**COVID Health and Safety Guidelines**

In line with CDC, Belmont Hills Lacrosse Club has adopted the following guidelines.

**Illness**

1. If a participant or staffer is diagnosed with COVID-19, or is quarantined because of suspected diagnosis, all participants will be notified.
2. Any participant exhibiting symptoms of acute respiratory illness, a fever of 100.4ºF, or is otherwise sick, must stay home.
3. Participants must stay home if any member of their household exhibits the same symptoms.

If a participant, or any member of their household, has had known exposure to a person with a COVID-19 diagnosis, you must immediately notify Belmont Hills Lacrosse Club ([cmscheuerman@hotmail.com](mailto:cmscheuerman@hotmail.com); 609-335-7918).  All participants and staff who have been in contact with the exposed participant will be notified immediately.

**Personal Protective Equipment (PPE)/Masks**

1. Belmont Hills Lacrosse Club, in accordance with the current State mandates, requires the use of masks for all players and parents at all times.

**Sanitization**

1. Belmont Hills Lacrosse Club will clean and sanitize the equipment and frequently touched surfaces before each practice.

**Social Distancing**

1. Social distancing rules will be observed at all times.

**Parent Observation**

1. One parent of the participant may observe while practicing social distancing.
2. Parents may be asked to leave the practice if non-compliant with any protocols, including wearing masks.