

## RETURN TO LACROSSE GUIDELINES

### *RESTART PLAN 2.0* *STEP 3*



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# RETURN TO LACROSSE GUIDELINES BC RESTART PLAN 2.0 – STEP 3

## 1. INTRODUCTION

The Province of BC is now in Step 3 of BC's Restart Plan as of July 1, 2021. We will be experiencing a significant shift in what sport and society will be permitted in accordance with Step 3 of BC's Restart Plan. Sport organizations will transition back to close to normal sport operations with fewer restrictions and guidelines moving forward. This refined Return to Lacrosse document is to assist our members in their Return to Lacrosse with sport-specific guidelines created by the BCLA.

viaSport BC's Return to Sport Restart Plan 2.0 aligns with BC's Restart Plan for sport to operate safely during COVID-19. This document provides guidelines for viaSport's Restart Plan 2.0 as it relates to Lacrosse activities. When sport organizations are making decisions about a return to sport, it is still advised to carefully introduce new activities. All BCLA member associations/clubs must continue to follow any BC Provincial Health Authority guidance. Understand each city/municipality may have different limitations, so please work closely with your city/municipality and follow their guidelines to offer a safe environment for all participants.

The Provincial Health Officer has issued a statement advising that beginning in Step 3 of the Restart Plan, employers (organizations) may begin to transition away from posting a copy of a COVID-19 Safety Plan at their workplace towards communicable disease prevention. Organizations will transition away from producing a COVID-19 Safety Plan to developing a Communicable Disease Response Plan. This requirement and precautions may vary by city/municipality and facility.

BCLA associations/clubs must continue to adapt to changes of BC's Restart Plan. Any movement between steps will be the decision of the Provincial Health Officer. Lacrosse associations/clubs cannot move from one step to another on their own without approval. We must all continue adhere to the guidelines within this document until restrictions are relaxed or removed.

The health and safety for all participants in the BC Lacrosse community is of utmost importance for the BCLA and this is central to all of our decisions around COVID-19.

Thank you all for your commitment to our athletes and our game. Your hard work does not go unnoticed.

## 2. RISK ASSESSMENT & MANAGEMENT

The BCLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with the BC Ministry of Health and viaSport BC guidelines; however, the BCLA cannot guarantee that participants will not become infected with COVID-19 from participation in Lacrosse activities. Participation in Lacrosse activities could increase the risk of contracting COVID-19.

Liability waivers were introduced to all associations/clubs for registration processes to make our participants aware of the risks associated with the transmission of COVID-19 while participating in return to Lacrosse activities. BCLA liability waivers must be signed by all participants (players, coaches, officials, team officials, etc.) before entering all facilities prior to activities. See [BCLA Under and Over the Age of Majority Waivers](#)

The Province of BC extended COVID-19 liability coverage for organizations until Dec. 31, 2021 through the [COVID-19 Related Measures Act \(CRMA\)](#). This protects people and organizations from damages resulting from transmission or exposure to the virus that causes COVID-19.

Players, coaches, officials & team officials will play an important role in communicable disease prevention.

### Resources:

[BCLA Under and Over the Age of Majority Waivers](#)  
[COVID-19 Related Measures Act \(CRMA\)](#)

### 3. PROVINCE OF BRITISH COLUMBIA'S RESTART PLAN 2.0

This section outlines guidelines for safe sport activities within BC's Restart Plan. Sport will move between steps quickly and BCLA associations/clubs will need to adapt with these changes.

[BC's Restart Plan](#) is the province's step-by-step plan to bring us back together. The graphic (below) details the four-step plan with information as it relates to travel and sport activities. Please note that every sport will resume at its own pace. As the provincial sport agency, viaSport BC offers the sport sector additional guidance and resources to support sport through these steps. Visit the [viaSport BC website](#) for more updated information. BCLA's plans are based on the principles and through guidance of viaSport BC.

#### PROVINCE OF BC RESTART PLAN 2.0

STEP	Criteria	PHO Guidance	Travel	Sports & Activities
<b>1</b> MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators
<b>2</b> JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people
<b>3</b> JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports
<b>4</b> SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans

**Resources:**

- [BC's Restart Plan](#)
- [viaSport's Return to Sport Chart 2.0](#)
- [viaSport BC website](#)

**STEP 3**  
Effective July 1

**Outdoor sport**

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not required on or off the field of play.
- Seated events: Up to 5,000 or 50% of capacity, whichever is greater (i.e. if your space holds 8,000 people the capacity is now 5,000. If your space holds 12,000 people the capacity is now 6,000)

**Indoor sport**

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must still follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not recommended on the field of play. Masks are recommended off the field of play for those 12 and over who have not received both immunization shots.
- Seated events: Up to 50 or 50% of capacity, whichever is greater (i.e. if your space holds 75 people the capacity is now 50. If your space holds 500 people the capacity is now 250).

**High-performance sport**

- CSI-P identified athletes adhere to all Step 3 guidance.

**OVERALL GUIDANCE**

**Communicable Disease Response Plan**

Sport Organizations are no longer required to have a COVID-19 Safety Plan; however, sport organizations should consider developing a communicable disease response plan as per [WorkSafeBC guidance](#) to reduce the risk of communicable disease.

**Liability**

The Province of B.C. extended COVID-19 liability coverage for organizations until December 31, 2021 through the [COVID-19 Related Measures Act](#) (CRMA). This protects people and organizations from damages resulting from transmission or exposure to the virus that causes COVID-19.

**ALL STEPS:** Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

**NOTE:** The above chart has NOW been updated by viaSport BC to reflect the move to Step 3 as of July 5, 2021.

#### 4. RETURN TO LACROSSE - ORGANIZING LACROSSE ACTIVITIES

All Lacrosse associations/clubs must assess the risks of Lacrosse activities. Throughout the pandemic, sport has been directed how to manage safe sport activities with restrictions and guidance by the PHO and viaSport BC. We continue to operate Lacrosse activities in a safe manner, but with a lesser degree of restrictions in Step 3.

Sport Organizations are no longer required to have a COVID-19 Safety Plan, however, sport organizations need to develop a Communicable Disease Response Plan to reduce the risk of communicable disease and have additional measures in place for when there is an elevated risk of communicable disease. WorkSafe BC has produced a [communicable disease prevention](#) guide to assist with your plans.

Associations/clubs should continue to ensure that they are following safety measures for safe Lacrosse activities. Members should keep guidance regarding personal hygiene, cleanliness and staying home if one feels sick.

BCLA Member associations/clubs that want to proceed with Lacrosse activities can do so in accordance with the BCLA Return to Lacrosse BC Restart 2.0 Guidelines for Step 3. It is no longer mandatory to fill out the BCLA Declaration of Compliance prior to BCLA member Lacrosse activities. However, association/clubs must still follow the below guidelines listed in the Declaration of Compliance prior to Return to Lacrosse activities:

- The league/association/club is in good standing with the BC Lacrosse Association. This includes being current with payments of all BCLA invoices to date.
- All athletes must be currently registered in their respective season(s) (Box Lacrosse season & Field Lacrosse season).
- All participants (athletes, coaches, officials, volunteers) must sign and the current BCLA Waiver (UNDER the Age of Majority or OVER the Age of Majority Waiver) before participating in any lacrosse activity. Athletes agree to the BCLA Waiver using the online registration system. Athletes not registering online sign a hard copy BCLA Waiver.

***NOTE: In Step 3, BCLA associations/clubs do not require a COVID-19 Safety Plan and do not need to submit a BCLA Declaration of Compliance.***

## **5. GENERAL MEASURES**

- **Please see Point #7 on page 6 of this document for new viaSport STEP 3 information on Outdoor and Indoor Sport regarding group size, travel, physical distance, masks and spectators.**
- Lacrosse activities must always comply with all general measures and recommendations outlined by the Provincial Health Authorities and guidelines in the local cities/municipalities.
- Communicate guidelines to participants, coaches, team managers, trainers and other persons involved in an official capacity in advance of the activity.
- All participants must be currently registered with the BCLA through their associations/clubs.
- Participants (parents/guardians) must sign a BCLA waiver.
- Participants and team staff who have symptoms of communicable disease (i.e., fever or chills, coughing, diarrhea) are to avoid participating when sick.
- Promote good hand hygiene (washing & sanitizing). Carry hand sanitizer.
- Participants are NOT required to do health screening.
- Participants are recommended to arrive to the facility wearing all required protective equipment if dressing rooms are not accessible.
- Participants, coaches and team officials are recommended to arrive to the facility at a designated time prior to the activity.
- Keep gear bags and additional gear in a vehicle or in dressing rooms (if permitted).
- Participants must have their own water bottle. NO sharing water bottles.
- Sharing of common equipment is allowed.
- Maintain the Rule of Two at all times (i.e., no minor will be left alone with a single adult)
- Participants may not be ready for handshakes, high fives, hugs or similar behaviors. Fist pumps and elbow pumps may be best for the short-term.
- Please understand cities/municipalities and facilities will transition their operations and capacities differently moving into Step 3. Every facility will be making decisions and moving at their own pace.

## 6. FACILITY ARRIVALS/DEPARTURES & GUIDANCE

Please communicate with your facilities to understand and follow any city/municipality/facilities arrival and departure processes. These facility guidelines will change in Step 3, so please be patient as facilities transition their guidelines and will move at different paces. Step 2 arrival and departure processes may be applicable transitioning into Step 3 in the short-term. Please follow the guidelines as per your city/municipality/facility during this transition. This will be contingent per facility.

## 7. STEP 3 FOR OUTDOOR & INDOOR LACROSSE ACTIVITIES – YOUTH AND ADULT

*From viaSport BC Step 3 Return to Sport Information*

### OUTDOOR SPORT

- **Group Size:** there is no maximum group size for participants, coaches, volunteers, staff and officials.
- **Travel:** Canada-wide travel allowed. International travel must follow federal restrictions and guidance.
- **Physical Distance:** does not need to be maintained on or off the field of play.
- **Masks:** not required on or off the field of play.
- **Seated Events:** up to 5,000 or 50% of capacity, whichever is greater (i.e., if your space holds 8,000 people, the capacity is now 5,000. If your space holds 12,000 people, the capacity is now 6,000). Contingent per facility.

### INDOOR SPORT

- **Group Size:** there is no maximum group size for participants, coaches, volunteers, staff and officials.
- **Travel:** Canada-wide travel allowed. International travel must follow federal restrictions and guidance.
- **Physical Distance:** does not need to be maintained on or off the field of play.
- **Masks:** not recommended on the field of play. Masks are recommended off the field of play for those 12 and over who have not received both immunization shots.
- **Seated Events:** up to 50 or 50% of capacity, whichever is greater (i.e., if your space holds 75 people, the capacity is now 50. If your space holds 500 people, the capacity is now 250). Contingent per facility.

## 8. STEP 3 FOR HIGH PERFORMANCE LACROSSE ACTIVITIES

- High performance athletes are subject to all Step 3 guidelines.
- High performance refers to individuals who have been selected to provincial or national team training environments. BCLA high performance provincial team programs include Team BC Box, Women's Field & Men's Field Lacrosse programs.

## 9. COACHES & OFFICIALS

### Coaches - Women's Field, Men's Field and Box Lacrosse Coaches:

Coaches must be registered with the BCLA. Coaches/team officials must maintain the Rule of Two (i.e., no minor will be left alone with a single adult).

- Each team must have coaches trained at the Community Development level or higher per age group and discipline as noted on the back of the BCLA Coach Registration Form 100B (Box), Form 100M (Men's Field) and Form 100W (Women's Field).
- **BCLA Coach Training:** For any coaching assistance, please contact your association/club Coaches Co-ordinator contact or BCLA Technical Director, Dave Showers [dave@bclacrosse.com](mailto:dave@bclacrosse.com) for information.

### Officials - Women's Field, Men's Field and Box Lacrosse Officials:

BCLA Officials will officiate games in accordance with Provincial Health guidelines and official's guidelines for safe Lacrosse activities. BCLA certified Officials must be used in any games/league play. Associations that require officials, connect with their association officials contact person.

- **BCLA Official Training:** For any officiating inquiries or assistance, please contact your association/club Officials Co-ordinator contact or BCLA Technical Director, Dave Showers [dave@bclacrosse.com](mailto:dave@bclacrosse.com) for information.

*Be patient with officiating. Official's decisions are guided by the principle of "erring on the side of caution in the interest of participant safety."*

**Resources:**

[BCLA Coaches webpage.](#)

[Coaching Association of Canada \(CAC\) The Locker](#)

[BCLA Officials webpage.](#)

## 10. GAMES/COMPETITIONS

Games and competitions continue to be played, and now indoors, in Step 3 of viaSport's Return to Sport Restart Plan. Lacrosse games and competitions are permitted and please keep these guidelines in mind:

- BCLA certified Officials must be used in any games/league play.
- **Group Size:** there is no maximum group size for participants, coaches, volunteers, staff and officials.
- **Physical Distance:** does not need to be maintained on or off the field of play.
- **Please see Point #7 on page 6 of this document for new viaSport STEP 3 information on Outdoor and Indoor Sport regarding spectators.**
- Bench areas and viewing areas will be reopening with limitations per city/municipality.
- **Dressing rooms, showers and washrooms** may be accessible and open. Please understand availability and limitations may be different per city/municipality/facility.
- Work closely with your city/municipality/facility to understand all guidance as it relates to spectators and activities.

**Box Lacrosse Game Play (Minor):** Please see the BCLA Minor Directorate game play rules (2021 season) on the BCLA website under the BCLA [Minor Box Rules section](#).

**Lacrosse Canada (CLA) Mini-Tyke and Tyke Female & Male Rules (2021 season):**

See page 140-150 in [Lacrosse Canada \(CLA\) 2019-2020 Rulebook](#).

**Resources:**

[Minor Box Rules section](#)

[Lacrosse Canada \(CLA\) Box Lacrosse Rulebook](#)

[World Lacrosse Women's Field Lacrosse Rulebook](#)

[World Lacrosse Youth & Men's Field Lacrosse Rulebook](#)

## 11. ADDITIONAL SAFETY CONSIDERATIONS

### Masks-

Masks are not required on or off the field of play. Masks are recommended in indoor public spaces for all people 12 and over who are not fully vaccinated off the field of play. Cities/municipalities and facilities may have varying levels of mask guidelines. Please follow facility guidelines.

### Hygiene, Cleaning & Gear-

Health and safety are our priorities in establishing and forming our Return to Lacrosse document. It is important to recognize that some health and safety guidelines could vary at the regional, municipal or facility level. BCLA associations/clubs/leagues should follow all public health and WorkSafe BC directives regarding hygiene and cleaning procedures.

Indoor facilities have built in scheduled time for cleaning/disinfecting between activities. The facility operator has overall responsibility for cleaning within the facility. Team managers/coaches may be required to clean areas if needed or as directed by the facility.

- Promote good hand hygiene (washing & sanitizing). Carry hand sanitizer.

- Participants may need to arrive/depart the facility wearing all required protective equipment if dressing rooms are not accessible in the transition from Step 2 to Step 3.
- All participants must wear required protective equipment as outlined by the Lacrosse Canada rulebook.
- Keep all equipment clean and in good working condition.
- Keep gear bags and additional gear in a vehicle or in dressing rooms (if permitted).
- Participants must have their own water bottle. NO sharing water bottles.

### **Health Screening and Assessment Tools-**

In Step 3, viaSport has advised sport that health screening and assessment tools are no longer required. It is recommended for coaches/team managers to continue to keep an updated list of participants per session.

### **General Safety Measures-**

- Participants and team staff who have symptoms of communicable disease (i.e., fever or chills, coughing, diarrhea) are to avoid participating when sick. If a team member is feeling sick with symptoms of communicable disease, they should remain at home and contact [Health Link BC at 8-1-1](#). Please follow all direction from medical health officers and your regional health authority.
- Avoid close contact with people who are sick.
- Must maintain the **Rule of Two**: No minor will be left alone with a single adult.
- Coaches and team officials/managers keep a detailed attendance record of all participants prior to each session (i.e., name, phone number, date, time & location of activities).

***NOTE: Transitioning from Step 2 to Step 3, cities/municipalities and facilities may have varying levels of safety guidelines and may take additional precautions. Please follow facility guidelines.***

### **Resources:**

[Health Link BC at 8-1-1](#).

[BC Centre for Disease Control](#) (BCCDC)

## **12. EMERGENCY PREPAREDNESS & RESPONSE**

Each team must assign a person (team official/manager) to be a Team Safety Person. In step 3, the team official/manager and coaches are to keep detailed records of all participants that take part of each session of activities.

**First Aid:** In the event that first aid is to be administered during any activity, any designated person(s) attending to an athlete must follow proper first aid safety protocols.

Ensure that a procedure is in place for handling any participant (player, coach, volunteer, etc.) in the event they develop signs of a communicable disease (i.e., fever or chills, coughing, diarrhea). The participant should avoid attending activities when sick.

### **WorkSafe BC Communicable Disease Prevention-**

As COVID-19 vaccinations have become widely available to British Columbians, the overall risk of COVID-19 transmission and serious consequences has diminished. Despite this, the virus will still circulate like other communicable diseases.

WorkSafe BC's guide provides information for organizations to develop a communicable disease plan. An effective plan includes ongoing measures to reduce the risk of communicable disease and additional measures for when there is an elevated risk of communicable disease.

A communicable disease is an illness caused by an infectious agent or its toxic product that can be transmitted from one person to another (i.e., COVID-19, norovirus and seasonal influenza). WorkSafe BC's guide describes a four-step process to help organizations develop a communicable disease plan.



**These four steps are:**

**Step 1:** Understand the Risk

**Step 2:** Implement measures, practices and policies to reduce the risk.

**Step 3:** Communicate measures, practices, and policies.

**Step 4:** Monitor your organization and update your plan as necessary.

See the [WorkSafe BC Communicable Disease Guide](#) for details to create your communicable disease plan.

**Communicable Disease Prevention - Additional Measures – Implement as advised by Public Health**

During a period of elevated risk, the medical health officer or provincial health officer will provide information, and guidance about the risk and how you can reduce it. The measures that you'll need to implement will depend on the type of disease and the methods of transmission.

- Follow all direction from medical health officers and your regional health authority.
- Follow all orders, guidance, recommendations, and notices issued by the [provincial health officer](#) that are relevant to your industry, region, or workplace.
- Depending on the guidance that public health officials provide, you may need to assess the workplace to identify areas, activities, and processes that may pose a risk to employees (participants). You may also need to implement appropriate control measures to reduce the risk, following the direction from Public Health. WorkSafe BC has maintained key [COVID-19 protocols](#) that you can refer to. You can use these as appropriate and as advised by Public health during periods of increased risk.

**Resources:**

[A guide for employers and Occupational First Aid Attendants](#)

[First aid protocols for an unresponsive person during COVID-19](#)

[BC Centre for Disease Control](#) (BCCDC)

[Regional Health Authorities](#)

[WorkSafe BC Communicable Disease Guide](#)

### 13. USEFUL COVID-19 RESOURCES

[ViaSport BC Frequently Asked Questions](#)

[Gatherings and Events Order](#)

[Travel Restrictions in BC](#)

[WorkSafe BC](#)

[BC Centre for Disease Control](#)

[COVID-19 \(Limits on Actions and Proceedings\) Regulation](#)

[COVID-19 Related Measures Act \(CRMA\)](#)

[Workplace Safety](#)

[Government of BC COVID-19 Restrictions Information](#)

**Lacrosse Specific Resources-**

[Lacrosse Canada \(CLA\) 2019-2020 Box Lacrosse Rulebook](#)

[World Lacrosse Women's Field Lacrosse Rulebook](#)

[World Lacrosse Youth & Men's Field Lacrosse Rulebook](#)

[BCLA Drills Library](#)

[BCLA Under and Over the Age of Majority Waivers](#)

**NEW Resources-**

[WorkSafe BC Communicable Disease Guide](#)

[COVID-19 protocols](#)

## **14. AUTHORSHIP**

Thank you to all BCLA members for their assistance with the BCLA Return to Lacrosse Restart Planning. Your guidance will see us through the next steps leading back to playing the game we love. Thank you!

## **15. DISCLAIMER**

The BCLA Return to Lacrosse guidance and guidelines are intended to provide relevant and timely information related to COVID-19 coronavirus, Public Health orders, and the operational impact on sport. As 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 any guidance from the BCLA, including the BCLA Return to Lacrosse Guidelines, are not legal opinions or documents and are to be used as a guide only. Guidance is not a substitute for actual legislation or orders of the Provincial Health Officer. 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 individual and 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.

This document is not 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 web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. The BCLA does not monitor those sites and is not responsible for updates. Organizations referencing BCLA Return to Lacrosse guidance or using the viaSport RTS Guidelines does so their own risk. The BC Lacrosse Association shall not be responsible for any loss or damage of any kind arising directly or indirectly from providing guidance or the use of the BCLA Return to Lacrosse Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.