



## 2020 Heart & Hustle Guidelines

- ☆ **Only players, coaches, officials and Heart & Hustle staff on the playing surface**
- ☆ **1 Spectator per Player socially distanced when standing or sitting, especially 6 ft apart. (This includes seating on the bleachers at PMA)**
- ☆ **Facecoverings are highly encouraged by spectators, players going to/from fields and when visiting Fine Designs.**
- ☆ **No Club or Spectator Tents**
- ☆ **Players should bring plenty of water as there will be no concessions. (Players should bring their own filled water bottles. NO Sharing, common use water bottles or drinking stations allowed and players should not touch others water bottles.**
- ☆ **Sidelines:**
  - ☆ **Focus on maintaining 6 feet between players and coaches**
  - ☆ **No shaking hands, high fives or huddles**
  - ☆ **Players should break for water & sanitization; at half-time and whenever needed.**

- ☆ **Players/coaches should only pick up a ball with their stick.**
- ☆ **No sharing of any equipment. Player equipment bags/backpacks should be placed 6 ft apart.**
- ☆ **No spitting, chewing gum, licking fingers, chewing sunflower seeds**
- ☆ **Arrival: Players/coaches cannot enter the field area until the other games clear.**
- ☆ **Departure: Players/coaches should leave the playing surface immediately after game concludes and no congregating.**

### **Very Important Self-Monitoring:**

**For players under 18, parents should ask the questions below prior to games each day.**

**If the answer is “YES” to any of the following questions, you/your player must stay home.**

1. Do you have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher?

Universal Guidelines: <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-universal.pdf>

2. Have you had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days?

### **Online Player Waiver to be completed prior to the tournament:**

<https://girlsntomahawkslacrosse.sportngin.com/register/form/547115257>