



NAZARETH ACADEMY HIGH SCHOOL

4001 Grant Avenue, Philadelphia, PA 19114
NazarethAcademyHS.org
Dbradley@NazarethAcademyHS.org

Tele: 215.268.1027
Fax: 215.637.8523

Office of Athletics

2020-21 In-Season Lacrosse Return to Play Plan

Introduction

This document is intended to guide Nazareth Academy on recommendations for reopening of our athletic programs during the COVID-19 Pandemic for the lacrosse season. The intention of these recommendations is to keep our student athletes, coaches, and community safe.

General Considerations

- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.

Coaches

- Coaches must work with AD, Athletic Trainer, and school Administration to follow guidelines to mitigate risk.
- If possible, coaches should try to design activities that focus on increasing risk mitigation strategies
- Coaches should work with the AD and/or an Athletic Trainer for guidance on adhering to changes in procedures, guidelines, or recommendations.
- If possible, breaks may be staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources. Coaches must enforce social distancing and facial coverings during all breaks.
- Coaches must stay until all members of their teams have left the campus.
- The following week's practice schedules must be submitted by Thursday to the AD. Any changes to schedule must be approved by AD. Notification of any use of facility (indoor or outdoor) must be included with the practice schedule.
- Coaches will be responsible to limit the occupancy of the restrooms. Restrooms will be available for all on campus practices and sporting events. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- Coaches will wear mask/face coverings prior to, during and after the competition and practice.

Student Athletes

- Student-athletes should communicate all health and fitness-related concerns with coaches and athletic trainers immediately.
- Student-athletes should arrive prepared to go and avoid congregating before the tryout, practice or competition.
- Student-athletes should leave immediately following the tryout, practice, or competition.
- Student-athlete's individual clothing (do not share clothing), workout clothing, uniforms, and towels should be washed and cleaned after every practice or competition immediately upon returning home.

Embracing Faith, Family and Education

Accredited by Middle States Association of Colleges and Schools



NAZARETH ACADEMY HIGH SCHOOL

4001 Grant Avenue, Philadelphia, PA 19114
NazarethAcademyHS.org
Dbradley@NazarethAcademyHS.org

Tele: 215.268.1027
Fax: 215.637.8523

- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
- Student-athletes cannot share tape, pre-wrap, towels, sneakers, spikes, clothing, suntan lotion, lip balm, or any other personal belongings.
- Restrooms will be available for all on campus practices and sporting events. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.

Facilities & Cleaning

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, bathrooms, athletic training room tables, etc.). Locker rooms will not be provided. Teams will need to arrive in uniform. Teams will be able to gather in a specified area.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Hand sanitizer will be placed at score table for athletes, coaches and the officials.
- Athletic training room will limit occupancy to one athlete at a time. Both athlete and trainer need to wear face masks and use hand sanitizer prior to entering and leaving the athletic training room.
- Restrooms will be cleaned daily.

Pre-Practice

- All student-athletes and coaches in attendance must complete screening survey questionnaire in order to participate in tryout or practice. Included in the questionnaire is a parent confirmation that the athletes have had their temperature taken prior to attending tryout or practice. Parents are responsible for taking athlete's temperature.
- Anyone with positive findings on screening should not attend tryout or practice. Coaches should not allow athletes to return until they are given clearance by an athletic trainer or physician.
- Athletic Trainers will continually monitor screenings and reach out to anyone with positive findings with further instructions.
- Coaches must review the screening report at the start of each tryout or practice and confirm that everyone in attendance has completed a screening survey that day.
- Coaches must maintain accurate attendance of each workout and submit to the athletic department immediately after practice electronically or via hard copy.
- Student-athletes and coaches should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each student-athlete must have her own personal water bottle and a facial covering to participate. No coolers or hydration stations will be available.
- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.

Embracing Faith, Family and Education

Accredited by Middle States Association of Colleges and Schools



NAZARETH ACADEMY HIGH SCHOOL

4001 Grant Avenue, Philadelphia, PA 19114
NazarethAcademyHS.org
Dbradley@NazarethAcademyHS.org

Tele: 215.268.1027
Fax: 215.637.8523

- Restrooms will be available for all on campus practices. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- No hugging, shaking hands or fist bumps.

Lacrosse Contest Procedures

Spectators

- Spectators will be permitted to attend sport related competitions for outdoor sporting events.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's Order effective November 18th, 2020

Away Game Procedure & Guidelines

- Temperature check prior to leaving campus done by coach or Athletic Trainer
- Symptom check with coach
- Notify host school of any symptoms or positive results
- Coaches and student-athletes must adhere to the host school's guidelines.

Home Game Procedures & Guidelines

- Hosting school will communicate to the visiting school or schools the procedures and guidelines of hosting school, as well as local procedures and guidelines.
- It's the responsibility of both the ADs from the visiting school and hosting school to make sure coaches are aware of the guidelines prior to arriving at hosting school.
- Disinfect and sanitize athletic facilities and equipment between levels of competitions.
- Provide disinfectant supplies in close proximity.
- Event staff must wear a mask/face covering prior to, during, and after the competition and should practice social distancing when possible.
- Visiting teams are asked to arrive dressed for competition to limit facility usage.
- Coaches are required to wear mask/face coverings prior to, during and after the competition and practice social distancing when possible.
- ***Mask/face coverings are required during all physical and non-physical activity which includes practices and competition.*** Mask/face covering are required at all times including on the bus to events as well as on arrival and departure to a tryout, practice or competition.
- Student-athletes, coaches/staff, and officials must wear a mask/facial covering during the pre-game captains' meeting and practice social distancing.
- Hosting schools will communicate facility plans/concerns prior to the event as well as restroom protocols and locations.
- Social distancing and face coverings will need to be maintained on sidelines/bench during contests and events. Tape or paint will be used as a guide for students and coaches to practice social distancing.
- No handshakes will be permitted prior to, during, or after the competition.

Embracing Faith, Family and Education

Accredited by Middle States Association of Colleges and Schools



NAZARETH ACADEMY HIGH SCHOOL

4001 Grant Avenue, Philadelphia, PA 19114
NazarethAcademyHS.org
Dbradley@NazarethAcademyHS.org

Tele: 215.268.1027
Fax: 215.637.8523

- Student-athletes, coaches/staff, and officials should exit the facility promptly after the completion of the event. The hosting school should make every effort to limit congregating after the event to help mitigate exposure.
- Concessions will not be provided.
- Restrooms will be available for all on campus sporting events. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.
- At half time both teams are required to practice social distancing.

Team Benches

- Social distancing should be practiced.
- Social distancing and face coverings will need to be maintained on sidelines/bench during contests and events. Tape or paint will be used as a guide for students and coaches to practice social distancing.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Team benches will not be provided.
- Limit contact between players when substituting.

Substitution and Sideline Protocol

- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
- Split substitution box with a cone so that each team substitutes in from their own half of the substitution box.
- Players serving a penalty should sit in the back of each team's side of the substitution box to allow for social distancing from others.

The Draw

- No change from traditional draw mechanics.
- The goalie should roll or throw the ball to the official after a goal.

Pre-game Protocol

- Limit attendees to the referee, head coach, and captain from each team.
- All individuals maintain a social distance of 6 feet or greater.
- Suspend handshakes prior to and following the Pregame Conference

Equipment and Accessories

- Game ball shall be sanitized as recommended by manufacturer and not used for warm-up
- Sanitizer should be provided by the host team at the scorers' table.
- Cloth face coverings are permissible for players.
- Players and officials may wear gloves and long undergarments.

Embracing Faith, Family and Education

Accredited by Middle States Association of Colleges and Schools



NAZARETH ACADEMY HIGH SCHOOL

4001 Grant Avenue, Philadelphia, PA 19114
NazarethAcademyHS.org
Dbradley@NazarethAcademyHS.org

Tele: 215.268.1027
Fax: 215.637.8523

- Coaching staff and other bench personnel shall follow the current Pennsylvania Secretary of the Department of Health Order of July 1, 2020.

Stick Check

- All players will put their sticks on the ground, in a line (not a pile) and players step back to their bench.
- Officials will then come through and conduct the stick checks without interaction or proximity to the players, and the players will not be in prolonged proximity to one another.

Post-game Ceremony

- Suspend post-game protocol of shaking hands.

Officials

- Officials that present symptoms prior to the event should contact the Athletic Director, and assignor, in a timely manner to allow for alternative arrangements to be implemented.
- Upon arrival, officials will complete and sign off on the pre-screening questionnaire. Officials are required to accurately report symptoms in an effort to minimize transmission opportunities.
- Officials are recommended to arrive dressed for competition to help mitigate exposure.
- Officials must wear a face covering prior to, during pregame meetings, and after events and exercise social distancing when possible.
- Officials must bring their own water and water bottles.
- Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure.
- At the completion of the event, officials are recommended to exit the facility quickly and are encouraged not to congregate or interact with the teams, coaches, or staff members.
- If an official tests positive for or exhibits symptoms, the host school will contact all affected schools.
 - Notify the school/s immediately (Principal, Athletic Director, or office staff)
 - If a Positive case is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.
- Restrooms will be available. Restrooms will be located in the Innovation Center for both males and females. Restrooms will be limited to one person at a time. While waiting for the restroom, individuals must wear a face mask and stand six feet apart.

Officials uniform and equipment

- Long-sleeved shirts are permissible.
- Electronic whistles are permissible (supplies are limited). Choose a whistle whose tone will carry inside.
- Cloth face coverings are permissible.
- Officials must wear a face covering at all times and exercise social distancing when possible.
- Gloves are permissible
- Officials must arrive in uniform. There will be no place to change.

Embracing Faith, Family and Education

Accredited by Middle States Association of Colleges and Schools



NAZARETH ACADEMY HIGH SCHOOL

4001 Grant Avenue, Philadelphia, PA 19114
NazarethAcademyHS.org
Dbradley@NazarethAcademyHS.org

Tele: 215.268.1027
Fax: 215.637.8523

Roster

- Should be determined by school, league members, and local and state guidelines.
- Changes to roster sizes should be communicated to administration, assignors, and league members.
- Rosters may be changed or affected to accommodate social distancing in regards to transportation.

Transportation

- Limit rosters in order to follow social distance guidelines
- Provide multiple buses or vans for an away sporting contest.
- Parents provide transportation to and from sporting contest.
- Allow student to use personal vehicle to and from an away sporting contest. Driver and passenger(s) will be required to wear masks.
- Prior to leaving campus to attend an away sporting contest, all athletes need to have temperature check from Athletic Trainer or Coach.
- Hand sanitizer will be provided on buses and vans by school.
- Face covering is required at all times on the bus, van or car.

Scorebook

- Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10-minute mark.