



Lacrosse Parent Protocol

Spring is Focus on Fun and Safety

The City of Charleston Recreation Department is thrilled to continue to offer sports for our citizens. The only way to continue to have success is with the COOPERATION of all parents, players and coaches. Spring sports will look just like our Fall 2020 season. We have instituted new standards, protocols and game rules that will meet or exceed CDC national standards for keeping our children safe when playing outdoor sports. Our goal is to provide an atmosphere to allow our children to exercise, socialize (distantly), be fit and have fun!

Below are the protocols and we are asking ALL parents, spectators, players, and whomever come to watch to HELP US keep EVERYONE SAFE. These protocols have worked for the last two seasons and we will continue with them through the spring!

PLEASE follow all guidelines, protocols and ordinances set forth.

Please DO NOT attend practice or games if you feel sick

- Coaches/Parents and Players will follow all city ordinances for mask established at time of play. As of this time Coaches and all spectators are required to wear a face covering at all time while on city fields, parking lots, restrooms and playgrounds.
- Players will be required to wear their face covering at all times except when they are actually practicing on the field or playing on the field. If on sidelines they must be in face covering. Player may catch breathe prior to masking.
- All spectators will be asked to socially distance
- Parents will sit on the same side as their child's team, field will be lined for spectators viewing.
- Please have your child carry their own hand sanitizer.
- Coordinators will schedule practices so there are minutes in between practice and games that will allow teams finishing to exit fields prior to the next round of practice/games begin.
- We ask that you and your player stay in your car until your practice time begins. Please do not arrive early and expect to be able to hang out on the field or around the field. This activity will not be permitted during this fall.
- Teams will get an air horn with 5 minutes left in practice, a second air horn at the conclusion of practice will sound. This is when players will end practice and head to cars.
- Coaches will not hold huddles or group talks during this time. Staff will begin to announce to please move to cars. We ask all parents to respect these time allotments as well. A coach may talk during their practice time but teams must leave the field at the second air horn.
- Games will be similar. Immediately following a games finish we ask everyone to move to their cars so we may get the next round of games started.
- No benches or bleachers will be used during practices or games.
- No handshakes at the end of the game, no team huddles, no grouping together for cheers, no high fives, verbal encouragement only. Each team will line up on their side of the field at the finish and bow or wave as a team to their opponent.
- We ask all players to not spit, do not spit on hands, cover their mouth and nose when coughing or sneezing.
- Snacks MUST be prepackaged. No cut fruit or homemade items. Sanitize hands before and after.
- Players are to bring their own water bottle. There will be no shared water coolers.
- Staff/Coaches will sanitize team equipment between practice and games as needed.
- We ask that when needing to speak to Referee/staff at fields that you please maintain at least a 10ft distance. Staff will be happy to help and give you any necessary information.
- We will practice March and play April and May.
- No combines or drafts this season. Random draw, limited request. No team will have more than three A rated players.
- Request will be limited to one request per player and not guaranteed
- Coordinators will make final roster decisions.
- Goalies will need to have their own equipment. NO sharing of protective gear.
- Some age groups may be combined depending on registration.
- 6 games per league – 4 weeks of practice, 4-6 weeks of games for 5-8 yr olds.
- 8 games per league – 4 weeks of practice, 4-6 weeks of games for 9-13 yr olds.
- Game structure will be pods/cohorting of 4 teams to limit exposure in all age groups
- Referees will be used for 9 and above when available. We are experiencing a shortage of referees.
- Please be prepared to possibly not have an Official to call your game. Staff will make every effort to have referees.
- We will minimize to eliminate all travel to other areas for this season.



Lacrosse Coach Protocol

Spring is Focus on Fun and Safety

The City of Charleston Recreation Department is thrilled to continue to offer sports for our citizens. The only way to continue to have success is with the COOPERATION of all parents, players and coaches. Spring sports will look just like our Fall 2020 season. We have instituted new standards, protocols and game rules that will meet or exceed CDC national standards for keeping our children safe when playing outdoor sports. Our goal is to provide an atmosphere to allow our children to exercise, socialize (distantly), be fit and have fun!

*Below are the protocols and we are asking ALL parents, spectators, players, and whomever come to watch to **HELP US keep EVERYONE SAFE**. These protocols have worked for the last two seasons and we will continue with them through the spring!*

PLEASE follow all guidelines, protocols and ordinances set forth.

Please DO NOT attend practice or games if you feel sick.

- Coaches and Players will follow all city ordinances for mask established at time of play. As of this time Coaches are required to wear a face covering at all time while on city fields, practices and games.
- Players will be required to wear their face covering at all times except when they are actually practicing on the field or playing on the field. If on sidelines they must be in face covering. Player may catch breathe prior to masking.
- Players will be asked to socially distance when on the field. Markings will be on the field.
- Parents will sit on the same side as their child's team, field will be lined for spectators viewing.
- Players are asked to have their own sanitizer.
- Coordinators will schedule practices so there is ample time to move players off the field immediately after practice and games.
- With 5 minutes before your practice finishes you will hear an air horn. This is your 5-minute reminder to wrap up practice. 5 minutes later an air horn will go off signaling the end of practice.
- Teams will need to immediately leave the practice field and head to their cars.
- Coaches please do not linger, continue to meet or huddle after the second air horn.
- The teams coming next will be asked to stay in cars until the practices before clear fields.
- Games will be similar. Immediately following when games finish we ask everyone to move to their cars so we may get the next round of games started.
- No benches or bleachers will be used during practices or games.
- No handshakes at the end of the game, no team huddles, no grouping together for cheers, no high fives, verbal encouragement only. Each team will line up on their side of the field at the finish and bow or wave as a team to their opponent.
- We ask all players to not spit, do not spit on hands, cover their mouth and nose when coughing or sneezing.
- Snacks **MUST** be prepackaged. No cut fruit or homemade items. Sanitize hands before and after.
- Players are to bring their own water bottle. There will be no shared water coolers.
- Coach/Staff will sanitize equipment between practice and games as needed.
- If you need cones for practices this can be checked out at the practice field with staff. This equipment will be sanitized for you and when returned sanitized for the next team.
- Coaches will need to ensure that players do not high five, handshake, huddle together.
- We ask that when needing to speak to Referee/staff at fields that you please maintain at least a 10 foot distance. Staff will be happy to help and give you any necessary information.
- We will practice March and play April and May.
- No combines or drafts this season. Random draw, limited request. No team will have more than three A rated players.
- Request will be limited to one request per player and not guaranteed
- Coordinators will make final roster decisions.
- Goalies will need to have their own equipment. NO sharing of protective gear.
- Some age groups may be combined depending on registration.
- 6 games per league – 4 weeks of practice, 4-6 weeks of games for 5-8 yr olds.
- 8 games per league – 4 weeks of practice, 4-6 weeks of games for 9-13 yr olds.
- Game structure will be pods/cohorting of 4 teams to limit exposure in all age groups
- Referees will be used for 9 and above when available. We are experiencing a shortage of referees.
- Please be prepared to possibly not have an Official to call your game. Staff will make every effort to have referees.
- We will minimize to eliminate all travel to other areas for this season.