



Dear Parents,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's athletic season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume lacrosse when conditions allow while following CDC considerations to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Intensifying cleaning, disinfection, and ventilation within our facilities and premises by cleaning and disinfecting frequently touched surfaces on the field and shed at least daily or between use as feasible, cleaning and disinfecting shared objects and equipment between use, and ensuring safe and correct use and storage of disinfectants.
- Reducing physical closeness or contact between players when possible by allowing players to focus on building individual skills (like catching and throwing), keeping children in smaller groups, staggering start times, putting up signs near playing fields to ensure that coaches and players stay 6 feet apart, discouraging unnecessary physical contact, such as high-fives, handshakes, fist bumps, and hugs.
- Postponing travel outside of our community. This year, if it's an option, we will compete against teams in our local area to try to get in some competition. If conditions permit and we are indeed allowed to attend out of town tournaments, details will be discussed and communicated at that time.
- Promoting healthy hygiene practices such as providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit.
- Requesting that coaches, staff, and officials, wear a cloth face mask during practices and games when unable to remain socially distant. Players may opt to wear a cloth face mask on the sidelines and during play if feasible. As a reminder, cloth face masks should not be placed on

young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

- Limiting the sharing of equipment and encouraging players to be dressed and ready to go directly to their assigned field.
- Per US Lacrosse recommendations, all parents and spectators should not congregate in free areas or near the fields at this time. We ask that you kindly practice social distancing guidelines (6ft apart) and limit two spectators per player on the sideline if you plan on staying for practices.
- **\*\*NEW CHECK-IN PROTOCOL\*\*** Every parent must bring their child directly to their designated field and check in with their coach. They will be asked to verbally attest that their child has not been exposed to COVID-19 and are free of symptoms at the beginning of each practice. We will be using this for both attendance and contact tracing. In the event that the child will be carpooling with another parent or driving themselves, *please send a signed note indicating the above for your child to give to his/her coach.*

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If someone does get sick during practice or at a game, we have plans in place to isolate and properly respond to exposures. If you have a specific question about this plan, COVID-19 or have tested positive, please contact our **Health and Safety Coordinator Nikki Rakoski at 716.648.7021 or email at [HYLhealth.safety@gmail.com](mailto:HYLhealth.safety@gmail.com)** for more information. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).

We look forward to seeing you. Now, let's play lax!

Thank you and stay healthy,

Hamburg Youth Lacrosse Board of Directors

