

STMA Youth Lacrosse Return to Play Protocols

Current as of 9 June 2020

ALL PARTICIPANTS (PLAYERS, COACHES, FAMILY MEMBERS) MUST MONITOR THEMSELVES AND FAMILY MEMBERS FOR COVID-19 SYMPTOMS. [Click here to reference CDC for a list of symptoms](#). PLAYERS & COACHES WILL STAY HOME IF THEY OR A FAMILY MEMBER IS DISPLAYING SYMPTOMS OF COVID-19.

PLAYER RESPONSIBILITIES

At Practice:

- Upon arrival, proceed directly to the designated field for your team.
- Once all players are present, the coach will provide direction
- Follow coach's directions at all times.
- Maintain a minimum of 6 feet from teammates and coaches.
- DO NOT initiate contact of any kind
- DO NOT touch ball or cones with an un-gloved hand
- DO NOT share equipment of any kind during practice
- DO NOT share water bottles
- During a session, if a player becomes ill, we will immediately isolate the player who becomes ill and contact the parent/guardian.

After Practice

- Wash hands with personal hand sanitizer prior to leaving field
- Collect items, leave the field to the designated pick-up spot.
- Once home, wash hands, remove all gear from your bag and wash each item.

FAMILY RESPONSIBILITIES

Before Practice:

- Keep your child at home if any family member is displaying COVID-19 symptoms. Contact head coach to inform them of the situation.

At Practice:

- Drop player at designated drop off-site no earlier than 10 minutes ahead of start time
- 14U and 12U: Recommend parents remain in cars to observe practice or drop & go. You must return on time to pick-up player.
- 10U and 8U: If parents choose to remain at the field, social distancing (6 feet of separation) must be maintained.
- There is NO congregating of players/parents/coaches before, during, or after the practice

After Practice:

- Ensure the players clothing is washed after each practice
- Ensure the players training equipment is washed/sanitized after each practice

COACH RESPONSIBILITIES

Before Practice:

- If sick or displaying COVID-19 related symptoms, notify co-coach and Director of Coaching ASAP. A decision will be made by the Coaching Director whether or not to cancel practice.

At Practice:

- Ensure pod/team is kept to a maximum of 25 people
- Prioritize player safety and maintaining social distancing above instruction
- Adhere to social distancing and hygiene measures - no high fives, only the coach handles equipment
- If a coach becomes ill at the field, they will inform the co-coach and leave the field immediately.

After Practice:

- Ensure to stay at pick up location until last player is picked up
- Spray down all cones and lacrosse balls utilized with sanitizer and sanitize hands
- Wash clothing after each training session
- Sanitize equipment after each training session