



RESPONSIBLE RETURN TO PLAY GUIDELINES

	MANDATORY	RECOMMENDED BEST PRACTICES
ARRIVAL TO VENUE	<ul style="list-style-type: none"> • All participants, spectators, and employees must adhere to six-foot physical distancing while at Aloha Lacrosse-operated facilities, events or training sessions. • All athletes, coaches and spectators must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.* • No team water coolers or shared drink stations. • Teams and players must bring their own designated equipment. • Contactless financial transactions only via credit card. No cash payments accepted. • Additional specific guidelines will be shared prior to the event, training session or practice with all players, coaches, spectators, officials, and employees prior to their arrival at the facility. 	<ul style="list-style-type: none"> • Digital check-in and registration for all events. • Athletes are strongly recommended to travel to facilities alone or with a member of their immediate household. • There are certain segments of the population that, according to the CDC, have increased risk of being infected by the COVID-19 Virus. Individuals who are 65 years of age or older, those with heart, lung, and kidney or liver complications and those with diabetes or any other pre-existing health conditions are encouraged not to be in attendance.
EVENTS, TRAINING & PRACTICE	<ul style="list-style-type: none"> • Coaches and players must adhere to physical six-foot distancing except when the ball is in play. • Aloha Lacrosse staff must wear face coverings at all times. • Coaches must wear face coverings at all times. • Athletes must wear face coverings at all times while not actively participating in the field of play. • Must conduct daily symptom assessments by coaches and players (self-evaluation). Anyone experiencing symptoms must stay home.* • No team water coolers or shared drinking stations. Athletes should bring individual water containers. • Event headquarters, staff tent and other staff areas will be open to event staff only. All participants and attendees must stay outside of staff tents or other designated staff areas. • No tailgating of any kind will be allowed. 	<ul style="list-style-type: none"> • Face coverings are strongly recommended for any spectators. • For practices and training sessions, it is recommended that coaches divide players into groups and establish rotating shifts when possible. • For events, adjust schedules to limit the number of teams on site at any given time. • Virtual meetings should be considered when possible. • Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue. • Work with facilities staff to increase frequency of restroom cleaning.
ATHLETES	<ul style="list-style-type: none"> • Must adhere to six-foot social distancing practices off the field of play. • Must wear face coverings at all times when not actively participating in the field of play. • Athletes must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.* • Bring your own hand sanitizer and disinfectant wipes. 	<ul style="list-style-type: none"> • Hand washing or hand sanitizing, in the absence of soap and water, are strongly recommended for athletes during all Aloha Lacrosse events/practices. • Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headaches, and new loss of taste or smell.

- Must bring own water in a portable container.
- Athletes are encouraged to pack their own food as on-site vending will be reduced or eliminated.
- Must not share water or equipment.
- “No-touch” rule: players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Players should refrain from touching any lacrosse ball with their hands at any time on the field. Sticks must be utilized to move or pick up the ball in all situations.
- No spitting or eating seeds, gum, other similar products.

SPECTATORS

- **Must adhere to six-foot social distancing practices. This includes in and around bleachers for anyone not in the same family.**
- Spectators must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.*
- Bring your own hand sanitizer and disinfectant wipes.
- Must not enter player areas (on the field of play or bench areas) or staff areas.
- Must keep six feet or more distance from the field of play.
- On-site vending will be reduced and, in some cases, eliminated. Spectators are encouraged to bring their own food.
- No tailgating of any kind will be allowed.

- Strongly recommended to wear face coverings at all times.
- Hand washing or hand sanitizing, in the absence of soap and water, is recommended strongly during all Aloha Lacrosse events/practices.

COACHES

- **Must adhere to six-foot social distancing practices except when the ball is in play.**
- Must wear face coverings at all times.
- Coaches must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.*
- Bring your own hand sanitizer and disinfectant wipes.
- Must bring own water in a portable container.
- Coaches are encouraged to pack their own food as on-site vending will be reduced or eliminated.
- “No-touch” rule: players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans.
- No spitting or eating seeds, gum, other similar products.
- Must ensure that players are following COVID-19-related prevention measures included herein.

- Coaches should ensure that players are adhering to social distancing and wearing face coverings while in common areas and not actively participating on the field of play.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

**Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headaches, and new loss of taste or smell.*

OFFICIALS & REFEREES

- **Must adhere to six-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.**
- Must wear face coverings at all times when not actively participating on the field of play.
- Officials and referees must conduct daily symptom self-assessments. Anyone experiencing symptoms must stay home.*
- Must avoid exchanging documents or equipment with players, coaches, or spectators.

LEAVING THE VENUE

- **Individuals should not congregate in common areas or parking lots following any Aloha Lacrosse events or practices. No tailgating of any kind will be allowed.**
- Officials should adhere to social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Individuals should not exchange items of any kind.

CONFIRMED CASES

- **Immediately isolate and seek medical care for any individual who develops symptoms.**
- Aloha Lacrosse will maintain a complete list of coaches, players and employees present at each event to include the date, beginning and end time of the event, plus name, address, and phone contact to be made available upon request from the local health district.

- Digital check-in and registration for all events.
- Officials should allow proper time for athletes to socially distance themselves from teammates/competitors as appropriate.

- Team meetings should occur virtually or over the phone rather than in a team huddle.
- Athletes are strongly recommended to travel to the venue alone or with a member of their immediate household, if possible. Face coverings are strongly recommended for individuals traveling to and from the venue.
- Team meals should occur only in compliance with the guidelines issued for restaurants in the state in which the event or practice occurs.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.

**Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headaches, and new loss of taste or smell.*