

# State College Warriors COVID-19 Guidelines

This document provides information on how the State College Warriors Lacrosse programs will operate with regards to the health and safety of our players, coaches, parents, and community as it pertains to COVID-19.

We may update this information from time to time when guidance or regulations from health officials changes.

## CDC Resources:

- [Symptoms of Coronavirus](#)
- [What To Do If You Are Sick](#)
- [When You Can Be Around Others After Sickness or Exposure](#)

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- SC Warriors will abide by all federal, state, and local regulations and health orders as they pertain to youth sports.
  - Parents/guardians should monitor their children for symptoms prior to any practice, game, or other SC Warriors event. Any player showing symptoms should not participate and should notify the team coach.
  - If your child tests positive for COVID-19 or has had close contact with someone who tested positive, please notify your team coach right away so the SC Warriors can determine what actions need to be taken with regards to player and team health.
  - Coaches will be required to wear masks at all times.
  - Players will be asked to wear masks in accordance with federal, state, and local guidelines. The expectation for outdoor play this upcoming spring is that players on the sideline will be required to have their mask on, while masks for on-field players will be optional (a gaiter probably works best since the player can easily pull it on and off their nose and mouth without having to remove their helmet).
  - No equipment should be shared (water bottles, sticks, gloves, pads, helmet, jerseys, masks/gaiters, towels, etc). The only exception is lacrosse balls.
  - Every player should bring their own clearly marked water bottle.
  - Players should gear up at least 6 ft away from others. In other group situations (on the sideline, in line for drills, after practice, etc), players are asked to maintain social distancing.
  - At the start of the season, coaches will review safety guidelines with the players.
  - No parents or spectators on the sidelines or field during practice.

## Plan of Action if Someone Gets Sick

- Sick individuals will be advised of the CDC's home isolation criteria (see the link for "What To Do If You Are Sick" above)
- Sick players and coaches should not return to lacrosse activities until they have met the CDC's guidelines for safe return (see the link for "When You Can Be Around Others After Sickness or Exposure" above).
- Any individual showing symptoms of COVID-19 at a Warriors event should immediately be separated and safely transported home or to a healthcare facility if the symptoms are severe.
- Anyone who had close contact with that individual should be separated and sent home as well while they monitor their symptoms. Close contacts can safely return to action once they've met the CDC's criteria (see the link for "When You Can Be Around Others After Sickness or Exposure" above).
- In accordance with state and local laws, SC Warriors will notify local health officials and anyone who came into close contact with the sick individual. SC Warriors will maintain confidentiality.