

Good Afternoon Parents,

As a club we have come up with the below Elkhorn KWIK STX Lacrosse Practice Guidelines to do our best to adhere to social distancing rules while practicing together. Your coaches have all been given these guidelines. We have also attached a COVID waiver that will be mandatory for all players to attend any Elkhorn KWIK STX Lacrosse activities in person. Please review, sign and send the waiver with your child to your first in person practice or email the signed waiver back to the club. I know these are still concerning times and we will take every step possible to keep our players safe, but we need to protect the club as well. This waiver was given to us by our insurance provider and is required for us to continue to be insured. Thank you for understanding.

Elkhorn KWIK STX Lacrosse Practice Guidelines –

NO SPECTATORS/PARENTS ARE ALLOWED IN THE HIGH SCHOOL AT ANY TIME.

ALL PLAYERS MUST ENTER THE AGILITY CENTER USING DOOR 28 AND LEAVE USING THE SAME DOOR.

ALL PLAYERS MUST PROVIDE COVID INFORMATION WITH A PRESCREENING CHECK BEFORE ATTENDING PRACTICE/GAMES. WHILE USING THE AGILITY CENTER THIS PRESCREENING PROCESS WILL TAKE PLACE BY OUR COVID ASSISTANT AT DOOR 28.

Check your child's temperature before practice, do not attend if it is over 100 degrees.

If you have been exposed to or have contacted COVID please stay home.

If you feel sick in any way, please stay home.

Teams have been provided hand sanitizer and coaches will make sure each player sanitizes their hands before practice starts.

Coaches will regularly request hands be sanitized throughout practices.

Ball Bucket – Sanitize as best as possible.

No sharing of ANY personal equipment (helmets, gloves, sticks, etc...).

All personal equipment should remain in player's bag when not in use.

Goalie gear is to be wiped down after each use.

All gear bags at least 8' feet apart along the field sideline.

Masks are required for all players and coaches.

Bring your own water and don't share.

90 minutes max for practices, coaches spend first 10 minutes going over social distancing guidelines.

No handshakes, high-fives, and other unnecessary contact.

While players are waiting in line for a line drill, players are instructed to stay at least 6' apart.

Players are to remain contact free as best as possible until further notice. This may be difficult due to the nature of the lacrosse game however at first practices will be NON-CONTACT. A notice to the families will be given when player contact resumes. Once again, due to the nature of the game, incidental contact may occur however it will not be part of the coaching practices.

No spitting or eating food in general.

Parents/spectators must also practice social distancing. You will be asked to separate by a coach if social distancing is not being followed. If a coach needs to ask twice, you will be asked to wait in your vehicle.

Please understand these conditions are to help respect EVERYONE wishes while at the same time allowing to boys to get out and play the game they love.

Thank you and please let us know if you have any questions or concerns.
Elkhorn KWIK STX Lacrosse Board