



# Back to Play

Minnesota Lakers Select (MLS) is excited to get players and coaches back on the field following Minnesota Department of Health, USLacrosse, and Centers for Disease Control and Prevention safety guidelines. As we navigate through the COVID-19 pandemic, MLS will continue to provide updates to our players and their families. The following document contains our guidelines for our in-person practices. These guidelines must be adhered to in order for our players, families, and coaches to have a safe, fun, and worthwhile experience.

# Table of Contents

|  |    |
|--|----|
| Table of Contents                              | 2  |
| Overview                                       | 3  |
| General Protocols for Back to Play             | 4  |
| Back to Play Specifics for Minn. Lakers Select | 5  |
| Shared Responsibility                          | 7  |
| Practices                                      | 8  |
| Hygiene Practices                              | 10 |
| Should a Player Get Sick                       | 11 |
| Resources:                                     | 12 |

# Overview

**Minnesota is currently cleared for small groups  $\leq 25$  people (including coaches). This means at a minimum we can move into a pod training ( $\leq 10$  people including coaches) and at a maximum small groups ( $\leq 25$  people, including coaches). USLacrosse strongly advises programs to focus on:**

**Goal:** Continue conditioning with small, socially-distanced community-based groups. Improve hand-eye coordination, footwork, shooting skills to further enhance the individual aspects a player needs to be successful at lacrosse. In addition, the continuation of improving cardiovascular and lacrosse fitness in a supportive group setting for enhanced mental and physical health.

## **A few key points from USLacrosse:**

- No inter-squad competitions are allowed during this stage because social distancing is not possible for players in a lacrosse game
- Use virtual classrooms/meetings to communicate practice plans, body warm-up drills, and other in-depth coaching.
- Athletes need to gradually build their musculoskeletal strength, cardiovascular endurance, and agility so as not to cause injury by going hard at practices right away.

# General Protocols for Back to Play

- Stay at home if you (or anyone in your home) are sick or experience any of these symptoms
  - Cough
  - Shortness of breath or difficulty breathing
  - Fever of 100.3 degrees Fahrenheit
  - Chills
  - Muscle pain
  - Sore throat
  - New loss or taste of smell
- Thoroughly wash hands with soap and water multiple times a day or use hand sanitizer. Hand washing is best.
- Wear a mask when out in public.
- Practice social distancing of at least 6 feet away from others.
- No spectators on or near the fields during practice; it is advised parents stay in vehicles.

# Back to Play Specifics for Minn. Lakers Select

- Players are placed in pods (small groups); this is the pod for the summer
- Two in-person sessions per week while in pods of  $\leq 25$  people
- Players will practice for a 2 hour chunk between 6:00pm-10:00pm\* on Tuesday at Academy of Holy Angels and Wednesday from 6:30pm-8:30pm at Hopkins High School. \*Specific Tuesday practice times will be released shortly.
- If players cannot make their assigned time they are not allowed to make-up or switch to an alternate pod
  - Family members will be placed in the same pod (regardless of age) to minimize the contact size of the pod
  - Players must wear a face mask or neck gaiter when coming to or leaving the field
  - Coaches, staff, family/spectators need to wear a mask at all times while at the facility. Coaches will also wear gloves
  - No spitting, no high fives, fist bumps, on or skin-to-skin contact
  - Players should plan that the restrooms are closed at the field. In dire situations, a player can use the bathroom, if it is open. They must wash their hands or use hand sanitizer after using the bathroom
  - Any violation is automatic removal for that practice and potential for the remaining in-person practices
  - Coaches may be coaching players not from their grad year until larger groups can practice together
- Our directors (Joe, Morgan, and Karen) will serve as hygiene coordinators at practices. This means:
  - They will clear each player before they are allowed on the field
  - They will keep track of attendance and the screening questionnaires and answers of participants. These records may be used for contact tracking as required by the Minnesota Department of Health or any other governing authority.
  - They have the final say about whether an athlete is fit to practice

- They will also monitor that our participants and families are following the protocols. If participants are in violation of any of the protocols, those individuals will need to leave the in-person practices and may not be able to come back; no refunds/credits are given for individuals who do not follow the protocols.
- Families are required to sign the Back to Play model before being allowed to practice. These will be kept on file by MLS
- All Lakers are still required to attend Monday Night All-Program Leadership Meetings, these will continue through the end of July
- Players will still have access to other virtual programming such as weekly workouts and Lacrosse IQ/Recruiting discussions

# Shared Responsibility

- Prior to coming to practice, parents/guardians must check for any signs or symptoms of infection present in their child as outlined in the General Protocols section above. This includes taking the players' temperature to make sure they do not have a fever of 100.3 degrees Fahrenheit
- For the safety of our Lakers family, if any signs or symptoms are present in the player or a person living with the player, the player is not allowed to attend the practice and show contact their healthcare provider
- Players must check in with the hygiene coordinator before entering the field and complete a questionnaire about signs and symptoms. If the player has any signs or symptoms of COVID-19 they will be sent home and instructed to call their doctor
- If a player or coach has tested positive for COVID-19 or has been in contact with anyone who tests positive with COVID-19, they are required to inform Joe or Morgan Abboud or Karen Heggernes immediately.
- All personal information regarding a positive COVID-19 result or reporting of contact with a person who has tested positive for COVID-19 will be kept confidential unless we are required to fulfill any contact tracing obligations required by the Minnesota Department of Health or any other governing authority.

# Practices

## Before Practice

- Players are required to take their temperature before coming to practice. This is more efficient for starting practice on time and allows our staff to keep social distancing from players.
- Players need to be suited up with all equipment ready to go; players should put shoes/cleats and practice apparel on before leaving the car.
- Bring as few things as possible to the field; preferably just your equipment, mouthguard, goggles, and water bottle. All personal items must be kept in the players' bag during practice. Bags will be spread out along the fence; they cannot be closer than 8 feet to each other.
- Players need to wear a mask to the field
- Players need to fill out a questionnaire form before each practice. This may be sent electronically or done in person by the hygiene coordinator during check-in.
- Players will need to check in with the hygiene coordinator before entering the field
- Players must use the entrance marked on the field map (see map at bottom of document).

## During Practice

- As players enter the field, coaches will show each player their specific area to put their bag, if they bring one. Water bottles should stay in their bags when not in use.
- Players will stay in their specific pod area at all times
- Players will participate only in drills that allow for social distancing of at least 6 feet; no drills/activities encouraging skin-to-skin contact will be allowed (close defensive or scrimmage-type drills)
- Players can use their own balls.

Players can use the team balls, but are required to only touch the ball with their stick.



- Only the coach is allowed to touch the cones, nets, or other common use lacrosse equipment. The coach will wear gloves.
- Players are not required to wear a mask during practice, given the need for adequate breathing during a sport in the summer

### **After Play**

- Pods will be excused from the field 1 pod at a time to allow for social distancing and avoid congestion
- Players must wear a mask when leaving the practice field
- Use the designated exit for your field (see map at bottom of document)
- Players cannot congregate on or off the field
- Players will change out of any equipment back in their car.
- Wipe down any and all equipment used

# Hygiene Practices

## Personal Hygiene

Players, coaches, and families play a critical role in taking care of their personal hygiene before, during, and after the event.

## Hand washing

Hand washing is still the most effective measure to control the spread of COVID-19. Players, coaches, and families should wash their hands:

- Before coming to practice
- As soon as they leave the field
- After any interactions with other people, such as touching another player's water bottle by accident or picking up a ball with their hand.
- After using the bathroom at the facilities

## Hand Sanitizer

When hand washing is not possible, hand sanitizer is the next best option. Hand sanitizer will be available at the field.

# Should a Player Get Sick

## **We will follow CDC guidelines which are:**

- Isolate the player as quickly as possible. If at a practice a family member should transport them home or to a healthcare facility and contact their healthcare provider.
- The player needs to stay at home until they meet the CDC guidelines for discontinuing home isolation
- Inform Karen Heggernes, Joe or Morgan Abboud immediately. An email to [mnslax@gmail.com](mailto:mnslax@gmail.com) is sufficient.
- All equipment the player was reasonably near will be cleaned and disinfected.
- Players/families that had close proximity to the infected player will be notified. The player's name will be kept confidential.

# **Resources:**

**USLacrosse Return to Play Recommendations**

**CDC - Considerations for Youth Sports**

**Entrance and Exit Field Site Maps - (AHA and Hopkins) - see below documents**

**Practice Field and Pod Assignments (TBD)**



Stadium practice players park here

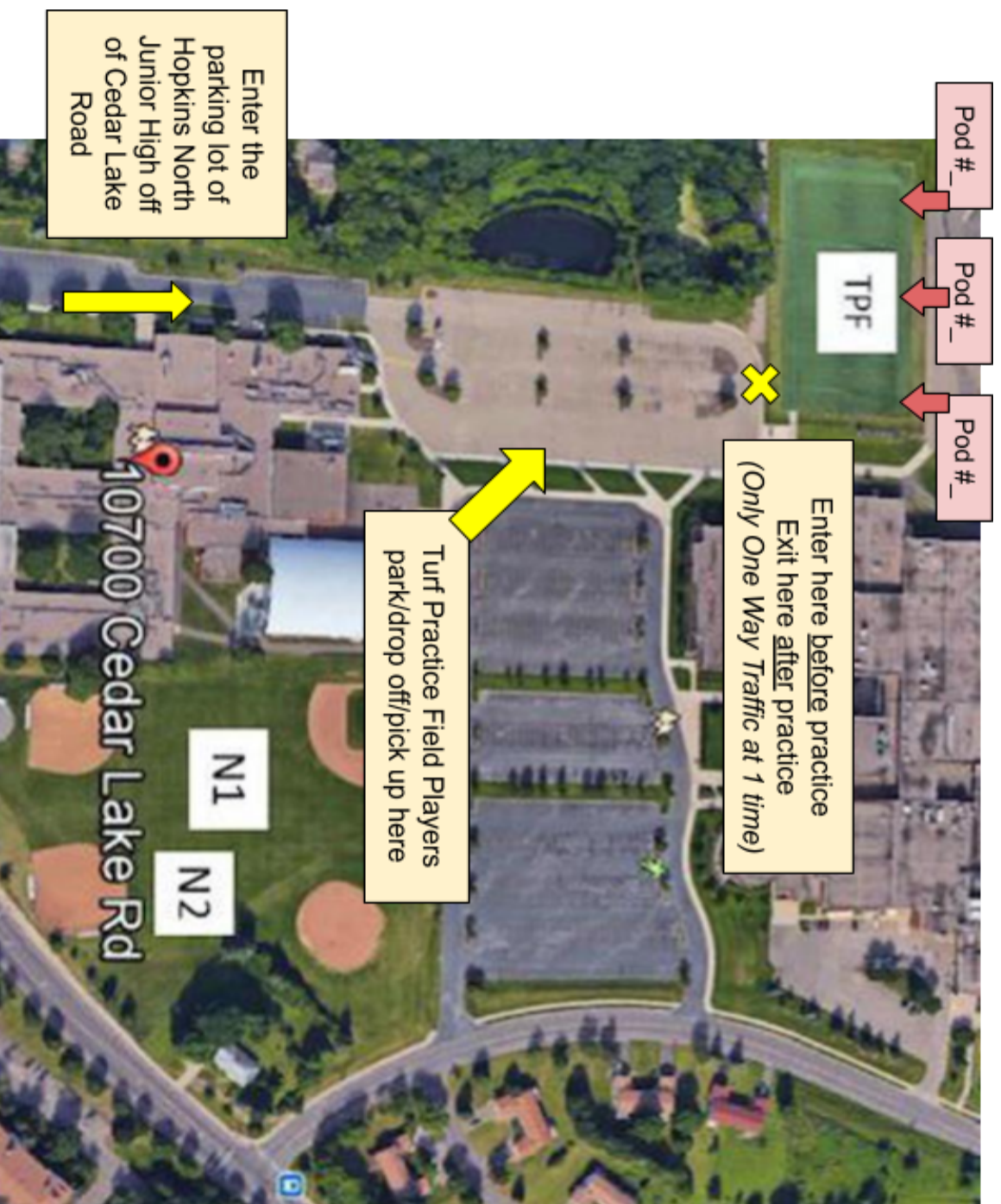
Enter here before practice  
Exit here after practice  
(Only One Way at 1 time)



Hopkins High School  
2400 Lindbergh Dr.  
Minnetonka, MN 55305

- H1&H2 Soccer
- H3 Soccer/Lax/Football
- H4 Softball
- H5 Baseball
- H6&H7 Soccer/Lax/Football
- H8&H9&H10 Softball
- H11 Shot Put/Football/6v6 soccer
- H12 Soccer
- Stadium Soccer/Lax/Football
- Turf Practice Soccer/Lax/Football





Pod # \_

Pod # \_

Pod # \_

TPF

Enter here before practice  
Exit here after practice  
(Only One Way Traffic at 1 time)

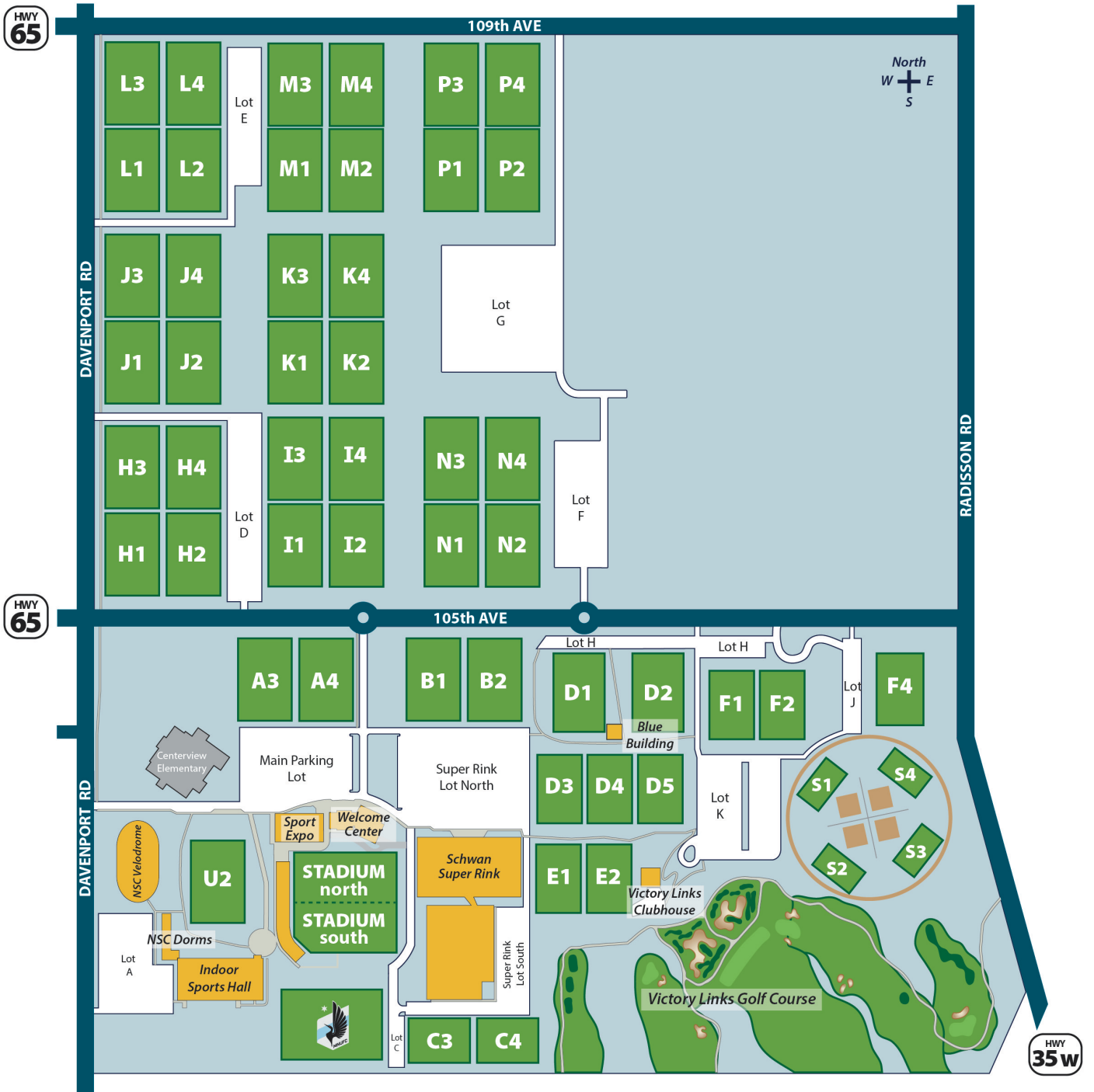
Turf Practice Field Players  
park/drop off/pick up here

Enter the  
parking lot of  
Hopkins North  
Junior High off  
of Cedar Lake  
Road

N1

N2

10700 Cedar Lake Rd





HWY 65

