



## 2020-2021 Player Club Rules

### 1. Attendance

- a. If you are sick, you must call your coach before practice starts. If you are experiencing any of the following symptoms (fever  $>100.4^{\circ}\text{F}$ , cough, or difficulty breathing) please contact a healthcare provider and stay home until you have been fever free for at least 72 hours without the use of fever reducing medicine.

### 2. Practice Behavior

- a. In order for you to become a better athlete, you need to put 100% effort in at all times.
- b. You are expected to participate for the entire practice and tournament, have good sportsmanship, respect the coaches and never say, "I can't!"
- c. No jewelry is to be worn at any practice and should be left at home.
- d. When the players are at practice, they must always dress as a team. All players must wear their practice shirt.
- e. Players MUST wear a mask all times except during mask breaks and while drinking. Although breaks will be provided throughout the practice, players should feel comfortable with asking and taking a mask break whenever needed. We will continue with other safety precautions, such as temperature checks, sanitizing the balls before, during and after practices and hand sanitizing at every water break.
- f. When traveling around the practice facility, all players must travel in groups of at least two players. You must let your coaches know where you are going at all times.
- g. The practice site must be cleaned up after using, such as empty water bottles and players must dispose of face masks properly.

### 3. Alcohol, Drug and Smoking Policy

- a. LHVA has a Zero Tolerance Policy!
- b. Possession and/or use of alcohol, drugs or smoking, including electronic cigarettes, at any practice or is strictly prohibited and can result in removal from the team depending on the incident.
- c. If someone is found to be breaking this rule at practice, their parents will be called to come pick them up at their expense.

I have read the above rules and regulations and agree to follow them.

\_\_\_\_\_  
Player Name (print)

\_\_\_\_\_  
Parent/Guardian Name (print)

\_\_\_\_\_  
Signature & Date

\_\_\_\_\_  
Signature & Date