



RETURN TO LACROSSE GUIDELINES

PHASE ONE



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RETURN TO LACROSSE PHASE 1 GUIDELINES – PHASE ONE

1. INTRODUCTION

The purpose of this document is to provide information, directives and guidance regarding the concerns associated with COVID-19 as we introduce participants back to Lacrosse activities. As the COVID-19 situation continues to evolve, it is imperative that all the BC Lacrosse Association and its members implement the COVID-19 physical distancing, disinfection and other procedures outlined in this document.

The health and safety for all participants in the BC Lacrosse community is of utmost importance for the BC Lacrosse Association and this is central to all of our decisions around COVID-19. All involved in our sport must take direction from the appropriate health authorities, including the Public Health Agency of Canada and the BC Ministry of Health.

viaSport BC has submitted provincial sport sector guidelines to the Sport Branch, Ministry of Health and WorkSafe BC. Provincial Sport Organizations (PSOs) have been asked to submit this document to viaSport BC who will review and offer their comments and guidance. We must all enforce and adhere to the guidelines within this document until restrictions are relaxed or removed.

The BC Lacrosse Association understands that participants (and parents/guardians of participants) may have concerns with participating in lacrosse activities during this time. We strongly recommend that a common sense approach be taken and if you have individual concerns, please speak to your local team and club staff and remove yourself and/or your child from lacrosse activity until you are comfortable to return. We know that the teams, associations and leagues will understand the concerns raised and will work with their members to ensure their concerns are handled appropriately.

2. RISK ASSESSMENT

- Active local transmission of COVID-19 in the last 14 days
- Facility access by multiple groups
- Consideration of vulnerable populations – over 65, underlying health conditions, at-risk populations
- Informed about the latest available guidance on the COVID-19 outbreak (official web resources – BCCDC, WHO, CDC, ECDC; federal/provincial/local health authorities).
- Understand the risks and transmission routes of COVID-19 and steps participants can take to limit spread – respiratory etiquette, hand hygiene, physical distancing, etc.) and travel restrictions (please see below).
- Health checks of athletes/team personnel – ask parent/guardian to test temperature prior to bringing athlete to venue. Do not attend if individual has a temperature or presents with any type of transmittable illness. If individual has travelled to another country, they must quarantine for 14 days.

The COVID-19 Self-Assessment Tool will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else. You can download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>. The app will also let you receive the latest updates, trusted resources, and alerts for B.C.

3. HEALTH AND SAFETY PROTOCOLS – GENERAL

Adhering to all health agencies and safety regulations:

- Please refer to **APPENDIX A: Illness Policy**.
- 14-day quarantine from International travel. .
- If you're sick stay home and quarantine.
- If you have a fever, stay home and quarantine.
- Maintain the 2-meter physical distancing measure at all times.
- Wash hands with soap and water, and if not available, use hand sanitizer. Frequent and proper handwashing is encouraged as the best way of preventing all viral respiratory infections and other illnesses.
 - Wash your hands with soap and water, ideally with water warmer than 25 degrees Celsius, for 20 seconds - <https://www.youtube.com/watch?v=o0P-0d1mJfA>
 - After washing your hands, use disinfectant spray on sink taps and surfaces.
 - If soap and water are not available, alcohol-based hand rubs (ABHR) / hand sanitizer can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- Cough and sneeze into your elbow or sleeve
- Reduce touch points (equipment, facility, etc.)
- Do not share food, drinks, utensils, etc.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- No spitting.
- No chewing tobacco, no sharing of vapes, or other tobacco products. Smoking and vaping are banned in BC from any enclosed public space, including restaurants, pubs, theatres, hospitals, common areas of hotels/condos/apartments, etc. *In addition, you may not smoke in playgrounds, community or municipal parks and playing fields.* You are also not permitted to smoke within three (3) metres/ten (10) feet of any doorway leading into any public places. This includes cigarettes, cigars, pipes & e-cigarettes and cannabis products. You must be 19 years or older to legally purchase tobacco and/or vaping products in B.C.
 - If you smoke or vape, also remember to maintain a safe physical distance. Stay at least two metres (six feet) apart if smoking or vaping in a group. Smoke or vape outside instead of inside.
 - COVID-19 spreads by droplets, including saliva, so it will spread by sharing cigarettes, joints, pipes (including pipes in pipe ceremonies), waterpipes, and vaping devices contaminated by the virus. Do not share your smoking, pipes or vaping materials.
 - Wash your hands well with soap and water before and after smoking or vaping.
 - Handling Cash and Documents

- The risk of COVID-19 transmission by cash and documents is low and is expected to be similar to other common surfaces such as doorknobs and handrails.
- It is safe to handle cash and documents. However, it would be advisable to wash your hands frequently, and always before eating, after using the washroom, and before touching your face.

4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers.

- Increase cleaning and disinfection frequency of high-touch surfaces and high traffic areas to reduce the risk of spreading COVID-19.
- Increase cleaning and sanitizing frequency contact surfaces.

a) Definitions

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Sanitizing: Food grade sanitizers are used after cleaning to reduce the level of bacteria to a safe level when following the manufacturer's instruction for concentration and contact time.

Sanitizers are used on food contact surfaces. When sanitizers are used at the no-rinse concentration level it does not need to be rinsed off with clean potable water. Disinfectants are different from sanitizers in that they have a greater ability to destroy bacteria, viruses and molds. Disinfectants are used at a higher concentration and require a longer contact time than sanitizers. If a food grade disinfectant is used on a food contact surface, it may need to be rinsed off with potable water.

Disinfecting refers to using chemicals, for example, EPA-registered disinfectants, to kill bacteria and viruses on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

b) Hard (Non-Porous) Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, most common EPA-registered disinfectants should be effective.
- Use products that are EPA-approved for use against the virus that causes COVID-19 is available. Follow manufacturer's instructions for all cleaning and disinfection products for (concentration, application method and contact time).
- Additionally, diluted bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 10 minutes for disinfecting, 1 minute for sanitizing, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix bleach with ammonia or any other cleanser. Unexpired bleach will be effective against coronaviruses when properly diluted.

c) **Electronics**

- For electronics such as POS equipment, tablets, touch screens, remote controls, and keyboards, and telephones remove visible contamination if present.
- Follow the manufacturer's instructions for all cleaning and disinfection products.
- Consider use of wipeable covers for electronics.
- If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
- Dry surfaces thoroughly to avoid pooling of liquids

d) **Product Guide For Disinfectants**

PRODUCT	DEFINITION	APPLICATION	PROTECTION LEVEL
Multi-Surface Cleaner	Use full-strength or dilute 250 mL per 4L of warm water apply to surface until thoroughly wet. Wipe with a clean cloth, sponge, or mop. To Sanitize/Disinfect: Pre-clean surface Apply to surface until thoroughly wet. To Sanitize: Leave for 1 minute before wiping. To Disinfect: Leave for 10 minutes before wiping. Rinse all food contact surfaces with water after using the product	Disinfectant that meet Health Canada's, requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2	Advanced disinfectant and sanitizer for Hard surfaces
Bleach (6%) solution	100/1 dilution of sodium hypochlorite solution with water used to disinfect surfaces, 10mL bleach to 1 Litre of water. Minimum contact time of 10 minutes in a single application. Air dry.	Recommended by the BCCDC for disinfecting non-pours surfaces	General use disinfectant and sanitizer for Hard surfaces
Neutral Disinfectant cleaner	Use 3.9 mL per liter of water for a minimum contact time of 10 minutes in a single application. Can be applied with a mop, sponge, cloth, coarse spray or by soaking. The recommended use solution is prepared fresh for each use then discarded. Air Dry.	Approved for use against the coronavirus disinfecting non-pours surfaces	Advanced disinfectant and sanitizer for Hard surfaces, low acidity
Disinfecting Wet Wipes 70% Alcohol	To sanitize / disinfect: Pre-clean surface. Use 70% alcohol based fresh wipes to thoroughly wet surface. To sanitize: Allow surface to remain wet for 10 seconds. Air Dry.	Single use isopropyl alcohol wet wipes, disposable	Safe to use on electronics including Smartphones, Tablets and POS equipment
Touch Free Hand Sanitizer	Minimum 70% alcohol hand sanitizer solution, rub hands together until dry.	To clean hands if handwashing is not available	General use to kill bacteria and viruses

PLEASE NOTE: When using bleach on surfaces, allow the surface to air dry completely before using again. Dispose of any leftover bleach mixtures so people won't mistake them for something else or mix them with other products by mistake. If you pour your extra bleach solutions down the drain, run a lot of water down the drain at the same time.

5. TOUCH POINTS – Suggested Cleaning and Disinfecting Areas

a) High Touch and Heavily Soiled Areas

- Door knobs, door push bars, door handles
- Hand rails
- Light switches
- Phones/tablets
- Toilets, paper towel dispensers, sinks

b) All Other Surface Areas

- Tables
- Counters
- Chairs
- Floors

c) LACROSSE-SPECIFIC TOUCH POINTS

ITEM	ATHLETES	COACHES	PARENTS/GUARDIANS/SPECTATORS
Balls	Should not touch. Use stick to pick up/cradle.	Wipe down with disinfectant before and after use. Will touch but need to disinfect between uses. Wear gloves.	Should not touch. Encourage players to only touch with stick.
Stick	Only use your own stick. Wipe down with disinfectant before and after use.	Participate and provide demo with your own stick. Do not touch player sticks Wipe down with disinfectant before and after use.	Help your own child only when necessary and make sure to disinfect handle and plastic edges of lacrosse head when returning to car.
Documents	No.	Yes, but do not share with other coaches. Individuals should have own copy.	No.
Tablets/Phones	Only use your own device– placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.	Only use your own device– placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity. If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 2-meter distance (other should not touch).	Only use your own device - placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.
Personal Equipment DO NOT Share ANY Equipment	Should all be put on near your own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms). **Make sure to keep your lacrosse gloves on at all times!	Should all be put on near your own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms). **Make sure to keep your lacrosse gloves or sanitary gloves on at all times!	Assist/remind your child with putting on their equipment at your vehicle, prior to going to the activity area. Remind them to leave it on once the event is completed and return to vehicle to take off equipment

Helmets	As above.	Wear gloves when touching any equipment; otherwise send player to parent.	Watch for signals from coach who may send your child out for assistance.
Water Bottles NEVER SHARE	Each player must have their OWN clearly marked water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.	Remind players to NEVER share water (if possible, have extra commercially sealed bottles available if hot out, but make sure you have disinfectant wipe available to clean off before giving to anyone). Use sharpie to mark name). Must have spout or straw in order to aim into mouth, while still wearing helmet.	Make sure your child's water bottle is clearly marked and they know how to identify their own bottle. Remind them to never use anyone else's water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.
Equipment Bags	To be left in vehicle or in designated space within facility.	To be left in vehicle or in designated space within facility.	To be left in vehicle or in designated space within facility.
Spectator Seating (if not removed) or Standing			Always maintain a 2-meter distance between other spectators. Number will be limited to the maximum allowed to gather (i.e., total including participants and spectators is currently 50 people).
Enter/Exit	Follow instructions/arrows if using a door/gate handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.	Use tape to create arrows to enter and exit - have players enter and exit one at a time in order to maintain 2-meter distance. If using handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.	Remind your child to enter / exit per direction of arrows and to keep 2-meter (or length of extended lacrosse stick) away from the person in front of them. If using door/gate handle, wipe with disinfectant wipe prior to opening & if possible, leave it open so no other person needs to touch.
Bench/Other Surfaces	Don't touch surfaces; keep your lacrosse gloves on.	Disinfect surfaces before players arrive and after they have left. Don't touch surfaces and 'bag' your gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.	Don't touch surfaces and 'bag' your child's gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.

d) SUPPLIES REQUIRED

Determine the individual(s) responsible to bring these additional supplies to the site (i.e., coach, team manager or designated association volunteer).

- Hand Sanitizer - if a hand washing facility is not close/open
- Gloves. Individuals should wash their hands thoroughly before putting on the gloves.
Medical and food service gloves are usually made from polymers such as latex, vinyl and nitrile, although you may find disposable gloves made of other materials, such as neoprene.
- Tape (for arrows)
- Sanitizer wipes or disinfectant spray & cloth
- Sharpie and Water Bottles (if you choose)
- Doubled plastic bag to safely dispose of any gloves, wipes, etc.
- Thermo Scanner (if possible) to test individuals' temperatures prior to activity.

6. HEALTH AND SAFETY PROTOCOLS – ATHLETES/TEAM PERSONNEL

a) **Athletes (Parents/Guardians) Responsibilities**

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- Must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities.
- All participants must be currently registered with the BC Lacrosse Association through their community associations/clubs.
- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Please see **APPENDIX B: BCLA Under and Over the Age of Majority Waivers**.
- Group sizes must not exceed the regional public health restrictions (maximum 50 individuals).
- Participants must adhere to 2-meter physical distancing at all times. Training only. No competition including scrimmages. Absolutely no contact.
- Participants must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Participants over 65 years, immune-compromised, or with underlying health conditions should not participate.
- Each participant must arrive and depart from facility dressed, wearing all required protective equipment (dress at home/parking lot/park).
- Parent and athlete arrive facility and stay in vehicle until a set time (i.e., 15 minutes) prior to the activity. Keep gear bags in vehicle or in a separate area within the facility.
- Participant only brings one lacrosse stick to the activity session. Leave additional gear and sticks in your equipment bag in the car.
- All participants must wear required protective equipment at all times as outlined by CLA rules and regulations (i.e., helmet, gloves, shoulder pads, elbow pads, etc.)
- Participants should use their own lacrosse equipment -- NO SHARING equipment, apparel, towels.
- If a participant forgets a piece of required protective equipment, they will not be permitted to participate that session.
- Participants must not touch balls with their hands and only use their stick to pick balls up.
- Each participant must have their own clearly marked water bottle with a spout or straw in order to aim into mouth while still wearing helmet.
- Wearing protective masks should be considered - **APPENDIX C: Masks**
- Participants must focus on the coaches and their directions when waiting to perform drills; no fooling around in lines.
- Participants must clean their equipment and clothing after every activity session.

b) **Association/Club/Team Volunteers Responsibilities**

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.

- Must maintain the **Rule of Two**: No minor will be left alone with a single adult.
- Must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities.
- Everyone must adhere to 2-meter physical distancing at all times. Training only. No competition including scrimmages. Absolutely no contact
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Please see **APPENDIX B: BCLA Under and Over the Age of Majority Waivers**.
- Organizers must screen coaches and staff for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Keep detailed records of all participants in sessions. Details should include full contact information, date, time and location of activities.
- All participants should be currently registered with the BC Lacrosse Association through their community associations/clubs.
- Activities must only include participants from your home association.
- All activities must be focused on drill/skill development only – no competition.
- Ensure that participants are fully informed and consent to risks associated with participating in lacrosse activities.
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19, the Return to Lacrosse Guidelines and all associated procedures to minimize risk.
- Co-ordinate facility bookings and scheduling of teams/participants for safe activities.
- Schedule enough time between group activities for participants to enter and exit facilities safely.
- Designate personnel to overlook Field and Box facility preparations to co-ordinate and clearly mark facility section spacing requirements, with lines, markers or pylons to separate sections for activities.
- **Examples of facility zone spacing for drills and skills:**
APPENDIX D: Facility Sections – FIELD
APPENDIX E: Facility Sections – BOX
- Supply all activity groups with appropriate lacrosse activity equipment (balls, bucket for balls, pylons, etc.)
- Supply all participating groups with appropriate sanitizing products (i.e., wipes, hand sanitizer, gloves, masks, plastic waste bags, etc.).

c) **Team Personnel – Coaches, Trainers, Team Managers Responsibilities**

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- Must maintain the **Rule of Two**: No minor will be left alone with a single adult.
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.

- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Please see **APPENDIX B: BCLA Under and Over the Age of Majority Waivers**.
- Participants must adhere to 2-meter physical distancing at all times. Training only. No competition including scrimmages. Absolutely no contact.
- Group sizes should be minimized when possible. Maintain athlete to coach ratios to adhere to the 2-meter physical distancing rule.
- Suggested Facility Zone Spacing (Sections on Field /Floor) and Ratios:
Field – ratio of ten (10) athletes to one (1) coach for every quadrant
APPENDIX D: Facility Sections – FIELD
Outside Box/On-Floor – ratio of eight (8) athletes to one (1) coach for every floor section (half floor).
APPENDIX E: Facility Sections – BOX
- Team personnel must be screened for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participant. If an individual is showing signs of cold, flu, or COVID-19 with fever, coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous fourteen (14) days.
- Coaches and staff who are over 65 years of age or who are immune-compromised, or with underlying health conditions should not participate.
- Coaches and staff should consider wearing a mask and gloves during activities.
- Coaches and staff to confirm the names and numbers of participants attending prior to the session.
- An accurate count of participants in advance will allow the team personnel to plan accordingly.
- Team personnel should lead and instruct without touching balls. Only touch balls with a stick.
- Team personnel use only one lacrosse stick during activities and don't touch other participants' equipment or lacrosse sticks.

TEAM PERSONNEL CHECKLIST

- **On-Site Preparation Meeting:** Conduct an on-site planning meeting prior to arrival of participants involving all team personnel who will be participating.
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (i.e., tissues, towels, sanitary products). Determine who will bring the additional supplies required (i.e., garbage bags, surgical (throw-away) rubber gloves, hand-sanitizer, paper towels, cleaning supplies). See **SUPPLIES REQUIRED** (page 6).
- Cleaning schedule developed to ensure the venue and equipment is clean; wiping surfaces and equipment regularly with disinfectant before and after training.
- **Review Activity Plan:** Review your activity plan against this document.
- **Designated Person:** Assign one coach or team manager to be designated as a first point of contact at the facility. This person is responsible for overall site management.

- **Reduce Touch Points:** Please refer to **TOUCH POINTS** (page 5).
- **Secure Confined Spaces:** Ensure all player benches, officials benches and other confined spaces are communicated as no entry areas, if municipalities have not already managed.
- Before entering any facility prior to activities, the group of participants must maintain a 2-meter physical distancing, and be clear of the entrance/exit points which should be separate. Wait until the facility/area is clear of other participants prior to their session.
- **Athlete Equipment:** Participants arrive and depart dressed and leave equipment bags in their car. If athletes need to arrive with a gear bag, you must ensure athlete equipment areas are set up and each athlete is assigned a spot, 2-meters or more from each other.
- **Drill Layout:** Lay out markers/pylons ahead of the activities indicating locations for athletes for drill/skill stations using your own pylons/markers.
- **Distribution of Balls:** Distribute balls to appropriate stations using a stick only; never touch balls with hands.
- **Collection of Cleaning Equipment:** All balls, pylons/markers and targets to be collected and put into a 5 gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use gloves and wash hands or hand sanitizer immediately afterward.
- **Equipment Transportation:** Recommend having a plastic container with a lid when transporting equipment to and from training activities.
- **First Aid:** In the event that first aid is to be administered, it is recommended that all persons attending to an athlete must first put on a mask and gloves.
- Coaches and staff to confirm facility preparations and facility section requirements, lines and place markers/pylons to separate zones for activities.

Examples of facility zone spacing/sections for drills/skills:

APPENDIX D: Facility Sections – FIELD

APPENDIX E: Facility Sections – BOX

d) Parents/Guardians/Spectators

Adhering to all health agencies and safety regulations:

- One (1) parent/guardian per participant
- Maintain 2-meter physical distancing (spacing) around arenas/boxes/fields
- Player/participant drop-off at field/facilities
- Health Authority restrictions on large gatherings (maximum 50)
- Only enough to manage activities
- Crowd self-monitoring ensuring the total maximum (including participants and spectators) of 50 people and 2-meter distancing rules are enforced.

7. FACILITY ACCESS – Fields/Outdoor Boxes/Indoor Boxes

- Follow municipal (facility) regulations
- Understand what cleaning, disinfecting and sanitizing protocols are in place by the facility and what protocols are the responsibility of the association/club; and implement those protocols.
- Cleaning schedule developed to ensure the venue and equipment is clean; wiping/sanitizing surfaces and equipment regularly with disinfectant before and after training.
- Separate entrance and exit to facility for arrivals and departures – require signage.

- Maintain 2-meter physical distancing measures.
- Number of people allowed to gather (based on BC Health Authority guidelines).
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (i.e., tissues, towels, sanitary products)
- Arrive and depart to and from facility dressed (dress at home/parking lot/park).
- No dressing rooms/no showering
- Common areas and facility equipment should allow for 2-meter physical distancing between participants.
- Outdoor - Benches and stands are closed. Spectators must remain outside the perimeter fence of the facility. Indoor – no spectators.
- Washrooms – based on facility regulations
- Reduce touch points
- Closed containers to allow for the safe disposal of all hygienic materials

8. LACROSSE PROGRAMMING

Please see **APPENDIX F: viaSport BC's Sport Activity Chart** and **APPENDIX K: Declaration Compliance.**

a) General Information

- BCLA currently registered athletes only (2019-20 Field Athletes; 2020 Box Athletes)
- BCLA currently registered coaches only with proper coach training (2019-20 Field Coaches; 2020 Box Coaches).
- **CLA Coaching Training** - Minimum Standards for Coaches to be on the floor/field: Community Development coaches who have never taken a clinic must have the following completed before they are able to step on the floor/field/bench:
 1. Criminal Background Record Check as per BCLA Policy (CRC)
 2. Community Development on-line modules/pre-clinic work
 3. Emergency Action Plan (EAP) - free online through CAC Locker
 4. Making Head Way (free online through CAC Locker)
 Competition Introduction and above -- ALL coaches will be granted the same status from 2019 again in 2020.
- Primary focus on skill development. No competition, no scrimmages, no games.
- Absolutely no contact – No stick to stick, stick to body or body to body contact is permitted.
- EVERYONE must maintain 2-meter physical distancing.
- Reduce touch points (equipment, facility, etc.)
- Community focused - remain within association's local community.
- **APPENDIX C: Masks**
- **APPENDIX D: Facility Sections – FIELD.** Suggested Facility Zone Spacing (Sections on Field) and Ratios
On-Field – ratio of ten (10) athletes to one (1) coach for every field quadrant (4). This appendix offers suggestions for participant and coach spacing for an outdoor field facility adhere to 2-meter physical distancing.
- **APPENDIX E: Facility Sections – BOX.** Suggested Facility Zone Spacing (Sections on Outside Box/Floor). Ratios - On-Floor – ratio of eight (8) athletes to one (1) coach for every floor section (half floor). This appendix offers suggestions for participant and coach spacing for an outdoor box lacrosse facility adhere to 2-meter physical distancing.

- **APPENDIX G: Drills and Skills – 12 YEARS AND UNDER** (Up to Pee Wee). This appendix offers suggestions of drills and skills for age appropriate participants with 2-meter physical distancing in mind. Coaches must manage a 2-meter physical distancing throughout drills and skills.
- **APPENDIX H: Drills and Skills – OVER 12 YEARS** and **APPENDIX I: Challenge Activities - OVER 12 YEARS** (Pee Wee & older). These appendices offers suggestions of drills, skills and challenge activities for age appropriate participants with 2-meter physical distancing in mind. Coaches must manage a 2-meter physical distancing throughout drills and skills.

b) Drills and Skills

- The Drill and Skills and Challenge Activities appendices in this document have been created as recommendations to assist coaches with participants of varying development stages and age appropriateness (i.e., **APPENDIX G: Drills and Skills – 12 YEARS AND UNDER** (up to Pee Wee age); **APPENDIX H: Drills and Skills – OVER 12 YEARS** and **APPENDIX I: Challenge Activities - OVER 12 YEARS** (Pee Wee age and older).
- Safety of participants in all drills/skills must maintain the 2-meter physical distancing of participants at all times. The 2-meter physical distancing of participants must be considered all times including waiting in lines, waiting for instruction and when moving within drills.
- Coaches can adapt and design drills/skills as long as they adhere to 2-meter physical distancing at all times.
- Any drills/skills that cannot adhere to 2-meter physical distancing must not be performed.
- Drills/skills are designed to build and enhance individual athlete skill development without competing in game situations (i.e., games, scrimmages) that could result in contact. No competition, including scrimmages, is allowed at this time.
- No stick to stick, stick to body or body to body contact is permitted.
- Participants must focus on the coaches and their instructions when waiting to perform drills and not fool around in lines.
- Goals should be used as targets without designated goaltenders.
- Goaltenders will take part in activities with all drills/skills with participants.
- Station work is recommended to assist coaches to offer drills/skills activity flow and variety to maintain the 2-meter physical distancing.
- Coaches must be cognizant that older, and a higher-skilled athletes may be more active and utilize more space when undertaking lacrosse activities so you may need to adjust the number of people allowed in the activity area.

9. SIGNAGE/INFORMATION RESOURCES

- Entrance and exit points (with arrows)
- Parking lot policies
- Hygiene requirements
- Washroom directions
- Spectator directions

EXAMPLES OF SIGNAGE/RESOURCES

- COVID-19 Protection: <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

- Physical Distancing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf
- Handwashing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf
- Do not enter if you are sick: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf
- Vulnerable Populations: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>
- Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

10. COMMUNICATION

The BC Lacrosse Association Board and Staff will provide updated information through the BCLA's on-line community of practice and website – www.bclacrosse.com. Member Presidents should disseminate information to their members through their own communication methods. Please refer to **APPENDIX J: viaSport BC Member Communication Sample Template**.

11. RULES/PROTOCOL ENFORCEMENT/DISCIPLINARY ACTION.

Failing to comply with the BC Health Authority, viaSport BC, local municipalities and BCLA's Phase 1 Return to Lacrosse Guidelines could put the entire BCLA Membership under suspension by the BC Health Authority or member associations/clubs respective municipalities. Therefore, failure to comply with the laws, rules, and protocols set out by the Federal and Provincial governments, the BC Lacrosse Association, facilities, municipalities, and all health agencies/authorities will result in immediate suspension of lacrosse activities within the offending community.

12. EMERGENCY PREPAREDNESS AND RESPONSE

- Procedure for athletes/staff to clearly identify who to contact and how to do so if they or other participants feel unwell or show signs of an acute respiratory infection.
- Protocol re: medical staff to contact to report suspected cases, request testing and epidemiological investigations.
- Isolation area available on site until patient(s) are dealt with appropriately.
- Have contact numbers and procedures for designated medical facilities that manage patients with COVID-19 infection in the region
- Have contact information for transportation services with trained medical professionals available to support critically ill patients with severe acute respiratory infections to a hospital, if necessary.
- Established mechanism for collaboration and co-ordination with local public health and recreation/parks sectors in the instance that any new COVID-19 cases arise.
- Decision-making authority and an agreed procedure to modify, restrict, postpone, or cancel the return to training related to the evolving COVID-19 outbreak.
- Develop a risk communication strategy in regard to COVID-19.
- Designated person to lead media activities.

13. COVID-19 RESOURCES

HEALTH RESOURCES

- HealthLink BC – Contact 8-1-1 or your health care provider re: personal health situation.
- BC Centre for Disease Control – COVID-19 Symptoms - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>
- BC Centre for Disease Control – Emergent COVID-19 Situations - <http://www.bccdc.ca/>
- BC Centre for Disease Control – Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>
- PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- World Health Organization (WHO) – COVID-19 International News/Updates - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/news>
- BC Centre for Disease Control – Cleaning and Disinfecting- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>
- BC Centre for Disease Control – Cleaning and Disinfecting for Public Settings - http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- COVID-19 (B.C.) Provincial Support: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Health Canada Handwashing Guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>
- Health Canada Personal Protective Equipment against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>
- Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- BCCDC Cleaning and Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

REGIONAL HEALTH AUTHORITIES

- Fraser Health: <https://www.fraserhealth.ca/>
- Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>
- Island Health: <https://www.islandhealth.ca/>
- Northern Health: <https://www.northernhealth.ca/>
- Vancouver Coastal Health: <http://www.vch.ca/>

PROVINCE OF BC

- BC's Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed
- BC COVID-19 Go-Forward Management Strategy: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_ON_BCGOV_BCGOV_EN_BC_NOTIFICATION
- BC Go Forward Strategy Checklist: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf

SPORT AND RECREATION RESOURCES

- Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>
- BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>
- BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

WORKSAFE BC RESOURCES

- Returning To Safe Operations: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>
- COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

14. DISCLAIMER

The BC Lacrosse Association (BCLA) Return to Lacrosse Guidelines is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the BCLA Return to Lacrosse Guidelines.

It is important to note that the BCLA Return to Lacrosse Guidelines is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the BCLA Return to Lacrosse Guidelines and the Public Health Act, regulations or orders thereunder, the Act, Regulations and Orders prevail. Each Provincial Sport Organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party web sites. Links are provided for convenience only and the BCLA does not endorse the information contained in linked websites nor guarantee their accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your plan to return to lacrosse activity is up to date.

Anyone using the BCLA Return to Lacrosse Guidelines does so at their own risk. The BC Lacrosse Association shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the BCLA Return to Lacrosse Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.