

## **Edina Lacrosse Association Social Distancing Rules & Policies**

### **Effective 6/1/2020 until Further Notice**



Due to City of Edina and Minnesota Department of Health current COVID-19 social distancing policies, these rules and policies must be followed by all families, their designated support individuals, players and coaches participating in Edina Lacrosse Association sponsored group activities:

Participation is not allowed if participant:

- Has a fever or is not feeling well
- Has had signs or symptoms of COVID-19 in the last 14 days
- Was tested positive for COVID-19 and has not been cleared to participate by MDH personnel

Before and after participating in the group activity, the participant must:

- Wash hands for 20 seconds or use a hand sanitizer with at least 60% alcohol

General good hygiene practices should be followed:

- Coughs or sneezes should be covered
- Used tissues or paper towels must be disposed of in trash cans
- After using the restroom, hands should be washed for 20 seconds or hand sanitizer with at least 60% alcohol should be used
- Do not touch your face
- Do not share water bottles, gear, equipment or personal items (e.g., mouth guards, towels, etc.)
- No eating or snacks at any group activities

Scheduling and Social Distancing:

- A group activity will not have more than 10 participants, including coaches.
- Participants are only allowed to participate in their assigned group. They are not allowed to participate or join other groups where they are not assigned.
- Family members, parents, guardians or other support individuals (e.g., nannies, carpool designee, etc.) are not allowed on the field. If they stay during group sessions, they must remain in their vehicles.
- Participants should not congregate on the field before or after the group activity. Participants should be geared up and on the field at their exact start time, not before. Participants should leave immediately after the group activity is done.
- All participants in the group activity must maintain at least 6-foot social distancing. Players not following the guidelines established by the coaches after 2 warnings will be asked to sit on the sideline until the parent/guardian/support individual returns.
- Edina Youth Lacrosse Association may have more than 1 group of 10 at a field in accordance with MDH and City of Edina policies. Social distancing must be maintained between groups. Players may not leave their group to participate with another group.
- Guidelines/field schematics will be shared for where players should enter the field at the beginning of the session and then leave the field at the end of the session. The field schematics will also be posted on the home page of [edinalacrosse.com](http://edinalacrosse.com).

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### **Gear:**

- If a player needs help with getting gear on or off, the player's guardian/parent/support individual should do this before or after the group activity in a non-field location (e.g., in the car, at home, etc.).
- Player should have gear on before entering the field, ideally getting geared up at home or in the car. Player should remove gear after leaving the field in their car, at home, or at a spot where they maintain 6-foot social distance.
- At group activities, all gear and personal equipment either needs to be worn/used by the player or stored in a zipped gear bag. Gear and personal equipment are not to be shared between participants. Gear bags, if brought to the field, and water bottles must be kept in designated social distanced locations as directed by coaches.
- Lacrosse balls will be shared. However, clean lacrosse balls will be used at each session. Players are not allowed to bring the used lacrosse balls home. Participants should avoid touching the lacrosse balls with their hands and use their sticks instead to pick up and retrieve lacrosse balls. Do not carry lacrosse balls in any personal equipment other than sticks (e.g., do not carry lacrosse balls in helmets).
- Goalies: Goalie gear will not be shared. If a goalie does not have their own gear, ELA will issue clean gear at the beginning of the season that will be used only by the goalie to whom it was issued. The goalie will keep the gear for the full season and return it clean at the end of the season. All gear rules above apply to goalie gear as well.

### **Wearing Masks:**

- Due to social distancing rules in place, wearing masks is the participant's preference per MDH guidelines at <https://www.health.state.mn.us/diseases/coronavirus/prevention.html>.
- Participants will provide their own masks.

### **Coach-Managed Supplies:**

- Coaches will be responsible for maintaining clean lacrosse balls for each group activity.
  - Coach must use clean lacrosse balls for each group activity.
  - Lacrosse balls should not be shared between groups.
  - Each group's lacrosse ball allocation should be cleaned between sessions and then stored in the field lock box. Lacrosse balls should not be brought home with coaches.
  - Lacrosse balls should be cleaned using the ELA-provided EPA-registered disinfectant. Cleaning procedure will be documented in the field lock box.
- Coach Bags will not be issued. Whistles, tape, stick repair kits, extra mouthguards, Dry Erase boards and stick butt ends will not be stocked due to social distancing guidelines.
- Cones should be kept in field lock boxes and handled by coaches only. After each group session:
  - Return cones to field lock boxes after spraying with the provided EPA-registered cleaning solution.
- Due to social distancing rules in place, wearing gloves is the coach's preference per MDH guidelines at <https://www.health.state.mn.us/diseases/coronavirus/prevention.html>. Coaches will provide their own gloves.

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- ELA will provide hand sanitizer in the field lock boxes with at least 60% alcohol.

This document is posted on the home page of [edinalacrosse.com](http://edinalacrosse.com).

Visit the [MDH website](#) for the *Guidance for Social Distancing in Youth Sports* document.

**Parents/Legal Guardians, Coaches and Administrators must acknowledge receipt of this document before being allowed to participate in group activities. Please acknowledge using this [form](#).**