



Santa Cruz County Lacrosse Return to Play Protocol

This document will provide guidance that allows Santa Cruz County Lacrosse Association to return to training in a healthy and safe manner. The program will allow youth athletes to condition, develop stick skills and generally practice while following physical and social distancing guidelines. The guidelines established in this document will allow our coaches and staff to effectively and safely train the athletes.

PROTOCOLS

Coaches and Staff

Coaches and Staff will wear face coverings/masks at all times. Coaches and Staff will maintain physical distancing and conduct practices in accordance with [state](#) and [local](#) guidelines. As Santa Cruz County transitions between more restrictive or less restrictive color tiers these guidelines may be altered as necessary for compliance.

Players and Families

Prior to a scheduled training session, parents or guardians are required to do a health screening assessment at home for each athlete. The home assessment should include a body temperature check of less than 100.4 degrees and an assessment of symptoms including a cough, fever or chills, shortness of breath, difficulty

breathing, fatigue, muscle or body aches, headaches, recent loss of taste or smell, sore throat, congestion, and nausea, vomiting or diarrhea. **If an athlete does have a body temperature above 100.4 degrees and any of the listed symptoms, do not bring the athlete to the training.**

Player Drop Off/Pick Up

Parents should create a pick-off/drop-off plan with their athlete(s) that minimizes number of people and time at the field/facility. Older athletes should go directly to their parents' car; parents wearing masks can come collect younger athletes from practice and quickly disperse. All persons (including athletes, parents, coaches) are required to wear face coverings/masks upon entry/exit and anytime when not actively engaging in exercise. Everyone should remain socially distant at all times.

Check In

Player health screening will be done at home prior to arriving at the field. The screening will be administered by a parent or guardian for signs or symptoms of COVID-19. The screening will include a series of health questions and are outlined in the SCCLA Covid Agreement. If an athlete has symptoms and or answers yes to any of the questions, they should not be brought to practice.

Distancing During Training

While training in their designated groups, the athletes will keep their belongings on the outer perimeter of their training area and create their own space at least six feet apart from other athletes in their group. While on breaks from active training, the athletes should go to their own space and not closely socialize, share water, or share any equipment or cell phones. **The wearing of face coverings/masks is highly encouraged as tolerated during training, and is required upon entry/exit.**

Check Out

At the conclusion of the training, athletes are required to gather their belongings and leave the field in a timely manner. While leaving the athletes will not socialize, social distance, wear face coverings/masks, and leave through the designated exit to meet their ride home.

Sanitation

Hand sanitizing will be required at each practice. Each athlete is encouraged to bring their own sanitizer; coaches will have sanitizer available as well. Athletes are required to sanitize their hands before getting on the training field. All athletes, coaches, and staff will practice good hand hygiene and are encouraged to avoid touching their face, nose, and eyes with their hands as much as possible. All athletes, coaches, and staff are responsible for cleaning and disinfecting their equipment and apparel before training.

Violation of Program Guidelines

The Santa Cruz County Lacrosse Association recognizes the challenges and diligence needed by the athletes, coaches, and staff members to successfully move forward and operate our Santa Cruz County Lacrosse program. It is imperative that all participants thoroughly understand and follow the guidelines outlined in this document. Violating the guidelines could jeopardize the entire program and will be addressed immediately by the Santa Cruz County Lacrosse Association Board.

General Guidelines

All activities during the Santa Cruz County Lacrosse program will follow State and Local Health Department guidelines for youth sports, social distancing, and health and safety.

Athletes will not be permitted to participate without a signed liability/ permission waiver.

Every Coach and Staff member will be required to verify acknowledgement of

these guidelines by signing an agreement prior to working with the athletes.

Athletes will be required to wear face coverings/masks to and from their vehicle during drop off and pick up. Athletes are encouraged to wear face coverings when on the field during exercise as tolerated.

Athletes should bring their own water to the training and sharing is not allowed. Hand sanitizer will be provided, but each athlete is encouraged to bring their own. Any training jersey or pinnie provided to an athlete by Santa Cruz County Lacrosse will not be shared, will be cleaned and disinfected by each athlete, and brought to each training.

During practice, players are not to touch any equipment (including balls, cones, cages, etc.) with their hands; players should only touch their own personal equipment. It will be the responsibility of the coaches to remind the players to do this.

The Santa Cruz County Lacrosse Association program will be held outdoors. Each location will be divided into specific group training areas allowing adequate room for social distancing and health safety.

If any athlete, coach, or staff member is positively diagnosed with COVID-19 during the Santa Cruz County Lacrosse program, the affected person's specific training group will be immediately suspended from training for a 10-day minimum quarantine period. The Santa Cruz County Lacrosse Association Board of Directors will immediately convene if this situation presents itself to discuss any other needed action.

I hereby acknowledge and affirm my understanding of the foregoing.

Name _____ Date _____

Signature _____