

Gold Star Lacrosse: Return to Play Phase II
Player, Parent and Coaches Plan to Reopen

BEFORE PRACTICE

We can all do our part beforehand to make sure that practice is safe and clean for all

1. Check for symptoms at least 24 hours prior to coming to practice. Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 degrees F/37.9 degrees C
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell
2. Players are required to reply to the summer practice survey that asks for your RSVP for each practice - this will form our practice attendance for each session which will be checked at the field
3. Complete the Waiver/Release for Communicable Diseases Including COVID-19
4. Thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol
5. Eat off-site. Bring your own water bottle **LABELED WITH YOUR FIRST INITIAL AND LAST NAME**

DURING PRACTICE

***MASKS:** At any point where you feel like you can not socially distance, a mask should be worn.*

1. Players and coaches should wear a mask while entering and exiting the facility
2. Parents should not attend practice, unless they are able to stay 6 feet away from others

3. No congregating before or after practice
 4. Players should place their belongings down on the sidelines apart from others
 5. Players should only be handling their own belongings: bag, stick, mouthguard, goggles, water.
 - No sharing water
 - Avoid taking the mouthguard in and out
 - No handling equipment
 6. Players and coaches should maintain social distancing (6ft apart from others) as much as possible. All drills will be set up to follow this.
 7. Coaches should wear a mask while coaching whenever they feel like they can not stay 6 ft away from others
 8. Players wearing a mask while participating in socially distanced drills is optional
 - “Participants may remove face coverings while participating in practice and drills, provided they are able to maintain at least 6 feet of distance from all other persons present” (ma.gov)
 9. Practice groups will be 12 people (changed by MA Gov on 6/9/20). There will be multiple groups throughout one field. The groups will be at least 20 ft apart
 10. Coaches will set up the field and equipment
 11. No huddles; no pre-or post-activity in-person meetings.
 12. No handshakes, high-fives, fist-bumps or skin-to-skin contact.
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AFTER PRACTICE

1. We will dismiss one group completely before letting the next one in. Please wait in your cars and your daughter will come to you. Next group can enter once all of the first group has left the field area.
2. Thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol
3. Coaches will wipe down equipment (ball bag handles, equipment bag handles, etc.) with Clorox wipes
4. Report if you are feeling sick or test positive for Covid-19