing hands frequently with soap and water for at least 20 seconds or using hand sanitizer when soap and water are not available.
- Abstain from touching your face (mouth, eyes, nose) with unwashed hands.
- Cover any coughs or sneezes with a tissue or the inside of your elbow.
- Avoid touching frequently touched surfaces (e.g., railing, doorknobs, countertops, etc...)

Additional Resources

Please view these additional resources for more reliable information on COVID-19:

- [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](#)
- [State and Territorial Health Department Directory](#)