

Women's Lacrosse Club Proposal Fall 2020

Player's Responsibilities:

- All members must register as a member BEFORE COMING TO PRACTICE. Here are the following steps to register:
 - 1.) Go to <https://uic.dserec.com/online/clubsports>
 - 2.) Login by using your school username and password
 - 3.) Scroll down until you find "Women's Lacrosse". Click on "Registration".
 - 4.) Fill out the form and submit it once you're done.
- Players must bring their own equipment and SHALL NOT share it with others.
 - Players must also take their equipment home.
- If players do not feel well or show any symptoms of COVID-19, they must stay home.
 - Player must inform the officers as they will inform them on the procedure
 - If players were out-of-state, they must inform the officer and self-quarantine

Outdoor Practice Information:

- Practice will be held twice a week, Mondays and Wednesdays, from 5-7 pm.
- Practice will be held in the West Field at the Outdoor Field Complex (OFC)
 - Address: 900 W 14th Pl, Chicago, IL 60608
- Maximum of 25 players on one side of the field

Before Practice:

- Players must complete the Wellness Check before arriving at practice and entering the field for contact tracing purposes.
 - Here's the Wellness Check website: <https://go.uic.edu/dailysurvey>
- Players must check-in with one of the club officers by the field entrance to check on their wellness.
 - Officers who are available and attend to practice will be responsible for check-ins and wellness checks by using a Google Sheet created as a back-up.
 - If players show any issue, they will be sent home to self-quarantine and will be provided additional information.
- Only three players are allowed to carry the lacrosse net into the field:
 - If all officers are present, then only three of them will handle the lacrosse net.

During Practice:

- Masks are to be worn at ALL TIMES throughout practice. No exception. Players will be turned away if one isn't wearing a mask.
 - If a player pulls down their mask or isn't wearing their mask properly, the officers will remind them. → doing it constantly will be ask to leave
- Every player must maintain social distancing of at least 6-feet apart from others at all times.
 - If players violate the rule of social distancing, whether is direct contact or is too close to others, the officers shall remind them. → doing it constantly will be ask to leave
 - A method that may be useful for others to maintain social distancing is that they and the person beside them can stick their lacrosse stick out to their side, creating approximately a 6-foot gap between them; women's lacrosse sticks are approximately 3-feet.
- If a certain amount of lacrosse balls is taken out, DO NOT put any of those lacrosse balls back into the ball bag. Keep it out until the end of practice once it's sanitized.
- DO NOT pick up the ball with your hands. ALWAYS scoop up the ball with your stick.
- DO NOT spit on the field.
- DO NOT chew gum.
 - If seen chewing gum during practice, the officers will tell them to go spit out their gum into a garbage can.

After Practice:

- Each player will sanitize their own equipment such as their lacrosse sticks and goggles.
- Officers will sanitize all the used balls, extra used sticks, and goal posts.
- Only three players are allowed to carry the lacrosse net back to its location.
 - If all officers are present, then only three of them will handle the lacrosse net.
- Each member must make sure they take every single one of their belongings with them.