FIELD HOCKEY AND LACROSSE PROCEDURES DURING COVID – 19

Capitalland Lacrosse and field hockey is excited to start our programs as our coaches are eager to get back on the fields and do what they do best, coach the games they love. NYS has given the ok for Field Hockey programs to go forward and so has the USA Lacrosse Federation. We are confident that we will be able to provide all of our players with a program that helps them to learn and grow in a safe environment. Our first priority every time we step on a field is the health and safety of your son or daughter. We are still very aware of the concerns that many parents/players have about returning to sports while the threat of the COVID – 19 is still around.

The following is a set of guidelines and protocols for parents, players, coaches and Capitalland staff that NYS, the US Lacrosse Association, USA Field Hockey Association and the CDC has listed as requirements or recommendations that should follow as we return to play to help reduce the risk of the spread of COVID – 19. Although no amount of precautions can eliminate all potential risk, we at Capitalland will follow these guidelines and protect your children just like they were our own.

A CHECK LIST FOR PARENTS AND PLAYERS

* Any player’s who have a serious underlying medical condition should discuss their participation with their healthcare provider before participating.

 • If your child or someone in your home is feeling sick or is experiencing any of the following symptoms please keep your child at home and consult a physician.

-A Cough, Shortness of breath or difficulty breathing, a fever of 100.3 degrees F/37.9 degrees C, Chills, Muscle pain or Sore throat.

* Before our programs begin please educate your child about the need for social distancing and safety steps to take. Please tell them to avoid contact with other individuals as much as possible. Avoid shaking hands, high fives, hugs… The Centers for Disease Control and Prevention recommends physical distancing of six-feet between people and the wearing of personal protective masks as fundamental interventions that prevent the spread of COVID-19. Players can not share equipment. Each player should bring with them a revisable dark and light colored pinne to practice in. Players are not required to wear masks when playing outside but when they are playing indoors they do. Players should know to cover their mouths and nose with elbow or tissue when coughing or sneezing and to wash their hands or sanitize them as much as possible. It is recommended that each player bring their own hand sanitizer. Capitalland will have a hand sanitizing station for all players and players will be encouraged to use it before and after they play as well as any time they feel the need to. Bathrooms will be open for hand washing and the Town of Clifton Park and the All Star Academy will be sanitizing them regularity under State Law.
* We encourage all parents to have their child arrive dressed each day ready to train. Eat off-site and do not bring any food unless necessary. Bring your own water bottle with your name labeled on it each day and never share with anyone else.
* Upon arrival each day every player must come to the sign in desk to check in and be asked a few questions related to how they are feeling and COVID 19 screening protocols. If your child is 12 years old they can come by themselves after the first day but if they are younger please have a parent or guardian accompany them. If a player is not feeling well and shows signs of Covid 19 they will not be able to participate until a follow up session has been conducted with the players parent and a staff member of CLL. Our website has our pre-screening questions – www.capitallandlandlacrosse.com
* Upon arriving, participants will be provided a specific location for personal belongings. Players are to go directly to one of the unoccupied spots and await instructions to start play. Other family members who are at our programs and car pool members are allowed to share a space with parental permission.
* If we are running an outside program players do not have to wear masks unless NYS or the CDC mandates it. If we are playing inside players do not have to wear masks when playing but we ask that they do when they are not. These procedure can and will change as NYS and the CDC update there policys.
* During breaks participants are to return to their spots, and practice social distancing.
* Spectators should be kept to a minimum and must always be physically distanced and wearing cloth facial coverings as per state guidelines.

 SAFETY PROCEDURES TO BE FOLLOWED BY ALL STAFF MEMBERS.

These guidelines prioritize the protection of players and coaches and should be followed at all times before, during and after our programs are being held. The goal of our programs is to provide a safe environment based on best public health practices for our players, coaches and our staff. The following safety procedures will be followed by all staff and coaches:

* Any coach or staff member who has a serious underlying medical condition should discuss their participation with their healthcare provider before participating.
* If any staff member or coach or someone in their home is feeling sick or is experiencing any of the following symptoms please stay at home and consult a physician.

-A Cough, Shortness of breath or difficulty breathing, a fever of 100.3 degrees F/37.9 degrees C, Chills, Muscle pain or Sore throat.

* Upon arrival each day every coach and staff member needs to check in with the health coordinator on duty that day and be asked a few questions related to how they are feeling and COVID 19 screening protocols. If a coach or staff member is not feeling well and shows signs of Covid 19 they will not be able to work again until a follow up session has been conducted with a staff member of CLL.
* Each coach and staff member will follow social distancing and safety steps. They will also instruct, monitor and control social distancing and safety steps of the players in the camp having the players avoid contact with other individuals as much as possible. Avoid shaking hands, high fives, hugs… The Centers for Disease Control and Prevention recommends physical distancing of six-feet between people and the wearing of personal protective masks as fundamental interventions that prevent the spread of COVID-19. Coach are required to wear masks when they are not actively engaged in instructional curriculum but should always maintain 6 feet of space between themselves and others. Coaches should know to cover their mouths and nose with elbow or tissue when coughing or sneezing and to wash their hands or sanitize them as much as possible. It is recommended that each coach bring their own hand sanitizer. Capitalland will have a hand sanitizing station for all staff, coaches and players coaches and players are encouraged to use it frequently. Bathrooms will be open for hand washing and the Town of Clifton Park and the Sportsplex will be sanitizing them regularity under State Law.
* We encourage all coaches and staff to arrive dressed and ready for work. Eat off-site and do not bring any food to camp unless necessary. Bring your own water bottle and never share with anyone else.
* During instruction, coaches should keep the kids moving constantly throughout practice and avoid players socializing by keeping them six feet apart. During breaks, coaches should continue to encourage players to comply with physical distancing of six feet while not engaged in active play.
* Plays that involve player to player contact should be discouraged as much as possible.
* Modify rules to accommodate physical distancing requirements.
* Do not have players share scrimmage vests or pinnies.
* Avoid huddles and when teaching skills and setting up drills have all players maintain 6 feet physical distancing.
* Whenever possible, have the same players/coaches remain with the same cohort.
* In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper physical distance.
* Equipment used by staff (cones, for example) may not be handled by players or other attendees and must be disinfected after use.
* Players and coaches need to disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
* Some athletes may not be comfortable returning to play, that is ok. They must know that their participation is voluntary.
* Sharing of equipment and water bottles should be eliminated. Equipment or supplies touched by multiple individuals should be sanitized between sessions.

SAFETY PROCEDURES TO BE FOLLOWED BY CAPITALLAND OFFICIALS.

* Implement and supervise all parent/player and coaching staff procedures and protocols.
* Conduct on every athlete, coach and staff member symptom-screened prior to each activity.

• Provide a place to wash hands or alcohol-based hand rubs containing at least 60% alcohol and disinfectant wipes for players, coaches and staff members.

• Maintain regular housekeeping practices, including routine cleaning and disinfecting of frequently touched surfaces and equipment (including balls, mouth guards, sticks, water bottles, helmets, eyewear, pads, uniform).

* Maintain participant log (including contact information and COVID 19 testing information - 30 day minimum)