**General Guidelines:

The latest version of this document, and additional public health resources are maintained at our website as well as location specific maps with annotated screening locations and entrance/exit pathing:** [**https://www.shorelinelacrosse.org/safeplay**](https://www.shorelinelacrosse.org/safeplay)

**Phase2 of the Healthy Washington Roadmap to Recovery plan allows for low, moderate and high-risk sports competition with a maximum of 200 attendees, including spectators. Lacrosse is classified a moderate risk sport. Further guidance from the City of Shoreline specifies that for facilities or complexes with more than one field or area of play a maximum of 75 people allowed per field or area of play, including spectators. All spectators of different households are to remain physically distant, 6 feet or more, as much as possible. Any additional guidance for use of Shoreline Public Schools must be followed and will be incorporated into this document if and when it becomes available.**The guidelines outlined in this policy are the minimum requirements to hold organized team

events during Phase 2 of the Healthy Washington Roadmap. Administrators, board members and head coaches must ensure team activities are structured and managed to meet these guidelines. These guidelines can and will be updated as public health directives progress.

**Club protocols and guidelines**

* Practice physical distancing of 6 feet or more with no contact during off field activities, this applies to players, parents and coaches. Personal equipment that isn’t with the player on the field needs to be positioned at distanced locations (cones are preset on the sideline for this purpose).
* Each player and coach must bring their own hand sanitizer or disinfectant wipes or

equivalent to team organized activities. Encourage hand washing before and after all activities

* Players are not to attend organized team activities if they or anyone in their household

feels sick or has symptoms that indicate illness. Symptoms include, but are not limited

to, having a: f *ever, sore throat, runny nose, ear ache, congestion, cough, etc.*

* Screening station: Greet all participants before practice at the designated station and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Checklists are present at the screen station with the roster. Send the player home immediately if the answer of any question is affirmative.
* NO sharing of personal equipment, snacks, water, etc. of any kind between

players and/or coaches.

* Group play: all activities must be limited to the max number allowed in the current phase. Parents present before, during, and after practice should remain off the field and outside of the field. A minimum number of socially distanced spectators are allowed during games. The current limit is 75 at our home fields.
* Be smart: if you are sick, stay home. This applies to everyone: players, coaches, and parents. If you have been sick, remain home for 14 days after recovery.
* Physical play: facilitate lacrosse activities that eliminate physical contact. All drills should attempt to reduce physical contact to minimal levels.
* No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe way to do this.
* Masks: players, coaches and spectators should wear a mask before, during, and after practice or games. Face shields are acceptable on helmets, but not required and are not a replacement for a well fit face mask.
* Drop-off/pick-up: if possible, parents should remain in car for drop-off and pick-up. All spectators must remain 6 feet apart.
* Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
* Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time

**Coach Specific Protocol**

* Ensure the health and safety of your players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
* Follow all established federal, state, and local protocols.
* Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
* The coach is the only person to handle cones, disks, etc.
* All training must be outdoors and coaches must strictly enforce social distancing per the current phase guidelines.
* Coaches must always wear a face mask per current phase protocol and social distance from players when required.
* Wash and sanitize your own equipment after every session.
* The use of pinnies is not recommended.
* Increase your communication with parents, they need to know what you are doing as a coach and club to maintain their safety.
* Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.

**Parent’s Protocol**

* Ensure athletes are healthy, check their temperature daily.
* Please limited or do not carpool.
* Stay in car or social distance when at training, wear mask at all times if outside your car.
* Ensure child’s clothing is washed after every training session.
* Label your child’s equipment to guard against cross-contamination.
* Ensure all equipment, helmets, lacrosse sticks, cleats etc. are sanitized after every training.
* Notify club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
* Do not assist coaches with equipment before or after training.
* Be sure your child has necessary sanitizer and cleaning supplies with them at every training.
* When traveling, take responsibility to sanitize hotel rooms.

***Player’s Protocol***

* Take temperature daily.
* Wash hands thoroughly before and after training and any contact outside your home. Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
* Limited or no carpooling.
* Wear mask before, after and during all training sessions and games. This protects others in the event that you are unknowingly carrying the virus.
* Do not share equipment.
* Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates’ equipment during sessions. (cones are set up for this purpose)
* Wash and sanitize all equipment before and after every training session.
No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.