

## **Hopkinton Girls Youth Lacrosse 2021 Return to Play Guidelines – REVISED 5/19/21**

Hopkinton Girls Youth Lacrosse (HGYL) has enjoyed seeing our players, coaches and spectators back on the field this spring. Recent guidance from the Massachusetts Office of Energy and Environmental Affairs have allowed us to relax some of the COVID related restrictions for the remainder of the season. This document represents revisions to the guidelines previously released and supersedes all prior guidance effective May 19, 2021.

### Governing Regulations:

All HGYL events including practices and games will, at all times, comply with the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) Safety Standards for Youth and Adult Amateur Sports Activities ([link](#)) and changes to these standards will supersede any guidelines in this document.

### COVID-19 Coordinator:

We have appointed Jon Graziano (617-291-6734, [jgraz12@gmail.com](mailto:jgraz12@gmail.com)), board member, as our COVID-19 coordinator. In this role, he will oversee all aspects of the COVID-19 risk management plan including customization, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, documentation, and answering staff, player, parent/guardian and spectator questions about COVID-19 concerns.

### Competitions and Practices:

In order to comply with state regulations and focus on the safety of all participants:

- 1) Players under the age of 18 are not required to wear a facial covering while competing on the field for all games and practices taking place in Hopkinton and in any games where the hosting town does not require them. If the town hosting the game still requires players to wear facial coverings while competing, the home team's coach will notify the Hopkinton coach in advance of the game.

A facial covering is defined as a “face mask or cloth facial covering that completely covers the nose and mouth.” For girls lacrosse we recommend masks that secure with loops around the ears. Masks with exhalation valves or vents (including mesh masks) are not acceptable, neither are neck gaiters or masks that wrap around the head with ties or elastics which can endanger safety if hooked or snagged.

Players should wear a facial covering when in team huddles or on the sidelines when they cannot distance from other players.

- 2) All parents and players, league staff and team staff including coaches and volunteers are required to sign a waiver/release prior to participation.
- 3) Spectators are required to wear face coverings when 6 feet of social distancing cannot be maintained. If, while watching from the sidelines, a spectator can maintain 6 feet of distance from non-family members, face coverings are not required. Face coverings should be worn when entering and exiting the playing facility.
- 4) We strongly encourage all players, staff, parents/guardians, and spectators to use an abundance of caution and stay home when they are showing any signs of COVID-19.
- 5) We continue to spread out the timing of practices and games to provide adequate time in-between for players/spectators to leave and the next players/spectators to arrive without being in congested areas at the same time. This will also allow for the cleaning of commonly touched surfaces, if necessary.
- 6) While in-person, team-based social events are often considered an integral component of recreational sports leagues, more frequent, extended physical or close contact increases the risk of COVID-19 transmission between team members should an outbreak occur. In the interest of reducing preventable transmission events, HGYL is not permitting any team-based social gatherings until all other COVID-19-specific restrictions regulating sports leagues are fully lifted.
- 7) HGYL is not permitting shaking of hands, high fives, fist bumps or other social contact during practices or games. We are encouraging coaches and players to get creative in ways to show positive sportsmanship
- 8) Player provided equipment should be kept in a bag and should be spaced to encourage social distancing. Players should bring their own disinfectant wipes to wipe down their own equipment between use.
- 9) The use of team provided equipment will be limited to the greatest extent possible and will be disinfected between each use if possible. Balls should be disinfected whenever possible and an adequate supply will be kept on hand.
- 10) No shared food or drink may be provided during any activities for participants or spectators. Participants and spectators should only drink from their own containers. HGYL will provide individual, dedicated water bottles for children if they do not have their own.
- 11) Contact Tracing: Per state guidelines: HGYL must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health or their authorized agents. Should an Activity Organizers fail to completely and promptly cooperate with health officials, operators and organizers risk closure or suspension of a league's practices and/or games.

- a. HGYL is mandating that each team keep an attendance sheet for every practice and game.
- b. Attendance sheet must list all players on the team with the name of at least 1 parent/guardian and phone number for the parent/guardian.
- c. Attendance sheet must be dated for each practice/game and marked off as to which players are in attendance.
- d. Attendance sheet must be kept for at least 14 days from date of practice/game.
- e. Following each game, the Visiting Coach must provide the Home Coach with their attendance sheet for that game.
- f. It is recommended that the Visiting Coach make 2 identical attendance sheets and keep 1 for themselves.
- g. Game Attendance Sheets must be kept by the home team for a minimum of 14 days.