



PROPS LACROSSE 2021 RETURN TO PLAY GUIDELINES

In efforts to mitigate the risk of contracting the COVID-19 virus, consistent with the requirements of the [Washington State Coronavirus Response, Healthy Washington – Roadmap to Recovery](#) and guidance provided by [US Lacrosse Return to Play](#), the Magnolia United Lacrosse Club (dba Props Lacrosse) will prescribe the following activities or suggestions for managing return to play.

Stay at Home

Parents/guardians of our players will receive an email requesting that if their child is feeling sick or experiencing any COVID-19 symptoms they must stay at home. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. This will be included in the e-mail communication to parents/guardians.

Known symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Hand and foot sores

An infrared thermometer will be used to take the temperature of the players upon arrival at practices and any games. Players with a temperature of 100.3 degrees or more will be sent home.

- Additionally, Props will use TeamSnap to manage and communicate with our Club members. We will be taking advantage of their [“Health Check”](#) feature for families to preemptively certify their child is healthy to participate – this occurs daily on practices days and is to be self-reported in an 8 hour time window prior to practice. Ex. If practice is at 5:45pm, then parents will only be able to self-certify the health check starting at 9:45 am the same day.

Best Practices (Players and Coaches Present)

These guidelines will be updated as needed in the current phase and as the transition to subsequent phases occur.

- All organized team activities are to be held outdoors, without exception.
- Props Lacrosse will practice physical distancing of 6 feet or more with **NO CONTACT** allowed during organized team activities. This includes the separation of personal equipment.
- Each player and coach must bring their own hand sanitizer or disinfectant wipes or equivalent to team organized activities.
- Each player, coach, or volunteer must provide and actively wear a suitable facial covering

- during the entirety of any organized team activity – practices, games or anytime the team is assembling for these activities. These need to cover the nose and mouth at all times.
- No assembling of groups for practice or games on reserved fields prior to the stated reservation time window.
 - All players, coaches, and referees will vacate the reserved field within 15 minutes of the end of the field reservation.
 - Players are **NOT** to attend organized team activities if they or anyone in their household feels sick or has symptoms that indicate illness. Symptoms include, but are not limited to, having a: *fever, sore throat, runny nose, earache, congestion, cough, etc.*
 - Players are **NOT** to attend organized team activities if they or anyone in their household has been exposed to any known person diagnosed with the COVID-19 virus after exposure with that said person. **A 10 Day** quarantine time frame applies and is required before a player can return to organized team activities.
 - If a family travels out of state at all for any reason during the season they are subject to a **14 day** quarantine from Club activities. Ex. Travel out of town on weekend of March 6, then your child is not eligible to return to team activities until after March 20
 - In accordance with privacy laws, in the event of a confirmed or suspected case of COVID-19 at a practice event, all players, coaches and staff will be notified of a possible transmission and advised to seek the advice of a medical provider.
 - **NO** sharing of personal equipment, snacks, water, etc. of any kind between players and/or coaches. No water stations will be allowed at any organized team activity.
 - Props Lacrosse will be organized into separate groups of **NO GREATER than 5 players in each group/pod**. Each pod is to train in separate parts of the field separated by a buffer-zone. The students in each pod should remain consistent from day to day to ensure more limited exposure if someone develops an infection. Coaches may work with multiple pods only if they are able to practice appropriate social distancing.
 - Team equipment, such as lacrosse goals, must only be handled by the coach. Any team equipment such as goalie gear, ball buckets, etc. that is shared between players must be sanitized before and after use by each individual, group, and each team organized activity.
 - Parents present before, during, and after practice are **NOT ALLOWED** in designated arrival and training areas. Parents must follow social distancing requirements and recommendations. Congregating on the sidelines is not allowed.
 - Players and Coaches should **NOT** be sharing carpools or traveling together outside of their family units. Family members from the same household may travel together. If not from the same household, carpools are discouraged and travel to or from practices/games should be in separate vehicles.

Arriving for practice:

- All players and coaches are required to always wear suitable face coverings during organized team activities.
- Players and Coaches or any of their personal equipment to participate in practices may not enter the reserved field for practice or games until the start of the reservation time. Ex: practice time scheduled 5:45 – 7:15PM – nobody from the Props will enter the field until 5:45pm.
- No waiting on the sidelines or milling around on the reserved field prior to the official field reservation time.
- Upon arrival at the practice facility, all coaches and student athletes will be screened for signs/symptoms of COVID-19 prior to any workout, practice, warm up, etc. Screenings will include a temperature check and COVID-19 questionnaire (attached below). The results of the screening questionnaire will be stored securely and in compliance with privacy laws.

- Players arriving for practice are to maintain social distancing and head to their group's designated arrival area. Players are required to wear face coverings while arriving and exiting the field.
- Designated areas are to be determined by the head coach in advance of player arrival. Coaches must establish an arrival location that avoids cross over traffic between groups entering and exiting the facility.
- Within each designated area coaches are recommended to mark locations with cones, or any other suitable marker to maintain social distancing requirements.
- All equipment such as lacrosse bags, water bottles, etc. must be placed in the designated arrival area and be separated by a minimum of 6 feet.
- Upon arrival to their designated area, players are to sanitize their hands prior to heading to the designated practice area, if separate than the arrival area, and prepare for warm-ups.
- Players and Coaches or any of their personal equipment to participate in practices may not enter the reserved field for practice or games until the start of the reservation time. Ex: practice time scheduled 5:45 – 7:15PM – nobody from the Props will enter the field until 5:45pm.
- All players and coaches will vacate the reserved field within 15 minutes of the end of the reservation

During Practice or Games:

- Each player, coach, or volunteer must provide and actively wear a suitable facial covering during the entirety of any organized team activity – practices, games or anytime the team is assembling for these activities. These need to cover the nose and mouth at all times.
- Groups/Pods are to remain together throughout the entire practice. No mixing of pods. during practice. Pods should also remain intact from day-to-day. Our goal is to establish pods during the first practice and keep them the same throughout the season. Some exceptions will be required based on player attendance.
- Players and coaches are to maintain social distancing throughout the entire practice. This includes during stretching, running, playing catch, etc.
- During training activities and drills coaches are to ensure they manage them to maintain and ensure social distancing. This can and should include markers/cones to ensure a minimum of 6 feet between players, especially when line formations are required.
- Players are responsible for moving their own equipment, such as bags, helmets, gloves, pads, sticks, etc., during and between training activities and drills. In **NO INSTANCE** should a player handle or touch another player's equipment. If this does occur, involved players are to immediately head to their designated arrival area and sanitize their hands and the impacted equipment.

After Practices or Games:

- Each player, coach, or volunteer must provide and actively wear a suitable facial covering during the entirety of any organized team activity – practices, games or anytime the team is assembling for these activities. These need to cover the nose and mouth at all times.
- At the conclusion of practice or a game, players and coaches are to head to the originally designated arrival area and prepare for departure. Players are to gather their equipment in a manner that they would normally depart practice and then sanitize their hands. If possible, it is recommended that players sanitize their equipment prior to leaving practice.
- Groups are to be released in sequence ensuring separation from the other groups. Players departing practice are to maintain social distancing until leaving the practice location/facility and must wear face coverings.
- Coaches are to sanitize any team equipment used during practice prior to leaving the

General best practices:

- Each player, coach, or volunteer must provide and actively wear a suitable facial covering during the entirety of any organized team activity – practices, games or anytime the team is assembling for these activities. These need to cover the nose and mouth at all times.
- All participants must be COVID-19 symptom free for at least 10 days before returning to practice.
- Parents of players who meet the standard for participation will be asked to drop off their players (and not stay to watch)
- Coaches & team volunteers will be designated Hygiene Coordinators and will ensure hygiene best practices are followed during all practices.
- Coaches and players are required to utilize new (or recently washed) masks for any practice or game participation.
- Hand sanitizer will be available and required for all players upon arrival/check-in.
- Players must bring their own equipment, no sharing between players is allowed.
- Players must bring their own water bottles.
- Players will be encouraged not to bring food. When necessary, snacks must be individually wrapped and disposed after eating. Players will be socially distanced on sidelines with gear bags at least 6' apart.
- One adult volunteer present will help ensure proper social distancing between players.
- Close huddles or pre- or post-practice in-person meetings will not be allowed
- There will be no handshakes, high-fives, fist-bumps, or skin-to-skin contact.
- If someone is injured, feels sick or demonstrates symptoms, the coordinator will work to separate the individual from the group, assess the situation while maintaining distance, contact parents, and if necessary, call for medical assistance.

Game Attendance

According to recent guidelines from city/county/state regarding safe “Return to Play” guidelines for sports like lacrosse we much adhere to some specific rules and protocols. All the information shared above still stands for practices and games as general guidance.

However, we have some additional guidelines to communicate regarding games and these must be followed to maintain standing with Seattle Parks and Recreation Department who issues our field permits.

For all Props Spring 2021 games either home or away, we will:

- Adhere the above previously communicated guidance and protocols for safe “Return to Play”.
- For outdoor competitions:
 - For facilities or complexes with more than one field or area of play a maximum of 75 people allowed per field or area of play, including spectators.
 - Props will have at least 1 (preferably 2) volunteer parents for home game to help enforce these policies. This will also be a Club policy for away games to help ease the burden on the home teams.
 - All spectators of different households are to remain physically distant, 6 feet or more, as much as possible.

Current as of: February 28, 2021

- Ex – for home games at the Whitman MS/Soundview turf field – we are only allowed to host a game IF we limit to 75 participants (players, coaches, fans, referees) and we can maintain social distance of 6 feet with people outside our families or households.
- This will only be maintainable for the season is our Props Community comes together and maintains their household/families' portion of the "Social Contract" that we are essentially are all operation under based on the above shared best practices and policies.
- If we do not maintain these practices and work together to ensure the Props Community has a Spring 2021 season it is possible that our field permit and ability to continue practices and games could be in jeopardy.

Please do your part – these are the conditions and provisions that all league clubs are operating under.

Do not be the reason or contribute to our kids losing the 2021 lacrosse season and this valuable outlet for physical activity, camaraderie, and life lessons that competing in lacrosse or sports in general provide.

Additional Seattle Metropolitan Youth Lacrosse Association (SMYLA) league guidance could surface, so please maintain flexibility as our league works through how to put on a great experience for the kids on the field this year.