



2021 HEALTH & SAFETY GUIDELINES

SEASON 2 SPORTS

Pre-Practice & Contest Screenings

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Hygiene Practices

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

Facilities & Equipment

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Limit Areas for Public Gatherings

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf for more information.



2020 CIFSDS Girls Lacrosse Modifications

SUBSTANTIAL

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

PREGAME CONFERENCE

- Limit the pregame conference to the head coach from each team and the center referee.
- Conference should take place in the center of the field with all individuals maintaining social distancing of 6 feet.
- No handshakes prior to or following the pregame conference.

TEAM BENCH

- Persons on the sidelines must be restricted to players, coaches, athletic trainers, athletic directors, and essential personnel only.
- Sideline personnel must wear face coverings.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

SUBSTITUTION PROCEDURES

- Maintain distancing of 6 feet between substitute, referee, and players by encouraging substitutions to occur closer to the center line.

OFFICIALS TABLE

- Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team bench and not at the table. Extend the table if needed.

LACROSSE RULES INTERPRETATIONS

- Gloves are permissible
- Long Sleeves Are Permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

THE DRAW

- Alternate start at the center with draw positioning to start each half and after goals. This is not alternate possession (AP) and does not impact AP for penalty administration during the game. The start of play is on the whistle for these starts. No other changes to player positioning rules.
- The goalie should roll or throw the ball to the official after a goal.

8 METER POSITIONING

- Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

INTERMISSION BETWEEN HALVES AND AFTER SCORING

- The intermission between halves and after scoring may be extended for hydration and to sanitize game equipment.

POSTGAME

HANDSHAKE LINE

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match. o Maintain social distancing prior to and following the contest.

OFFICIALS

PRIOR TO CONTEST & TRAVEL

- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.

- Drive yourself to the contest when possible. If carpooling is necessary, wear face coverings and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share. Bring your own container of water.
- Arrive at the game site dressed if possible.

PREGAME

- Social distance during pregame as best as possible.

FACE COVERINGS & GLOVES

- Officials must wear a face covering while on campus (whenever not actively engaged in officiated a contest).
- The wearing of face coverings and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on cifsds.org