

# GUIDELINES FOR A SAFE RETURN TO LACROSSE

## GENERAL THINGS TO BE AWARE OF

- There is a maximum of 30 allowed to attend any one sporting activity
- You should not participate in sport more than twice per week and should aim to leave 3-4 days between sporting activity with different groups
- If you feel any symptoms of Covid-19 (fever, continuous dry cough, loss of taste/smell etc.), do not attend training! Keep everyone safe!

## WHAT TO EXPECT BEFORE A TRAINING SESSION

- You must sign-up to attend a training session beforehand
- Let us know if you have signed up and then cannot make it – we can then reallocate your place! Help us ensure as many people as possible are able to train!
- When you arrive, we will take a register of all those in attendance and record your body temperature. If you are above 37.5C, you will be asked to return home
- We will store this data for 21 days to aid with contact tracing efforts
- Hand sanitiser is important! Be sure to sanitise before and after training, as well as during breaks in activity

## WHAT TO BE AWARE OF DURING TRAINING

- Except during drills and gameplay, social distancing guidelines must be followed
- Do not share or swap equipment during practice
- Only handle the lacrosse balls with your stick and never pick up the ball with your hand
- Refrain from spitting or rinsing out your mouth
- Only drink from your own water bottle and dry yourself with your own towel

## AT THE END OF A TRAINING SESSION:

- You should sanitise your hands once training is completed
- You should return home promptly – socialising after training is discouraged
- You should disinfect your equipment as well as your clothing between sessions – we advise disinfectant spray as the easiest solution!

# STAY SAFE!

