

TRIBAL LACROSSE

Topsfield, Boxford & Middleton



2021 Return to Play Guide

"The goal is NOT to win game 1....the goal is to PLAY Game 1, in a safe, healthy and fun environment. And then repeat that goal for each week of the season." - MBYLL 2021

Tribal Lacrosse is committed to providing a safe and fun opportunity to play lacrosse this spring. Thank you for following the policies and protocols put in place to prevent the spread of COVID-19 and the cancellation of the spring lacrosse season. As we all know, protocols change by the day. Thank you for your flexibility and understanding and we will keep you updated with any changes. A few helpful contacts -

Julia Lobel, RN
Tri-town Public Health
Pandemic Response Nurse
351-215-1314
julia.lobel@middletonma.gov

Cheryl Randall
Tribal COVID-19 Coordinator
triballacrosse2021@gmail.com
617-515-0776

Coach Requirements:

- Face Mask at All Times
- Maintain 6' distance at all times, and stay off playing surface whenever feasible
- Attendance Records
 - Multiple Roster Sheets included in your Coaching Bag. Proper attendance must be kept for each practice/game and maintained for a minimum of two weeks for contact tracing, if needed.
 - The Visiting Coach Provides the Home Coach with a copy of their team's attendance roster for that game, for purposes of contact tracing, if necessary.
- The Coach handles cones, ball bag, bucket, team bag, etc.
- Disinfects and Sanitizes Shared Equipment, especially Goalie Equipment after each use (wipes included in Coaching Bag).
- Provides Extra Masks and Sanitizer (included in your Coaching Bag)
- Refrain from inter-mingling of teams, during practices and games. Keep all players with their own team to the extent possible.
- Inter-team scrimmages and limited contact drills are permitted during practices however it is recommended that coaches promote as little contact as possible and physically distant drills focusing on individual skill development.
- Multiple teams can play at the same athletic complex (ie Pye Brook) so long as there is a minimum of 15 feet between the teams.

Coach Requirements for GAME DAYS (all of the above, plus...)

- Home Team Coach Communication Responsibility
 - Reach out to Visiting Coach on or before the Wednesday prior to the Sunday game.
 - Provide information on Field Restrictions, Bags, Spectators, Parking, etc.
- Visiting Team Coach acknowledges the E-mail
- If Numbers are low on game day for either team, the two coaches should do all that they can to still play the game. Get creative with fewer players on the field. Inter-mingling teams is discouraged.
- Face-Offs are once again allowed, as long as both coaches agree prior to the game. If one coach does not agree, then the coaches must decide if after a goal, the ball will be cleared from GLE or from the mid-field line (free clear).
- Body Checks/Player Contact/Loose Balls
 - Referees are given complete discretion to blow the whistle when close contact is established for an extended period.

Player Requirements:

- Stay Home when Sick OR Household Member is awaiting a COVID result due to symptoms
 - Do a symptom check before practice/games and encourage kids/coaches to stay home if they are not feeling 100% (kids often have very mild symptoms, so any **new onset** of a symptom like a scratchy throat, headache they "just don't feel good", they should sit out.
(chills, new cough, sore throat, shortness of breath or difficulty breathing, unusual fatigue, headache, congestion or runny nose, diarrhea, nausea or vomiting, stomach pain/abdominal cramping, recent loss of taste or smell, muscle or body aches that are unrelated to a pre-existing condition)

- COVID Positive or Close Contact
 - Follow the guidelines set forth by the Tri-town Public Health - Pandemic Response Nurse, Julia Lobel, RN. 351-215-1314
julia.lobel@middletonma.gov

- Abide by the COVID-19 MA Travel Order
 - Quarantine for 10 days or provide a negative COVID test before returning to play

- Face Masks at all times
 - Face masks must be snug fitting without large gaps, completely cover nose and mouth and contain ear-loops. No gaiters and no masks with vents.

- Maintain Physical Distance as much as possible, which includes on the sidelines.

- Arrive, Play, and Leave
 - Players should arrive dressed no earlier than 5 minutes before practice/game time and should leave promptly following the game.
 - No Bags on Field

- Creative Sportsmanship
 - No fist bumps, elbow bumps. Teams should raise sticks or cheer to the other team at the end of the game. No handshakes.

- No Sharing of Water bottles
 - Players bring their own labeled water bottle to each practice/game.
- Disinfect Equipment and clothing after use
- Spectators should adhere to the facility spectator policy at all times.
 - Be flexible and watch for ever-changing spectator policies.
 - Topsfield Fairgrounds does not allow any spectators
 - Currently Boxford Common (3/12/21) allows 2 spectators per player plus siblings. Mask mandate and physical distancing of greater than 10 feet apply.
 - Awaiting Pye Brook spectator policy