

# Gold Star Lacrosse: Return to Play Indoor 2020-2021

Player, Parent and Coaches Plan to Reopen

The below guidelines are modeled after:

- Massachusetts state guidelines for [Youth and Adult Amateur Sports Activities](#) Phase III Step II (Effective 11/7/2020)
- The Park (formerly John Smith Sports) facility guidelines

---

## 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 winter 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. 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. Eat off-site. Bring your own water bottle labeled with your first and last name.
5. **We will be utilizing staggered starts and giving 5-10 minutes of transition time between practice sessions.** Players should wait in their cars, or stay 6 ft apart before entering the facility. Please wait for the group practicing before you to exit the facility completely.

---

## DURING PRACTICE

### **Parents/Spectators**

1. No spectators allowed in the facility or on the fields. Drop off only

### **Masks**

1. Coaches will wear a mask during practice
2. Players must wear a mask while entering and exiting the facility, and while on the sidelines
3. **Masks are now required during active play**

**a. Participants should take frequent breaks when they are out of proximity to other players**

4. Wearing a mask is optional for individuals that are unable to wear a face covering due to a medical condition or disability

**Players & Coaches**

1. No congregating before or after practice.
- 2. Players should place their belongings down on the sidelines 6 ft apart from others.**
3. Players should only be handling their own belongings: bag, stick, mouthguard, goggles, water.
4. Players and coaches should maintain social distancing (6ft apart from others) as much as possible.
5. Coaches will set up the field and equipment
6. No huddles; no pre-or post-activity in-person meetings.
7. No handshakes, high-fives, fist-bumps or skin-to-skin contact.

**Lacrosse Specific**

1. Girls lacrosse is considered a moderate risk sport. Moderate risk sports can participate in Level 1,2 and 3 type play. This included intra- inter- team type play and contract drills.

**The Park Facility**

1. All bathrooms will be sanitized regularly
2. Side doors will be open (weather permitting) for air flow
3. All vents will be open and fans will be on for air circulation
4. All practices will adhere to facility capacity limits as specified by facility management.

---

**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.
- 2. Parents: please be ready to pick up 5-10 minutes before practice end time.**
3. Next group can enter once all of the first group has left the field area.
4. Hand sanitizer will be provided at the field entrance/exit
5. 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.
6. Coaches will wipe down equipment (ball bag handles, equipment bag handles, etc.) with Clorox wipes
7. Report if you are feeling sick or test positive for Covid-19