



To: True Lacrosse Program Return to Play  
From: Valentina Gern, Manager of Operations & Program Scheduling  
Date: June 25, 2020  
RE: Reopening Policies & Procedures-Phase 4

The True Lacrosse Program will move into Phase 4 with policies and procedures that focus on returning to the field/turf for training purposes. They are based upon current guidelines set forth by the Center for Disease Control and Prevention (CDC), as well as state and local government officials. To be clear, these policies and procedures are requirements, not recommendations. Your adherence to these policies and procedures is REQUIRED. Any violation of the below policies and procedures will result in your immediate removal from the building & forfeiture of your reservation.

1. Anyone showing symptoms or signs of sickness, or who have been in contact with known positive cases, or have traveled to states with high rate cases and minimal quarantine requirements within the last 30 days PLEASE STAY HOME and follow CDC guidelines of self-quarantine.
  - a. Participants with symptoms or signs of illness are strictly advised not to enter practice facility whether be inside or outside and to seek medical assistance.
  - b. Participants with risk factors or illnesses should not attend on-field sessions.
2. Parents, guardians, and spectators are not allowed inside the building or on the fields. You must remain inside your vehicles.
  - a. If you have questions, please contact the main office.
3. There will be designated entrances and exits doors will be labeled at the True Lombard Facility. Please refer to the site logistics plan for arrival and departure instructions at the bottom of this memo.
4. All players, including coaches, must sign a hold harmless waiver before participating in any activities. Parents and/or guardians must sign the hold harmless waiver if the participant is under 18 years of age.
5. All players, including coaches, must answer the prescreening questions beginning of each week of practice and returning from a tournament which does not follow the Illinois CDC guidelines.

6. Players must arrive fully dressed.
  - a. No bags allowed inside the facility. Bags outside must be placed 6 ft. apart.
  - b. Players will be subjected to a temperature check
7. Coaches are recommended to wear a medical mask.
8. Capacity:
  - a. Lombard facility will allow groups of 25 including coaches.
  - b. Outdoor practices will allow groups of 50 including coaches
9. Users must abide by True Lacrosse Programming Considerations.
  - a. Players and coaches need to observe physical distancing recommendations while on the field/turf
  - b. Avoid drills that require players to stand in line; use station based practices instead. Have Players/coaches spread out to maintain needed physical distance.
  - c. Minimize “chalk-talk” sessions; demonstrate drills instead.
  - d. Utilize non-contact drills.
  - e. Coaches must avoid talking within close proximity of players.
  - f. Coaches must leave an appropriate amount of time before and after their practice session to complete the one-by-one arrival and dismissal process as seen in the site logistics plan
  - g. Coaches must be prepared to dismiss players exhibiting signs or symptoms of illness.
  - h. Players need to bring in and label their own water bottles; no sharing of water.

The knowledge and circumstances surrounding COVID-19 are constantly changing and, as such, the True Lacrosse makes no representation and assumes no responsibility for the accuracy or completeness of these policies and procedures. We believe that the above policies and procedures will help allow for a safe return to the field/turf. Until the virus is either eliminated, a vaccine is developed, or a cure is found, there is no way of completely eliminating the risk of infection. If you choose to return to the field/turf during Phase4 of the state’s Restore Illinois Plan, you do so at your own risk and you specifically release from any and all liability the True Lacrosse, its employees, officers, and agents in connection with these policies and procedures.

True Lacrosse Ownership & Management



**MAIN EXIT  
FOR  
PLAYERS  
on Field 1**

**FIELD 1**

**FIELD 2**

**MAIN EXIT FOR PLAYERS on Field 2**

**120  
(2,000 SF)  
O: 2,000 SF  
W: 0 SF**

**MAIN ENTRANCE FOR all PLAYERS**

# LOMBARD FACILITY ONLY

1. Please do not arrive more than 10 minutes before your scheduled practice time.
2. Players must enter and exit the parking lot off Eisenhower Lane North and South
3. Designated parking spaces will be made available for drop off and pick up only.
4. Parents and guardians must park in the designated parking spaces when dropping off and picking up their children.
5. Parents and guardians must remain inside their cars when dropping off and picking up their children.
  - a. Mingling with other guests in the designated drop off and pick up areas is not permitted.
6. Players must wait in their parent or guardian's cars until signaled to enter the designated entrances by their coach or rink employee.
  - a. Once signaled, players will enter through the Main Entrance

All Players and Coaches will be required to answer the following questions:

- a. Have you been in contact with a confirmed case of COVID-19  
No                       Yes
  
- b. Have you had a fever or felt feverish in the last 72 hours?  
No                       Yes
  
- c. Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?  
No                       Yes
  
- d. Are you experiencing any new muscle aches or chills?  
No                       Yes
  
- e. Have you experienced any new change in your sense of taste or smell?  
No                       Yes

Player:

Coach: