

## **FLX LACROSSE – COVID GUIDELINES**

### **High School player guidelines**

**FLX Lacrosse will institute the following procedures for COVID-19 adherence at PAL Park:**

1. All participants/parents will be required to sign the City of Plantation COVID-19 waiver. We are incorporating the COVID waiver into our registration program so that all parents will execute the waiver as part of their players registration. We use League Apps for our registration program, this will capture who signed the form along with the time, date, and IP address the form was executed from. These waivers are maintained inside of our electronic database.
2. Review COVID questionnaire daily before attending practice/games. If any of the questions are answered YES, player cannot attend practice/games until cleared to do so.
3. Drop off at northern gate at PAL Park from parking lot will be utilized for player drop off for practices, players should arrive ready to go onto the field at their designated time slots. This applies to high school players that do not drive themselves to practices.
4. Players that drive will park in the north parking lot. They will exit their vehicles and walk to practice. Once they arrive at the field they will put their gear bags in a designated location away from any other teams that may be practicing.
5. Players will bring their own personal water bottle. Water bottles should be visibly marked with players names so that each container is clearly identifiable. There will be absolutely no sharing of water bottles.
6. Players will wear a mask/buff/gaiter to and from practices. The only time the mask can be removed is when they are on the playing field participating in drills.
7. After players are dropped off parents are to park and remain in their cars until practice has concluded. Parks may be used for passive use, but parents will not be allowed to congregate at the fields in groups.
8. All coaches to wear shields/masks/gaiters/buffs. This is for their own protection as well as the players.
9. No breakdown/huddles of teams. Coaching breakdown at the end of practice will be in a 6' x 6' grid for safety of all players/staff.