

Lowcountry Lacrosse: **Return to Play**

To ensure we are returning to play in the safest manner possible, we have consulted pediatricians and numerous resources from our Governor, the CDC and US Lacrosse. We are implementing the below guidelines.

Waiver:

A waiver will be required, and will be sent to everyone who has officially registered. The waiver will need to be signed no later than the day before your child steps on the field.

As a reminder, you must also have an active US Lacrosse number to participate (<https://www.uslacrosse.org/membership>)

Screening: We are asking all parents to screen their child every day.

The following CDC recommendations should be followed:

1) Stay at home if you are feeling sick or experiencing COVID-19 symptoms. People with COVID-19 have had a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- 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

This list is **not all** possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. For more information, see the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports.html>

2) Clean and disinfect frequently touched equipment

3) No sharing of equipment, including water bottles.

Field Practice Logistics:

- Parents will please stay in the car (or leave) for the entire practice session.
- Players will exit the car with stick and water bottle only. They will report directly to their assigned area on the field.

- Players **must** bring their own filled water bottle. They will not be allowed to participate without one. This is to limit the temptation to share.
- Coaches will direct players in skill building drills, while staying at least 6ft from anyone and designing drills where the kids are 6ft from each other as much as possible.
- After the session, players will report directly back to their cars. Parents, please remain parked where you dropped off so the kids can find you quickly, or return near to the place of drop-off.

We also encourage any family who is worried about contracting the Covid-19 virus, to not participate until they feel comfortable.

Thank you so much for your cooperation. We appreciate everyone's commitment to the kids!