

# Gold Star Lacrosse: Return to Play Fall 2020

Player, Parent and Coaches Plan to Reopen

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## 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 fall practice survey that asks for your RSVP for each practice. This will form our **practice attendance roster** for each session, which will be checked at the field.
  3. Complete the Waiver/Release for Communicable Diseases Including COVID-19. This is part of the membership registration form.
  4. Thoroughly wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Sanitize your stick and goggles.
  5. Eat off-site. Bring your own water bottle labeled with your first and last name.
  6. Players should wait in their cars, or stay 6 ft apart before entering the practice facility. Please wait for the group practicing before you to exit the facility completely. **We will be utilizing staggered start and be giving 5-10 minutes of transition time.**
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## 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 and wear a mask.
3. No congregating before or after practice.
4. **Players should place their belongings down on the sidelines 6 ft 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.
  7. Coaches are required to wear a mask while coaching, and maintain social distancing.
  8. Girls lacrosse is considered a moderate risk sport. **Deliberate close contact will be eliminated, and intermittent contact will be minimized.**
    - Examples:
      - i. No draws (faceoffs) will be taken, unless all involved are wearing a mask
      - ii. Sustained stick to body, and body to body contact will be whistled
  9. Practice groups will be 25 people or less. There will be multiple groups throughout one field. The groups will be at least 14 ft apart
  10. **Inter-team competitions:**
    - No more than 25 players on the playing field at a time
    - No more than 50 people excluding players, coaches, referees, or facility/activity workers in the area
    - Spectators must wear face masks
  11. According to the MA state guidelines, players are not required to wear a mask during:
    - High intensity aerobic or anaerobic activities
    - When distancing of 6 feet or more is possible between participants
    - For individuals that are unable to wear a face covering due to a medical condition or disability
  12. Participants for all sports must wear facial coverings on the bench at all times
  13. Coaches will set up the field and equipment
  14. No huddles; no pre-or post-activity in-person meetings.
  15. 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. Hand sanitizer will be provided at the field entrance/exit
3. Thoroughly wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Sanitize your stick and goggles.
4. Coaches will wipe down equipment (ball bag handles, equipment bag handles, etc.) with Clorox wipes
5. Report if you are feeling sick or test positive for Covid-19