



Return to Play Guidelines

To ensure we are returning to play in the safest manner possible, we have consulted numerous resources from our Governor, the CDC and US Lacrosse. We are implementing the below guidelines for summer programs.

Broward Lacrosse Advantage will designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.

REGISTRATION:

All players must be registered before coming to the field and before the first event.

Screening:

1) We ask all parents to screen their child every day.

The following CDC recommendations should be followed:

Stay at home if you are feeling sick or experiencing COVID-19 symptoms. People with COVID-19 have had a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is **not all** possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. For more information, see the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports.html>

- 2) Coach or designated representative will check the temperature of each player upon arrival at the field and prior to participation. Any player with a temperature of 100.3F or above will be immediately sent home and must exit the field.

General Guidelines:

- Clean and disinfect frequently touched equipment (mouthguards, sticks, water bottles, helmets, pads, uniform).
- No sharing of equipment, including water bottles.
- Players should wait in their cars with guardians until just before the beginning of warm-up for your game or practice. Do not gather with teammates.
- **Please DO NOT touch or physically greet any other players or coaches**
- Players **must** bring their own filled water bottle. They will not be allowed to participate without one. This is to limit the temptation to share.
- All coaches, and officials are to wear masks at all times
- **Bamford Park rules require ALL PARK VISITORS MUST wear masks unless working out, exercising, or cooling down from play. This includes players coming and going from the field.**

PROGRAM SPECIFIC GUIDELINES



Field Practice Logistics:

- Parents will please stay in the car (or leave) for the entire practice session.
- Players **must** bring their own filled water bottle. They will not be allowed to participate without one. This is to limit the temptation to share.
- Players must wear masks when walking to and from the field
- Coaches will direct players in skill building drills, while staying at least 6ft from anyone and designing drills where the kids are 6ft from each other as much as possible.
- After the session, players will report directly back to their cars. Parents, please remain parked where you dropped off so the kids can find you quickly or return near to the place of drop-off.



Game Play Logistics:

- Parents/spectators must practice social distancing while watching the games and leave immediately after game has ended.
- Spectators must wear face masks when not exercising.
- Players must wear masks when walking to and from the field
- Players must refrain from unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs while at the facility.
- Players may not enter the game play area until 10 minutes prior to game start.
- Players must exit the field of play immediately after completion of their game.
- **Teams will be limited to 10 players per team and 7 on a field at a time.**
- **Games will start on the hour and will consist of two 23 minutes halves which leaves 14 minutes between games to allow time for players to enter and exit the fields safely.**
- Coaches and officials must wear facemasks at all times.



Field Practice Logistics:

- Parents/spectators must practice social distancing while watching their children and leave immediately after the training session has ended.
- Spectators must wear face masks when not exercising.
- Players must wear masks when walking to and from the field
- Players must refrain from unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs while at the facility

