

Hopkinton Girls Youth Lacrosse 2021 Return to Play Guidelines

Hopkinton Girls Youth Lacrosse (HGYL) is excited to return to play in the spring of 2021. While we can't wait to see our girls out on the field again, we recognize that the COVID-19 pandemic is still upon us and are therefore outlining requirements to for the safety of players, coaches, officials and spectators this season.

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 as well as the rules set by the Founders Lacrosse League ([link](#)).

COVID-19 Coordinator:

We have appointed Jon Graziano (617-291-6734, 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) All participants including players, coaches, officials and spectators must always wear a facial covering while in the field complex. Facial coverings must be worn except by individuals with a documented medical condition or disability that makes them unable to wear a face covering.

A facial covering is defined as a "face mask or cloth facial covering that completely covers the nose and mouth." For girl's 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 waiting on sidelines, in team or group huddles must wear a mask.

Participants should take frequent facial covering breaks when they are out of proximity to other players, using caution to avoid touching the front or inside of the face covering by using the ties or ear loops to remove and replace.

- 2) Per state regulations, no more than 25 players are allowed on the field at one time during any practice or game. Larger playing fields may be divided so that multiple groups of up to 25 players can participate so long as those groups can be separated by 14 feet.
- 3) For all competitions, each player will be limited to 2 spectators on the sidelines. Siblings are excluded from this limit.
- 4) All parents and players, league staff and team staff including coaches and volunteers are required to sign a waiver/release prior to participation.
- 5) 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.
- 6) We are spreading 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. Games will end in a draw if time expires.
- 7) We will be promoting an “arrive, play, and leave” mentality and ensure that individuals are not congregating in common areas or parking lots before, during or following practices or games (such as tailgating). Players, coaches and officials should arrive for practices/games dressed to play.
- 8) 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.
- 9) HGYL is not permitting shaking of hands, high fives, fist bumps or other social contact between teams during practices or games. We are encouraging coaches and players to get creative in ways to show positive sportsmanship
- 10) 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.
- 11) 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.
- 12) 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.

- 13) Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer. HGYL will provide hand sanitizer at dedicated areas for all practices and games.
- 14) 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 organizer 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.