



# RETURN TO INDOOR

Guidelines for our indoor  
season 2020-2021

**LWESTA**

*Field Hockey*

# RETURN TO INDOOR

## Guidelines for our indoor season 2020-2021

All indoor practices and competitions are limited to 25% of the capacity of the room, but no more than 25 people. However, if the number of individuals who are necessary for practice or competition, such as players, coaches, and referees, exceeds 25, the practice or competition may proceed if no unnecessary individuals such as spectators are present. Even if this exception applies, the number of individuals at the practice or competition cannot exceed 25% of the capacity of the room, and such limit cannot exceed 150 persons.

Staff, parents, guardians, and visitors are required to wear face coverings at all times. Regulations state that athletes are encouraged to wear masks during downtime, but not during physical activity. **At BSFH all athletes will be required to wear masks inside and throughout practice.** If needed a player may remove their mask we will remove them from play and provide a mask break in a safe area.

All guidelines will be reviewed periodically throughout the season.

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### **Indoor capacities will be reduced per state mandate as follows:**

- Capacity is reduced to 25%
  - In cases where the number of participants, coaches and referees exceed 25 people, spectators are not permitted
- Athletes and coaches will be asked to stay in their cars until just prior to their scheduled time to avoid unnecessary crowding
- If you have had close contact with a person known to have COVID you must quarantine for 14 days.
- Spectators will not be encouraged
- Everyone must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
- Mixing of groups will be discouraged - All teams and groups for practice are pre-set.
- Please refrain from gathering in the parking lot or open spaces near the field.
- Stay with the assigned group/team. When at all possible social distancing will be in effect. There will be drills and play where social distancing can not be maintained (i.e. game play, scrimmaging, etc).

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### STANDARD PRACTICES:

- There will be no “shared” water - we ask all players to bring more than enough water for themselves
- All players should bring their own hand-sanitizer
- Sanitize hands before and after practices, as well as properly wipe down equipment.
- Players and Coaches must temperature and symptom check before heading to practice - anyone with a temperature or symptoms within 14 days must stay home
- If you are sick, stay home. If a player or coach has a temperature or symptoms, they will be asked to leave for the health and safety of all players.
- NO SPITTING, “Hi-Fives,” “Handshakes,” “Fist-Bumps,” or “Celebration Hugs”
- No congregating
- No Shared Equipment, Water Bottles, Mouth Guards, etc
- Wash Jersey and Equipment Regularly - Keep Equipment out in the sun as much as Possible
- Blue Star Equipment will be cleaned on a daily basis
- Players and Parents should maintain social distancing in parking lots and wear masks when social distancing may be difficult.
- If a player or coach has been in contact with someone who is now sick, they should make that known during the pre-practice symptom check and stay home.
- If you have had close contact with a person known to have COVID you must quarantine for 14 days.