



After having last year off we are very excited to begin this week. The game schedules are being uploaded this week and practice schedules are in. With everything in life right now there may be changes based on COVID so please realize we are doing everything to safely return kids to lacrosse.

Reminder mandatory masking at all times for everyone except water breaks. Each athlete needs their own water. Please come to the fields dressed ready for practice. We will be asking each parent to self-screen prior to practice and games. If you answer yes to any of the following you need to reach out to me prior to attending. No questions asked.

**Have you been diagnosed with COVID-19 in the past 10 days?**

**Do you have any of the following symptoms that are unexplained or different than known health conditions?**

**Fever of 100 or higher**

**Chills**

**Sore throat**

**Difficulty breathing or shortness of breath**

**New cough**

**New loss of smell or taste**

**New runny nose or congestion (different from seasonal allergies)**

**Vomiting or diarrhea**

**Any new onset of unexplained symptoms**

**Muscles aches**

**Fatigue**

**Headache**

**In the past 14 days, in your household or in the community, have you had a close contact with someone who has tested positive for COVID-19?**

**In the past 14 days have you traveled outside of New England?**

For anyone who traveled outside of New England you will need to provide me with a negative PCR test within 72 hours to forgo the 10 day quarantine. Anyone who traveled internationally will quarantine for 7 days if tested and 10 days if not tested.

If we find that parents are not abiding by the checklist above, we will have your athlete suspended for the season. Example is not getting PCR after trip to FL and going to practice Monday. Example your child is a close contact at school and you take your child to practice anyway. We must all do our part to make sure we can get a season in safely. We can't control other communities, but we can make sure we do our best. Thank you all for your support and more details later on the we store opening up this week too.