

LACROSSE-SPECIFIC TOUCH POINTS

ITEM	ATHLETES	COACHES	PARENTS/GUARDIANS/SPECTATORS
Balls	Should not touch. Use stick to pick up/cradle.	Wipe down with disinfectant before and after use. Will touch but need to disinfect between uses. Wear gloves.	Should not touch. Encourage players to only touch with stick.
Stick	Only use your own stick. Wipe down with disinfectant before and after use.	Participate and provide demo with your own stick. Do not touch player sticks Wipe down with disinfectant before and after use.	Help your own child only when necessary and make sure to disinfect handle and plastic edges of lacrosse head when returning to car.
Documents	No.	Yes, but do not share with other coaches. Individuals should have own copy.	No.
Tablets/Phones	Only use your own device– placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.	Only use your own device– placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity. If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 2-meter distance (other should not touch).	Only use your own device - placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.
Personal Equipment DO NOT Share ANY Equipment	Should all be put on near your own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms). **Make sure to keep your lacrosse gloves on at all times!	Should all be put on near your own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms). **Make sure to keep your lacrosse gloves or sanitary gloves on at all times!	Assist/remind your child with putting on their equipment at your vehicle, prior to going to the activity area. Remind them to leave it on once the event is completed and return to vehicle to take off equipment
Helmets	As above.	Wear gloves when touching any equipment; otherwise send player to parent.	Watch for signals from coach who may send your child out for assistance.
Water Bottles NEVER SHARE	Each player must have their OWN clearly marked water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.	Remind players to NEVER share water (if possible, have extra commercially sealed bottles available if hot out, but make sure you have disinfectant wipe available to clean off before giving to anyone). Use sharpie to mark name). Must have spout or straw in order to aim into mouth, while still wearing helmet.	Make sure your child's water bottle is clearly marked and they know how to identify their own bottle. Remind them to never use anyone else's water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.
Equipment Bags	To be left in vehicle	To be left in vehicle	To be left in vehicle
Spectator Seating (if not removed) or Standing			Always maintain a 2-meter distance between other spectators. Number will be limited to the maximum allowed to gather (i.e., total including participants and spectators is currently 50 people).
Enter/Exit	Follow instructions/arrows	Use tape to create arrows to enter and exit - have players enter and exit one at a	Remind your child to enter / exit per direction of arrows and to keep 2-meter (or

	if using a door/gate handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.	time in order to maintain 2-meter distance. If using handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.	length of extended lacrosse stick) away from the person in front of them. If using door/gate handle, wipe with disinfectant wipe prior to opening & if possible, leave it open so no other person needs to touch.
Bench/Other Surfaces	Don't touch surfaces; keep your lacrosse gloves on.	Disinfect surfaces before players arrive and after they have left. Don't touch surfaces and 'bag' your gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.	Don't touch surfaces and 'bag' your child's gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.