

## Lincoln Lacrosse Club Return To Play Plan

### Player and Parent responsibilities

1. Face coverings are required and must be worn at all times. Players must wear a face covering from the time leaving their car, during training and upon return to their car.
2. If a player has been in contact with a person who is feeling unwell (flu or cold like symptoms), the player must not attend
3. If a player in feeling unwell (flu or cold like symptoms, the player must not attend and quarantine for 14 days (per CDC guidelines) prior to returning to play
4. Avoid carpooling if possible
5. Make sure to sanitize players equipment if possible
6. Only bring water bottle to field, no bags
7. No sharing of water bottles
8. Stay in the car when dropping your player off and if you have to get out make sure you use social distancing and wear a mask
9. Pick up your player at the designated pick up location
10. Please do not park at the drop off or pick up spots. Keep traffic flowing
11. Players should arrive 5 min before training and not any earlier to avoid crowds
12. We ask that all parents check the athlete's temperature on a daily basis
13. Players who have been diagnosed with COVID must report this directly to:  
**healthstatus@lincolnlacrosse.club**

### Club responsibilities

1. **Per THPRD** COVID monitor is required at the field to collect contact tracing information, enforce face coverings, social distancing, hand and equipment sanitation, maximum of 40 people per field, no spectators
2. **Per THPRD** - Maximum of 40 people per field (includes coaches, players, team managers, COVID monitors, athletic trainers and referees)
3. No spectators allowed at practices or games
4. Continue to monitor guidance from government and local health authorities and update our members with any changes.
5. Maintain participant confidentiality regarding health status.
6. Be accommodating to parents/players who may be uncomfortable with returning to play at this time.
7. The club will follow CDC Guidelines when dealing with a player's positive diagnosis of COVID-19

### Coach responsibilities

1. Coaches/players must remain in their cars until 15 minutes before practice or games begin to allow enough time for the field to be cleared and avoid gatherings.
2. Include a field egress/ingress plan to avoid gatherings at the gates
3. If anyone begins to feel or exhibit illness at practice, they will be asked to move themselves and gear to a designated area away from other current participants and arriving teams until their parent can pick them up