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A Message from NXT Safety *Safety Policies for Mid-Atlantic Spring League 2021*

As our communities continue to recover from the COVID-19 pandemic, NXT is excited to host Mid-Atlantic Spring League! However, COVID-19 remains a public health threat, and we must continue to enact policies and procedures that protect our Spring League community.

Below is a summary of the safety measures that we'll be taking this Spring. Please be sure to read this document thoroughly. We all must work together as a group to create and maintain a safe environment. This includes myself, our Spring League staff, coaches, parents, and officials. If you have any questions, comments, or concerns regarding our safety policies, please feel free to reach out!

Thank you,

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Vulnerable Populations

There are certain [segments of the population who are at an increased risk of severe illness from COVID-19](#) including individuals who are 65 years of age or older, those with cancer, chronic kidney disease, lung disease, immunosuppression, obesity, heart disease, sickle cell disease, and diabetes. These individuals should understand the risks associated with attending an event like this.

If You are Sick

If you are sick or have had close contact with an individual with confirmed COVID-19 in the previous 14 days, please stay at home, contact your primary care provider, and follow [CDC guidelines on quarantine and isolation](#).

Attendees should self-report to NXT if they are diagnosed with COVID-19 in the days following participation in a Spring League game. If NXT becomes aware on a COVID-19 infection within our Spring League community, we will send out a communication to coaches whose teams have

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played against the infected individuals' team and therefore may have been exposed to COVID-19. Within this communication, privacy will be protected, and no identifying information will be used. Once informed, it is the coaches' responsibility to communicate this to the members of their team / club and should instruct them to self-monitor for symptoms and follow [CDC guidance for community exposure to COVID-19](#)

Symptom Screening

Coaches should screen their athletes for COVID-19 symptoms prior to participating in any games. If they find an athlete to be experiencing symptoms, they should be sent to the on-site medical staff. Coaches can use [this form](#) as a template for screening their athletes, or use the screening form provided in the [US Lacrosse Return to Play Recommendations](#). Alternatively, there are several electronic options for COVID-19 symptom screening including [Health Check](#) if your organization uses TeamSnap.

Parents, officials, coaches, and staff will be responsible for screening themselves for COVID-19 related symptoms prior to attending or participating in any NXT events. Please use the following graphic as a guide for self-screening:

COVID-19 Symptom Screening

If you answer "**yes**" to any of these questions, you should not attend any sport practices or athletic programming. You should contact your primary care provider and follow CDC guidance for quarantine and isolation.

Do you have a fever?	Yes	No	
Do you have a cough?			
Do you have a sore throat?			
Do you have shortness of breath?			
Have you had close contact with or cared for someone with confirmed COVID-19?			

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Water Availability

- Water will **not** be made available at each field.
 - Athletes, spectators, and coaches will be responsible for bringing their own water bottles and should not share opened bottles with others.

Social Distancing

- We **STRONGLY ENCOURAGE** only one parent / spectator per player be in attendance for Spring League games.
- All players, coaches, staff, and spectators should practice physical distancing of six feet when feasible including, but not limited to:
 - On the sidelines
 - In common areas
 - When entering and leaving the facility.
- All athletes, coaches, and spectators should maintain a distance of four feet from the sideline when not actively participating in a game.
- No tents / team tents / tailgating will be permitted except for personal shade tents or umbrellas.
- Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, or any group celebrations.
- 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 at the venue.
 - This is to avoid overcrowding in the venue and allow for the maintenance of safe distancing.

Face-offs

- In order to perform a traditional face-off / draw for all other divisions, both teams and at least one official need to opt in to performing the face-off / draw. Otherwise, alternating possessions will be had.
 - Our full rules for face-offs and draws can be found [here](#).

Cloth Face Coverings

- All event staff will wear face coverings.
- In accordance with state orders, all attendees including staff, players, coaches, spectators, and officials must wear a cloth face covering when not actively participating in a game.
 - All attendees will be responsible for bringing their own cloth face covering. **A guide for making your own cloth face covering at home can be found [here](#).**

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- Players are strongly encouraged to wear masks during active gameplay, [but are not required to if their breathing becomes obstructed](#).

Everyday Preventative Actions

- All attendees should practice every day preventative actions - including, but not limited to:
 - Washing hands frequently with soap and water for at least 20 seconds
 - use alcohol-based hand sanitizer (with at least 60% alcohol) if soap and water are not available
 - Abstain from touching their face (mouth, eyes, or nose)
 - Cover your cough or sneeze with a tissue and throw tissue in the trash or use the inside of your elbow
 - Avoid touching frequently touched surfaces (railings, doorknobs, countertops etc...)

Additional Resources

Please view these resources for more information on COVID-19 from reputable sources.

- [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](#)