



SURF DAWG LACROSSE

**BOYS LACROSSE SPECIFIC
RETURN TO PLAY SAFETY PLAN**

DROP OFF & ENTRANCE LOCATIONS



All student-athletes are to enter the CDM MS Enclave Lot located to the rear of campus off of Mar Vista Drive.

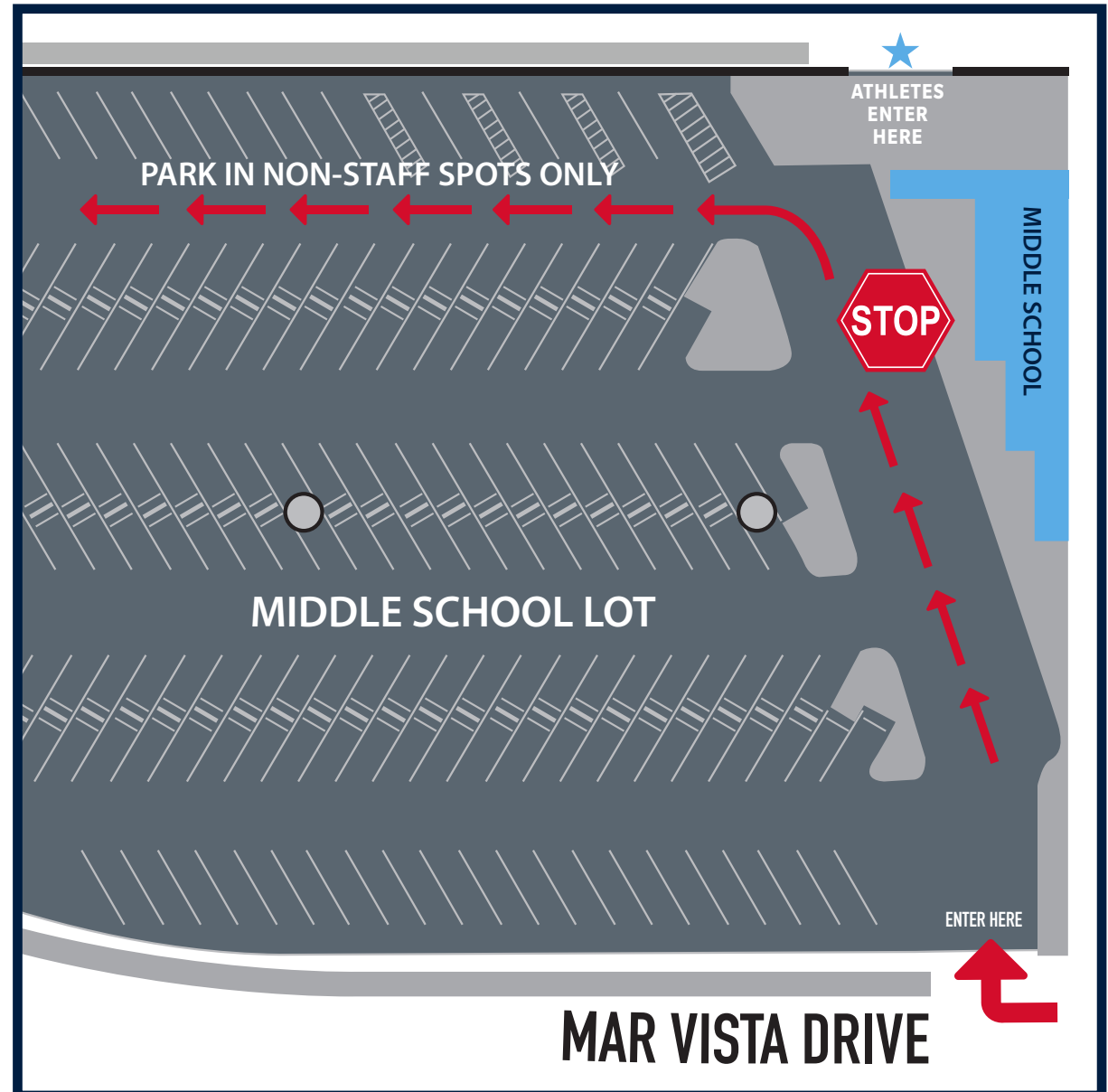
If the Student-Athlete is Being Dropped Off:

Drop-off along the curb in the front of the Middle School Building.

Student-athletes should proceed to the check-in station near homeplate of the varsity baseball field.

Please wear a mask and maintain physical distancing at all times.

Parents must remain in their cars.



PHASE ONE – Daily Pre-Practice Protocol



PRE CHECK-IN

Prior to Check-In, all student-athletes and coaches will:



Wash Hands



Use Hand Sanitizer



Wear a Mask
Upon Arrival



Bring a Personal
Clearly Marked
Water Bottle

CHECK-IN

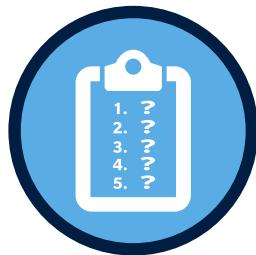
At Check-In, all student-athletes and coaches will:



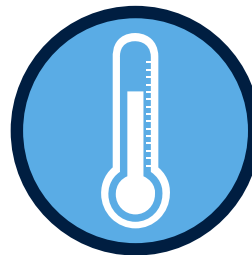
Wear a Mask



Maintain 6'
Physical Distancing



Answer a Series
of Health-Related
Questions



Temperature
Check



Cleared to participate.



NOT cleared to participate
Must leave the training group.
Unable to return until cleared
by a physician.

PHASE ONE – Outdoor Practice Protocol



While on the field all student athletes and coaches will:



Wear a Mask

OR



Wear a Helmet



Wear Protective
Gloves

OR



Wear Lacrosse
Gloves



Maintain 6'
Physical Distancing



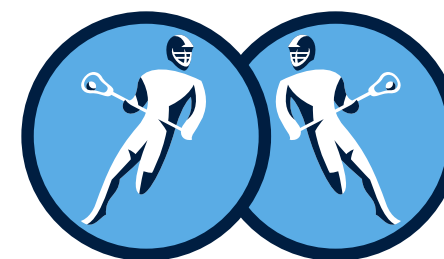
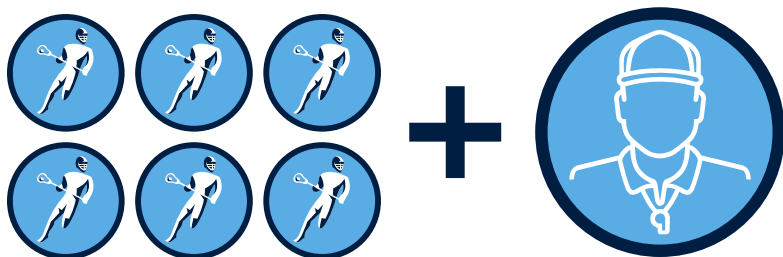
Use a Personal
Clearly Marked
Water Bottle

Student-athletes will have the option to remove their mask prior to putting on their lacrosse helmet.

Coaches must wear a mask and gloves throughout practice.

The mask may be removed occasionally to prevent overheating.

Six Player Plus One Coach Training PODS



NO ATHLETE-ATHLETE CONTACT

Student-athletes will be divided into 6-Player PODS. The members of each pod will remain the same throughout Phase One.

One coach will be assigned to each pod. A coach may be assigned to multiple pods during Phase One, but not in the same workout session.

If a student-athlete becomes ill, or leaves the pod for any reason, his position in the pod cannot be filled by another student-athlete.

A student-athlete may return to his pod but will need clearance from a physician if his absence was due to injury or illness.

PHASE ONE – Practice Overview



1. Outdoor Practices Only
2. No Parents or Spectators
3. No Locker Room Use
4. No Weightroom Use
5. No Physical Contact Between Players
6. 6-Player PODS (1 Coach per POD)
7. Maximum of 4 PODS (24 total players) on a Full Field (110 yards by 60 yards) During Any Practice Session.
8. Players will not touch goals, balls or cones with their hands.

Player Rest Areas

Each 6-Player POD will have its own player equipment and rest area. Markings will be made every 10' on the ground or along the fence line on the perimeter of the practice facility. Upon arriving at the field, players will place their equipment bag at one of the markings in the area designated for their specific POD. Each player will have his own area. During pre-practice, water breaks and post-practice, players are to remain in their personal designated rest areas unless directed otherwise by a coach.

Addressing Players as a Group

There will be no "huddles." A coach may address the players in his POD as a group at anytime, but the players and coach must maintain 6' physical distancing during those discussions.

Lacrosse Balls

Players may safely exchange (pass & catch) lacrosse balls between each other during practice. The balls are never physically touched by the players during the course of practice or play. Coaches will only handle the lacrosse balls while wearing gloves.

Lacrosse Sticks and Protective Equipment

Players will provide their own workout gear, lacrosse stick and protective lacrosse equipment (helmet, mouthpiece, shoulder pads, arm pads, and gloves). There will be no sharing of lacrosse sticks or protective equipment.

Lacrosse Goals

Players do not touch the lacrosse goals during the course of practice or play.

Post-Practice

Coaches will gather the lacrosse balls and cones and put them into the designated containers. Coaches will return the lacrosse goals to the sidelines.

PHASE ONE – Outdoor Practice Plan



Typical Phase One Practice Plan (90 Minutes)

No Parents or Spectators

No Physical Contact Between Players

Each POD (6 Players & 1 Coach):

Stretch - 10 minutes

Pre-Practice Dynamic Stretch Routine - individual players within their POD

Stickwork - 20 minutes

Triangle Passing Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Partner Passing Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Water Break - 5 minutes

Players may remove helmet to get a drink. They must maintain 6' physical distance from other players in their pod and use their own water bottles.

Dodging / Shooting / Ground Ball Drills - 20 minutes

Dodge & Throw Back Shooting - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Give & Go Shooting - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Bust Adjacent Ground Ball Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Water Break - 5 minutes

Footwork & Agility Drills - 20 minutes

Box Agility - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Shuttle Sprints - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Mirror Agility - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Skill Work - 10 minutes

Position Specific Skill Development Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

End

PHASE TWO – Daily Pre-Practice Protocol



PRE CHECK-IN

Prior to Check-In, all student-athletes and coaches will:



Wash Hands



Use Hand Sanitizer



Wear a Mask
Upon Arrival



Bring a Personal
Clearly Marked
Water Bottle

CHECK-IN

At Check-In, all student-athletes and coaches will:



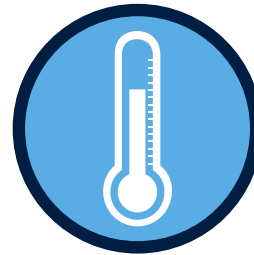
Wear a Mask



Maintain 6'
Physical Distancing



Answer a Series
of Health-Related
Questions



Temperature
Check



Cleared to participate.



NOT cleared to participate
Must leave the training group.
Unable to return until cleared
by a physician.

PHASE TWO – Outdoor Practice Protocol



While on the field all student athletes and coaches will:



Wear a Mask

OR



Wear a Helmet



Wear Protective
Gloves

OR



Wear Lacrosse
Gloves



Maintain 6'
Physical Distancing



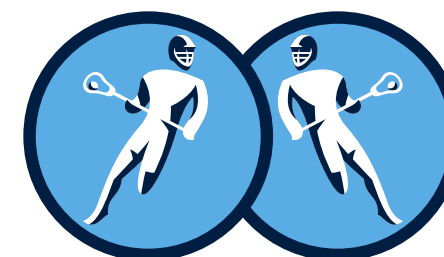
Use a Personal
Clearly Marked
Water Bottle

Student-athletes will have the option to remove their mask prior to putting on their lacrosse helmet.

Coaches must wear a mask and gloves throughout practice.

The mask may be removed occasionally to prevent overheating.

Ten Players Plus One Coach Training PODS



NO ATHLETE-ATHLETE CONTACT

Student-athletes will be divided into 10-Player PODS. The members of each pod will remain the same throughout Phase Two.

One coach will be assigned to each pod. A coach may be assigned to multiple pods during Phase Two, but not in the same workout session.

If a student-athlete becomes ill, or leaves the pod for any reason, his position in the pod cannot be filled by another student-athlete.

A student-athlete may return to his pod but will need clearance from a physician if his absence was due to injury or illness.

PHASE TWO – Practice Overview



1. Outdoor Practices Only
2. No Parents or Spectators
3. No Locker Room Use
4. No Weightroom Use
5. No Physical Contact Between Players
6. 10-Player PODS (1 Coach per POD)
7. Maximum of 4 PODS (40 total players) on a Full Field (110 yards by 60 yards) During Any Practice Session.
8. Players will not touch goals, balls or cones with their hands.

Player Rest Areas

Each 10-Player POD will have its own player equipment and rest area. Markings will be made every 10' on the ground or along the fence line on the perimeter of the practice facility. Upon arriving at the field, players will place their equipment bag at one of the markings in the area designated for their specific POD. Each player will have his own area. During pre-practice, water breaks and post-practice, players are to remain in their personal designated rest areas unless directed otherwise by a coach.

Addressing Players as a Group

There will be no "huddles." A coach may address the players in his POD as a group at anytime, but the players and coach must maintain 6' physical distancing during those discussions.

Lacrosse Balls

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Lacrosse Goals

Players do not touch the lacrosse goals during the course of practice or play.

Post-Practice

Coaches will gather the lacrosse balls and cones and put them into the designated containers. Coaches will return the lacrosse goals to the sidelines.

PHASE TWO – Outdoor Practice Plan



Typical Phase One Practice Plan (90 Minutes)

No Parents or Spectators

No Physical Contact Between Players

Each POD (10 Players & 1 Coach):

Stretch - 10 minutes

Pre-Practice Dynamic Stretch Routine - individual players within their POD

Stickwork - 20 minutes

Triangle Passing Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Partner Passing Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Water Break - 5 minutes

Players may remove helmet to get a drink. They must maintain 6' physical distance from other players in their pod and use their own water bottles.

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Water Break - 5 minutes

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Box Agility - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Shuttle Sprints - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Mirror Agility - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

Skill Work - 10 minutes

Position Specific Skill Development Drill - minimum of 30' distance between players active in drill / 6 foot distance in lines (marked by cones)

End