



## Health Guidelines For Summer 2026 Practices and / Or Skills

The guidelines below are based on information our staff and our Athletic Trainers have received from our conversations / meetings with medical personnel, professional sports organizations, youth council conference calls, professional Athletic Trainers, youth sports organizations and the conference calls of federal, state and local leaders. We continue to talk with these people on a weekly basis to update our guidelines, learn about new research and find out about hot spots or issues to be focused on that week.

### Overall

- All attendees (players, coaches, trainers, officials, etc) **who are not 100% are required to stay home.**
  - It is better to miss 1 day then get others sick. **We will send players home if they are not 100%**
  - **You must be symptom free for 24 hours before returning to play.**
- An equipment / get ready location will be set up at each field ('**players grid**') where players can drop their gear and get ready for the practice. Players are to find a cone and stay at that cone while in this area.
- Water coolers will **not** be provided to refill bottles at the fields.
  - All players must have their own water bottle
  - Players are not allowed to share water bottles.

### Things we are not requiring / doing:

- Attendees are not required to be vaccinated or provide proof of being vaccinated to participate in our events.
  - this is a personal decision and True Lacrosse will not be involved in it.
- Attendees are not required to provide us with a negative test result and / or proof of having had COVID to attend our events.
- Players are not required to come to practice fully dressed.
- Players are not required to drive to practice alone.
- Players are not required to wear a mask or face shield at any point before, during or after our practices.
- Coaches / Officials are not required to wear a mask or face shield at any point before, during or after our practices