



General Protocol

1. Be smart: if you are sick, stay home. This applies to everyone: players, coaches, and parents. If you have been sick, stay home for 14 days after recovery.
2. Screening: Greet all participants before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Send home immediately if the answer is “yes.”
3. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
4. Group play: all activities must be limited to the max number allowed in the current phase.
5. Physical play: facilitate lacrosse activities that eliminate physical contact. All drills should have as little physical contact as possible.
6. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
7. Masks: coaches and spectators should wear a mask before, during, and after practice. Players should wear a mask when not actively practicing. Face shields are acceptable on helmets, but not required.
8. Drop-off/pick-up: if possible, parents should remain in car for drop-off and pick-up. All spectators must remain 6 feet apart.
9. Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
10. Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.