



Milford Youth Lacrosse 2021 Return To Play Guide

In December 2020, the MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS released its most recent updated document for: [WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES](#). Lacrosse practices and games can be played at this time, if they meet the standards outlined in the document.

RESOURCE LINKS FOR PARENTS AND COACHES-

STATE OF MASSACHUSETTS REOPENING STANDARDS FOR SUPERVISD YOUTH SPORTS LEAGUES-

<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-i-effective/download>

Sadler Sports & Recreation (MBYLL insurance provider) – Coronavirus Risk Management -

<https://www.sadlersports.com/coronavirus-risk-management-in-sports/>

Sadler Sports & Recreation and Go4Ellis Webinar Recording on Return to Play –

<https://www.sadlersports.com/blog/covid-19-return-play>

ASPEN INSTITUTE PROJECT PLAY RETURN TO PLAY Covid-19 Risk Assessment Tool –

<https://www.aspenprojectplay.org/return-to-play>

WHAT (YOUR TOWN) PROGRAM IS DOING-

- 1) **COVID-19 Coordinator:** We have appointed Chip Cook and Jamie Kinkela), Milford Youth Lacrosse board members, as our COVID-19 coordinator. Chip and Jamie will oversee all aspects of the COVID-19 risk management plan including customization, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, documentation, and answering staff, player, parent/guardian and spectator questions about COVID-19 concerns.
- 2) **Players on the Field for Practices/Games:** Per state regulations, no more than 25 players are allowed on the field at one time.
- 3) **Field Complex:** When more than one field is in use at the same location, the 25 player limit is a per field limitation, as we have adequate space in-between fields and will organize practices and games so all players, coaches and spectators attending can be at least 6 feet apart.

- 4) **Total Spectators at Practices/Games:** Per state regulations, no more than 50 people will be allowed to attend practices or games. This number excludes players, coaches, referees or facility/activity workers in the aggregate in, on, or surrounding any surface/playing area at any one time. Spectators must be in the designated viewing areas that provide at least six feet social distancing.
- 5) **Waiver / Release:** All parents and players, league staff and team staff including coaches and volunteers are required to sign a waiver/release prior to participation. ([CLICK HERE](#) for a Waiver/release template and include a link to yours here).
- 6) **Signage:** TBD
- 7) **Player/Coach/Spectator Flow:**
 - The Park Sports Center
 - No spectators are allowed at The Park Sports Center, drop off and pick up only.
 - Players and Coaches will enter through the main doors no earlier than 5 minutes before the designated start time. When exiting, the Coaches and Players will begin exiting 5 minutes prior to practice end time and will exit through the double side doors. Coaches will wait until all players have been picked up.
 - MHS Turf, Woodland and Practice fields – TBD
- 8) **Team Benches:** We are reconfiguring the typical lacrosse field layout, putting team benches on opposite sides of the field to limit contact/interaction between teams on the sidelines and while substituting. We are also expanding the team bench areas and will marking them to ensure players are 6 feet apart while on the sidelines. We are able to do this while still providing a viewing location for spectators where they can remain socially distant.
OR (when putting benches on opposite side of field is not possible)
We are expanding the bench areas and marking them to ensure players are at least 6 feet apart while on the sidelines. We have also expanded the substitution box to provide a larger area for players to enter and exit the field of play to limit close contact.
- 9) **Spectator Viewing Areas:** We have clearly designated viewing areas mapped and marked for spectators that allow them to be at least 6 feet apart. (Include any specifics on location or how they will be marked).
- 10) **Communication to Coaches, Parents & Players:** Our Covid-19 Coordinator is creating a document with all rules, regulations, maps, etc that will be emailed to all staff, players, and parents/guardians prior to participation in the first practice outlining what your program is doing to comply with state and local guidelines, and to keep all of the players, coaches and parents safe while participating in any practices and games. In addition, this document will be posted on our website and shared via social media.
- 11) **Players and Coaches Wellness Checks:** To participate or attend each practice and game, Milford Youth Lacrosse will be requiring Wellness Checks from all participants, volunteers and coaches. Each individual will be acknowledging that they have no signs or symptoms of COVID-19 for the past 14 days. We will be using **TBD** to conduct Wellness Checks. Current list of symptoms is available here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
(Wellness Checks can be done through Google Forms, emails, or by using paid services. Contact Kevin Barney at MBYLL at kbarney@mbyll.org for service partners)

- 12) **Stay Home When Appropriate:** We will be strongly encouraging all Players, staff, parents/guardians, and spectators to use an abundance of caution and stay home when they are showing any signs of COVID-19. MBYLL rules below provide guidance for when someone is a Close Contact of someone with Covid-19, and rules on when and for how long players/coaches should not attend practice or games due to close contact or testing positive.
- 13) **Spread Out Scheduling Of Practices/Games:** We are spreading out the timing of practices and games to provide adequate time in-between for players/spectators to leave and the next players/spectators to arrive without being in congested areas at the same time. This will also allow for the cleaning of commonly touched surfaces, if necessary. Games will end in a draw if time expires.
- 14) **Everyone Arrives Ready to Play:** We will be promoting an “arrive, play, and leave” mentality and ensure that individuals are not congregating in common areas or parking lots before, during or following practices or games (such as tailgating). Players, coaches and officials should arrive for practices/games dressed to play.
- 15) **Stick to the Field:** While in-person, team-based social events are often considered an integral component of recreational sports leagues, more frequent, extended physical or close contact increases the risk of COVID-19 transmission between team members should an outbreak occur. In the interest of reducing preventable transmission events, Milford Youth Lacrosse is not permitting any team-based social gatherings until all other COVID-19-specific restrictions regulating sports leagues are fully lifted.
- 16) **Creative Sportsmanship:** Milford Youth Lacrosse is not permitting shaking of hands, high fives, fist bumps or other social contact during practices or games. We are encouraging coaches and players to get creative in ways to show positive sportsmanship.
- 17) **Practice Activities:** While inter-team scrimmages and limited contact is permitted, Milford Youth Lacrosse is mandating all practices be non-contact and be social distant to the best of the coach’s ability. Emphasis should be on individual skill development.
- 18) **Player Equipment:** Player should come dressed and ready for practice. There will be no equipment bags allowed at practice. Players should bring their own disinfectant wipes to wipe down their own equipment between use.
- 19) **Shared Equipment:** The use of team provided equipment will be limited to the greatest extent possible and will be disinfected between each use if possible. Balls should be disinfected whenever possible and an adequate supply will be kept on hand.
- 20) **Food and Beverages:** No shared food or drink may be provided during any activities for participants or spectators. Participants and spectators should only drink from their own containers. Containers should be clearly labeled with the players name.
- 21) **Proper Hygiene:** Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer. Milford Youth Lacrosse will provide hand sanitizer at dedicated areas for all practices and games.

- 22) **Facility/Complex Cleaning Protocols:** Milford Youth Lacrosse are communicating with the field managers to understand all cleaning and disinfection protocols employed at the field complex. Any issues found by the board or raised by players/parents will be brought to the field manager or Local Board of Health.
- 23) **Concession Stands:** IF OPERATING A CONCESSION STAND, DESCRIBE HERE HOW YOU ARE FOLLOWING THE [Safety Standards for Restaurants](#))
- 24) **Transportation:** Milford Youth Lacrosse will share with players, coaches, volunteers and guardians/parents that they must comply with all relevant transportation safety requirements, including but not limited to, ensuring that staff, volunteers, and parents/guardians are not transporting athletes that are not immediate family members. In the event that transportation of non-family members becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.

MBYLL NEW COVID-19 GAME RULES FOR 2021

Communication, cooperation, understanding and flexibility will be the keys to a successful Spring season. The goal is not to win games this season, but have all games be played due to safe protocols and standards being met prior to the start of the season and in-season.

- 1) **Home Team Coach:** When Milford is the home team, that coach must communicate via email to the visiting team coach the week of the game. Suggested to do so by Wednesday each week. Coach must let the visiting team know of our local restrictions and directions for parking and drop/off pick up that are unique due to covid-19.
- 2) **Visiting Team Coach:** When Milford Youth Lacrosse is the visiting team, the coach must reply to communication from home team coach, prior to Sunday, acknowledging receipt of local rules and restrictions. Coach must share this information with everyone on their team immediately upon receipt.
- 3) **Cooperation, Understanding & Flexibility:** In the event either or both teams are down players due to players in quarantine, AND it is still safe via CDC and MA State Board of Health Guidelines, for the remainder of the team to play, both teams will communicate and work together to make a game happen. While we do not want to inter-mingle teams, games can be played with fewer numbers of players on the field. Games can look to be rescheduled only if both teams are in agreement that the scheduled game cannot be played safely.
- 4) **Mandatory Facial Masks:** Facial masks to be worn by all participants during active play except for individuals with a documented medical condition or disability that makes them unable to wear a face covering.
 - For purposes of this guidance, **a facial mask means a cloth facial covering that completely covers the nose and mouth and secures with loops around a player's ears.** Masks with exhalation valves or vents (including mesh masks) are not allowed. Participants must wear facial coverings on the bench or sidelines at all times and in any huddles or time-outs from active play.
 - Participants should take frequent facial covering breaks when they are out of proximity to other players, using caution to avoid touching the front or inside of the face covering by using the ties or ear loops to remove and replace.

- Facial mask requirement also applies to **all spectators and chaperones, coaches, staff, referees, and other officials.**
- 5) **Face-Offs:** For the start of the season, there will be NO face-offs. MBYLL will reevaluate allowing Face-Offs on May 1st and announce a determination at that time.
- Start of Game
 - Prior to the start of each game there will be a coin toss to determine the team with the first possession. The team winning the coin toss will start with possession on their offensive side of midfield, no more than 5 yards from the midfield line.
 - Following Goals the team scored upon will be awarded possession
 - L1/2 & L3/4 – possession will be given on their offensive side of the field, no more than 5 yards from the midfield line. Play will start when signaled by the referees whistle
 - L5/6 & L7/8 – possession will be given at goal line extended in the defensive end of the field. Play will start when signaled by the referees whistle.
 - Start of 2nd Half
 - The team that started the game on defense will be awarded possession to start the 2nd half of the game.
 - The team will start with possession on their offensive side of midfield, no more than 5 yards from the midfield line.
- 6) **Body Checks/Player Contact/Loose Ball Scrums**
- L1/2 & L3/4 already have a no body check rule. Referees will emphasize this rule for 2021.
 - Referees will be given complete discretion to blow the whistle, stopping play, at any time they feel players are in close contact for an extended period of time. Examples, but not limited to, are:
 - Loose Balls – when two or more players are in close contact attempting to pick up a ground ball. Alternate possession will be awarded
 - On Ball Play – when an offensive player with the ball and defender are in close contact during play for an extended period of time.
 - Off Ball Play – When two or more opponents are working for position and are in close contact for extended period of time.
 - Referees will give verbal warnings whenever possible before stopping play.
 - If a referee warns and/or stops play for close contact from the same player multiple times, at the referees discretion they may flag a player (delay of game/unsportsmanlike conduct).
- 7) **Parent/Guardian Spectator Limits**
- The Park Sports Center will not allow spectators during the our Skills sessions.
 - Each player shall have no more than 1 parents/guardians/adults as spectators at any one game/practice as long as the maximum number of spectators at the field is no more than 50.
 - Coaches and Board Members will monitor games and practices to ensure that there are no more than 50 spectators at a game or practice.
- 8) **Contact Tracing**
- From State Guidelines: Activity Organizers must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health or their authorized agents. Should an Activity Organizers fail to completely and promptly cooperate with health officials, operators and organizers risk closure or suspension of a league's practices and/or games.

- Milford Youth Lacrosse is mandating that each team keep an attendance sheet for every practice and game.
 - Attendance sheet must list all players on the team with the name of at least 1 parent/guardian and phone number for the parent/guardian.
 - Attendance sheet must be dated for each practice/game and marked off as to which players are in attendance.
 - Attendance sheet must be kept for at least 14 days from date of practice/game.
- Games
 - Following each game, the Visiting Coach must provide the Home Coach with their attendance sheet for that game.
 - It is recommended that the Visiting Coach make 2 identical attendance sheets and keep 1 for themselves.
 - Game Attendance Sheets must be kept by the home team for a minimum of 14 days.

9) **Close Contact and Quarantine Guidelines:** MBYLL and Milford Youth Lacrosse is following CDC and Mass Department of Health Guidelines as it relates to defining being a close contact and minimum quarantine periods for anyone who was a close contact or tested positive for covid-19. As always, you should follow the guidance of your healthcare provider and contact your local board of health with any questions.

- a. Close contact is defined by the CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- b. If a player or coach is considered exposed to someone with covid-19 due to close contact, or they have tested positive for covid-19, they must follow the MA State Board of Health Guidelines for quarantine before returning to practice or games. See the guidance here - <https://www.mass.gov/guidance/information-and-guidance-for-persons-in-quarantine-due-to-covid-19>