

NLA Open Dome Time

Covid Guidelines

12/18/20

- Coaches will assign areas for players to place their equipment and water that ensures adequate physical distance (6–10 feet) between each player during breaks in activity. Social distancing should be followed by those in attendance, at all times. **Players must wear masks whenever they don't have helmets/goggles on when inside the building.**
- No spectators (including parents) are to be on or near the field, or in the dome, during lacrosse practices or activities. If necessary, for parents or caregivers to be at practices, ensure that proper social distancing is maintained between parents or caregivers.
- All participants must sign a COVID waiver before each dome session.
- All participants must sign in at each dome session.
- There will be no handshakes, high-fives, fist-bumps, or skin-to-skin contact.
- Other than lacrosse balls, field cones, and goals, players are not to share equipment (including water bottles, towels, goggles, sticks, mouth guards, helmets, pads, and uniforms). Goalie equipment will only be used by one player per practice and will be sanitized by coaches in between practices.
- NLA will provide hand sanitizer at every practice.
- Arrive dressed and ready to train.
- Bring your own water bottle.
- Any tasks that can be done at home, should be done at home.
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Players should limit intermingling with other practice pods.
- Coaches will do their best to perform drills in groups of 10 or less. These groups will stay together for the duration of the practice.