

COVID-19 Return to Play Policy, Procedure and Protocol

Dynamic Sports Management, LLC & LI Empire Lacrosse

Thank you for patience and support as we move closer to LI Empire Lacrosse & Dynamic Sports Management, LLC. (“**LI EMPIRE LACROSSE**”) begin able to open for the summer lacrosse season. At this time, based on state mandates and requests collectively and coupled with tournament fields or any other fields, referred to herein as “**Fields**”), we are not training nor practicing. We believe this may change soon, but for now this is the guidance and request and we encourage all our parents, players and coaches to abide by it.

The following protocol must be observed by all parents, players, coaches, invitees and participants returning to the LI Empire activities:

- Every player returning to LI Empire activities must have a parent fill out and sign the COVID-19 Return to Play Waiver & Release (the “**Waiver**”). The Waiver can be found at: [Click Here](#) Click on the Waiver for printing, which must be completed, signed (in blue or black ink) by the parent/guardian and scanned to info@liempirelacrosse.com BEFORE returning to LI Empire activities.
- Prior to leaving the house each player should have their temperature taken to ensure it is normal. If for any reason it is elevated, please remain at home until it is normal.
- Use the restroom and wash your hands with soap for 20-seconds and/or apply hand sanitizer before taking the Fields to participate in LI Empire activities, including but not limited to lessons, practices and tournament game play.
- Coaches or LI Empire volunteers may use infrared non-contact thermometers to take a parent, player, invitee and/or participant’s temperature before allowing a participation in LI Empire activities.
- Players are to wear face-masks at all times while on the fields, including under their helmets. After each use of the face-mask it must be thoroughly washed before reuse. Each face-mask must be clearly labeled with the player’s name (first and last).
- All water bottles and drinks should be clearly marked and only consumed by the player. Do not share water bottles.
- Once inserted in the mouth, mouth-guards must remain in the players’ mouths until the end of the lesson, practice and/or tournament game. Each player must put his mouth-guard in a container clearly labeled with the player’s name (first and last) and inside his bag after removing the mouth-guard.
- Mouth-guards that are attached to and/or hang from helmets are not permitted.
- All water bottles and bags should be neatly lined up and positioned six (6) feet apart.
- Parents and siblings should remain in the car during practice and not congregate in or around the practice Fields. If a parent and/or sibling is to leave the car during practice, he/she is to wear a face mask (covering both the mouth and nose) at all times.
- It is encouraged that, when possible, parents, siblings and/or other invitees should: (a) sit (6) feet apart while watching tournament games and (b) wear masks (covering both the mouth and nose) at all times while at tournaments.
- All are encouraged to wash, sanitize their equipment before and after each practice and tournament with antibacterial wipes/soap and/or spray.
- At tournaments, LI Empire will not set up team tents. Players, parents and invitees are encouraged to return to their cars in between tournament games.
- At LI Empire activities, including but not limited to tournaments, players, parents and invitees are asked to not share food, drinks or snacks. Each player, parent and invitee is encouraged to bring their own food, drinks and snacks.

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- While at hotels, LI Empire players, parents and invitees are asked to not congregate in lobby bars, pools or common areas.
- Ample time will be inserted between each lesson/practice session to allow the player to enter and leave the fields with minimum contact to other players.
- If anyone feels ill or has any symptoms in any way, please immediately notify the coach know and remain at home until the passage of fourteen (14) days from when you feel 100% well.

This list is in no-way meant to be a comprehensive list of all the policies, procedures, restrictions, requirements or rules that should be adhered to in connection with the COVID-19 situation. Parents, players, coaches and participants are encouraged to use their best judgement and discretion in dealing with situations impacting them.

We understand that these times are incredibly unique and that each family must make the decision for themselves to return to LI Empire activities. We fully and completely respect your rights and encourage you to speak to LI Empire Directors if you have any questions or concerns.

Stay strong and healthy. We look forward to seeing everyone very soon.