

COVID Best Practices

Coaching Staff:

- The coaching staff will wear the proper facemasks while working with the participants.
- The coaching staff will instruct with the proper social distancing requirements of six feet or more.
- The coaching staff will ensure that the drills are conducted such that the participants are not violating social distancing guidelines.
- The coaching staff will remind participants to maintain social distancing practices throughout the duration of the clinic. No one is to touch anyone.
- The coaching staff will remind the participants to use hand sanitizer during water breaks.
- The coaching staff will ensure that there is no sharing of equipment, drinks, or anything for that matter.
- The coaching staff will remind the participants to disinfect and sanitize their equipment upon the completion of the clinic.
- The coaching staff will sanitize and disinfect all lacrosse balls and equipment used during the clinic.

The Clinic Participants:

- Participants will arrive ready to go. No mingling before the start of the clinic.
- The participants are to only use their own equipment (helmet, gloves, stick).
- The participants will not touch any lacrosse balls with their hands or gloves.
- The participants are to only use the drink they brought to the clinic.
- The participants are to disinfect their equipment at the end of the clinic.
- The participants are to respect and adhere to the social distancing guidelines set forth by the CDC and state of Pennsylvania.
- The participants should bring with them their own hand sanitizer bottles and apply during breaks.
- Should a participant not feel well (cough, chills, fever, or any other COVID symptoms) please speak with a coach. That participant will leave the clinic with his parents.
- Parents of participants will not crowd the field or area of instruction and respect all social distancing measures.

Structure of the Clinic offered on June 20 and June 21:

- This is a two-day lacrosse clinic that will focus on developing fundamental, offensive skills.
- The maximum number of participants will be 21 individuals. (3) groups of 7.
- Each group will stay the same for both Saturday and Sunday, and the instructor will remain the same for each group.
- Each drill will be demonstrated at a central location with social distancing requirements in mind, and then each drill be executed by the groups and their coach at their goal. There will be no huddling.
- There will be no physical contact throughout the clinic.