



Frequently Asked Questions – Return to Lacrosse

Updated Feb 9, 2021

Q. Which viaSport Phase is sport currently operating in?

Answer: The current Public Health Order (updated December 24, 2020) stipulates that all sport is restricted to operate under viaSport Phase 2 guidelines. The current Public Health Order has been extended to into February 2021 without a specific deadline.

Q. When might lacrosse game competitions start?

Answer: It is too early to know, but the current restrictions will likely not change at least until March 2021. The BCLA will communicate any changes as they are announced by the Ministry of Health and viaSport BC, and will provide information on next steps once we learn more.

Q. What are the primary guidelines within viaSport's Phase 2 that are important for lacrosse?

Answer: Most of the viaSport Phase 2 guidelines remain the same as in the previously outlined.

Below is a summary of the primary aspects and their applicability to lacrosse.

- **Participant Restrictions:** Participants must maintain **three metres physical distance** at before, during & after sport activity.
- **Travel:** No non-essential travel. Participants are restricted to participating within their home club/association. "Home club' is defined as the sport organization, club, or facility at which a person is registered for ongoing sport programming." Individual travel to and from your primary home club/association team, minor lacrosse association is permitted for the purpose of participating in sport.
- **Group Size:** Small groups of essential participants only. No group gatherings over 50 people are permitted.
- **Activity Type:** Fundamental movement, modified training, skills & drills. **No game play, scrimmages or tournaments. No contact should occur.** For the purposes of Phase 2 sport activity 'contact' is defined as 'being within three metres personal proximity of another participant.'
- **Youth & Adult Participation:** Please see point below regarding age restrictions for athletes 22 years of age and older and for athletes 21 years of age and under. This provided Dec. 24, 2020 and refined Feb. 6, 2021

Q. What current age restrictions are in place for sport for athletes 22 years of age and older, as per Provincial Health Officer (PHO) Order?

Answer: All indoor and outdoor activities are limited to the following:

- If the group sport is indoors, only two persons participate.
- If the group sport is outdoors, only four persons participate (i.e., four individuals may run together or four individuals could run lacrosse drills).
- The participants maintain a distance of three metres from one another while engaged in the group sport, unless the participants reside in the same private residence (no handshaking, high fives, etc.).



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Q. What current age restrictions are in place for sport for athletes 21 years of age and under, as per PHO Order?

Answer: All indoor and outdoor activities can continue but:

- Participants maintain a physical distance of three metres from one another while on the field of play and do not engage in handshaking, high fives, hugging, etc.
- Participants can only travel to their home club/association.
- Children and youth sports may include participants who are under the age of 22.
- Games, tournaments and competitions are temporarily suspended for teams;
- The focus is on activities that have a low risk of COVID-19 virus transmission (i.e., can maintain three meters physical distance).

Q. Where can we access physical distancing drills?

Answer: You can access these drills and more in the BCLA Drill Library:

<http://www.bclacrosse.com/lacrosse-drills-and-skills.php>

Q. Can athletes travel in between communities to play?

Answer: With the travel restrictions, Individuals are permitted to travel to their home club/association for the purpose of sport, while following all restrictions in the current public health order. No group travel for sport is permitted.

Q. Should we carpool with other athletes?

Answer: Individuals should not carpool with other participants who are not in their household.

Q. Are spectators allowed?

Answer: No spectators are allowed at any sport activities unless it is to provide care for the participant (i.e. – first aid attendant).

Q. Has the definition of physical distance changed?

Answer: Previous guidelines related to sport have referred to physical distance as two metres, however the PHO Order states that sports need to maintain **three metres** while on the field of play.

Q. What are the maximum group sizes for youth?

Answer: Group sizes are dependent on the individual facility, its size and the ability to maintain a physical distance of at least three metres during the activities. Group sizes cannot exceed 50 people.

Q. Can youth teams still have games within their home clubs?

Answer: Team games and competitions are not permitted at this time.



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Q. Are masks required when participating in an indoor sport?

Answer: Masks are now required to be worn by all individuals in indoor public settings. This includes common areas of sport and fitness centres when not engaged in physical activity. Masks may be removed temporarily in indoor public places while participating in a sport or fitness activity (as per Ministerial Order M425).

Q. If masks are worn, can the requirement to physical distance be reduced?

Answer: Masks can be worn as an additional layer of protection, but the requirement to maintain three meters of physical distance is still in place.

Q. Can I attend a group activity with my youth sport team, like a wind-up, team photo shoot or party, which is scheduled outside of my dedicated training time?

Answer: This is considered to be an event or social gathering and is prohibited by the PHO Order. Group activities, other than time dedicated to training, are not considered to be youth sport (defined as 'Event' listed under section B of the Order).

Q. What exemptions are in place for high performance athletes?

Answer: A person who is a high-performance athlete (i.e., Team BC) who is already training in BC may train, compete and travel for that purpose if they are identified by Canadian Sport Institute-Pacific and their Provincial or National Sport organization. These athletes must follow the COVID safety protocols of their respective provincial sport organization (BC Lacrosse Association).

Q. How long are these restrictions in place?

Answer: There is no expiry date on the PHO Order for events and gatherings. The Order can be revised at any time or additional orders could be put in place that supersede this order. The PHO has indicated that these restrictions will be in place until at least February 5, 2021.

Q. Are there enforcement mechanisms in place?

Answer: Orders can be enforced by police or other compliance and enforcement officials. Individuals or organizations who do not follow the order can be fined.

Further Resources

[Order of the Provincial Health Officer – Gatherings and Events](#) (at Feb. 5, 2021) – BC Government

[Updates to Province-Wide Restrictions for Sport](#) (at Feb. 5, 2021) – viaSport BC

[British Columbia's Return to Sport](#) – FAQ (at Feb. 5, 2021) - viaSport BC

[Province-wide Restrictions](#) (Continuous updates – at Feb. 5, 2021) – BC Government