

2020 COVID-19 Workout (Practice) Plans

Tartan Boys Lacrosse

Kevin Lindahl--Head Coach

Dates: October 5- 22 (11 sessions) Practice Times: 6:30-8:00 PM

Location: Turf Field at Tartan High School

Policies and Procedures

- If the athlete is not feeling well STAY HOME and contact **Coach Lindahl**.
 - **(651) 350-4851/curbman3600@yahoo.com**
- The turf field will be used for practice. Pods will be separated on either side of the field. Pods will contain ~23 athletes and 2 coaches (limit of 25 people).
 - Workouts will be conducted with the same athletes and coaches in their group. This ensures more limited exposure if someone develops an infection.
- All athletes must wait in their cars or outside the parking area observing social distancing rules and may not arrive earlier than 15 minutes before practice begins.
- All athletes and coaches must wear face-covering upon entry to the field. Face coverings will **not** be provided. When athletes are called onto the field to begin practice, they may remove the mask. During team discussions before and after practice, masks must be worn.
- All coaches and students will be screened with a three question survey for signs/symptoms of COVID-19 prior to a workout.
 - The athlete will wait to complete a medical survey when they arrive.
 - The athlete will complete their daily survey BEFORE being allowed onto the field.
 - The survey questions are as follows
 - 1. Do you have a temp of 100.4 degrees F?
 - 2. In the last 3 days, have you experienced any of the following symptoms?
 - fever
 - headache
 - chills
 - new loss of smell
 - new cough
 - congestion or runny nose
 - shortness of breath
 - nausea/vomiting
 - sore throat
 - diarrhea
 - muscle aches
 - fatigue
 - 3. In the last 14 days have you (or anyone you have been in close contact with) been tested and/or diagnosed with COVID-19?

- Any person with positive symptoms reported will not be allowed to take part in workouts, practices, or games, and should contact his or her primary care provider or other appropriate health care professional.
 - A note from the doctor is required to return to workouts.
 - Coach will immediately contact the parent/guardian of the student showing positive symptoms.
- Locker rooms, Bathrooms, and the School Building will be off-limits. Students should report to practice in proper gear and immediately return home to shower at the end of the workout.
- There must be a minimum distance of 6 feet between each individual at all times, before, during and after practice.
- Blue tape will be marked on the concrete surrounding the track to determine where players should place their bags. They should stay by these locations until called onto the field for practice.
- Players will provide their own, individual hand sanitizer and will use it at the start and end of each practice. If players cannot provide hand sanitizer, it will be provided by the team.
- If players are waiting to participate in a drill, they will continue to remain 6 feet apart.
- Appropriate clothing/gear/helmets/shoes will be worn at all times to minimize sweat from transmitting from one person to another.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- All athletic equipment will be sanitized after each use and prior to the next workout.
- All athletes shall bring their own water bottle. Water bottles must not be shared. Water will not be provided by the team.
- All Athletes must leave campus as soon as their lacrosse workout is complete. Social distancing will be kept during this time.
- Only players assigned to the specific pod may train together. No parents, guest players or people assigned to a different pod at team trainings

Survey Area

- Spots will be taped to the concrete walkway, 6 ft apart. Athletes will meet here for their verbal questionnaire/survey.

Inclimate Weather Policy

- Players will be using the Remind texting service to receive communications by the coaches about practices.

To: Tartan Lacrosse Parents:

With social distancing requirements set forth by the MN Department of Health, the Tartan Lacrosse program will take on a different look this fall. Please read the following information very carefully and if you have any questions, please feel free to contact **Coach Lindahl, curbman3600@yahoo.com**

1. Lacrosse practice will begin on **October 5, 2020** at the Tartan stadium.
2. Lacrosse practice will be **October 5-8, 12-14, 19-22 from 6:30-8:00 PM**. Athletes will be placed into 'pods' of ~23 athletes and 2 coaches (limit of 25 people). The athletes and coaches will remain in the same pod until it is deemed safe to change.
3. All athletes are expected to bring their **own water bottle**. Water will NOT be provided by the school and athletes should NEVER share water bottles with other athletes.
4. All athletes are expected to bring their **own hand sanitizer**. Hand sanitizer will NOT be provided by the school. Sanitizer must be used before and after practices.
5. All athletes are expected to bring their **own masks**. Masks will NOT be provided by the school. Masks must be worn before and after practices, as well as times when players are not physically active (meetings/discussions).
6. There will be no access to the building or restrooms at this time. There will be a PortaPotty on site for emergencies, but try to use the toilet before coming to Tartan.
- 7.. All MDH guidelines for social distancing in youth sports will be followed. (<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>)
8. Participants will be health screened daily before participation. Student athletes and coaches will be required to complete a health questionnaire prior to accessing the field. This will consist of a survey with 3 questions. The survey will be reviewed by the coaches and entrance will be permitted if criteria is met.
9. Students must place their bags **ONLY** on the taped spots outside of the field. They may not go to areas other than these until they are on the field. They must also continue to remain at least 6 feet apart from each other.

Parent/Guardian

- If you are not comfortable having your child return to play, DON'T
- Check child's temperature and utilize MN Symptom Screener tool prior to attending any activities
- Ensure child's clothing is washed after every activity
- Ensure all equipment (cleats, LAX gear) is sanitized prior to any activity

- Notify coach if your child becomes ill for any reason
- Supply your child with individual sanitizer
- Adhere to all social distancing expectations
- Ensure your child has plenty of water

Player

- If you are not comfortable with returning to play, DON'T
- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after all activities
- Ensure all equipment (cleats, ball, shin guards) is sanitized prior to any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment, bags, etc. at least 6 feet apart on the taped dots
- No high 5's, handshakes, knuckles, or group celebrations

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