



## PHASE II PRACTICE PROTOCOL

In accordance with Ohio Department of Health & Responsible  
Restart Ohio Guidelines for Skill Training

1. New waivers must be signed by all players before participation will be allowed. Players may bring signed waiver with them to the first day of practice (June 15, 2020) or sign one upon check-in.
2. All players to check-in at the tent and table when arriving to practice. Maintain 6'-0" between you and the player in front of you. Hand sanitizer will need to be used and temperature taken. Temperatures over 100 will be required to leave the practice area.
3. After players check-in and are cleared to practice, they must remain at their "gear cone" until practice begins. Partner passing is allowed after check-in as long as social distance is maintained.
4. Players are expected to do self-symptom checks before arriving at practice. Any player that does not feel well should stay home.
5. All coaches will be trained on safe return-to-play protocol. Coaches will be wearing masks during check-in and the entirety of practice.
6. Players are not required to wear masks while in the field of play. Masks are encouraged during arrival.
7. Do not congregate before, during or after practice.
8. Social distance will be monitored by the coaches. All drills have been set up to allow for 6'-0" or more between players at all times. Players who consistently fail to maintain social distance after multiple attempts by the coaches to correct this will be asked to sit out the remainder of that drill.
9. Parents, family and spectators who wish to remain at practice must maintain appropriate social distance. This will not be monitored by the coaches.
10. The emphasis at practice will be on skill-building, agility and game-like situations. Small groups will be used whenever possible.
11. Players are encouraged to use hand sanitizer when leaving practice.
12. Lacrosse balls will be the only shared equipment. They will be sanitized at the end of each practice.
13. Players are not to touch the cones or ball bags; coaches will be the only individuals allowed to touch ball bags or cones.

QUESTIONS? Please email [info@tempestlacrosse.com](mailto:info@tempestlacrosse.com) or speak with any coach at practice.