



## **Welcome Evolution Lacrosse Campers + Families!**

This summer, Evolution Lacrosse Camp hopes to foster a love for lacrosse at all levels. Whether your child is a first-time player or an experienced laxer, we can't wait to deliver a fun and unique athletic experience.

At the Clifton camp, drop-off and pick-up will occur in the parking lot in front of Athenia Steel fields, located at 718 Clifton Ave, Clifton, NJ. Camp begins at 9 a.m. and ends at 12:00 p.m. daily. Please be prompt and follow the check-in procedures listed below.

In case there is lightning or severe weather, we will take shelter under the pergola adjacent to the snack bar. If there is severe weather that would put the camp at risk of opening, we may delay opening for an hour (will notify via email by 7:30 a.m.) or we will hold a virtual camp for the day (will notify via email by 8:30 a.m.). Player safety is our priority.

We have an excellent staff of talented teachers, college and high school players who are passionate about lacrosse and want to pass on their knowledge of the game. The camp activities are planned to be interactive between staff and campers. The overall goal of the camp is to provide the players with a positive lacrosse experience; therefore there will be daily and weekly awards and prizes.

We are excited to meet you and have lots of fun!!!

Feel free to contact me if you have any questions.

Thank you,

Matt Podwoski  
Founder + Executive Director  
[matt@evolutionlax.com](mailto:matt@evolutionlax.com)  
201-306-1124  
[www.evolutionlax.com](http://www.evolutionlax.com)



## **Return to Play Guidelines and Resources**

This document is meant to serve as a guideline and resource for Evolution Lacrosse Academy, LLC as it applies to its *Return to Play* policies for our summer camp program. These policies are fluid and subject to change. Evolution Lacrosse Academy will always follow government regulations and guidelines, as well as governing body guidance.

*Evolution Lacrosse Academy, as part of our company vision, focuses on providing healthy and safe activities and values the health & safety of our players, coaches, and parents. Our values inspire this document as well as guides the protocols established. We ask that all please keep this in mind and adhere to all guidelines.*

### **Socially Distanced Training**

The Centers for Disease Control and Prevention recommend physical distancing of 6-feet between people and the wearing of personal protective masks as fundamental interventions to prevent the spread of COVID-19. These interventions have become widely adopted and Evolution Lacrosse will follow CDC guidelines during Stage 2 and Stage 3 *Return to Play*. ([usl.org](https://www.usl.org)) Our socially distanced training will follow the general understanding that young players huddled together for instruction or groups of non-participating players socializing on the sidelines represent greater infection risks and are examples of traditional practice plans that must be eliminated. Therefore, our model will follow strict procedures without exception. These procedures include:

#### **Social Distancing Guidelines (players, coaches, staff, parents/caregiver)**

- Training will consist of pods of no more than 20 players. Each pod will have 2-3 coaches. Each pod will be broken into smaller groups of 6-10 players who will work in circuits with their designated staff.
- These pods will train and take breaks together, and will not intermingle with players and coaches from other pods.
- Players will be kept 6-feet apart from the time they arrive through pick-up. This includes all on-field training.



- Masks/face coverings are to be worn at drop-off, during any off-field instruction, and pick-up. The exception to wearing a mask/face covering is when players are on the field training. Coaches and other personnel present at training will follow these same mask/face covering guidelines.
- Training is limited to non-contact activities, i.e. individual skills, fitness, etc.
- No physical contact, such as huddles, high-fives, etc.

## Equipment

IMPORTANT: Campers arrive wearing all personal equipment, along with:

- Water Bottle (2)—clearly marked with name
  - We will not provide cups or water
- Gatorade or sports drink (1)—clearly marked with name
- Sunblock (applied before arrival)
- Healthy snack for 10:45 a.m. break (no nuts)
- Stick
- Molded cleats, turf shoes, or sneakers
- **Girls:** Goggles, mouth guard
- **Boys:** Helmet, mouth guard, gloves
- **Mini-laxers:** only need a stick as far as equipment

Player's water and equipment must not be shared and will be kept at least 6 feet apart to ensure breaks are also properly distanced.

Hand sanitizer will be available for players to use before, during, and after camp.

A bucket of balls will be assigned to each group and will be cleaned prior to and at the conclusion of camp.

It is recommended that players disinfect (Lysol, Clorox, etc.) their own equipment and wash all clothing at the conclusion of every camp.

## Clifton Athenia Steel Field Plan



- Boys, girls and mini-laxers have been assigned a field and will be instructed to proceed directly to the field sign-in location upon arrival. Fields will be clearly marked with signs. It is to be understood and will be enforced that campers do not congregate with other players who are not on their team or at their field location prior to, during, or at the conclusion of camp.
- Ingress/Egress Plan: Parents/caregivers will follow signage for drop-off/pick-up and are asked to park as close to their player's field as possible.
- Mini-Laxers will use Field #3, Girls will use Field #2, Boys will use Field #1
- Bring field map to this area



## Cooperation & Responsibility

Each stakeholder as outlined below has a responsibility to cooperate within the framework of this plan. Evolution Lacrosse emphasizes the need for cooperation and an acceptance of responsibility from all members of our lacrosse community—we will be safer when we work together to minimize risks.

### Club

- Distribute and post *Return to Play* protocols
- Be sensitive and accommodating to parents with *Return to Play* concerns
- Train and educate all stakeholders in the stages of *Return to Play* protocols
- Provide adequate field space for social distancing, as outlined in this document

### Coaches

- Follow all *Return to Play* protocols
- Send campers home if not feeling well
- Ensure campers use individual equipment
- Ensure activities provide adequate social distancing

### Parents

- Sign COVID-19 waiver and hand in on first day of camp
- Check child's health, sign and hand in daily admission ticket
- Ensure child's clothing is washed after each day
- Ensure all equipment is sanitized prior to camp
- Notify club/coach if your child becomes ill for any reason
- Supply your child with individual sanitizer
- Adhere to social distancing expectations
- Ensure your child has plenty of water and fluid for hydration



## Players

- Adhere to all *Return to Play* protocols
- Wash hands thoroughly before and after all activities
- Ensure all equipment is sanitized prior to any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment, bags, etc. at least 6 feet apart
- No high-fives, handshakes, knuckles, or group celebrations

## Safety Guidelines

The following CDC recommendations will be followed during all stages of *Return to Play*:

1. 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. Stay at home if you (or a member of your immediate household) are feeling sick or experiencing the following COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 F (37.9 C)
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

(Additional less common symptoms can be found at [cdc.gov](https://www.cdc.gov).)

2. Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).



3. No sharing of equipment, water bottles, towels.
4. Thoroughly wash hands with soap and water for at least 20 seconds (sing "Happy Birthday" twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
5. Have sanitizing options available, including, but not limited, to hand sanitizer and disinfectant wipes.
6. Temperature of participants will be taken using an infrared thermometer. Anyone with a temperature of 100.3 F degrees or more should be sent home and evaluated by a licensed medical professional before being cleared to participate.
7. Arrive dressed and ready to train.
8. Minimize use of changing rooms, bathrooms, communal areas.
9. Eat off-site. Bring your own water bottle. (We will have designated snack and shaded break areas for each pod.)
10. Any tasks that can be done at home, should be done at home (recovery sessions, online meetings).
11. Cover your mouth and nose with elbow or tissue when coughing or sneezing.
12. Follow the public health guidance of the host location for the lacrosse activity, when determining what necessary *Return to Play* and risk mitigation plan to follow.
13. Each program should assign a designated safety or hygiene coordinator as the point of contact for all COVID-19 information, education and hygiene protocols. (See resources)
14. Establish a CAP (COVID-19 Action Plan) to determine what steps you need to take, should an athlete, coach, or family member get sick or test positive for COVID-19.



## **COVID-19 Action Plan (CAP)**

A plan to determine what steps will be taken should a player, coach, or family member get sick or test positive for COVID-19.

### **Confirm daily player free of COVID-19 symptoms, including:**

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 F (37.9 C)
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

(Additional less common symptoms can be found at [cdc.gov](https://www.cdc.gov).)

### **Athlete admittance ticket**

Required each morning at sign-in. This ticket will be completed by a parent/guardian prior to releasing the athlete to camp. (See appendix)

### **If player has shown symptoms of illness during camp:**

Player will immediately be removed from the field and escorted to a segregated medical tent. Parent/guardian will be contacted to pick-up the player immediately. Player will be advised to see a medical professional. A professional will determine if COVID-19 test is necessary. Player will be admitted to camp with medical clearance and a note from a medical professional. Evolution Lacrosse families will be notified of occurrence.

### **If player/coach/family member has tested positive for COVID-19:**

Player should stay at home. Contact Evolution Lacrosse immediately with the date of positive test result. Evolution Lacrosse will contact all families and staff immediately and begin contact tracing protocol. Evolution Lacrosse will contact local and state health officials and follow all local and state protocols. Those most at risk will be advised to self-quarantine, monitor symptoms and return to play only when safe and appropriate.



## COVID-19 Waiver & Tracking

The documents required for all players and/or coaches to return to play. These documents are necessary for contact tracing and player/coach safety.

1. **Player COVID-19 Waiver:** Parents/legal guardians are required to sign the Evolution Lacrosse LLC Waiver/Release For Communicable Diseases including COVID-19 waiver below on behalf of their Evolution player prior to the first day of camp. Any player without a signed waiver will not be permitted to participate in camp.
2. **Coach/Assistant Coach COVID-19 waiver:** Coaches and assistant coaches are required to sign the Evolution Lacrosse LLC Waiver/Release for Communicable Diseases, including COVID-19 waiver prior to first day of camp. Any coach or assistant coach without a waiver signed will not be permitted to participate in any Evolution activity.
3. **Evolution Lacrosse Daily Athlete Admittance Ticket:** Read detailed explanation in COVID-19 Action Plan above. (See appendix)

## Appendix

- U.S. Lacrosse: [www.uslacrosse.org](http://www.uslacrosse.org)
- Center for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- State of New Jersey Department of Health: [www.nj.gov](http://www.nj.gov)
- Athenia Steel Park: [www.cliftonrec.com/info/facilities/details.aspx?ActivityID=145901](http://www.cliftonrec.com/info/facilities/details.aspx?ActivityID=145901)



## Athlete Admittance Ticket

Parents/Caregivers complete the Athlete Admittance Ticket before EACH camp session. Players without a ticket will NOT be allowed to participate.

**NO EXCEPTIONS!**

---

Player First Name

---

Player Last Name

Does the player live in the same household or have close contact with someone who in the last 14 days has been in isolation for COVID-19 or had a test confirming the virus. **Yes No**

Has the player or anyone in the family (household) been in contact with someone who has tested positive for COVID-19 in the last 14 days? **Yes No**

Has the player exhibited any of the following symptoms today (or within the last 24 hours) which cannot be better explained by another condition?

Fever **Yes No** Difficulty Breathing **Yes No** Chills **Yes No** Unusually Weak/Fatigued **Yes No**  
Repeated Shaking/Shivering **Yes No** Loss of Taste or Smell **Yes No** Cough **Yes No** Muscle  
Aches or Pain **Yes No** Sore Throat **Yes No** Runny/Congested Nose **Yes No** Shortness of  
Breath **Yes No** Diarrhea **Yes No**

Please provide additional information if symptoms present are better explained by another condition (e.g. exercise induced muscle soreness, diagnosed seasonal allergies). If the player is experiencing any of the above symptoms prior to camp, without an explanation not related to possible COVID-19, the player is required to STAY HOME from camp until symptom free.

I certify to the best of my knowledge this information is accurate.

---

Parent/Caregiver Full Name

---

Parent/Caregiver Signature

---



Date



**Evolution Lacrosse LLC WAIVER / RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

In consideration of being allowed to participate in a Evolution Lacrosse LLC event ("Evolution Event"), the undersigned acknowledges, appreciates, certifies and agrees that:

1. My participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness, injury, and death does exist.
2. If I have a pre-existing health condition, exposure to COVID-19, or any other infectious disease may be more likely to cause serious illness, injury, or death;
3. Evolution Lacrosse cannot ensure other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants, coaches, and volunteers, and therefore, participation in an Evolution Lacrosse Event involves risk of exposure to infectious disease; and,
4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
5. I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.
6. I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.
7. I willingly agree to comply with all recommendations provided by Evolution Lacrosse to ensure safe play. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of nearest coach, staff member or volunteer, or official immediately; and,
8. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Evolution Lacrosse LLC, and their partners, officers, officials, agents, and/or employees, other participants, volunteers, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.** Name of participant: \_\_\_\_\_ Participant signature (IF 18 OR

OLDER): \_\_\_\_\_ Date signed: \_\_\_\_\_ **FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)** This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

\_\_\_\_\_  
Parent/Caregiver Full Name

\_\_\_\_\_  
Parent/Caregiver Signature

Date \_\_\_\_\_