

360 Families,



I hope that you are all well. With the anticipated transition in to Phase 3 of the Re-opening Plan we are looking forward to resuming some skills training. While there are many obstacles and changes that each of us has faced from the pandemic and subsequent lock-down, the youth sports industry has been uniquely impacted. We face many challenges, which we have and will continually problem solve to benefit not only our families/athletes but survive as an organization during this restrictive period.

Myself and our coaches, feel a great sense of duty to fulfill our commitments to you for the Summer season in a safe and responsible manner. The information below was considered and investigated to be the best way forward for our organization given feedback from other groups similar to ours, tournament directors, local leadership and health resources.

One point that we want to make clear is that we want each person to feel comfortable with their own choices, some of you may not be ready to return to play and some may feel that the risk mitigation measures we are implementing are unnecessary. Each viewpoint is valid, but the plans and practices below are how we are planning to responsibly return to lax this Summer. You should choose not to participate at this time if you are not comfortable or not willing to follow the rules. This is our plan forward. We have a responsibility to follow the guidance and restrictions in order to protect our business and also create a safe environment for our participants.

In case you are not familiar with the IL Re-Opening plan and the restrictions of Phase 3 and beyond, this document will help you understand some of the obstacles we face while resuming our season: <https://coronavirus.illinois.gov/sfc/servlet.shepherd/document/download/069t000000BadS0AAJ?operationContext=S1>

There are many, many words and a lot of information below, my goal is to present all of the information that I am working with to you so that you can understand our plans as well as be informed to make your own choices. Please read it carefully and reach out directly if you have any questions.

Hold Harmless Waiver:

Before being allowed to participate in any 360 event in person each player must return a signed waiver releasing Players Indoor and its subsidiaries of any liability of any kind relating to COVID-19.

Practices:

- Included in this message is a revised schedule with dates and locations, times will be dependent on small group assignments. You will receive an assigned group and time, this will remain the same for the entire month of June. Due to outdoor field availability from the park district, sessions will be Tuesdays & Wednesday. At this time we will follow the reopening recommendations and keep our small group training outside and not utilize Players.
- Beginning June 6th we will start small group training sessions, below is what you can expect:
 - Sessions will be 1 hour long, groups of 6-8 players and 1-2 coaches



- Sessions will be outdoors with ample space between groups, players will be required to stay 6 feet apart at all times during the training, players will be required to wear masks when in close groups and each player will need to have a mask available at every training
- ****SHOULD THERE BE AN ISSUE WITH RESPONSIBLE BEHAVIOR, MASKS WILL BE REQUIRED FOR ALL TRAINING EXCEPT FOR CONDITIONING****
- There will be no spectators allowed, parents/siblings/drivers may watch from their cars but may not congregate near the field/practice area (so as to not be included in our general umbrella of participants)
- Each session will focus on skills training, examples:
 - Stick handling, passing/catching, shooting, footwork, shooting drills, conditioning – and more – our coaches are already brainstorming and modifying drills to work in this new environment
- **Risk Mitigation measures:**
 - Arrival/Departure: Players cannot exit their cars or congregate on the field before their scheduled practice time, after practice is dismissed, they will need to immediately leave the field and return to their cars so that the next group can begin their practice. Again to reiterate: There will be no spectators allowed, parents/siblings/drivers may watch from their cars but may not congregate near the field/practice area (so as to not be included in our general umbrella of participants)
 - Initial check in:
 - each player will need to verify verbally with their coach that neither them, nor anyone in their household is currently experiencing symptoms of COVID-19
 - Players will need to visually show their coach the following items (which they are responsible for bringing to every practice): mask/face covering, sanitizing hand wipes or hand sanitizer, their own water bottle and a plastic bag or other type of container to hold any trash i.e. used water, used wipes, band aids, tape etc. **This trash bag measure may seem strange but is a mitigation measure for sports gatherings by the WHO to limit unnecessary contact. They can dispose of their trash bag in a communal can after practice, but we don't want our coaches or other players to have to handle it or have incidental contact**
 - If a player does not have these items at check in, they will have to sit out from the training session.
 - At the beginning of every practice, coaches will set out cones 6 feet apart – each player will have a “zone” to place their belongings and take their water break in their own space. This will also serve as a visual reminder of what “6 feet apart” looks like.
 - Sanitizing/Water Breaks: at least 2 times per hour (roughly every 15/20 minutes) players will be given a break to get water and also clean their hands/equipment
 - Throughout practice we will encourage players to stay 6 feet apart, cover their faces when they cough or sneeze, avoid touching their faces and in general do their best not to touch common property with their hands such as balls (which should be very easy to do since it's a rule already!)



- Communication with coaches: Please do not wait to talk with a coach in person before or after practice. You can reach out to myself/coaches through Team App or email and they will then determine the next steps of a response, phone call/video chat etc.

Tournaments:

- The issue of tournaments is something which has been investigated and discussed at length. Below are some factors that are impacting these decisions:
 - Restrictions regarding having a full team, full contact practice prior to a tournament: This impacts not just performance on the field but safety and injury risk to our players, essentially going 0-100 has many negative impacts.
 - Restrictions in the specific state in which the event is schedule to take place
 - Interest/comfort in travelling out of region – both from participants and venues: We have heard from individuals who do not wish to travel or stay at hotels out of state as well as venues who have set restrictions regarding teams from out of state
 - Cancellations, date changes, venue changes and postponements of tournaments and inability to receive refunds: As has been previously communicated, the tournaments we had planned to attend in June have been moved later in the summer or cancelled. This impacts our schedule logistically but also impacts us as we wait to receive refunds or find that we will not receive refunds from our registrations so that we can register for other events that make sense for us. Many events are waiting until the last minute to cancel or make adjustments hoping that something changes, which also causes its own set of issues.
 - Some tournaments have stated that limited or no spectators will be allowed – this is disappointing but also poses issues with the financial value and logistics for travel, especially in our youth age group who cannot travel alone.
 - Insurance liability: coverage for most events and organizers has an exclusion policy for illness. Specifically, US Lacrosse/Bollinger insurance will not cover any liability or legal action related to COVID-19. This has led to many cancellations of events as well as hesitancy to return to play in general.
- What our Summer tournament/game plans will look like:
 - Small sided play day or tournament August 1st/2nd or 8th/9th
 - If a league is able to run, we will enter our team into a league

Plan A and Plan B

Our hope is that we will be able to make our Plan A work safely for all, however if you do not wish to participate we are also going to offer a plan B.

- **Plan A: Summer season**
 - June: small group skills training as detailed above, no tournaments
 - July/August: team training and play day/tournament



- **Plan B: 1 on 1 training**
 - If you do not feel comfortable with the information and plans laid out above, we will set up private 1 on 1 training sessions for you, this will be dependent on coaches availability.

Congratulations if you made it through all of that! Bottom line: we want to get back to it, we miss coaching, we miss lacrosse – we want to do it all the “right way.” These measures and plans are firm, as much as we are going to respect your comfort level with the current situation, we ask that you respect the boundaries and guides we are setting. Other programs may be handling things differently – they all have different motivations and pressures, and each of us as club directors, business owners and human beings must do what is right for our group.

Looking forward to seeing you all soon!

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