



Cinnaminson Lacrosse Club

PO Box 2217, Cinnaminson NJ 08077

www.cinnaminsonlacrosse.com

President@cinnaminsonlacrosse.com

Registrar@cinnaminsonlacrosse.com

March 24, 2021

Dear Parents & Players,

The Cinnaminson Lacrosse Club ("CLAX") wants everyone to know it is great to be back on the field with your kids. It's been a long year and everyone has been working hard to make this season a success. As the lacrosse season progresses, coaches and board members have been getting more questions on protocol related to Covid-19 and exposures. In order to assist with clarifying protocols, please see below:

Do not attend practice or games if you answer "Yes" to any of the following questions:

1. Are you (player/coach) showing symptoms of COVID-19, including, but not limited to, aches, loss of taste, head ache, etc.?
2. Have you (child/coach) been in close contact with someone that received a lab-confirmed positive COVID-19 test within the last week?
3. Do you (child/coach) have a temperature of 100 degrees or higher?

So what do you do if your child (or coach) has been in "close contact" with someone who received a lab-confirmed positive COVID-19 test? The following protocols must be followed:

1. Notify your coach immediately of your child's close contact exposure
2. Since your child must answer YES to Question #2, your child cannot attend practices or games until the following has occurred (the below is based on the NJ Department of Health and CDC for community-related exposure as of 3-18-21):

Individual who has had close contact (within 6 feet for a total of 15 minutes or more)

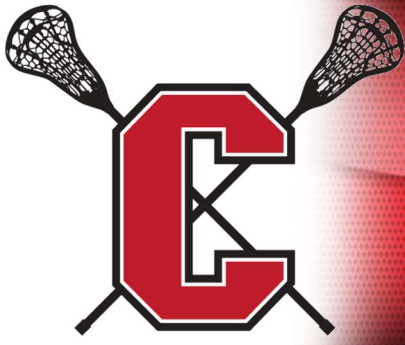
Exposure to

- Person with COVID-19 who has [symptoms](#) (in the period from 2 days before symptom onset until they meet criteria for [discontinuing home isolation](#); can be laboratory-confirmed or a clinically compatible illness)
- Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any [symptoms](#) (in the 2 days before the date of specimen collection until they meet criteria for [discontinuing home isolation](#)).

Note: This is irrespective of whether the person with COVID-19 or the contact was wearing a mask or whether the contact was wearing respiratory personal protective equipment (PPE)

Recommended Precautions for the Public

- Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times
- The best way to protect yourself and others is to [stay home for 14 days if you think you've been exposed to someone who has COVID-19](#). Check your [local health department's website](#) for information about options in your area to possibly shorten this quarantine period.
- Self-monitor for symptoms
 - Check temperature twice a day
 - Watch for fever ^[1], cough, or shortness of breath, or other [symptoms](#) of COVID-19
- Avoid contact with [people at higher risk for severe illness](#) from COVID-19
- Follow [CDC guidance](#) if symptoms develop



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- b. On day seven from the date of exposure you can return to play with a lab-confirmed negative test and no symptoms.
 - i. Alternatively, you can return to play after 10 days from exposure with no test and no symptoms. (this is per CDC.gov >>> when to quarantine)
 - ii. According to the document dated 3-18-21 from the NJ Department of Health, the specifics on a path to return-to-play refer to CDC guidance for community-related exposure.
 - iii. If you choose to extend your quarantine beyond the seven days, with a lab-confirmed negative test, that is your personal prerogative.
- 3. If your child (or a coach) tests positive, and was in contact with a CLAX team between the time of exposure and notification of close contact, all CLAX coaches/players must answer YES to question #2 and begin the process outlined above in Section 2 of this letter.
 - a. Your child (or coach) with a lab-confirmed COVID-19 positive test cannot return to practice until they can answer NO to the three questions outlined in this letter.
 - b. Per CDC.gov
 - i. You can be around others after:
 - 1. 10 days since symptoms¹ first appeared or 10 days after a lab-confirmed positive test with no symptoms; AND
 - 2. 24 hours with no fever without the use of fever reducing medication(s); AND
 - 3. Other symptoms of COVID are improving²

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¹ Persons with “severe” symptoms should quarantine longer (i.e. someone that required prescription medication(s) and/or hospitalization to treat COVID-19)

² Symptoms like loss of taste or smell may linger for weeks or months and may not be a disqualifying symptom to return to play.



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With Spring Break around the corner, there have been questions about CLAX's protocol for players/coaches that travel outside of New Jersey. CLAX has elected to defer to the guidance published by the NJ Department of Health. Below are excerpts from www.covid19.nj.gov:

Are there travel restrictions to or from New Jersey?

Last Updated: 03/18/2021
[Copy Link to Article](#)

New Jersey strongly discourages all non-essential interstate travel at this time. At this time, individuals who have been vaccinated against COVID-19 should continue to follow the State's travel advisory.

Travelers and residents returning from **any U.S. state or territory** beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following [recommendations from the CDC](#):

- If travel is unavoidable, travelers should consider getting tested with a viral test (not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.
- If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time**.
- If travelers test negative, they should **quarantine for a full 7 days after travel**.
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel**.

The advisory is no longer specific to certain states. Because of the high number of case counts across all states, there is an increased risk of spread of COVID-19 upon return from any travel.

The self-quarantine is voluntary, but **compliance is expected**. Travelers arriving from areas with increasing COVID-19 cases may wish to postpone their travel to the

1. _____
2. Note that the NJ Department of Health uses language like “should” and explicitly states that, “...self-quarantine is voluntary, but **compliance is expected**.”
 - a. It is CLAX's stance that if you can honestly answer NO to the three questions from earlier in this email, you are free to attend practices and games.
 - b. Anyone (players/parents) that wish to self-quarantine due to travel are free to do so – please make sure you communicate with your coach(es) and/or the CLAX Board of Directors so everyone can plan accordingly.

Many of you may have questions that are not covered in this letter – COVID-19 and the recommendations, guidelines and restrictions are fluid and we are all being bombarded with information from the CDC, NJ Department of Health, employers, school districts, and others, as well as the court of public opinion. If you have any questions, comments, or concerns, do not hesitate to reach out to your coaches, the CLAX Board, or me directly.

Be safe and have fun!

Sincerely,

Douglas H. Sell, Jr.

President, Cinnaminson Lacrosse Club

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