



So Cal Express Lacrosse Club Return to Play Protocols

Overview

Below are the return to play protocols for the So Cal Express Lacrosse Club. These have been developed based on the guidance of state and local health departments and with the guidance of the US Lacrosse association, which is the governing body of youth lacrosse in the United States. US Lacrosse' return to play protocols can be found in their entirety [here](#). The below protocols are subject to change pending further guidance from individual facilities, as well as state and local governments.

Note: So Cal Express fully acknowledges and supports any decisions by players, parents and staff who may be uncomfortable returning to practice and choose not to participate.

General Measures:

Until further notice or approval, all practices & camps will adhere to strict social distancing policies.

- Players and coaches will remain 6 feet apart from one another for the entirety of practice.
- All drills will be non-contact with an emphasis on skill development, fundamentals, and strength and conditioning.
- There will be no more than 50 people (coaches and players) on the field at any one time.
- If there is more than 1 team on the field at any time, teams will not be allowed to intermingle and must remain separated.
- So Cal Express will designate a point person(s) who will be responsible to coordinate with City staff on any modifications or enhancements needed.

1. Health, Hygiene and player safety

The following measures will be in place for all practices until deemed no longer necessary by state and local health authorities:

- All coaches and staff members will wear protective masks for the entirety of practice
- Players are encouraged to wear protective masks under or over their helmets, though not required.

- Screening procedures for staff and campers before entering the field
 - Players, coaches and staff will all have temperatures taken prior to entering the field of play.
 - All individuals will be asked about COVID-19 symptoms in the last 24 hours as well as if anyone in their home has had COVID-19 symptoms or a positive test.
 - Documenting incidents of possible exposure and notify health officials and families immediately of a positive case of COVID-19 while maintaining confidentiality.
 - Any player, parent, caregiver or staff member showing symptoms of COVID-19 will be excluded from practicing and entering the facility.
 - Any player with a 100.4 or higher degree will be placed in isolation until a parent arrives to take the player home.
- We will actively tell staff and campers who are sick or have recently come in contact with a person with COVID-19 to stay home.
- No gear or equipment will be shared between players
- Any player or staff member who does show any symptoms of COVID-19 cannot return until they have met the CDC Criteria to discontinue home isolation, including 3 days with no fever, symptoms have improved and 10 days since symptoms first appeared.
- Reinforcement of hand washing, avoiding contact with one's eyes, nose and mouth and covering coughs and sneezes among players and staff.
- Players and coaches will bring their own water bottles and snacks. No sharing of food or drinks will be allowed under any circumstances.

2. Cleaning and Disinfecting procedures

- Disinfecting commonly touched surfaces
- Player equipment will be disinfected regularly with a cleaning solution that is EPA registered. More information on said solution can be found [here](#)
- Hand Sanitizer will be available for staff to use throughout the practices. Players are encouraged to bring their own as well.
- Players will be reminded to wash all clothing and equipment when they get home, bring an extra shirt to change into after practice, as well as showering immediately upon arriving at their home.

3. Implementing Distancing

Arrival and Departure:

- Practice start and end times will be staggered, with a 15-20 minute break between each practice to allow for players to exit the fields without congregating with other players from other teams.
 - Players practicing at a later time CANNOT come early to practice and must wait in the car until it's their time to practice.
- Parents are asked to drop off players and wait in their cars during practices. If it is vital to remain on the sidelines for practice, we ask that parents adhere to social distancing guidelines as well as wear a mask.

- Players will be asked to check in from one direction and leave from the other. Arrows on the ground as well as staff on site will help to direct players to check in as well as to their cars.
- Players will remain in the same space and in groups as small and consistent as possible.
- Cones will be set up for players to place their bags and equipment with at least 6 feet spacing in between to eliminate congregating during water breaks.

4. Considerations for partial or total closures.

- If a player or staff member tests positive for COVID-19 and has exposed others at practices, we will take the following steps.
 - In consultation with the local public health department, So Cal Express will consider if a closure is warranted and length of time based on the risk level.
 - Those in close contact with the person who tests positive for COVID-19 will be asked to isolate at home.
 - Local health authorities will be informed of any positive COVID-19 test.