



# SYC LACROSSE



## SYC LACROSSE FALL/WINTER 2020

Dates: Fall and Winter – Novice clinics scheduled for October 18 and 25 from 4-6 pm. Skills and drills clinics for returning players under consideration.

### Phase 2 Lacrosse Guidelines

Volunteers/Coaches - Wear Masks at all times.

Daily screening of players and staff – Commissioner/coach will check-in players up until start of clinic and then a parent volunteer will take over and do final check-ins.

50 participants maintaining 10 feet apart - players and coaches.

Small groups 8-10 participants with 1 adult coach leading, we will spread out and use the entire field. We will conduct individual stick skills, passing, catching, shooting, dodging, etc.

No contact.

All shared equipment (e.g., cones, balls, goals/pop ups) will be disinfected at the beginning (as necessary), during breaks, and at end of practice.

It is recommended parents stay in vehicle or spread out around the field but not sit or stand on playing field.

Only players and SYC Lacrosse staff are allowed on the field.

It is recommended players have masks for beginning and end of practice. They are not required during play.

Each player is to bring their own water bottle and not share with others.

### Phase 3 Lacrosse Guidelines

Volunteers/Coaches - Wear Masks at all times.

50-250 participants.

Daily screening of players and staff – Commissioner/coach will check-in players up until start of clinic, then a parent volunteer will take over and do final check-ins.

Open up High School volunteers to assist for clinics and will give each adult coach a HS volunteer to work with.

Small group- 8-10 players nominally, but in phase 3 will we conduct 1v1 drills all the way up to full-field scrimmages.

Normal contact allowed.

We will ONLY play SYC teams and scrimmage in house.

No traveling for play-days/scrimmages with other local lacrosse clubs.

All shared equipment (e.g., cones, balls, goals/pop ups) will be disinfected at the beginning (as necessary), during breaks, and at end of practice.

It is recommended parents stay in vehicle or spread out around the field but not sit or stand on playing field.

Only players and SYC Lacrosse staff are on the field.

It is recommended players have masks for beginning and end of practice. They are not required during play.

Each player is to bring their own water bottle and not share with others

**Communication Contact:** [Lacrosse@sycva.com](mailto:Lacrosse@sycva.com) with any questions or concerns about Return to Play procedures.