

# Longmeadow Boys Youth Lacrosse COVID-19 Protocols

## Drop Off and Pick Up:

- Be prepared to “arrive, play, and leave”. Congregating among players and parents, before and after events, is not allowed.
- Players should arrive “dressed and ready”. No gear bags are permitted on the field.
- Please do not arrive more than 15 minutes prior to the start of events.
- A facial mask is mandatory for all players and coaches before, during, and after a practice or game.
- All are to maintain six feet of social distancing as they arrive and leave.

## Physical Contact, Health, and Hygiene:

- If you have ANY question about your player’s health (sniffles, tired, not feeling well), or the health of anyone in your household, **DO NOT** send your player to participate in a practice or game. This is CRITICAL!
- If an individual feels unwell or develops any symptoms of COVID-19 at practice or a game, they must be picked up immediately. Coaches will have a list of parent cell phones.
- Facial masks are mandatory for all players and coaches – before, during, and after events. All should practice proper hand hygiene, washing with soap and water, or sanitizing with an alcohol-based sanitizer before and after events.
- Players are responsible for bringing their own face mask, hand towel, hand sanitizer, equipment, and drink. Sharing of any items is not allowed. Water bottles must be clearly labeled with your player’s name.

## Practice:

- A player will wear a facial mask to, during, and from practices.
- Facial masks are required under a player’s helmet.
- Coaches will record attendance.
- Players are to report to the designated coach and area on the field for all practices.
- Coaches will enforce social distancing whenever possible, especially during water breaks.
- No spectators allowed on the playing field. Parents are to remain in their cars.

## Games:

- Parents and siblings are permitted to watch games.
- Social distancing and facial masks are required while spectating.
- No congregating before or after the game; arrive just prior to game time and depart promptly after.

## Travel To and From Practices and Games:

- Only players and individuals from the same household should travel in the same vehicle to and from practices and games. If transportation with non-household members is necessary in rare/limited circumstances, all in the vehicle are to wear masks and windows should be opened for cross-ventilation.

**If a player or family member has COVID-19 or has been deemed close contact to a positive COVID-19 case, please notify your coach immediately. Your communication is vital to our program and player safety!**