



NJ TOTAL LACROSSE Training/Practice Protocols

**Stay at home if you are feeling sick or experiencing any of the following symptoms: Cough, Shortness of breath/difficulty breathing, Fever of 100.0°F, Chills, Muscle pain, Sore Throat, New Loss of taste or smell*

**This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.*

[CDC Symptoms Link](#)

Pre-Arrival

- **Please monitor your player for symptoms** of Covid-19 as stated above. Stay home if your child or anyone in your household is displaying symptoms.
- Prepare and complete all necessary paperwork.
- **Do not carpool** with other players. Only travel with someone from your immediate household.
- Please go to the bathroom prior to arrival. On-site bathrooms are available but we want to minimize their use.
- Wash or sanitize hands and all equipment before arrival.
- Players should report dressed and prepared to play

Check-In

- Do not arrive more than 15 minutes prior to your scheduled start time
- During check-in, you will be asked to park in the lot and come to the **designated check-in area**.
- Players must remain **socially distanced as we take attendance and check temperatures before entering the field**.
- Players must have all the necessary paperwork completed and ready to submit.
- Players will then report to the section of the field as directed by our staff after attendance and temperatures are taken.

Training Session

- Players/coaches will not be required to wear masks while playing/coaching however it is encouraged where necessary and appropriate
- **Parents/guardians will not be allowed on the field or in bleachers**. Parents/guardians are asked to wear a mask and follow social distancing guidelines
- For Players:
 - No high fives, handshakes, etc.
 - Sneeze or cough into the elbow
 - No spitting (saliva or water) on the field at any time
 - No sharing of any equipment of any kind
 - Players will not touch any equipment of any kind with their hands
- Players **are to bring their own water bottle, labeled with their name (visible on top)**
 - Water bottles will be kept at the individual's cone that has been designated in the area specific to their group

End of Session

- Players will be released to the parking lot directly.
- They will be released from their different drills separately to maintain social distancing.
- Upon exiting we ask that all players/families **leave the facility immediately** as to maintain social distancing players leave and new players arrive.
- Wash or sanitize hands and sanitize all equipment after use.