SIDEWINDER LACROSSE

COVID-19 GUIDELINES

RETURN-TO-PLAY FOR FIELD SPORTS

SAFETY GUIDE

PRE-TRAINING SESSION

Parents must take their player's temperature prior to arriving. If the temperature is over 99.5 degrees, the player is not permitted to attend training. The player must be 24 hours temperature free prior to returning-to-training.

Players must wait in the vehicle until notified by their coach to enter the fields.

Before entering the fields, players are required to apply hand sanitizer. (personally supplied).

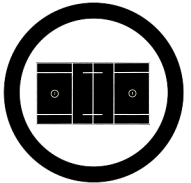Players will ONLY be allowed to enter the training fields using the designated entrance.

IN SESSION

LACROSSE IS UNDER <u>NO CONTACT</u> RESTRICTIONS

Small group training sessions (group size in accordance with governmental and league restrictions) and consists of individual technical training.

Player will train in their "personal zone". These zones are separated in accordance to current governmental and league social distancing regulations.

NO SHARING OF <u>DRINKS</u> OR <u>PERSONAL EQUIPMENT</u>.

NO physical contact between players or coaches (this includes high-fives, fist bump, etc.).

POST-TRAINING SESSION

There will be a 15-minute window between training sessions.

Players will leave the training session under their coach's direction and will only be allowed to use the designated exit.

Upon exiting the training area, players are recommended to apply hand sanitizer. Players proceed directly to their cars after training.

PARENT GUIDELINES

Parents/Guardians, siblings, friends or players *(before or after practice)* will not be allowed to congregate in common areas at anytime.

Parents/Guardians, siblings, friends are recommended to stay in their vehicles. This precaution is until governmental and league regulations allow for larger groups.

Parents/Guardians must not leave until the player is notified to enter the training fields and you must return prior to the end of your player's training session.