

GENERAL GUIDELINES

As a result of the Covid-19 Pandemic, Suffolk County Girls Lacrosse requires all town teams to follow the same set of rules and protocols to foster safe play and participation during the Spring 2021 season. NYSDOH issued [Interim COVID-19 Guidance for Sports and Recreation](#) related to the safe return to play for sports. As such the SCGL Executive Board has adapted this to create the following guidance document for our Spring 2021 Season:

Risk minimization strategies should be communicated to all teams, coaches, players, and officials/referees prior to the event date. These include:

- Any person who is experiencing symptoms of sickness will be prohibited from attending the event/venue of play
- All event attendees, players, coaches and spectators should practice social distancing and wear appropriate face coverings
- All posted and published local and state-regulated guidelines shall be followed

Procedures for Practices/Games:

- A. Participants should wash and sanitize their hands before entering and/or leaving practice or competition and as often as possible throughout the practice or contest, especially when interacting with other participants or athletic equipment.
- B. Participants should be dressed and ready for participation upon arrival wherever possible. Masks should be worn when not playing and as tolerable during play.
- C. Coaches, referees and other personnel must wear properly fitted masks at all times
- D. Equipment sharing should be minimized and any shared equipment must be sanitized between use. (Goalie changes, etc.)
- E. Player equipment bags should be spaced out on sidelines. No sharing of water bottles.
- F. Coaches should clean and disinfect frequently touched surfaces and equipment including balls as needed.
- G. Social distancing should be maintained while players are on line for drills and on the sidelines when feasible.
- H. No hugging, high fives, shaking hands, fist bumps, or any direct bodily contact outside the expectations of the sport.
- I. Sideline procedures - Players should maintain social distancing of six feet between coaches, officials, and or teammates
- J. Only essential personnel should be permitted on the practice/competition site. These are defined as athletes, coaches, medical personnel/athletic trainers, officials.

GENERAL GUIDELINES FOR OFFICIALS

- Officials are not responsible for monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses, and other such issues.
- This monitoring obligation remains with the town coordinators and coaches.
- Officials must pay special attention to playing rules that require distances between players during play.
- Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Officials should maintain distance from players and minimize the times they are within six feet of others when feasible.

Suffolk County Girls Lacrosse Spring 2021 Suffolk County Girls Lacrosse League Guidelines for spring 2021 due to Covid-19

- Hand sanitizer will be available at the scorer's table, if applicable, and use it between periods and during time-outs; officials are encouraged to bring their own in the event none is available.

PREGAME MEETINGS

- Separate meetings should be held for coaches.
- Equipment: The game balls should be new or cleaned and placed on the SCORER'S TABLE prior to the start of the game. Home team should provide a minimum two new NOCSAE approved yellow lacrosse balls for each game.

POST-GAME MEETINGS

- There will be no Post-Game Handshakes

SPECTATORS

- A. No persons should enter the facility if they are exhibiting any signs of illness such as sneezing, coughing, shortness of breath, fatigue, muscle aches, the new loss of smell or taste, sore throat, congestion or runny nose, have fever, nausea, vomiting, chills, diarrhea or just generally not feeling well.
- B. All Spectators must wear appropriate masks and remain 6-feet apart from non-family members.
- C. Spectators are not permitted on the field of play. When the game concludes all spectators and athletes shall immediately vacate the area so that the next game can be played on-time.
- D. It is suggested that senior citizens or others with compromised immune systems not attend any event due to the risk of infection.

Mandatory COVID-19 Health Attestations for SCGL Participation:

Prior to games each player **must** complete a COVID-19 Health Attestations for SCGL Participation.

- This is done through the use of a Google form that populates a spreadsheet for ease of accountability.
- Forms are time stamped and should be sent to teams the day prior to competition.
- The responsibility for monitoring completion of this form lies with each Town coordinator.
- To assist we have created a [Sample COVID-19 Health Attestation for SCGL Participation](#) form that Town Coordinators can duplicate and utilize.
 - **DO NOT** use the sample as your own. You **MUST** create a copy and save it to your own Google Drive before attempting to make it active.
- For anyone who is unfamiliar with this process we have prepared a tutorial [Duplicating a Google Form Video](#) for your use.