

Crimson Girls Lax Winter Practices

The Lacrosse Connections Summer League (MGSL) is excited to get players and coaches back on the field following Minnesota Department of Health, USLacrosse, and Centers for Disease Control and Prevention safety guidelines. As we navigate through the COVID-19 pandemic, MGSL will continue to provide updates to our players and their families. The following document contains our guidelines for our summer games. These guidelines must be adhered to in order for our players, families, and coaches to have a safe, fun, and worthwhile experience.

Person to Contact: Haley Corradi 763-370-8272

This plan will be emailed to all families in the program.

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Overview

Minnesota is currently cleared for small groups ≤ 25 people (including coaches). This means at a minimum we can move into a 7v7 or regular 12v12 games.

General Protocols for Back to Play

- Stay at home if you (or anyone in your home) are sick or experience any of these symptoms
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.3 degrees Fahrenheit
 - Chills
 - Muscle pain
 - Sore throat
 - New loss or taste of smell
- Thoroughly wash hands with soap and water multiple times a day or use hand sanitizer. Hand washing is best.
- Wear a mask when out in public.
- Practice social distancing of at least 6 feet away from others.
- No spectators on or near the fields during practice; it is advised parents stay in vehicles.

Back to Play Specifics Crimson Girls Lacrosse Winter Practices

- Players are placed in pods; this is the pod for the winter.
- 2-4 practices a week of ≤ 25 people.
 - Athletes will be grouped by coaches. Family members will also be placed in the same pod to minimize the contact size of the team.
 - Players must wear a face mask or neck gaiter when coming to or leaving the field.
 - Players must wear a face mask or neck gaiter during practices.
 - Coaches, staff, family/spectators need to wear a mask at all times while at the facility.
 - No spitting, no high fives, fist bumps, on or skin-to-skin contact.
 - Players should plan that the restrooms are closed at the field. In dire situations, a player can use the bathroom, if it is open. They must wash their hands or use hand sanitizer after using the bathroom
 - Any violation is automatic removal for that practice and potential for the remaining practices
- Our coach Haley Corradi will serve as hygiene coordinators at practices. This means:
 - They will keep track of attendance. These records may be used for contact tracking as required by the Minnesota Department of Health or any other governing authority.
 - They have the final say about whether an athlete is fit to play.
 - They will also monitor that our participants are following the protocols. If participants are in violation of any of the protocols, those individuals will need to leave the practice and may not be able to come back
- No spectators will be allowed on site. Spectating is discouraged; vulnerable populations should stay home.

Shared Responsibility

- Prior to coming to the league, parents/guardians must check for any signs or symptoms of infection present in their child as outlined in the General Protocols section above. This includes taking the players' temperature to make sure they do not have a fever of 100.3 degrees Fahrenheit
- For the safety of all participants, if any signs or symptoms are present in the player or a person living with the player, the player is not allowed to attend the league and should contact their healthcare provider
- If the player has any signs or symptoms of COVID-19 they will be sent home and instructed to call their doctor
- If a player or coach has tested positive for COVID-19 or has been in contact with anyone who tests positive with COVID-19, they are required to inform Haley Corradi immediately. Emailing CorradiH@district279.org will suffice.
- All personal information regarding a positive COVID-19 result or reporting of contact with a person who has tested positive for COVID-19 will be kept confidential unless we are required to fulfill any contract tracing obligations required by the Minnesota Department of Health or any other governing authority.

Practice Overview

Before Practice

- Players are required to take their temperature before coming to the field. This is more efficient for starting practices on time and allows our staff to keep social distancing from players.
- Players need to be suited up with all equipment ready to go; players should put shoes/cleats and practice apparel on before leaving the car.
- Bring as few things as possible to the field; preferably just your equipment, mouthguard, goggles, and water bottle. All personal items must be kept in the players' bag. Bags will be spread out along the sidelines; they cannot be closer than 8 feet to each other.
- Players need to wear a mask to the field

During Practice

- As players enter the field, coaches will show each player their specific area to put their bag, if they bring one. Water bottles should stay in their bags when not in use.
- Players will stay in their specific practice area at all times
- Players can use the league balls, but are required to only touch the ball with their stick.
- Only the coach/league manager/hygiene coordinator is allowed to touch the cones, nets, or other common use lacrosse equipment.
- Players are required to wear a mask during practice per our latest MSHSL update.

After Practice

- Players must wear a mask when leaving the practice field.
- Players cannot congregate on or off the field.
- Players will change out of any equipment back in their car.
- Wipe down any and all equipment used.

Hygiene Practices

Personal Hygiene

Players, coaches, and families play a critical role in taking care of their personal hygiene before, during, and after the event.

Hand washing

Hand washing is still the most effective measure to control the spread of COVID-19. Players, coaches, and families should wash their hands:

- Before coming to games
- As soon as they leave the field
- After any interactions with other people, such as touching another player's water bottle by accident or picking up a ball with their hand.
- After using the bathroom at the facilities

Hand Sanitizer

When hand washing is not possible, hand sanitizer is the next best option. Hand sanitizer will be available at the field.

Should a Player Get Sick

We will follow [CDC guidelines](#) which are:

- Isolate the player as quickly as possible. If at a practice a family member should transport them home or to a healthcare facility and contact their healthcare provider.
- The player needs to stay at home until they meet the CDC guidelines for discontinuing home isolation
- Inform Haley Corradi immediately. An email to CorradiH@district279.org is sufficient.
- All equipment the player was reasonably near will be cleaned and disinfected.
- Players/families that had close proximity to the infected player will be notified. The player's name will be kept confidential.

Resources:

[US Lacrosse Return to Play Recommendations](#)

[CDC - Considerations for Youth Sports](#)

[Minnesota Department of Health - Guidance for Social Distancing During Youth Sports](#)