



Players and Coaches

- Do not allow team member(s) with symptoms to attend practices/games or any team events.
- If you are sick, feeling sick, or have a temperature of 99.4 degrees or higher before leaving your house, you **must** not attend any team events.
- Any player who is awaiting COVID-19 testing results after receiving a test following symptoms or direct contact with someone with confirmed COVID-19 **must** not attend any in person team event until a negative test result has been received.
- Players and coaches should remain in their vehicles until their designated arrival time of 15 minutes prior to a scheduled team event.
- EVERYONE AT HEUSER PARK IS REQUIRED TO WEAR A FACE COVERING** upon arrival when traveling from their vehicle to the fields; upon departure when traveling from the fields to their vehicle; when moving around the complex between fields and through communal areas
- Players are **required** to social distance when not playing and to wear face coverings at all times when in the team area during practices/games – Players may only remove face coverings when getting water or adjusting mouth pieces, otherwise mask should be wore at all times.
- Coaches are **required** to wear face coverings at all times
- Specific areas will be marked for players around their team sideline and bench areas to provide for adequate social distancing for those players who are not on the field during competition
- There will be no team benches provided to reduce the chances of spread and need to sanitize
- No early arrival and warm up in areas outside of the playing field prior to the game. Adequate time for warm up will be given on the field prior to a game.
- Coaches and players should maintain social distancing during half time, water breaks and at all times when off the field of play
- Coaches and players should maintain “social distancing” in the “bench area” (i.e., do not congregate in groups on the sidelines and maintain 6 ft. apart from other groups)
- Do not share water bottles, drinks, or food or any personal items.
- Hand contact of any kind will be prohibited (i.e. handshakes, ‘high fives,’ etc.)
- Equipment will be disinfected by coaches before, during and after each game. All athletes are to use sanitizer when arrive to the field and before leaving.
- No spitting will be allowed on the field, sidelines, or anywhere in the complex premise
- UMLC will not be providing hydration stations or nutrition - players and coaches should bring their own hydration and not share food or beverages with others
- Any and all exchange of documents, rosters, etc., will be performed electronically prior to a game/event, all payments to officials/referees will be electronic.

- Teams are encouraged to designate at least 1 adult Field Marshall to pay close attention to players/parents on the sidelines and provide reminders when necessary to ensure compliance with social distancing protocols.
- Tents or tarps may be used only in the team bench areas to shield players from the rain/sun and heat - It is recommended to bring enough tents so that all players may be covered while still maintaining proper social distancing.
- Cover your mouth when coughing or sneezing - recommended into the nape of the elbow
- Avoid touching eyes, nose, and mouth with hands and overly adjusting face masks.
- Players or coach should sanitize their hands each time they come off the field and in between any games.
- Coaches must sign the "Rules and Regulations" agreement and submit the agreement for all players/families under their charge before a team event begins.
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Parents and Spectators

- Anyone with symptoms (fever, cough, etc.) **must** not attend any event
- Any parent or spectator who is awaiting COVID-19 testing results after receiving a test following symptoms or direct contact with someone with confirmed COVID-19 **must** stay home and not arrive at the complex until a negative test result has been received.
- Spectators and guests should bring personal hand sanitizer and wipes to the complex
- It is **mandatory and required that all attendees** wear face coverings when moving around the complex AND when they cannot be socially distant from anyone other than household members
- All spectators **must** wear a face covering while traveling while between the parking lots and the fields
- Face coverings **must** be worn when traveling through common areas, including going to bathrooms
- Spectators must follow clearly marked directional signage entrances and exits to the complex and at the fields to maintain proper social distancing
- Spectators and supporters will be located on the same side of field as the team they support to reduce interaction between competing teams and their supporters (see field diagrams)
- Spectators will be separated in clearly marked spectator pods to comply with all social distancing guidelines (6 feet apart)
- All supporters should maintain “social distancing”
- UMLC strongly recommends that only one (1) parent/supporter per player attend to help limit the number of individuals at the complex and reduce the likelihood of infection
- Spectators should not touch a ball exiting the field of play with their hands, unless it is necessary to prevent harm to self or others.
- Everyone is expected to cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- Anyone feeling sick after arriving at the complex should leave Heuser Park immediately and go home or seek a healthcare facility
- Avoid touching their eyes, nose, and mouth with their hands whenever possible
- Tents, tarps or large group structures will not be permitted in the spectator areas of sidelines (Only within technical areas for players and coaches)
- Based on CDC guidance, it is strongly recommended that people over 65 and/or with pre-existing conditions do not attend



Referees

- Anyone with symptoms **must** not work
- All referees should take their temperature taken prior to their first game each day and contact the referee assigner if their temperature exceeds 99.4 degrees. They may not report to officiate games at Heuser Park with a temperature exceeding 99.4 degrees.
- Any referee who is awaiting COVID-19 testing results after receiving a test following symptoms or direct contact with someone with confirmed COVID-19 **must** stay home and not arrive at the complex until a negative test result has been received.
- All referees are **required** to wear face coverings while moving between the parking lot and the fields
- Referees in **common areas must wear masks at all times**, unless during gameplay
- Referees **must** cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- Physical contact of any kind will be prohibited (i.e., handshakes, “high fives”, etc.)
- Lacrosse balls and equipment will be disinfected by referees before, during and after each game
- Unless required by the league, referees should not exchange documents—Coaches should possess player passes during the game



UMLC Staff and Volunteers

- Anyone with symptoms **must** not report to Park and contact the volunteer assigner
- All staff and volunteers should take their temperature taken prior to their first game each day and contact the volunteer assigner if their temperature exceeds 99.4 degrees. They may not report to Heuser Park with a temperature exceeding 99.4 degrees.
- Any individual who is awaiting COVID-19 testing results after receiving a test following symptoms or direct contact with someone with confirmed COVID-19 **must** stay home and not arrive at the complex until a negative test result has been received.
- All staff and volunteers are **required** to wear face coverings **at all times** at Heuser Park
- Staff and volunteers **must** cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- Physical contact of any kind will be prohibited (i.e., handshakes, "high fives", etc.)