



RETURN TO LACROSSE GUIDELINES

RESTART PLAN 2.0



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RETURN TO LACROSSE GUIDELINES BC RESTART PLAN 2.0

1. INTRODUCTION

Sport is moving through the COVID-19 pandemic towards more normal sport experiences. Lacrosse players, coaches, officials, volunteers and parents will continue to adapt to safe Lacrosse activities in their communities.

The purpose of this document is to provide updated information and guidance regarding the concerns associated with COVID-19 as we re-introduce participants to more Lacrosse activities. It is important that all BC Lacrosse (BCLA) members update their current COVID-19 safety plans and safety procedures outlined in this document.

This document is to prepare our Lacrosse community for a gradual phased approach of Return to Lacrosse activities. 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. All involved in our sport must take direction from the appropriate health authorities, including the BC Ministry of Health and local health guidelines in your communities.

viaSport BC and the Rapid Response Team have worked diligently with the Sport Branch and the BC Ministry of Health on new guideline recommendations for the sport sector. All Provincial Sport Organizations (PSOs) have received guidance from viaSport BC. We must all enforce and adhere to the guidelines within this document until restrictions are relaxed or removed.

The BCLA understands participants (and parents/guardians) may have concerns with participating in Lacrosse activities during this time. A common sense approach must continue. If you have individual concerns, please speak to your local team and association representative and remove yourself and/or your child from Lacrosse activity until you are comfortable to return.

The Province of BC has embarked on [BC's Restart Plan](#). To continue to be aligned with PHO and viaSport BC guidelines, this document introduces BCLA's most current guidance in sport activities. viaSport detailed current activities in [viaSport's Return to Sport Chart 2.0](#). In this stage, there will be a gradual return to contact and game play in sport.

The focus of this document is to provide guidelines and considerations for viaSport's Restart Plan 2.0 as it relates to sport and Lacrosse activities. Everyone plays an important role in a safe return to Lacrosse. When sport organizations are making decisions about return to sport in this step-by-step plan, it is advised to start slowly and carefully introduce new activities. Sport organizations and associations/clubs must update their safety plans and work closely with their local city/community/facility to reflect new permitted activities.

As public health guidance directs, we may move between Restart Steps, or health restrictions change, so Lacrosse associations/clubs must prepare to respond and adapt to these changes. Any movement between steps, or changes in activities, will come from the direction of the BC Ministry of Health, the Provincial Health Office, and through collaboration with viaSport BC and the BCLA. We are optimistic that a full return to sport is coming soon.

Thank you to the BC Lacrosse Association community for navigating through the pandemic and working tirelessly to keep our athletes active playing the Creator's Game. Your work is admirable and thank you for your patience and commitment to Lacrosse. We can see the light at the end of the tunnel!

ABOUT THIS DOCUMENT

This BCLA Return to Lacrosse document was designed similarly to our Phase 1 and Phase 3 guidelines. It includes updated and new information from the most recent viaSport BC Return to Sport Restart 2.0 Guidelines and BC's Restart Plan to help our members successfully navigate the next steps of sport in BC. The BCLA Return to Lacrosse Guidelines Restart Plan 2.0 were created so our members have the resources required to ensure we are prepared to return to boxes, arenas, fields and facilities in a safe and responsible manner.

The information contained in this document is in effect now with the announcement of viaSport BC's Return to Sport Restart Plan 2.0 sport activities as it relates to sport. This document is intended to prepare players, parents, coaches, officials, administrators, associations/clubs and leagues for a gradual return to Lacrosse activities. Return to Lacrosse protocols will be reviewed on an ongoing basis as new health and safety information becomes available. Current activity revisions are noted in this document by direction of the Public Health Office and viaSport BC.

While preparing this document, the BCLA Return to Lacrosse committee members and focus groups collaborated and learned from other agencies, Lacrosse Member Associations and other sports adopting some of the best practices being applied by other organizations facing similar challenges.

The BCLA would like to thank the Province of BC; Provincial Health Office; Ministry of Tourism, Arts, Culture and Sport; Safer Sport, Fitness, & Recreation Advisory Committee; WorkSafe BC; Recreation Facilities Association of BC; Sport BC; the viaSport MSO Leadership Council; the BC Centre for Disease Control and viaSport BC's Rapid Response Team for their information, guidance and leadership. We have also used information and guidance from Basketball BC, Baseball BC, Soccer BC, Tennis BC, Softball BC, Rugby BC, BC Ringette and Volleyball BC and Lacrosse MAs -- Alberta Lacrosse, FNLA, Saskatchewan Lacrosse, Ontario Lacrosse, Lacrosse Nova Scotia and Lacrosse PEI. We appreciate everyone's contributions and commitment to safe sport. We're confident our Return to Lacrosse Guidelines will inform and help others throughout this process. In addition to providing this document to BCLA association, club, and league members, it will be posted on the BCLA's Return to Lacrosse webpage and will be shared with viaSport BC.

HOW TO USE THIS DOCUMENT

This is an interactive PDF document when viewed on a desktop or laptop computer using Adobe Reader.

Throughout the document, this icon  is placed to indicate objects that can be clicked on for further reading.

The table of contents directs readers to each section of the document.

New and updated information is included throughout this document.

Links in the document, indicated in blue underline, will bring the reader to additional resources outside of this document, including sections of the BCLA website and external resources Regional Health Authorities, health resources, the Province of BC, Sport and Recreation, WorkSafe BC, and Health Link BC.

The BCLA Drills Library, includes all Drills & Skills located on the BCLA Return to Lacrosse webpage at www.bclacrosse.com

2. RISK ASSESSMENT & MANAGEMENT

COVID-19 is a contagious respiratory illness. 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. These liability waivers are intended to hold harmless and indemnify the releasees from any and all liability for damage, loss, expense, or injury resulting from participation in Lacrosse programs sanctioned by the BCLA. BCLA liability waivers must be signed by all participants during the registration process before entering all facilities. These waivers ensure that all participants understand the risk associated with Lacrosse activity.

See APPENDIX B: BCLA Under and Over the Age of Majority Waivers.

A current BCLA declaration of compliance must be signed by each association/club president or senior officer prior to any Return to Lacrosse program implementation. This form ensures that clubs agree to abide by the protocols established in this document in order to offer the safest possible environment for all participants. Sanctioned associations/clubs operating outside of the parameters that fail to comply with the laws, rules, and protocols set out by the Federal and Provincial governments, the BCLA, facilities, municipalities, and all health agencies/authorities may result in disciplinary action. **See APPENDIX E: Declaration Compliance.**

When determining whether your association/club is ready to resume sport activities, it is important to note that at the time of publishing this document, most insurance policies will not cover any claims relating to communicable diseases or pandemics and that most policies, including Directors and Officers insurance, now include specific pandemic exclusions.

The government liability protection is still in effect. The Province of BC extended COVID-19 liability coverage to organizations through the [COVID-19 Related Measures Act \(CRMA\)](#). The regulation protects people from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The Act remains in effect until it is repealed.

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

This guide builds upon the general guidelines to create a safe environment for BCLA members. Players, coaches, officials and team officials will play an important role in combating the transmission of COVID-19.

WorkSafe BC's step-by-step tool to conduct an assessment and develop a [COVID-19 Safety Plan](#).

A Phased Approach

- A return to Lacrosse will occur in steps that align with BC's Restart Plan 2.0 and viaSport BC Guidelines.
- Public health restrictions will always guide permitted activities in your community.
- Resuming sport activities may not be linear, increasing restrictions may be required in response to COVID-19 conditions in BC.
- Lacrosse associations/clubs need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Office and Regional Health Authorities.
- Any movement between steps will be decided only by the BC Ministry of Health, the Provincial Health Office, and through collaboration with viaSport BC and the BCLA. Do not move from one step to another.

See [viaSport's Return to Sport Chart 2.0](#). and [viaSport BC website](#)

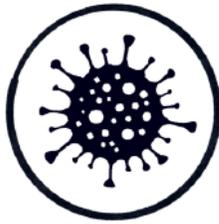
3. HEALTH AND SAFETY – GENERAL

Health and safety are our priorities in establishing and forming our Return to Lacrosse document. This information applies on a provincial basis but it is very important to recognize that some health and safety guidelines could vary at the regional, municipal or facility level.

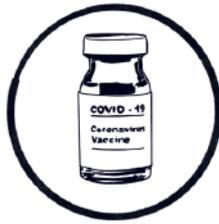
[BC's Restart Plan](#) is the province's step-by-step plan to bring us back together.

Moving Forward Through the Steps

To progress through the four steps of our plan, we will be looking at:



COVID-19 case counts trends



Vaccination rates for 18+



COVID-19 hospitalizations including critical care



COVID-19 mortality

Increased vaccination rates will be central to moving forward

Keeping Each Other Safe

We must keep up our layers of protection as we move through BC's Restart and work towards achieving community immunity.



Get vaccinated



Follow mask guidance



Stay home and get tested when you're sick



Follow WorkSafeBC guidelines for workplaces



It's always safer outdoors



Consider other people's situation

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

COVID-19 SELF-ASSESSMENT TOOL

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/>

4. KEEP THINGS CLEAN & SAFE

a) Lacrosse Touch Point & Safety Checklist

ITEM	ATHLETES	COACHES / MANAGERS	PARENTS/GUARDIANS
Balls	Use Lacrosse Canada approved balls.	Use Lacrosse Canada approved balls.	Use Lacrosse Canada approved balls.
Stick	Avoid sharing sticks if possible. Keep your Lacrosse stick is in good condition.	Avoid sharing sticks if possible. Keep your Lacrosse stick is in good condition.	Help your own child when needed and make sure Lacrosse stick is in good condition.
Devices	Use your own electronic devices.	Use your own electronic devices.	Use your own electronic devices.
Personal Equipment DO NOT Share Equipment	Put equipment on at home or dress near your own vehicle, prior to entering the facility. After the event, proceed to your vehicle and remove your equipment at your vehicle. Keep all equipment in good working condition.	Put equipment on at home or dress near your own vehicle, prior to entering the facility. Do not remove any equipment in the activity area. After the event, proceed to your vehicle and remove your equipment at your vehicle. Promote keeping equipment in good working condition.	Assist your child with putting on equipment at home or vehicle, prior to activities. Remind them to leave equipment on once the event is completed and return to vehicle. Promote keeping equipment in good working condition.
Helmets	Put equipment on at home or dress near your own vehicle, prior to entering the facility. Use NOCSAE approved field lacrosse helmet. Use CSA approved hockey helmets and approved hockey facemasks or approved lacrosse facemask combo. (Per Lacrosse Canada Rules)	Assist with equipment adjustments if necessary. Promote keeping equipment in good working condition.	Assist your child with equipment adjustments if necessary. Promote keeping equipment in good working condition.
Goaltender Equipment	Avoid sharing goaltender equipment. Each goaltender should have their own equipment.	Each goaltender should have their own equipment.	Help keep goaltender equipment in a good working condition.
Water Bottles	Each player must have their own clearly marked water bottle with their first and last name.	Remind players to not share water bottles.	Make sure your child's water bottle is clearly marked with their first and last name. Remind your child to not share water bottles.
Equipment Bags	Leave bags in vehicle or in designated area within facility (if permitted). Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.	Leave bags in vehicle or in designated area within facility (if permitted). Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.	Leave bags in vehicle or in designated area within facility (if permitted). Supply your athlete with a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.
Spectator Seating NO Spectators	NO SPECTATORS until the ministerial order on gatherings & events had ended.	NO SPECTATORS until the ministerial order on gatherings & events had ended. Only people allowed to attend sport activities are those that provide care to a participant or player (i.e., providing first aid).	NO SPECTATORS until the ministerial order on gatherings & events had ended.
Enter / Exit	Follow all entrance/exit protocols for all facilities as required by your city/municipality/owner for each facility.	Follow all entrance/exit protocols for all facilities as required by your city/municipality/owner for each facility.	Remind your child to follow all entrance/exit protocols for all facilities as required by your city/municipality/owner for each facility.
Benches	Benches are in the Field of Play. Facilities schedule time for cleaning & sanitizing.	Benches are in the Field of Play. Facilities schedule time for cleaning & sanitizing before players arrive.	Not Applicable

b) Supplies Recommended:

- Hand Sanitizer
- Gloves
- Tape (for posting practice plans, rosters or labelling water bottles)
- Sanitizer wipes
- Sharpie and Water Bottles (do not share team water bottles)
- Non-Medical Mask/Facial Coverings.

c) Masks

Non-Medical Mask/Facial Coverings: The [BC Centre for Disease Control](#) (BCCDC) states masks have a role to play in preventing the spread of COVID-19. Masks act as a barrier and help stop the spread of droplets from a person's mouth and nose when talking, laughing, yelling, singing, coughing, or sneezing.

Mask requirements in public indoor settings: As outlined in the [mask mandate order](#), masks are required for everyone in public indoor settings. Face coverings, when used in addition to other protective measures such as maintaining physical distance and using barriers, help to prevent, respond to or alleviate the effects of the COVID-19 pandemic.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one.
- People who cannot remove a mask on their own.
- Children under the age of 12.
- People who need to remove their masks to communicate due to a hearing impairment.

viaSport BC guidance on masks for sport: The use of masks while participating in sport, may vary based on the level of intensity of the activity. Masks are now required to be worn by all individuals in public indoor 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.

Masks for sports outdoors: For sport, masks are not required in the field of play (off field of play physical distance of 2 meter must be maintained - pre & post activity).

Please see additional mask information in **APPENDIX C: Masks** See [Mask Mandate Order](#).



5. HEALTH AND SAFETY GUIDELINES – ATHLETES/TEAM PERSONNEL

a) Athletes (Parents/Guardians) Responsibilities

- Participant safety is the top priority at all times.
- **Pre-Activity Online Meeting:** Attend a pre-activity online meeting with your son or daughter to learn the expectations, safety and guidelines for safe Lacrosse activities.
- Must adhere to all health and safety guidelines as outlined by the Provincial Health Office and health restrictions in the local cities/municipalities.
- Promote good hand hygiene (washing & sanitizing).
- All participants must be currently registered with the BCLA through their associations/clubs.
- Before stepping into any 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.
See APPENDIX B: BCLA Under and Over the Age of Majority Waivers.
- Groups must not exceed PHO restrictions or facility maximums for participants (where applicable).
- Participants must adhere to proper physical distancing measures:
 - **Outdoors** – physical distancing is **NOT** required on field of play (off field of play physical distance of 2 meter must be maintained).
 - **Indoors** – 3 meter physical distancing **IS** required for youth and adults on the field of play.
- Participants must complete a team self-assessment tool prior to each activity.
- Participants must stay home if they don't feel well and if they have been notified by contact tracers regarding contact with a known case of COVID-19. Please follow all health authority directions.
- Participants must arrive the facility wearing all required protective equipment.
- Parent/guardian and athlete arrive facility at a designated time prior to the activity.
- Keep gear bags and additional sticks in vehicle or in a separate area within the facility.
- Participants use their own Lacrosse equipment.
- All participants must wear required protective equipment as outlined by Lacrosse Canada rules and regulations.
- Each participant must have their own clearly marked water bottle labelled with their first and last name.

b) Association/Club/Team Officials – Coaches, Trainers, Managers Responsibilities

- Participant safety is the top priority at all times.
- Team Official designates a Team Safety Person.
- **Pre-Activity Online Meeting:** Host a pre-activity online meeting for players, coaches, parents and volunteers to go over expectations, safety and guidelines for safe Lacrosse activities.
- 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 Health Office and health restrictions in the local cities/municipalities.
- Promote good hand hygiene (washing & sanitizing).
- All participants must be currently registered with the BCLA through their 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.
See APPENDIX B: BCLA Under and Over the Age of Majority Waivers.
- Groups must not exceed PHO restrictions or facility maximums for participants (where applicable).
- Participants must adhere to proper physical distancing measures:
 - **Outdoors** – physical distancing is **NOT** required on field of play (off field of play physical distance of 2 meter must be maintained).
 - **Indoors** – 3 meter physical distancing **IS** required for youth and adults on the field of play.
- Coaches and staff to plan facility preparations and use pylons to separate drills and activities.

- Team manager/safety person must screen participants at the start of each session. The [TeamSnap Health Check](#) or [BC COVID-19 Support App and Self-Assessment Tool](#) are great self-assessment tools.
- Coaches and staff keep detailed records of all participants prior to each session (i.e., name, phone number, date, time & location of activities).
- Activities and game play must only include participants from your home association/club.
- Ensure that participants are fully informed and consent to risks associated with participating in Lacrosse activities.
- Work with the local city/municipality to establish and update your safety plans.
- Team officials stay home if they don't feel well and if they have been notified by contact tracers regarding contact with a known case of COVID-19. Please follow all health authority directions.
- Coaches and team officials must follow mask requirements during activities. Masks should be worn if physical distancing is not possible off the field of play for outdoor activities. Follow Mask Mandate.
- Coaches and staff/team managers must record attendance for every activity.
- Coaches and staff to use their own Lacrosse stick during activities.

TEAM MANAGER CHECKLIST

- **Pre-Activity Meeting:** Host a pre-activity online meeting for players, coaches, parents and volunteers to go over expectations, safety and guidelines for a safe Lacrosse activity.
- **Supplies:** See **SUPPLIES RECOMMENDED** (page 8).
- **Cleaning:** Facilities schedule time for cleaning/disinfecting between activities. Clean areas if needed or as directed by the facility.
- **Designated Person:** Assign one coach or team official/manager to be designated as a first point of contact at the facility check-in area. This person is responsible for overall site management.
- **Physical Distancing:** Participants must adhere to proper physical distancing:
 - **Outdoors** – physical distancing is **NOT** required on field of play (off field of play physical distance of 2 meter must be maintained).
 - **Indoors** – 3 meter physical distancing **IS** required for youth and adults on the field of play.
- **Dressing Rooms:** Dressing rooms and showers may be closed. Please adhere to each city/municipality/facility protocols.
- **Athlete Equipment:** Participants arrive/depart dressed and leave equipment bags in their vehicle.
- **Drill Layout:** Coaches and staff to use pylons to separate drills and activities.
- **First Aid:** In the event that first aid is to be administered, any designated person(s) attending to an athlete must follow proper safety protocols.
- **Maximum Group Size:**
 - **Indoor YOUTH** – maximum up to 50 participants are allowed per facility.
 - **Outdoor YOUTH** – no maximum participants.
 - **Indoor ADULT** – maximum 2 people.
 - **Outdoor ADULT** – maximum up to 50 participants are allowed per facility.
- **Other Precautions:** Should any association/club wish to add stricter safety guidelines, measures and precautions they are able to do so for the Lacrosse activity they oversee with their specific association/club.
- Spectators are not permitted at any sport gathering.

c) Parents/Guardians/Spectators

- Under the Order of the Provincial Health Officer – *Gatherings and Events*, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.
- Spectators are not permitted at any sport gathering.
- Please see PHO [Gatherings and Events Order](#)

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

Public health officials have indicated that the use of outdoor facilities are more permissive and generally safer compared to indoor facilities. This does not limit the use of indoor facilities, but it does increase the risk factor and therefore adds further considerations related to facility operations. Facilities may differ by city/municipality and by facility.

The size of the training area determines the number of participants allowed in order to remain an appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored. Group sizes will differ as noted in SECTION 5, so there must be care and coordination when arriving and departing from all facilities. Please follow additional city/municipal/facility guidelines that may be in place.

- Follow city/municipality guidelines and regulations for all facilities.
- Adhere to any maximum occupancy outlined by your city/municipality per facility.
- Facilities schedule time for cleaning/disinfecting between activities. Clean areas if needed or as directed by the facility.
- Separate entrance and exit to facility for arrivals and departures.
- Maintain proper physical distancing measures as required.
- Dressing room and washroom availability may be based on city/municipality/facility regulations.
- Outdoor/Indoor – Viewing areas may be limited or closed. Currently, no spectators permitted.





On-Field Session Arrival Process:

1. A team manager/official will take attendance at the check-in area as each player enters the field. The attendance area will be located at the facility entrance. Participants keep a 2-meter physical distance while waiting to check in.
2. After a player is checked in, they will proceed onto the field of play to begin the Lacrosse activities.

Note: Bench areas and viewing areas may be limited or closed by city/municipality. Currently, no spectators are permitted.

On-Field Session Departure Process:

3. At the conclusion of the session, the coach will dismiss the players and direct them to the designated exit. Players are expected to exit the field and proceed directly to their vehicle.



Indoor Facility Session Arrival Process:

1. A team manager/official will take attendance at the check-in area as each player enters the box or arena floor. The attendance area will be located at the facility entrance. Participants keep a 2-meter physical distance while waiting to check in.
2. After a player is checked in, they will proceed onto the field of play to begin the Lacrosse activities.

Note: Bench areas and viewing areas may be limited or closed by city/municipality. Currently, no spectators are permitted.

Indoor Facility Session Departure Process:

3. At the conclusion of the session, the coach will dismiss the players and direct them to the designated exit. Players are expected to exit the field and proceed directly to their vehicle.

7. GUIDANCE FOR ORGANIZING LACROSSE ACTIVITIES – Restart Plan 2.0 (STEP 1)

Sport activities have opened up with the introduction of BC’s Restart Plan 2.0. This section outlines guidelines for safe Lacrosse activities within BC’s Restart Plan.

[BC’s Restart Plan](#) is the province’s step-by-step plan to bring us back together. Please note that every sport will resume at its own pace.

We are in STEP 1 of 4 in the Restart Plan for the reopening of sport:

- **Local game play & practices:** Staying local means playing within your home association/club until Step 2 is announced.
- **Maximum participants:** Up to 50 participants are allowed for adult outdoor sport activities with no spectators. Children and youth outdoor sport activities have no maximum participants to accommodate the potential need for additional adult supervision. Spectators are not permitted at any sport gathering.
- **Safety plans:** To simplify the process, adjust your current safety plans with [Step 1 of BC’s Restart Plan](#) in mind.
- **Please remember:** The intention of the Restart Plan is to slowly return to activities. Organizations are asked to turn the dimmer slowly when planning sport programming.

We are in the early days of a very welcome to return to sport. How quickly we move within the steps depends on rates of immunization, infection and hospitalizations in BC. We are optimistic that a full return to sport is coming soon.

A) General Considerations

- a) All associations/clubs are to slowly re-introduce Lacrosse activities.
- b) All guidance regarding personal hygiene, symptom screening and other safety practices still apply.
- c) In order to reopen Lacrosse activities, each Lacrosse association/club must:
 1. Create and/or update a COVID-19 Safety Plan for your association/club that meets the guidelines set out in this document; See digital, fillable version [COVID-19 Safety Plan](#).
 2. Gain approval of the COVID-19 Safety Plan for your association/club from your executive; and
 3. Publish the approved COVID-19 Safety Plan electronically within the association/club website.

NOTE: For associations/clubs that have already been operating with a Safety Plan, it must be reviewed and adjusted to reflect the new guidelines and activities.

BCLA Member associations/clubs that want to proceed with Lacrosse activities, in accordance with the BCLA Return to Lacrosse BC Restart 2.0 Guidelines, must take the following mandatory steps listed in the updated [BCLA DECLARATION OF COMPLIANCE](#) prior to any BCLA member Lacrosse activities.

See APPENDIX E: Declaration Compliance

B) Contact

The careful introduction of contact in Lacrosse is permitted with current sport activities guidelines:

- **Outdoor Facilities:** Contact **IS** permitted.
- **Indoor Facilities:** Contact **IS NOT** permitted.
- Slowly re-introduce contact and teach mechanics giving/receiving contact so not to risk injury.

C) Lacrosse Participant Group Sizes

Cohorts do not apply in Restart Plan 2.0 activities. The following outlines participant group sizes permitted for indoor and outdoor sport activities per facility in Step 1 of BC's Restart Plan:

Indoor or Outdoor	Category	Age	Maximum # People
Indoor	Youth	21 & younger	50 people
Outdoor	Youth	21 & younger	No maximum
Indoor	Adult	22 & older	2 people
Outdoor	Adult	22 & older	50 people

(at May 25, 2021)

NOTE: Maximum Group Size includes players, coaches, team officials, referees, timekeepers, etc.

D) Games/Competition

Lacrosse game play and competitions are permitted including following these guidelines:

- ONLY permitted outdoors.
- Association/club play: games/scrimmages can **ONLY** occur within the home association/club (in-house).
- Associations/clubs slowly phase in Lacrosse activities and not jump into the highest threshold of activities.
- Regional Commission game play between associations is **NOT** yet permitted.
- Have a detailed and updated safety plan in place.
- Plan arrivals and departures of different teams/groups to avoid gatherings.
- Spectators are not permitted at any sport gathering.

E) Travel for Sport

All sport activities must follow the directives in the PHO [Gatherings and Events Order](#). Travel for children and youth sport or adult group sport is restricted and localized until Step 2 of BC's Restart Plan is announced.

- **Travel to home association/club:** Individuals are permitted to travel to their home association/cub for the purpose of sport, while following all restrictions in the current public health order.
- Home club is defined as the sport organization, club, or facility at which a person is registered for ongoing sport programming.

The PHO's guidance on travel for sport is directed at all sport delivery organizations, including, but not limited to, not-for-profit, for profit, education institutions and sport camps. Sport organizations that are in breach in of this policy may be subject to enforcement measures such as fines or loss of business licenses. The Provincial Health Order does not specifically address every individual situation. When interpreting the Order, please remember the intention of the Order is important. That intention is to stay local as much as possible. This will help to reduce the spread of COVID-19 in our communities and keep sports safe.

F) High Performance

High performance athletes are individuals who have been identified to a targeted athlete list with the Canadian Sport Institute-Pacific (CSI-P) by their respective Provincial Sport Organization (PSO) or National Sport Organization (NSO).

Current activities permit restrictive high performance talent identification and training opportunities. 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.

8. LACROSSE PROGRAMMING

a) General Information

- BCLA currently registered athletes in their respective season(s) (Box Lacrosse & Field Lacrosse season).
- BCLA currently registered coaches with proper coach training in their respective season(s) (Box Lacrosse season & Field Lacrosse season). 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).
- Each team must have a responsible adult at all activities (i.e., team manager, safety person).
- **Lacrosse Canada (LC) Coaching Training:** Minimum Standards for Coaches. 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 (Field/Box) on-line pre-clinic work (website: <https://nccp.lacrosse.ca/>).
 - Coaches that have completed box training can access this with their NCCP Coach number.
 - The BCLA will provide an access code to any new coaches who have not previously attended an NCCP Lacrosse course.
 3. Emergency Action Plan (EAP) - free online at Coaching Association of Canada (CAC) The Locker.
 4. Making Head Way - free online at Coaching Association of Canada (CAC) The Locker. www.coach.ca
 - Coaches that do not have an NCCP Coach number from Lacrosse or any other sport, please contact BCLA Technical Director, Dave Showers dave@bclacrosse.com for assistance.
 - Competitive Introduction & above – All coaches will be granted the same status from 2020 in 2021.
 - In order to complete the EAP (#3 above), coaches must have access to their NCCP coaching number.
- **BCLA Coach Training:** The BC Lacrosse Association Coaches Technical Support Group (BCLCTSG) has coordinated online. See [BCLA Coaches webpage](#).
 - For any coaching assistance, please contact your association/club Coaches Co-ordinator contact or BCLA Technical Director, Dave Showers dave@bclacrosse.com for information.
- **BCLA Official Training:** The BC Lacrosse Association Officials Technical Support Group (BCLOTSG) has coordinated online clinics. See [BCLA Officials webpage](#).
 - Referees are annually required to re-certify to officiate Lacrosse games.
 - For any officiating assistance, please contact your association/club Officials Co-ordinator contact or BCLA Technical Director, Dave Showers dave@bclacrosse.com for information.

Note: See PHO [Gatherings and Events Order](#)

b) Drills and Skills

The BCLA has created the [BCLA Drills Library](#). The BCLA Drills Library are recommendations to assist coaches with participants of at varying development stages, skill levels and ages.

- **Indoors:** 3-meter physical distancing while performing drills and skills at all times. No contact.
- **Outdoors:** No physical distancing measures required on field of play. Contact permitted.
- Drills and skills are designed to build and enhance individual athlete skill development.

See link to [BCLA Drills Library](#).

9. OFFICIALS

Officials/Umpires are an important part of Lacrosse. 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. Official/Umpire training will be offered by the BC Lacrosse Officials Technical Support Group (BCLOTSG). Official inquiries must be directed to your association/club Officials contact or BCLA Technical Director, Dave Showers.

Officials Equipment	<ul style="list-style-type: none"> • Arrive to all facilities dressed in the officiating uniform. • CSA certified helmet with half visor or helmet and/or CSA full-face guard with splashguard. • Use electronic whistle at ref’s discretion (optional item). Clean after every use. • Individual water bottle - clearly labelled and no sharing bottles. • Carry hand sanitizer. • Use own referee pad and pencil. • Masks – mandatory at arrival/exit at the arena or facility and off the field of play. Officials will carry a mask with them during games. • Officials will wear a mask for altercations prior to getting close to players and when talking to players, coaches, timekeepers, etc.
Pre-Game	<ul style="list-style-type: none"> • Officials will maintain a 2-meter physical distancing at all times OFF the field of play. • Dressing room access may vary and may not be accessible. • Stick inspections: can be conducted as required.
Game Balls	<ul style="list-style-type: none"> • Game balls are provided by the hosting team prior to the game. • Referees can handle (touch) lacrosse balls.
Surfaces / Benches	<ul style="list-style-type: none"> • Host association facilities schedule cleaning between activities. • Benches are in the field of play. Teams may be required to clean high touch areas.
Game Sheets	<p>Box: Score kept on scoresheet; score is kept by the game clock. Women’s Field: Score kept on scoresheet and flip scoreboard. Men’s Field: Score kept on scoresheet and flip scoreboard.</p>
Timekeepers	<p>Box: Game timekeepers and shot clock operator as usual for game time. Women’s Field: Field-side timekeepers as usual for game time. Men’s Field: Field-side timekeepers as usual for game time.</p>
Face offs	<ul style="list-style-type: none"> • Face offs CAN be conducted now by officials.
Responsibilities	<ul style="list-style-type: none"> • Officials are solely responsible for officiating games according to the applicable Lacrosse Canada rulebook per discipline. • Clubs are responsible to make payments to officials according to the BCLA league policies.
Post-Game	<ul style="list-style-type: none"> • Officials will put on a mask immediately after the game and exit the facility. • Officials clearly & legibly write their names on the scoresheet.

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.”

10. GAME PLAY

viaSport' Return to Sport Restart Plan guidance permits game play ONLY in outdoor facilities. Indoor facility activity restrictions are expected to change as we progress through the steps of the BC Restart Plan.

- **Indoors:** No contact, No games. 3-meter physical distancing at all times.
- **Outdoors:** Contact and games permitted. No physical distancing measures when in the field of play.

Associations/clubs are advised to ease into physical activity with a focus on participant safety prior to introducing game play or scrimmaging. We anticipate game play will resemble our regular Lacrosse game as we near a full return to sport.

All Women's Field, Men's Field and Box Lacrosse Coaches:

- Coaches must be registered with the BCLA and adhere to the Rule of 2 at all times. 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). Each team must have a responsible adult at all activities (i.e., team safety person).
- Community Development coaches who have never taken a clinic must have the following completed before they are able to step on the facility:
 - Criminal Background Record Check as per BCLA Policy (CRC);
 - Community Development on-line modules/pre-clinic work;
 - Emergency Action Plan (EAP) - free online through CAC Locker;
 - Making Head Way (free online through CAC Locker).

Box Lacrosse Game Play (Minor):

Please see the BC Lacrosse Association Minor Directorate game play rules (2021 season) on the BCLA website under the "Minor Box Rules" section here: https://www.bclacrosse.com/forms.php#minor_box_rules

Lacrosse Canada (CLA) Box Lacrosse Rule Book: [Lacrosse Canada \(CLA\) 2019-2020 rulebook.](#)

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

Appendix E – Tyke Rules: Option A, with "The Game" playing time rules from Option L of Mini-Tyke Rules. See page 140-150 in [Lacrosse Canada \(CLA\) 2019-2020 rulebook.](#)

Lacrosse Canada (CLA) Tyke Female & Male Rules (2021 season):

Appendix E – Tyke Rules: Option L.

Appendix E – Tyke Rules: Option A, with "The Game" playing time rules from Option L of Mini-Tyke Rules.

NOTE: Zones that are playing 3 on 3 in Tyke to follow Option X for playing surface and teams.

See page 140-150 in Lacrosse Canada (CLA) 2019-2020 rulebook.

World Lacrosse Women's Field Lacrosse Rulebook

Lacrosse Canada Youth & Men's Field Lacrosse Rulebook

See basic game play guidelines for Mini-Tyke & Tyke and Novice and Older on BCLA RTL Restart 2.0 page.

11. RULES, PROTOCOLS & ENFORCEMENT

Failing to comply with the BC Public Health Office, viaSport BC, local city/municipality and BCLA's current Return to Lacrosse Guidelines could jeopardize Lacrosse activities for BCLA membership. Law Enforcement have the authority to fine individuals of COVID-19 violations to Government Orders.

12. EMERGENCY PREPAREDNESS & RESPONSE

a) FIRST AID

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must follow first aid protocols.

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

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

b) OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - Monitor their symptoms daily, use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here at [BCCDC](#)
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities. See [Regional Health Authorities](#)

13. COVID-19 RESOURCES

RELEVANT LINKS

[ViaSport BC Frequently Asked Questions](#)

[Gatherings and Events Order](#)

[Travel Restrictions in BC](#)

[WorkSafe BC](#)

[BC Centre for Disease Control](#)

[Mask Mandate Order](#)

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

[Workplace Safety \(December 16, 2020\)](#)

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

14. 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.

15. AUTHORSHIP

We extend our gratitude to the many BCLA individuals who offered their unbiased opinions and collective assistance through all aspects of the BCLA Return to Lacrosse Guidelines. Your opinions matter and helped shape a safe Lacrosse experience through the pandemic. Thank you to all Return to Lacrosse Committee, sub-groups, coaches, referees and umpires.

Rob Arden, Brian Boas, Lee Brien, Ashley Bull, Jason Carr, Mitchel Cavallarin, Daren Fridge, Paul Dal Monte, Daren Fridge, Tim Frost, Jeff Gombar, Mike Hagel, John Hamilton, Sydney Hara, Deb Heard, Wuilbert Jaramillo, Fred Jenner, Doug Kampen, Gord Kask, Will & AJ Lockwood, Wilson Louie, Jeff MacAulay, Gord McIntosh, Beth McLucas, Ron McQuarrie, Shane Mellish, Ryan Nose, Kellie Ohlmann, Dennis Quigley Dirk Rachfall, Darcy Rhodes, Angie Schwan, Lisa Scott, Russ Sheppard, Dave Showers, Meghan Snow, John Stevens, Gerry Van Beek, Josh Wahl, Naomi Walser, Rochelle Winterton, Lorne Winship, Doug Wright, BCLOTSG and BCLCTSG.

APPENDIX A: Illness Policy
Sample Illness Policy taken from viaSport BC

In this policy, “Team member” includes an employee, volunteer, coach, manager, participant and/or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program co-ordinator) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
See [BCCDC website for a full list of symptoms](#)
2. **Assessment**
 - a) Team members must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
 - b) If team members are unsure, please have them use the self-assessment tool.
 - c) Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their personal safety throughout the activity. [BC Support App self-assessment tool.](#)
3. **If a team member is feeling sick with COVID-19 symptoms**
 - a) They should remain at home and contact [Health Link BC at 8-1-1.](#)
 - b) If they feel sick and/or are showing symptoms while at the activity, they should be sent home immediately and have them contact 8-1-1 for further guidance.
 - c) No team member may participate in an activity if they are symptomatic.
4. **If a team member tests positive for COVID-19**
 - a) Follow the directions of the health officials.
5. **Quarantine or Self-Isolate if:**
 - a) You have travelled outside of Canada or the province within the last 14 days.
 - b) You have come into close contact with someone who has tested positive for COVID-19.
 - c) You have been advised to do so by health officials.



British Columbia Lacrosse Association

Insurance Waiver – UNDER the Age of Majority

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**BY SIGNING THIS, YOU WILL WAIVE CERTAIN LEGAL
RIGHTS INCLUDING THE RIGHT TO SUE.**

PLEASE READ CAREFULLY.

TO: The British Columbia Lacrosse Association (the “Association”) and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Directorates, Technical Support Groups, Associations, Commissions, Leagues, Clubs, independent contractors, subcontractors, sponsors, successors and assigns (collectively the “RELEASEES”)

DEFINITIONS. In this Agreement, the term “lacrosse programs” shall include all activities, programs, events, courses, meetings, and services provided, sponsored or organized by the Association and/or its members, including but not limited to: games, tournaments, practices, camps, championships, conditioning programs and/or training, use of strength training and fitness conditioning, equipment, machines and facilities, orientational or instructional sessions or lessons.

ASSUMPTION OF RISKS. I am the parent/guardian of the player being registered and have full legal responsibility for the decisions of said player. I believe my child/ward is physically, emotionally and mentally able to participate in lacrosse programs, and is doing so voluntarily and willingly.

I am aware that my child’s/ward’s participation in lacrosse programs involves many risks, dangers and hazards, which could result in damage, loss, serious physical injury or death to my child/ward. Some of these risks, dangers and hazards include, but are not limited to:

- Health: overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, contagion, bacteria, parasites or other organisms or any mutation thereof.
- Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment,; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own or others’ ability
- Contact: I acknowledge that contact with lacrosse sticks, lacrosse balls, other equipment, or other persons, whether intentional or unintentional, is a common part of lacrosse programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- Advice: negligent advice regarding lacrosse programs and/or services
- My child’s/ward’s conduct and conduct of other persons including any physical altercation between lacrosse participants: I acknowledge that such conduct, including my child’s/ward’s negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death. I understand that the Releasees may fail to safeguard or protect my child/ward from the risks, dangers and hazards of lacrosse programs, some of which are referred to above.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing my child/ward to participate in lacrosse programs, use its equipment and facilities and providing its lacrosse services and consultation, I hereby agree as follows:

TO WAIVE ANY AND ALL CLAIMS that I, and/or my child/ward have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in lacrosse programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:

- **negligence on the part of the Releasees;**
- **breach of contract by the Releasees;**
- **breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of any equipment;**
- **breach of any statutory or other duty of care including any duty of care owed under the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303, on the part of the Releasees; and**
- **The failure on the part of the Releasees to safeguard or protect my child/ward from the risks, dangers and hazards of lacrosse programs, some of which are referred to in the Assumption of Risks section of this Agreement.**

TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expense or injury to any third party resulting from child's/ward's participation in lacrosse programs. Despite the risks, dangers and hazards of lacrosse programs, and fully understanding such risks, dangers and hazards, I wish my child/ward to participate in lacrosse programs with the Association, and I **FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and hazards and the possibility of personal injury, death, property damage and loss resulting therefrom.

This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns and representatives, in the event of my death or incapacity.

SAFETY. In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of lacrosse programs other than what is set forth in this Agreement.

INSURANCE: I am aware that the Association carries insurance and that should my child/ward become injured or cause personal injury or property damage to any third party while participating in lacrosse programs, my child/ward may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION: This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia, and I agree to attorn solely to the jurisdiction of the Courts of the Province of British Columbia. Any litigation involving the parties to this Agreement shall be brought solely with the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

By signing below, you agree that you are the parent/guardian of the player being registered and have full legal responsibility for the decisions of said player, and that you have read this Agreement and agree to be bound by this Agreement.

Dated this _____ day of _____, 20____.

PLAYER'S NAME: _____ **ASSOCIATION:** _____

PARENT/GUARDIAN - PRINT NAME

SIGNATURE



British Columbia Lacrosse Association

Insurance Waiver – OVER the Age of Majority

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**BY SIGNING THIS, YOU WILL WAIVE CERTAIN LEGAL
RIGHTS INCLUDING THE RIGHT TO SUE.**

PLEASE READ CAREFULLY.

TO: The British Columbia Lacrosse Association (the “Association”) and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Directorates, Technical Support Groups, Associations, Commissions, Leagues, Clubs, independent contractors, subcontractors, sponsors, successors and assigns (collectively the “RELEASEES”)

DEFINITIONS. In this Agreement, the term “lacrosse programs” shall include all activities, programs, events, courses, meetings, and services provided, sponsored or organized by the Association and/or its members, including but not limited to: games, tournaments, practices, camps, championships, conditioning programs and/or training, use of strength training and fitness conditioning, equipment, machines and facilities, orientational or instructional sessions or lessons.

ASSUMPTION OF RISKS. I am aware that my participation in lacrosse programs involves many risks, dangers and hazards, which could result in damage, loss, serious physical injury or death to me. Some of these risks, dangers and hazards include, but are not limited to:

- Health: overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, contagion, bacteria, parasites or other organisms or any mutation thereof.
- Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own or others’ ability
- Contact: I acknowledge that contact with lacrosse sticks, lacrosse balls, other equipment, or other persons, whether intentional or unintentional, is a common part of lacrosse programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- Advice: negligent advice regarding lacrosse programs and/or services
- My conduct and conduct of other persons including any physical altercation between lacrosse participants: I acknowledge that such conduct, including my negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death. I understand that the Releasees may fail to safeguard or protect me from the risks, dangers and hazards of lacrosse programs, some of which are referred to above.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing me to participate in lacrosse programs, use its equipment and facilities and providing its lacrosse services and consultation, I hereby agree as follows:

TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in lacrosse programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:

- **negligence on the part of the Releasees;**
- **breach of contract by the Releasees;**
- **breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of any equipment;**
- **breach of any statutory or other duty of care including any duty of care owed under the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303, on the part of the Releasees; and**
- **The failure on the part of the Releasees to safeguard or protect me from the risks, dangers and hazards of lacrosse programs, some of which are referred to in the Assumption of Risks section of this Agreement.**

TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in lacrosse programs. Despite the risks, dangers and hazards of lacrosse programs, and fully understanding such risks, dangers and hazards, I wish to participate in lacrosse programs with the Association, and I **FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and hazards and the possibility of personal injury, death, property damage and loss resulting therefrom.

This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns and representatives, in the event of my death or incapacity.

SAFETY. In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of lacrosse programs other than what is set forth in this Agreement.

INSURANCE: I am aware that the Association carries insurance and that should I become injured or cause personal injury or property damage to any third party while participating in lacrosse programs, I may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION: This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia, and I agree to attorn solely to the jurisdiction of the Courts of the Province of British Columbia. Any litigation involving the parties to this Agreement shall be brought solely with the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

By signing below, you agree that you are the player being registered, you have read this Agreement and agree to be bound by this Agreement.

Dated this _____ day of _____, 20____.

PLAYER'S TEAM/CLUB NAME: _____

PRINT NAME

SIGNATURE

APPENDIX C: Masks

Non-Medical Mask/Facial Coverings

The [BC Centre for Disease Control](#) (BCCDC) states masks have a role to play in preventing the spread of COVID-19. Masks act as a barrier and help stop the spread of droplets from a person's mouth and nose when talking, laughing, yelling, singing, coughing, or sneezing.

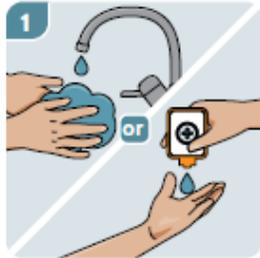
Mask requirements in public indoor settings: As outlined in the [mask mandate order](#), masks are required for everyone in public indoor settings. Face coverings, when used in addition to other protective measures such as maintaining physical distance and using barriers, help to prevent, respond to or alleviate the effects of the COVID-19 pandemic.

There are exemptions for:

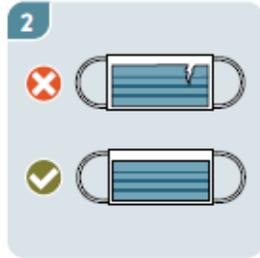
- People with health conditions or with physical, cognitive or mental impairments who cannot wear one.
- People who cannot remove a mask on their own.
- Children under the age of 12.
- People who need to remove their masks to communicate due to a hearing impairment.

viaSport BC guidance on masks for sport: The use of masks while participating in sport, may vary based on the level of intensity of the activity. Masks are now required to be worn by all individuals in public indoor 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.

Help prevent the spread of COVID-19: How to use a mask



1 Wash your hands with soap and water for at least 20 seconds before touching the mask. If you don't have soap and water, use an alcohol-based hand sanitizer.



2 Inspect the mask to ensure it's not damaged.



3 Turn the mask so the coloured side is facing outward.



4 Put the mask over your face and if there is a metallic strip, press it to fit the bridge of your nose



5 Put the loops around each of your ears, or tie the top and bottom straps.



6 Make sure your mouth and nose are covered and there are no gaps. Expand the mask by pulling the bottom of it under your chin.



7 Press the metallic strip again so it moulds to the shape of your nose, and wash your hands again.



8 Don't touch the mask while you're wearing it. If you do, wash your hands.



9 Don't wear the mask if it gets wet or dirty. Don't reuse the mask. Follow correct procedure for removing the mask.

Removing the mask



1 Wash your hands with soap and water or use an alcohol-based hand sanitizer.



2 Lean forward to remove your mask. Touch only the ear loops or ties, not the front of the mask.



3 Dispose of the mask safely.



4 Wash your hands. If required, follow the procedure for putting on a new mask.

Note: Graphics adapted from BC Centre for Disease Control (BC Ministry of Health), "How to wear a face mask."

APPENDIX D: BC's RESTART: A PLAN TO BRING US BACK TOGETHER

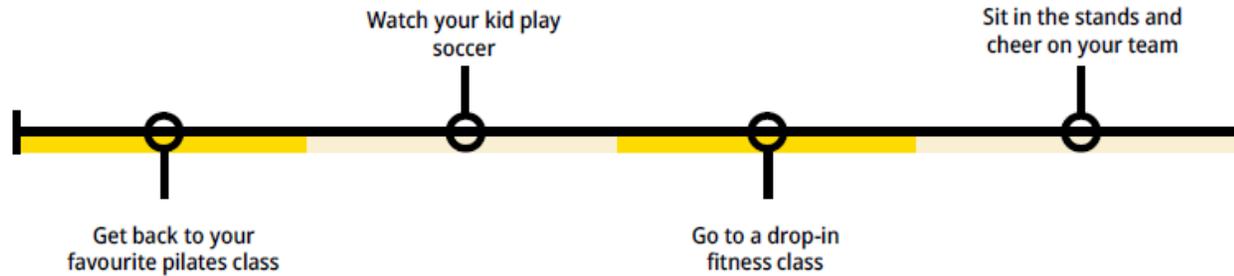
Taken from the Province of BC Restart Plan Document

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	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	Indoor & outdoor dining – up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	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	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1



Examples of what this might mean for you





APPENDIX E: Return to Lacrosse Activities DECLARATION OF COMPLIANCE - UPDATED

Government has created a Ministerial Order that protects amateur sport organizations and their representatives from damages resulting, directly or indirectly, from COVID-19 for amateur sports. For example, a sport organization or its representatives will not be liable for a participant in their sports program being exposed to COVID-19 as a result of participation. That liability protection would be in place as long as sport organizations and their members, follow applicable guidance, such as viaSport's Return to Sport protocols, public-health guidance on how to prevent the spread of the virus and BCLA's Return to Lacrosse Guidelines. The Province of BC passed the COVID-19 *Related Measures Act*, which extends sport liability protection 90 days past the provincial state of emergency. This Order may be extended by up to one year after the state of emergency is declared over. [Read here to review the Province of BC's announcement](#). Therefore, the BC Lacrosse Association requires a Declaration of Compliance from all of its Member Leagues/Associations/Clubs:

President/Senior Officer Name: _____

On behalf of _____
Name of League/Association/Club

E-Mail: _____ **Phone:** (____) _____

I, the undersigned hereby acknowledge and agree to the terms outlined in this document on behalf of the League/Association/Club:

1. BCLA Association/Club members have read, understand and agree to abide by the current BC Lacrosse Association Return to Lacrosse Guidelines, which adhere to the current permitted activities and restrictions throughout the season(s), as directed by the BC Ministry of Health, the PHO, viaSport BC and the BCLA. The most current information is circulated and posted on the BCLA Website – direct link to page: <http://www.bclacrosse.com/return-to-lacrosse.php>.
2. BCLA Association/Club members understand that BC Ministry of Health restrictions may change at any time and adaptations must be implemented and adhered to.
3. Before returning to activity, the League/Association/Club President or Senior Officer must submit this completed **BCLA Return to Lacrosse Guidelines DECLARATION OF COMPLIANCE** to Debbie Heard - deb@bclacrosse.com.
4. 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.
5. In BCLA's current Return to Lacrosse Guidelines, in conjunction with the most current Ministry of Health Order and restrictions, we agree to establish permitted Lacrosse activities and offer the safest environment for all participants. Once Lacrosse activities and safety protocols has/have been established, our Board will pass a motion supporting these activities and protocols that we will offer under the terms of the current permitted activities and restrictions.
6. All athletes must be currently registered in their respective season(s) (Box Lacrosse season & Field Lacrosse season).
7. 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.

Signature: _____ **Date:** _____