

Club Sports - COVID-19 Response Plan – University of Arkansas

Women's Lacrosse

Women's Club Lacrosse at the University of Arkansas is dedicated to maintaining safety guidelines set in place by UREC and Club Sports Administration. We, as a team, will do our part in controlling the spread of COVID-19.

Practice Safety

A modified pod practice will include a Monday practice group and a Wednesday practice group. Practice groups will be assigned based on member involvement in personal lives, i.e. members of the same sorority will be grouped together, siblings, people who carpool or live together, etc. The Monday practice group will attend field practice on Mondays and then condition in a socially distanced environment, or individually, on Wednesdays. Vice Versa for the Wednesday practice group.

Practices will also be shortened to 1.5 hours. This slightly shorter practice will allow for more effective use of time running drills, thus cutting down on time spent standing, discussing, and being potentially exposed. Attendance is already tracked by the club secretary and will now include tracking of which players participate in which 'pod'. Practices are held on campus.

Some players share sticks, goggles, or pinnies at practices. To mitigate the risk of the virus spreading through contact, personal items will not be shared and the team will buy equipment for individuals if they lack any of these items. If there is a necessity for sharing of equipment, any surfaces will be disinfected after practices. Drills will be run that maintain 6+ foot social distancing and masks will be required for closer interactions.

Under pandemic conditions, attendance at practices will be encouraged but not mandatory. We would rather a member quarantine for the necessary amount of time, rather than be required to come to practice.

National Governing Body

Women's Lacrosse is a member of the CPWLL, or Central Plains Women's Lacrosse League. There are no events scheduled for the fall, and no teams will be travelling to participate in pre-season scrimmages. A meeting is scheduled for August 30th, 2020 to discuss league plans for spring play. League expectations for COVID responses have been deferred to each university's club sports program.

Recruitment & Retention

After reviewing the Safety Guideline and Requirements, Women's Lacrosse will adjust recruitment efforts during tabling events. There will be contactless sign up, for example a google form that can be filled out on one's own mobile device or laptop. Social distancing guidelines will also be maintained by potential members in line, as well as existing members at the table. Retention efforts will be adjusted by conforming to pod practices and modified team bonding, as mentioned.

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Women's Lacrosse will be taking on new members this Fall. They will be added to the GroupMe, thus automatically creating a sense of inclusion.

Members will be told that if they do not adhere to all guidelines, they will not be able to participate in practice. Not participating in practice will entail workout plans and solo drills being sent to said member. They will be expected to complete any materials sent to them if they wish to remain a member of the team. Playing time in the Spring season may also be affected by adherence to guidelines in the Fall.