

# COVID-19 PROTECTION RULES

## LACROSSE

The following rules are mandatory and follow guidelines set by State of Ohio, CDC, Health Department, and OHSAA. We ask for patience, understanding, and cooperation during this time to help protect yourself and other participants. Refusal to follow these rules will result in termination from the program without refund.



UNION COUNTY FAMILY YMCA  
1150 CHARLES LANE  
MARYSVILLE, OH 43040  
937-303-9285  
[www.uniontounyymca.org](http://www.uniontounyymca.org)

### EQUIPMENT

- No sharing of water, communal water coolers, or equipment.
- The YMCA will provide lacrosse sticks, balls, goals, fields, and cones for practice. Equipment will be marked and assigned to each player, then sanitized before the next practice.

### SELF-EVALUATION OF SYMPTOMS

- 1) Have you been in close contact with a confirmed case of COVID19?
- 2) Are you experiencing a cough, shortness of breath, or sore throat?
- 3) Have you had a fever in the last 48 hours? If yes, we will check your temperature using a touchless thermometer. Persons with temperature above 100.4 will not be permitted to participate for at least 24 hrs and when the temperature is acceptable again. The YMCA must report any symptoms to the local health department.

### ATHLETES

- Must adhere to six foot social distancing off the field of play, including when sitting on sideline team areas.
- Players 10yr+ must wear face coverings when not actively participating in the field of play.
- Player substitutions: when subbing in a player during games, maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line
- Must complete self-evaluation of symptoms upon arrival to practice and games. This includes answering the questions listed above.
- No touch rule: players cannot high five, handshake, or other physical contact. A “tip the cap” or verbal “good game” will be used in place of the regular handshake line after games.
- No spitting or eating seeds, gum, or other products.

### COACHES

- Must adhere to six foot social distancing whenever possible.
- Face masks are required for coaches at all times, including when in the active field of play.
- Must complete self-evaluation of symptoms with YMCA staff on site upon arrival to practice and games.
- No touch rule: coaches cannot high five, handshake, or other physical contact. A “wave” or verbal “good game” will be used in place of the regular handshake line after games.
- Must ensure players are following COVID-19 Protection Rules.



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## **SPECTATORS**

### **• Spectators are limited to guardians and siblings**

- Must adhere to 6ft social distancing at all times. This includes in and around bleachers for anyone not in the same family.
- When playing outdoors: Face mask not required when keeping 6ft social distance from others, but if walking around or cannot keep 6ft from other families, must wear mask.
- When playing indoors: Face mask required at all times by those 10yr+, except for players actively on field/court of play.
- Must complete self-evaluation of symptoms with YMCA staff on site upon arrival to practice and games.
- Must not enter player areas (on field of play or sideline team areas).

## **OTHER GENERAL RULES**

- Individuals should not congregate in common areas or parking lot.
- YMCA staff is required to wear face coverings and ensure all individuals are following these rules.
- Players will be kept 6 feet apart while waiting on sidelines between playing, following marked areas to stand/sit.
- No communal eating or group snacks. Players should eat snacks before/after practice and games. If a player must have a snack while playing, they should go to their family's pod and eat it there before returning to play.

## **CONFIRMED CASES**

- If any individuals or family members who live in the same home test positive for COVID-19, they must immediately contact the Youth Development Director, Rachael Baxter, at rbaxter@unioncountymca.org or 614-859-2148.
- If any individuals show symptoms, they will immediately be isolated and sent home to seek medical care. The YMCA is also required to contact the local health department to report these suspected cases or any exposure.