



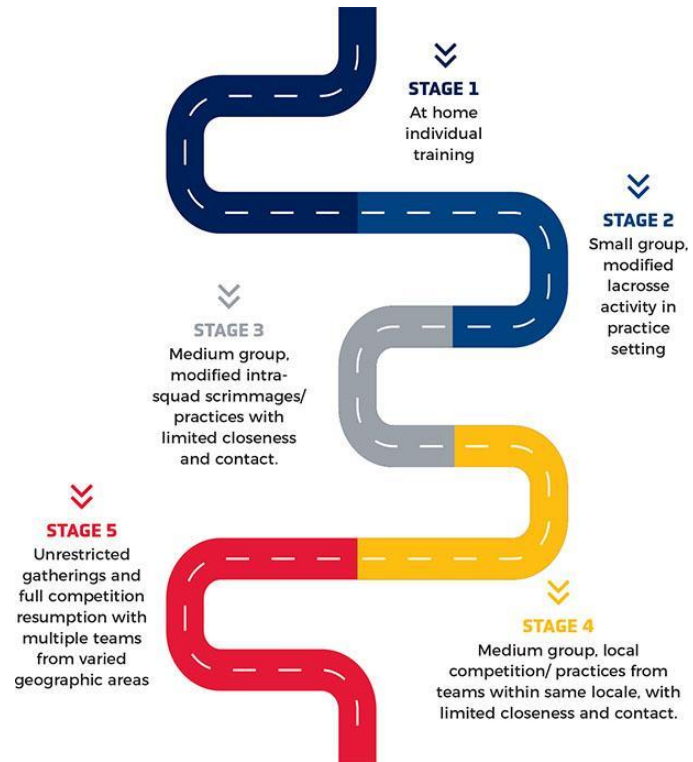
JUANITA LACROSSE CLUB

SAFE RETURN TO PLAY PLAN

COVID – 19 RETURN TO PLAY

Juanita Lacrosse Club has prepared a Return to Play Plan following local, national and governing body guidance. US Lacrosse identified five stages that approximate Washington’s four phase re-opening plan.

King County is currently in Phase 2.



PHASE 2 - PLAYERS

Players must:

- **Take temperature daily.**
- **Bring and use hand sanitizer**
- **Wear a mask before and after all practice sessions.**
- **Keep a distance of 6 feet**
- **No high fives or hand shakes**
- **No 1 v 1 situations**
- **Cough and sneeze etiquette**
- **No spitting**
- **Place bags and gear 6 feet away from teammates equipment.**
- **Do not touch or share other's equipment.**

Hygiene protocol:

- **Strict hand hygiene (antibacterial hand sanitizer), minimum before and after training.**
- **Bring your own water bottle, no food.**
- **Keep your mouthguard in, put it in a case when done.**
- **Disinfect equipment immediately after use**
- **Participants with risk factors/illnesses should not participate**
- **Participants with signs of illness are strictly advised not to attend and to visit a medical provider.**

PHASE 2 - COACHES

Coaches will:

- **Ensure the health and safety of the players. Inquire how they are feeling and send them home if not well.**
- **Follow all established federal, state and local protocols.**
- **Design activities with no lines/waiting time**
- **Design activities for 1 - 5 players with 6 feet of spacing and no 1 v 1 situations**
- **Maximize fun and engagement time**
- **Review distancing guidelines and hygiene etiquette with players**
- **Wear a mask when unable to socially distance.**
- **Ensure sanitizer is on field**
- **Enlist a parent to assist with compliance during practice.**
- **Not coach if they have signs of illness or suspect they may have been exposed**
- **Wipe down shared equipment (balls, cones etc. afterward)**
- **Prohibit players from sharing anything.**

PHASE 2 - PARENTS

Parents will:

- **Read all communications sent from your program**
- **Give your player a heads up as to what to expect from his experience.**
- **Ensure your player is healthy, check their temperatures daily.**
- **Notify the Club if your child become ill for any reason.**
- **Notify the Club if your family comes into contact with a positive Covid-19 diagnosis.**
- **Review distancing guidelines and hygiene etiquette with your child**
- **Drop your child off and pick him/her up per protocols outlined by your program.**
- **If you need to enter the vicinity, wear a mask.**
- **Review the US Lacrosse evaluation checklist for parents (attached).**
- **Follow the standards and protocols set by your program for your child's participation. Makes sure they have their own water and hand sanitizer, and a case for their mouthguard.**
- **Offer to help**
- **Donate supplies like sanitizer**
- **Remind your player of good hygiene**
- **If you are a family member have signs of illness or suspect you may have been exposed keep your child home from practice**
- **Help show your child how to clean his/her equipment after practice, ensure this gets done.**
- **Ensure your player's equipment is labeled.**
- **Avoid carpooling.**

PHASE 2 – FIELD ACCESS



BIG FINN HILL PARK
King County Parks Dept.
Juanita Drive NE and NE 138th, Kirkland, WA 98028



PLAYER ENTRANCE



VEHICLE DROP-OFF



PLAYER EXIT



VEHICLE PICK-UP

FIELD SET UP

- **Maintain a 10 yard buffer between training zones.**
- **Maximum of five players per zone.**
- **Players within zones to maintain proper distancing at all times.**
- **Coaches to maintain proper distancing at all times.**

