

RETURN TO LACROSSE GUIDELINES

PHASE 3



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RETURN TO LACROSSE GUIDELINES PHASE 3

1. INTRODUCTION

COVID-19 has altered the lives of all Canadians in 2020. From coast to coast, Lacrosse players, coaches, officials, volunteers, parents and fans will have to adapt to a new normal including for all forms of Lacrosse in BC.

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

This document is to prepare our Lacrosse community for a gradual phased approach of Return to Lacrosse activities through physical distancing and overall safety while understanding the concerns associated with COVID-19. 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 Public Health Agency of Canada and the BC Ministry of Health.

viaSport BC submitted provincial sport sector guideline recommendations for the next phase of sport activity to the Sport Branch, Ministry of Health and WorkSafe BC. Provincial Sport Organizations (PSOs) submitted initial return to sport documents to viaSport BC for review and guidance. We must all enforce and adhere to the guidelines within this document until restrictions are relaxed or removed.

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

British Columbia is in Phase 3 of the [Restart Plan](#). The BCLA has been in a combination of phases 1 and 2 up to this time period. To continue to be aligned with viaSport BC, this document introduces the BCLA's Phase 3. As of August 24, 2020, sport entered the "Progressively Loosen" Phase of this plan as detailed in the viaSport BC Sport Activity Chart. In the Progressively Loosen Phase, there can be careful increase to the number of contacts and contact intensity in sport.

The focus of this document is to provide guidelines and considerations for the viaSport BC's Progressively Loosen Phase as it relates to sport and Lacrosse activities. Everyone plays an important role in gradually returning to sport activities safely. When sport organizations are making decisions about return to play in Phase 3, it is advised to start conservatively and slowly introduce new activities within this phase. Sport organizations are asked to update their safety plans to reflect any new activities.

As public health guidance directs, we may move between phases and Lacrosse associations/clubs must prepare to respond to these changes. Any movement between phases will be decided through collaboration with viaSport BC, the Provincial Health Office and the BCLA.

Thank you to the BC Lacrosse Association community for your passion and love of our great game.

ABOUT THIS DOCUMENT

The BCLA Return to Lacrosse Phase 1 Guidelines served as the template for the BCLA Return to Lacrosse Phase 3 document. The BCLA Phase 3 document includes updated and new information from viaSport BC's Return to Sport Guidelines Phase 3 to help our members successfully navigate the next phase of sport in BC. The BC Lacrosse Association Return to Lacrosse Phase 3 Guidelines has been constructed so that our members have access to the resources required to ensure we are prepared to return to fields, boxes and facilities in the safest and most responsible manner.

The information contained in this document is in effect as of August 24, 2020 with viaSport BC's announcement into the Progressively Loosen Phase for sport. This document is intended to prepare players, parents, coaches, officials, administrators, clubs and leagues for a gradual return to activity through physical distancing and safe Lacrosse activities. Hygiene and return to Lacrosse protocols will be reviewed on an ongoing basis and may be updated as new health and safety information becomes available.

While preparing this document, the BCLA Return to Lacrosse committee members and focus groups collaborated and learned from other agencies, Lacrosse Member Associations (MAs) 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 and Culture, WorkSafe BC, Recreation Facilities Association of BC, Sport BC, the viaSport MSO Leadership Council, the BC Centre for Disease Control and viaSport BC 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, Saskatchewan Lacrosse, Ontario Lacrosse and Lacrosse PEI. We appreciate everyone's contributions and commitment to safe sport. We hope that our Return to Lacrosse Phase 3 Guidelines will inform and help others throughout this process. In addition to providing this document to BCLA association/club members, it will be posted on the BCLA's Return to Lacrosse webpage and will also 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 from Regional Health Authorities, health resources, the Province of BC, Sport and Recreation, WorkSafe BC, and the Coaching Association of Canada.

New feature, 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 an extremely contagious respiratory illness. The BCLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with best practices published by BC health experts and viaSport BC; however, the BCLA cannot guarantee that participants will not become infected with COVID-19 from participation in Lacrosse activities. Further, participating in Lacrosse activities could increase the risk of contracting COVID-19.

Liability waivers have been 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 at this time. **See APPENDIX B: BCLA Under and Over the Age of Majority Waivers.**

A 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 BC Lacrosse Association, facilities, municipalities, and all health agencies/authorities may result in disciplinary action. **See APPENDIX H: Declaration Compliance.**

When determining whether or not 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.

On June 10th, the provincial government announced a Ministerial Order (M183) that protects amateur sport organizations, their employees and volunteers from damages resulting directly or indirectly, from COVID-19. This liability protection will be in place as long as sport organizations follow applicable guidance, such as viaSport BC's Return to Sport protocols, public health guidance and BCLA's Return to Lacrosse Guidelines. This order is in place for the duration of the Emergency Program Act. See [Province of BC's announcement](#).

Since publishing the Return to Lacrosse Phase 1 Guidelines June 11th, we have compiled resources available to navigate a progression to safely return to Lacrosse while remaining committed to prioritizing the health and safety for the BC Lacrosse community. This guide builds upon the general requirements to create a safe environment to protect BCLA members at all levels and disciplines. We recognize that players, coaches, officials and team staff and administrators will continue to play an important role in combating the transmission of COVID-19, which will allow us to return to Lacrosse in the safest manner possible.

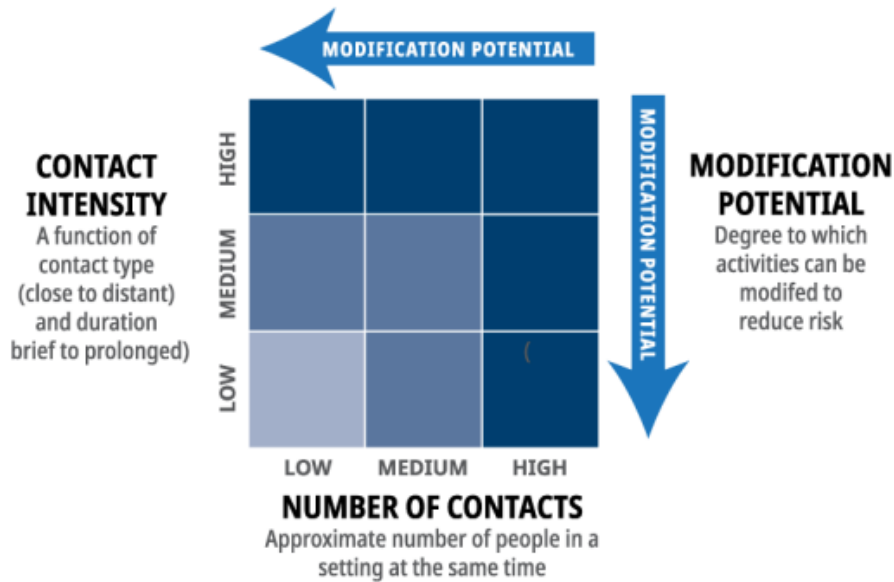
viaSport BC's Guidelines stipulate that any Return to Play plan must be based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented.

BC health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

- **Contact intensity** – how close you are to someone and for how long.
- **Number of contacts** – how many people are in the same setting at the same time.

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest:

- **Physical distancing measures** – to reduce density of people, (number and duration of contacts)
- **Engineering controls** – physical barriers, increased ventilation, traffic flow
- **Administrative controls** – rules and guidelines
- **Non-medical masks** (and other PPE)



This document includes information on all of these controls as they relate to Lacrosse activities. WorkSafe BC’s step by step tool to conduct an assessment and develop a [COVID-19 Safety Plan](#). See **COVID-19 Resources Section #16** of this document.

A Phased Approach

- A safe return to Lacrosse will take place in phases that align with public health authorities and viaSport BC Guidelines about the safe resumption of activity.
- As public health guidance directs, we may move between phases and Lacrosse associations/clubs must prepare to respond to these changes.
- Public health restrictions will always guide what is allowable in your community. The duration and dates of each phase will be determined by provincial health and government guidelines.
- Resuming sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. 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 Officer and Regional Health Authorities.
- Any movement between phases will be decided through collaboration with viaSport BC, the Provincial Health Office and announced by the BCLA. Do not move from one phase to another on your own or without approval to do so.
- The table below notes the three phases towards full Lacrosse activity.

PHASED RETURN TO LACROSSE IN BC – From viaSport BC Sport Activity Chart		
Transition Measures (May 19, 2020)	Progressively Loosen (Aug. 24, 2020)	New Normal - We are not there yet. (TO BE DETERMINED)
Maintain physical distance. Handwashing & symptom screening. Outdoor safest. Some Indoor. Small group. Skills and drills focus. Minimal shared equipment. Disinfect before, during & after use.	Adhere to health guidelines. Handwashing. Outdoor/indoor. Size of group may increase. Expanded activities. Inter-club/regional play. Some shared equipment. Enhanced cleaning protocols.	Adhere to health guidelines. Handwashing. Outdoor/indoor. Larger groups allowed. No restrictions on activities. Provincial/large scale events may return. Shared equipment.

3. HEALTH AND SAFETY PROTOCOLS – GENERAL

Health and safety are our priorities in establishing and informing our Return to Lacrosse guide. This information applies on a provincial basis but it is very important to recognize that some health and safety protocols could vary at the regional or municipal level. This document should be used in concert with public health authority guidelines.

BC’s Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document:

FIVE PRINCIPLES FOR EVERY SITUATION		
1	Personal Hygiene:	<ul style="list-style-type: none"> • Frequent hand-washing, • Cough into your sleeve. • Wear a non-medical mask. • No handshaking.
2	Stay Home if You Are Sick:	<ul style="list-style-type: none"> • Routine daily screening. • Anyone with any symptoms must stay away from others. • Returning travelers must self-isolate.
3	Environmental Hygiene:	<ul style="list-style-type: none"> • More frequent cleaning. • Enhance surface sanitation in high touch areas. • Touch-less technology.
4	Safe Social Interactions:	<ul style="list-style-type: none"> • Meet with small numbers of people. • Maintain distance between you and people. • Size of room: the bigger the better. • Outdoor over indoor.
5	Physical Modifications:	<ul style="list-style-type: none"> • Spacing within rooms or in transit. • Room design. • Plexiglass barriers. • Movement of people within spaces.

Adhering to all health agencies and safety regulations:

- Please refer to **APPENDIX A: Illness Policy**
- Maintain the 2-meter physical distancing measure at all times.
- Frequent hand-washing with soap and water. Alcohol-based hand rubs/hand sanitizer can also be used.
- Reduce touch points (equipment, facility, etc.)
- Do not share food, drinks, utensils, etc.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- No spitting, no chewing tobacco, no sharing of vapes or other tobacco products.
- The risk of COVID-19 transmission by handling cash and documents is low -- wash your hands frequently after handling. Electronic devices for cash transactions and documents are recommended.

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

4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing, and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission. The differences between cleaning, sanitizing and disinfecting are outlined below. When used in combination, cleaning, sanitization and disinfectants can significantly reduce the spread of COVID-19, keeping our participants safe.

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

Sanitizing: Sanitizers are used after cleaning to reduce the level of bacteria to a safe level when following the manufacturer's instruction for concentration and contact time. Sanitizers are most commonly used on contact surfaces where food may be prepared or consumed.

Disinfectants: Disinfectants are different from sanitizers in that they have a greater ability to destroy bacteria, viruses and molds. Disinfectants are used at a higher concentration and require a longer contact time than sanitizers. If a disinfectant is used on a food contact surface, it may need to be rinsed off with water. This process does not necessarily clean dirty surfaces or remove germs.

5. TOUCH POINTS – Suggested Cleaning and Disinfecting Areas

a) High Touch and Heavily Soiled Areas

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

b) All Other Surface Areas

- Tables
- Counters
- Chairs
- Floors



c) Lacrosse-Specific Touch Points

ITEM	ATHLETES	COACHES / MANAGERS	PARENTS/GUARDIANS/SPECTATORS
Balls	Only touch the ball with your stick. If need to touch MUST wear gloves.	Only touch the ball with your stick. If need to touch MUST wear gloves Wipe down with disinfectant before and after use.	Should not touch. Encourage players to only touch with stick. Ask a player or coach to retrieve stray balls.
Stick	Only use your own stick. Wipe down with disinfectant before and after use. Do not touch/lend/borrow other player's sticks.	Participate and provide demo with your own stick. Do not touch player sticks. Wipe down with disinfectant before and after use.	Help your own child only when necessary and make sure to disinfect handle and plastic edges of Lacrosse head when returning to car.
Documents	If a document needs to be signed, should disinfect pen before and after use.	Coaches can bring own documents. Do not share with other coaches. Individuals should have own copy. If coaches want players to have drills, email documents to parents.	All documents should be completely electronic. If a document needs to be signed, place in a plastic Ziploc bag and wipe prior to submitting. Disinfect pen before/after use.
Tablets / Phones	Only use your own device– placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity.	Only use your own device– placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity. If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 2-meter distance (others should not touch).	Only use your own device - placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity.
Personal Equipment DO NOT Share ANY Equipment	Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms). A clean plastic bag should be used to separate cleaned and soiled equipment. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off. Equipment (jersey, shorts, socks, t-shirts, etc.) should be washed after each session. Equipment that cannot be easily washed (kidney pads, shoulder pads, helmet, goggles, gloves, etc.) should be removed from participant's bag and sprayed and/or wiped with disinfectant. *Keep your Lacrosse gloves on at all times!	All gear should be put on near your own vehicle, prior to proceeding to the facility. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms). A clean plastic bag should be used to separate cleaned and soiled equipment. Wipe down and disinfect equipment when at home. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off. *Keep your Lacrosse gloves on at all times!	Assist/remind your child with putting on their equipment at your vehicle, prior to going to the facility. Remind them to leave it on once the event is completed and return to vehicle to take off equipment. For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian. Remind player to bring a clean plastic bag to separate cleaned and soiled equipment. Help players wipe down and disinfect equipment when at home.
Helmets	Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. As above.	Wear gloves when touching any equipment. For age groups where parents/guardians may need to assist with equipment adjustments,	Watch for signals from coach who may send your child out for assistance. For age groups where parents/guardians may need to assist with equipment

		the player should leave the facility to meet with the parent/guardian.	adjustments, the player should leave the facility to meet with the parent/guardian.
Goaltender Equipment	No sharing of any goaltender equipment. Do not use any goaltender equipment unless someone has confirmed it has been disinfected. Help wipe down/disinfect equipment after use.	Each goaltender should have their own goaltender gear per session. Goaltender gear must be wiped down/disinfected between users.	Help player wipe down/disinfect equipment after use.
Water Bottles NEVER SHARE	Each player must have their OWN clearly marked water bottle with their first and last name (must be filled at home). Must have spout or straw in order to aim into mouth while still wearing helmet. Only move your own water bottle with your Lacrosse gloves on.	Remind players to NEVER share water. If possible, have extra commercially sealed bottles available if hot out, but make sure you have disinfectant wipes available to clean off before giving to anyone. (Use sharpie to mark names). Designate areas where players can put their water bottle to encourage physical distancing (2m). Must have spout or straw in order to aim into mouth, while still wearing helmet. Only move someone's water bottle with your Lacrosse gloves on.	Make sure your child's water bottle is clearly marked with their first and last name and they know how to identify their own bottle. Remind them to never use anyone else's water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet. Wash with disinfectant before and after use (sanitize hands after).
Equipment Bags	To be left in vehicle or in designated space within facility. A clean plastic bag should be used to separate cleaned and soiled equipment. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.	To be left in vehicle or in designated space within facility. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.	To be left in vehicle or in designated space within facility.
Spectator Seating (if not removed) or Standing	Not Applicable	Try to limit the number of spectators to only people that need to be present. Group gathering size limits must be adhered to.	Always maintain a 2-meter distance between other spectators. Number will be limited to the maximum allowed to gather (i.e., total including participants and spectators is currently 50 people). Spectators should try to watch from vehicle if applicable.
Enter / Exit	Follow instructions/arrows for all facility entrances and exits. If using a door/gate handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.	Use tape to create arrows to enter and exit - have players enter and exit one at a time in order to maintain 2-meter distance. If using handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.	Remind your child to enter / exit per direction of arrows and to keep 2-meter (or length of extended Lacrosse stick) away from the person in front of them. If using door/gate handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.
Bench / Other Surfaces	Don't touch surfaces; keep your Lacrosse gloves on.	Disinfect surfaces before players arrive and after players have left. Don't touch surfaces and 'bag' your gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.	Don't touch surfaces and 'bag' your child's gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.

Note: Washing hands is strongly encouraged whenever contact is made with any equipment or surface.

d) Supplies Required

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

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

Non-Medical Mask/Facial Coverings

Wearing a non-medical mask/facial covering over the chin, mouth and nose in the community is recommended for periods of time when it is not possible to consistently maintain a 2-meter physical distance from others, particularly in crowded public settings, such as stores, shopping areas and public transportation and when entering/leaving all facilities for sport activities.

Masks can be removed by participants while engaging in any activity, providing physical distancing is practiced. Wearing a mask is not a suitable substitute for physical distancing, but can be used in combination with hand washing, disinfecting and other good hygienic practices when physical distancing is not possible.

6. HEALTH AND SAFETY PROTOCOLS – ATHLETES/TEAM PERSONNEL

a) Athletes (Parents/Guardians) Responsibilities

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- **Pre-Activity online Meeting:** Attend a pre-activity online meeting with your son or daughter to learn the expectations, safety and guidelines for a safe Lacrosse activity.
- Must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities.
- Promote good hand hygiene (washing & sanitizing) before and after activities.
- All participants must be currently registered with the BC Lacrosse Association through their community 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.**
- Group sizes must not exceed the regional public health restrictions (maximum 50 individuals).
- Participants must adhere to 2-meter physical distancing at all times.
- Participants must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Participants who are over 65 years of age or who are immune-compromised, or with underlying health conditions should exercise caution when participating.
- Each participant must arrive and depart from facility dressed, wearing all required protective equipment (dress at home, parking lot, or park).
- Parent/guardian and athlete arrive facility and stay in vehicle until a set time (ie, 15 minutes) prior to the activity. Keep gear bags in vehicle or in a separate area within the facility.

- Any additional Lacrosse sticks must be left at participants designated pylon on the sideline. Leave additional gear in your equipment bag in the car.
- Participants should use their own Lacrosse equipment -- NO SHARING equipment, apparel, etc.
- All participants must wear required protective equipment at all times as outlined by CLA rules and regulations (ie, helmet, gloves, shoulder pads, elbow pads, etc.)
- Participants must not touch balls with their hands and only use their stick to pick balls up.
- Each participant must have their own clearly marked water bottle with their first and last name with a spout or straw in order to aim into mouth while still wearing helmet.
- Participants must focus on the coaches and their directions when waiting to perform drills; no fooling around in lines.
- Participants must sanitize/disinfect their equipment and clean clothing after every activity session.

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

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- **Pre-Activity online 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.
- 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 municipalities.
- Promote good hand hygiene (washing & sanitizing) before and after activities.
- Everyone must adhere to 2-meter physical distancing at all times.
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Before stepping into 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.
- Organizers must screen coaches and staff for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Keep detailed records of all participants in sessions. Details should include full contact information, date, time and location of activities.
- All participants must be currently registered with the BCLA through their community associations/clubs.
- Activities must only include participants from your association team and gameplay in one's cohort.
- Ensure that participants are fully informed and consent to risks associated with participating in Lacrosse activities.
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19, the Return to Lacrosse Guidelines and all associated procedures to minimize risk.
- Co-ordinate facility bookings and scheduling of teams/participants for safe activities.
- Schedule enough time between group activities for participants to enter and exit all facilities safely.
- Work with the local municipality to establish your safety plans and physical distancing areas.
- Designate personnel to overlook Field and Box facility preparations to co-ordinate and clearly mark facility section spacing requirements, with lines, markers or pylons to separate sections prior to any activities.
- **Examples of facility zone spacing for drills and skills:**
APPENDIX D: Facility Sections – FIELD
APPENDIX E: Facility Sections – BOX
- Supply all activity groups with appropriate Lacrosse activity equipment (ie, balls, bucket for balls, pylons, etc.)

- Supply all participating groups with appropriate cleaning/sanitizing products (ie, wipes, hand sanitizer, gloves, masks, plastic waste bags, etc.).

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

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- **Pre-Activity online 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.
- 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 municipalities.
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Promote good hand hygiene (washing & sanitizing) before and after activities.
- 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.
- Participants must adhere to 2-meter physical distancing at all times (pre & post activities).
- Group sizes should be minimized when possible. Maintain athlete to coach spacing to adhere to the 2-meter physical distancing.
- Suggested Facility Zone Spacing (Sections on Field /Floor) for training:
Field – no more than 50 people on a field at one time.
APPENDIX D: Facility Sections – FIELD
Outside Box/On-Floor – eight (8) athletes to one (1) coach for every half floor section.
APPENDIX E: Facility Sections – BOX
- Team personnel must be screened for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participant. If an individual is showing signs of cold, flu, or COVID-19 with fever, coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous fourteen (14) days.
- Coaches and staff who are over 65 years of age or who are immune-compromised, or with underlying health conditions should exercise caution when participating.
- Coaches and staff are recommended to wear a mask and gloves during activities.
- Coaches and staff to confirm participant names and numbers attending prior to each session.
- Coaches and staff/team managers must record attendance (names & numbers) for every activity.
- An accurate count of participants in advance will allow the team personnel to plan accordingly and to assist with contact tracing in the case of an outbreak.
- Coaches and staff should lead and instruct without touching balls. Only touch balls with a stick.
- Coaches and staff to use only one Lacrosse stick during activities and don't touch other participants' equipment or Lacrosse sticks.

TEAM PERSONNEL CHECKLIST

- **Pre-Activity online 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.
- **On-Site Preparation Meeting:** Conduct an on-site planning meeting prior to arrival of participants involving all team personnel who will be participating.
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (ie, tissues, towels, sanitary

products). Determine who will bring the additional supplies required (ie, garbage bags, surgical (throw-away) rubber gloves, hand-sanitizer, paper towels, cleaning supplies). Please refer to **SUPPLIES REQUIRED** (page 11 of this document).

- **Cleaning Schedule:** Develop to ensure the venue and equipment is clean; wiping surfaces and equipment regularly with disinfectant before and after all activities.
- **Review Activity Plan:** Review your activity plan against this document.
- **Designated Person:** Assign one coach or team manager to be designated as a first point of contact at the facility check-in area. This person is responsible for overall site management.
- **Reduce Touch Points:** Please refer to **TOUCH POINTS** (See page 8-10 of this document).
- **Secure Confined Spaces:** Please confirm with your municipality/facility whether player benches, official's benches and other confined spaces are open for usage. If not, please communicate as no entry areas.
- Before entering any facilities prior to activities, the group of participants must maintain a 2-meter physical distancing, and be clear of the entrance/exit points which should be separate.
- Participants, coaches and team staff must wait until all facilities are clear of other participants prior to their session.
- **Athlete Equipment:** Participants arrive and depart dressed and leave equipment bags in their car. If participants need to arrive with a gear bag, you must ensure athlete equipment areas are set up and each athlete is assigned a spot marked by a pylon/marker, 2-meters or more apart, on the sidelines.
- **Drill Layout:** Lay out markers/pylons ahead of the activities indicating locations for athletes for drill/skill stations using your own pylons/markers.
- **Distribution of Balls:** Distribute balls to stations using a stick only; never touch balls with hands.
- **Collection of Cleaning Equipment:** All balls, pylons/markers and targets to be collected and put into a 5 gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use gloves and wash hands, or use hand sanitizer immediately after.
- **Equipment Transportation:** It's recommended to have a plastic container with a lid when transporting equipment to and from Lacrosse activities.
- **First Aid:** In the event that first aid is to be administered, all persons attending to an athlete must follow proper safety protocols including masks and gloves (PPE).
- Coaches and staff to confirm facility preparations and facility section requirements, lines and place markers/pylons to separate zones for activities.

Examples of facility zone spacing/sections for training activities:

See APPENDIX D: Facility Sections – FIELD

See APPENDIX E: Facility Sections – BOX

d) Parents/Guardians/Spectators

Adhering to all health agencies and safety regulations:

- Limit the number of parent/guardians for all activities while maintaining proper gathering protocols and physical distancing.
- Maintain 2-meter physical distancing at all times around.
- Player/participant drop-off at all facilities.
- Public Health Authority restrictions on large gatherings (maximum 50 people).
- Crowd self-monitoring ensuring total maximum of 50 people and maintaining 2-meter physical distancing.

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

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. This does not limit indoor sports from reopening but it does increase the risk factor and therefore adds further considerations related to facility operations. Facilities are gradually reopening and may differ by municipality. Fields and outdoor boxes offer both box and field Lacrosse players to develop and improve their individual skills.

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, sanitation, hygiene and all protocols are maintained and monitored. There are restrictions for group sizes, so there must be care and coordination shown when arriving and departing from fields/facilities, and adherence to protocols outlined in this guide, by all health agencies and additional municipal guidelines that may be in place.

- Follow municipal guidelines and regulations for all facilities.
- Understand and implement cleaning, disinfecting and sanitizing protocols designed by the facility and what protocols are the responsibility of the association/club.
- Develop a cleaning schedule to ensure the venue and equipment is clean; wiping/sanitizing surfaces and equipment regularly with disinfectant before and after training.
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed containers for safe deposit of hygienic materials.
- Separate entrance and exit to facility for arrivals and departures – require signage.
- Maintain 2-meter physical distancing measures.
- Dressing room and washroom availability may be based on municipality facility regulations.
- Common areas and facility equipment should allow for 2-meter physical distancing between participants.
- Outdoor – Benches/viewing areas may be limited or closed. Spectators must remain outside the facility perimeter fence. Indoor – no spectators (currently). Indoor facility guidelines to be determined.
- Reduce touch points.





On-Field Session Arrival Process:

1. A team manager/personnel will take attendance at the check-in area as each player enters the field. The attendance area should be clearly marked, and it must provide physical distancing pylons/cones or markers for those waiting to check in.
2. After a player is checked in, they will be assigned to a pylon/cone on the sideline. The pylon/cone will allow for ample physical distancing, and will serve as the player's personal station and water bottle location. Players will be required to wait at their pylon/cone until the coach is ready to begin the session. It will be important to carefully explain and adhere to the routine and model it for the players.

Note: Bench areas and viewing areas may be limited or closed by municipal guidelines. Parents/guardians may be able to view the session while practicing social distancing if permitted by the municipality. Masks should be worn by all non-participating persons when moving throughout shared pathways.

On-Field Session Departure Process:

3. The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss each player one by one from their pylon to prevent gathering. Players are expected to exit the field and proceed directly to their car.



Indoor Facility Session Arrival Process:

1. A club team manager/personnel will take attendance at the check-in area as each player enters the facility. The attendance area should be clearly marked, and it must provide physical distancing pylons/cones or markers for those waiting to check in.
2. After a player is checked in, they will be assigned to a pylon/tape marker on the playing surface. The pylon/tape marker will allow for ample physical distancing, and will serve as the player’s personal station and water bottle location. Players will be required to wait at their cone until the coach is ready to begin the session. It will be important to carefully explain and adhere to the routine and model it for the players.

Note: Bench areas and viewing areas may be limited or closed by municipal guidelines. Parents/guardians may be able to view the session while practicing social distancing if permitted by the municipality. Masks should be worn by all non-participating persons inside of an indoor facility.

Indoor Facility Session Departure Process:

3. The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss each player one by one from their pylon/marker to prevent gathering. Players are expected to exit the facility and proceed directly to their car.

8. KEY PRINCIPLES OF PROGRESSIVELY LOOSEN

As of August 24, sport has moved to the “Progressively Loosen” Phase which permits a careful increase to the number of contacts and contact intensity in sport. For Progressively Loosen, viaSport BC guidelines divide sports into 4 categories based on the number and intensity of contact within the sport. Lacrosse has been designated to Group C as a team sport with frequent or sustained contact. It is important to note that every sport will resume at its own pace and that other sports may follow different guidelines depending on the category in which they have been designated. This section outlines key principles for safely implementing Lacrosse activities in the Progressively Loosen Phase.

A) General Considerations

- a) It is recommended that all associations/clubs, that are starting new Lacrosse activities for the first time during the Progressively Loosen Phase, slowly introduce activities to allow the creation and testing of COVID-19 safety protocols and procedures. For example:
- Associations/clubs should plan a period of team training before teams enter into game play.
 - Programs should include skills and drills between the same individuals in a facility before starting to rotate groups.
 - Leagues should have the same teams play each other for a period of time before starting league play.
- b) All guidance pertaining to personal hygiene, cleaning protocols, symptom screening and other risk mitigation practices still apply in Phase 3. Lacrosse associations/clubs must comply with all other sections in this document.
- c) In order to reopen Lacrosse activities, each Lacrosse association/club must:
1. Create 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 their Board of Directors; and
 3. Publish the approved COVID-19 Safety Plan electronically, front and center within the association/club website home page and/or in hard-copy on the walls of the facility. If an association/club has already been operating with a Safety Plan, it must be reviewed and adapted to reflect the new guidelines for Progressively Loosen Phase.

Those BCLA-Member Associations/Clubs that want to proceed with Lacrosse activities in accordance with the BCLA Return to Lacrosse Phase 3 Guidelines must take the following mandatory steps. These measures must be in place prior to any individual’s participation in a BCLA-member Lacrosse activity:

1. BCLA Association/Club members must read, understand and agree to abide by the BC Lacrosse Association Return to Lacrosse Phase 3 Guidelines as circulated and posted on the BCLA Website.
2. The Association/Club President or Senior Officer must submit the completed BCLA Member Declaration of Compliance to Debbie Heard - deb@bcLacrosse.com.
3. The Association/Club must establish the training program(s) and offer the safest possible environment for all participants that choose to participate. Once the training program(s) has/have been established, the local BCLA-Member Association/Club must pass a board motion supporting the Lacrosse activity that your organization is choosing to offer under the terms of the Return to Lacrosse Phase 3 Guidelines.
4. All participating Leagues/Associations/Clubs must be in good standing with the BC Lacrosse Association. This includes being current with payments of all BCLA invoices to date.
5. All athletes must be currently registered (Field Lacrosse – 2020-2021; Box Lacrosse 2021 season TBD).
6. All participants (athletes, coaches, officials, volunteers) must sign the revised (at June 10/20) BCLA Waiver (UNDER the Age of Majority or OVER the Age of Majority Waiver) before participating.

B) Contact

Contact is defined by public health guidance and viaSport BC as close proximity (within 2 meters) or physical contact. Increased contact increases the risk of COVID-19 transmission. Lacrosse activities can be categorized from lowest to highest risk of COVID-19 transmission as follows:

1. Skill-building drills or training at home, alone or with family members.
2. Small group or team-based skill-building or drills that maintain physical distancing.
3. Group or team-based drills that require close contact.
4. Group or team-based activities that include physical contact.
5. Competitive activities that include physical contact between teams.

The careful introduction of contact in Lacrosse is permitted in the Progressively Loosen Phase with the following guidelines:

- Close physical proximity should be minimized as much as possible. Physical distancing must be maintained off all facilities at all times (ie, pre and post-game).
- Activities must comply with any modifications and recommendations made by BCLA's Return to Lacrosse Phase 3 Guidelines to minimize contact during COVID-19.
- The number and duration of contacts between different participants is limited (when physical distancing is not possible).
- Any introduction of Lacrosse activities involving either close proximity or physical contact should be done within a cohort (see next section).

C) Lacrosse Cohorts

In the Progressively Loosen Phase, cohorts should be created for all Lacrosse activities where there is contact or close proximity of less than 2 meters. viaSport BC defines a cohort as a group of participants who primarily interact with each other within the sport environment over an extended period of time.

Examples of Lacrosse cohorts may include:

- A program within a Lacrosse association/club where players train and play together weekly.
- An age/tier for inter-club play within a region.

The objective in establishing cohorts is to limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. For Lacrosse, the following guidelines must be followed when creating a cohort:

- Cohorts should not exceed 100 individuals or 4 teams (whichever is less).
- Cohorts should be made up of individuals/teams of similar age and skill level (ie, W- Field: U12 Tier 1; Box: 14U Boys A2).
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people on a field.
- Each cohort can be comprised of multiple teams in order to form a mini-league (ie, 4-team mini-league). With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break (14 days) between activities is recommended.
- When in a cohort, individuals do not need to maintain physical distancing during Lacrosse activities on the field of play. Individuals are recommended to minimize physical contact whenever possible. At least 2-meters distancing should be maintained between all participants when off the field of play (ie, on sidelines/benches, period breaks, huddles, in dressing rooms). If physical distancing cannot be maintained masks should be worn.

- Coaches and officials may be counted outside the total cohort number if they are able to maintain physical distancing at all times. The BCLA recommends coaches and officials to be outside of the cohort number. If they are unable to do so, coaches and officials should be assigned and counted within a cohort.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.
- There should be one responsible person or central point of contact for a cohort. It is the responsibility of this contact to maintain a central list with full contact information for all individuals participating within the cohort.

We acknowledge that individuals may engage in multiple sports or activities. Participants are encouraged to minimize the number of cohorts that they are involved in to reduce the number of individuals that they are interacting with.

SPECIAL NOTE: Lacrosse association/clubs are not required to create a cohort if they wish to offer small group skills development with physical distancing at all times (ie, as per the requirements in BCLA's RTL Phase 1 Guidelines for physical distancing skills and drills only).

D) Competition

In the Progressively Loosen Phase, viaSport BC states that, league play and competitive activities may occur within designated cohorts. Competitive sport activities include formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept. Examples of competitive activities in Lacrosse that are permitted in Progressively Loosen include the following:

- Association/Club play: games or competitive activities that occur within a team or club members in a cohort.
- Recreational league play: games or competitive activities that occur within a defined program, league or group of teams in a cohort.
- Regional competition: games or competitive activities occurring between associations/clubs in a cohort within a region. In Lacrosse, a region is defined by the zones set by the BCLA Zones. It is recommended that, wherever possible, cohorts and competition are created based on these regions. We acknowledge that some Lacrosse activities may need to combine nearby associations/clubs in order to make activities possible. In all cases, organizers should be aware of and consult public health guidance from the Regional Health Authorities in which they are operating Lacrosse activities.

NOTE: The BCLA regions will follow BCLA Zones for regional play. The Lower Mainland will be designated as one region.

Provincial competition is defined by viaSport BC as games or activities that are sanctioned by the PSO (BCLA) and draw individuals or teams from all areas of the province. The BCLA will provide further guidance when/whether provincial competition may be safely resumed. Inter-provincial competition are games or competitive activities that draw teams from outside the province and are NOT recommended.

If a sport has not yet returned to activities, it would be recommended that the activities continue to be slowly phased in. Return to sport activities should not jump straight to the highest threshold of activities without tested safety protocols. It is still recommended that associations/clubs start with training activities and slowly layer in different levels of competition after a minimum period of 14 days.

Associations/clubs are recommended to follow the guidelines below when planning the safe introduction of Lacrosse games or competitive activities:

- Cohorts must be created in order to resume competition (see section above).
- All competitions are required to have a detailed safety plan in place. Contact your Regional Health Authority and/or municipality if you have questions or require additional guidance for competitions.

- Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.
 - Limit contact as much as possible:
 - Plan arrivals and departures of different teams/groups to avoid co-mingling.
 - Avoid participants waiting on site between games/activities.
 - Discourage groups of people gathering before or after sport activities (ie, social events).
 - Schedule activities over a longer period of time (days or weeks) or at different locations.
 - Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
 - Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.
 - Community spectators (ie, those outside of a competitor's immediate family) are not encouraged until Phase 4. If parent/guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the facility.
 - Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
 - Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete or other personnel develop COVID-19 symptoms.
 - If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.
- See Outbreak Plan in section #15 - Emergency Preparedness and Response**

E) Travel

As of June 25, 2020, provincial travel restrictions have been lifted. However, travel for the purposes of Lacrosse activities should still be slowly introduced.

In the Progressively Loosen Phase:

- Individuals should remain primarily within their region when travelling for Lacrosse in order to limit the number of groups that they are coming into contact with. Exceptions may include travel to attend a high performance training camp or provincial championship when sanctioned by the BCLA.
- Inter-provincial and international travel are not recommended at this time.
- If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.
- If choosing to travel, the following recommendations are in place for individuals:
 - Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories.
 - If sick, stay home, even if symptoms are mild.
 - Wash your hands often.
 - Practice safe physical distancing, two meters distance from others.
 - Wear a mask if you cannot keep a safe distance from others for an extended period of time.

F) High Performance

The Progressively Loosen Phase allows the introduction of high performance training opportunities that bring together athletes from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members. For the purposes of this plan, 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, Field and Women's Field Lacrosse programs. National team training includes athletes training for CLA Team Canada programs (not currently applicable).

In BC, provincial team training will adhere to the following recommendations which are in accordance with Own the Podium's COVID-19 Return to High Performance Sport Framework.

- Typically, high performance training environments are centralized or multi-day camp settings. Before planning a camp, organizers should consider both the need and risk for athletes to have access to the particular training environment. High-level athletes may have an increased level of vulnerability due to increased stress on the body through training loads, which may be taxing on the immune system.
- Pre-camp, organizers should:
 - Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate.
 - Recommend that individuals reduce exposure to others and minimize visits to public places for at least one week leading up to the camp.
 - Stress the importance of individuals to pay attention to their health (proper rest/sleep & nutrition, symptom-screening).
 - Plan travel to minimize interactions with other people where possible.
 - Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if athlete/personnel develop COVID-19 symptoms.
- In-camp, organizers should:
 - Enforce physical distancing, proper hand hygiene and rest and recovery.
 - Ensure appropriate protocols are in place for cleaning and disinfecting of equipment.
 - Require individuals wear masks when outside the training environment where physical distancing with others cannot be maintained.
 - Form a cohort for the duration of the camp.
 - Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group:
 - Plan for all individuals to stay in the same accommodation, if possible.
 - Consider having food services catered or bringing in food, rather than going to restaurants.
 - Avoid public transportation (or recommend individuals wear masks if taking public transportation).
 - Conduct daily symptom-screenings using the BC COVID-19 Self-Assessment Tool.
 - Enforce illness policy if individuals present signs and symptoms of COVID-19.
- Post-camp, organizers should:
 - Plan travel for returning home to minimize interactions with other people where possible.
 - Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop.
 - Comply with public health officials' directives in the event of an outbreak.

9. LACROSSE PROGRAMMING

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

a) General Information

- BCLA currently registered athletes only (2020-21 Field Athletes; 2021 Box Athletes TBD).
- BCLA currently registered coaches only with proper coach training (2020-21 Field Coaches; 2021 Box Coaches TBD). 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 (ie, team safety person).
- **CLA 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.

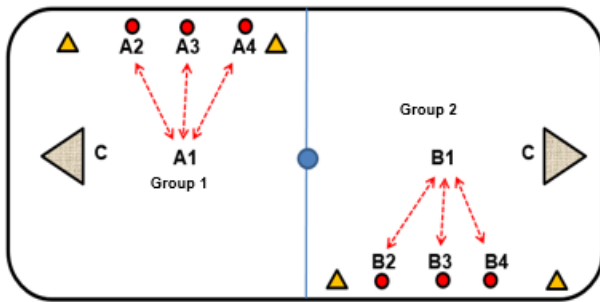
- The BCLA will provide an access code to any new coaches who has not attended a previous NCCP Lacrosse course.
3. Emergency Action Plan (EAP) - free online at Coaching Association of Canada (CAC) The Locker.
4. Making Head Way - free online at Coaching Association of Canada (CAC) The Locker. www.coach.ca
- 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 and above -- ALL coaches will be granted the same status from 2019 again in 2020.
 - In order to complete points #3 and #4 above, coaches must have access to their NCCP coaching number.
- **BCLA Coaching Training** The BC Lacrosse Association Coaches Technical Support Group (BCLCTSG) is co-ordinating coach curriculum for clinics to be delivered online. Please see the Coaches tab on the BCLA website.
 - 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 Officials and Umpire Training** – The BC Lacrosse Association Officials Technical Support Group (BCLOTSG) is currently coordinating and planning officials/umpire curriculum for clinics to be delivered online.
 - Officials/umpires 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.
 - Reduce touch points (equipment, facility, etc.)
 - **APPENDIX C: Masks**
 - **APPENDIX D: Facility Sections – FIELD.** Suggested Facility Zone Spacing (Sections on Field). **On-Field** – ratio of ten (10) athletes to one (1) coach for every field quadrant (4). This appendix offers suggestions for participant and coach spacing for an outdoor field and to adhere to 2-meter physical distancing.
 - **APPENDIX E: Facility Sections – BOX.** Suggested Facility Zone Spacing (Sections on Outside Box/Floor). Ratios - On-Floor – ratio of eight (8) athletes to one (1) coach for every floor section (half floor). This appendix offers suggestions for participant and coach spacing for box Lacrosse facility (outdoor/indoor).

Note: Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting numbers to 50 people. Coaches must manage a 2-meter physical distancing throughout drills and skills at the facility during activities.

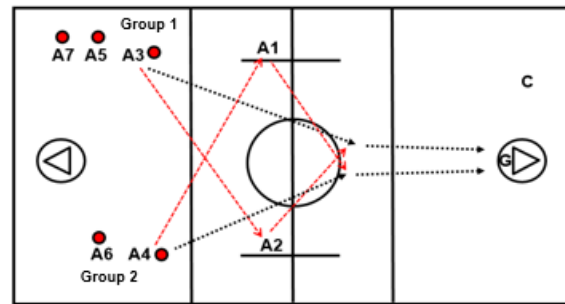
Resuming sport activities may not be linear, increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. Lacrosse associations/clubs need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer and Regional Health Authorities.

b) Drills and Skills

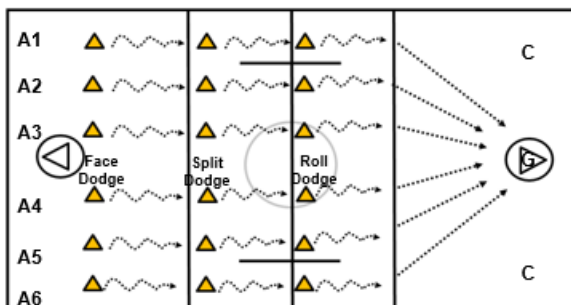
Sample Practice Drills for Physical Distancing Lacrosse Activities



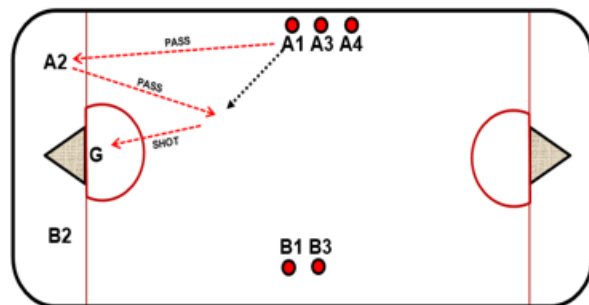
- ✓ Each player starts with a ball
- ✓ A2 passes to A1 and A1 passes back to A2
- ✓ A3 passes to A1 and A1 passes back to A3
- ✓ 60 second drill, then switch places
- ✓ Compete against other groups



- ✓ A4 passes to A1 and cuts towards the middle
- ✓ A1 passes back, A4 runs in to shoot on the goalie
- ✓ A3 passes to A2, A3 cuts towards the middle, etc.
- ✓ 60 second drill, then rotate A1 & A2 into line-up
- ✓ Compete against other groups
- ✓ Each player in line is staggered to maintain 2m



- ✓ Each pylon has a different dodge
- ✓ Dodge direction depends on the side of the field
- ✓ Each player finishes with a shot on goal
- ✓ Stagger lanes to maintain 2m



- ✓ A1 passes to A2, then cuts to the net
- ✓ A2 returns the pass to A1 and A1 shoots on goal.
- ✓ B1 passes to B2, then cuts to the net
- ✓ B2 returns the pass to B1 and B1 shoots on goal
- ✓ Switch places after everyone has shot

The above drills and skills work in any Lacrosse setting with players of all skill levels, and can be modified to increase the challenge of activities depending on the age and level of players. In addition to these drill diagrams, we have created the BCLA Drills Library. The BCLA Drills Library are recommendations to assist coaches with participants of varying development stages and ages with 2-meter physical distancing in mind.

- Maintain a 2-meter physical distancing while performing drills/skills at all times including waiting in lines, waiting for instruction and when moving within drills.
- Drills/skills are designed to build and enhance individual athlete skill development.
- A gradual introduction to contact in cohorts is permitted once teams are selected to a team cohort.
- Goaltenders are permitted take part in all activities with participants. Do not share goaltender equipment and do not touch balls with hands.
- Station work is recommended to assist coaches to offer drills/skills activity flow and variety.
- Coaches must be cognizant that older, and higher-skilled athletes, may utilize more space during Lacrosse activities so you may need to adjust the number of people allowed in the activity area.

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

10. OFFICIALS

Lacrosse officials and umpires are an important part of the landscape of Lacrosse. The BCLA officials are keen to get back on the fields/facilities and officiate games in accordance with provincial health authorities' guidelines, and official's guidelines to enjoy Lacrosse activities in the safest manner possible. In any games/league play, BCLA-certified officials must be used. Associations that require officials should 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.

Pre-Game	<ul style="list-style-type: none"> • Officials will maintain a 2-meter physical distancing at all times. • Officials will wear masks if they cannot maintain a 2-meter physical distance. <p>Women's Field: Touchless stick checks will be conducted. Men's Field: No Stick checks will be conducted. Box: No Stick checks will be conducted.</p>
Personal Equipment	<ul style="list-style-type: none"> • Arrive to all facilities dressed in the officiating uniform. • Bring your own water bottle (must be filled at home and clearly labelled). • Do not touch players' equipment (dropped sticks, padding, etc.). • Will use a regular blow whistle. Whistles will be disinfected after every use.
Game Balls	<ul style="list-style-type: none"> • Sanitized game balls are provided by the hosting team prior to the game. • Once the game has begun, officials will not touch a game-used ball with their hands. • When a ball goes out of play, a sanitized ball will be used to restart play.
Surfaces / Benches	<ul style="list-style-type: none"> • Hosting club is responsible for disinfecting all surfaces between games. • Substituting players are given right of way during line changes to maintain physical distancing.
Game Sheets	<p>Women's Field: Score kept on scoresheet and flip score board. Men's Field: Score kept on scoresheet and flip score board. Box: Score kept on scoresheet; score is kept by the game clock. *It's suggested that coaches take a photo of a game score sheet for records.</p>
Timekeepers	<p>Women's Field: Field-side timekeepers as usual for game time. Men's Field: Field-side timekeepers as usual for game time. Box: Game timekeepers and shot clock operator as usual for game time.</p>
Game Play	<ul style="list-style-type: none"> • Draws are not conducted by officials at any point in the game. • Possession is awarded after a coin-flip between team representatives prior to the game. • The team who did not start with the ball in the first half is awarded possession for second half (If quarters, then possession rotates after each quarter).
Post Goal Restart	<ul style="list-style-type: none"> • The goaltender is responsible for retrieving the ball from the net following any goal. • The team scored upon shall begin play once the goaltender retrieves ball from the goal, Men's Field – play restarts when ball is 20 yards diagonally from goal crease. • Play restarts with a whistle.
Responsibilities	<ul style="list-style-type: none"> • Officials are solely responsible for officiating games according to the rules of Return to Lacrosse and the applicable rule book per discipline. • Clubs are responsible to make payments to officials according to the BCLA leagues policies.
Post-Game	<ul style="list-style-type: none"> • Officials will put on a mask immediately after the game and leave the facility. • Officials maintain a 2-meter physical distancing and will not conduct handshakes. • Officials will wear masks after to game if a 2-meter physical distance isn't possible.

NOTE: Hosting Clubs are responsible for disinfecting all surfaces and electronic score devices and/or flip score boards after each use.

11. GAME PLAY

Lacrosse players are looking forward to getting back on the fields/facilities to play Lacrosse games. British Columbia is in Phase 3 of the Restart Plan and as of August 24, sport has moved to the “Progressively Loosen” Phase. In this phase of sport there can be a careful increase to the number of contacts and contact intensity in sport. This next phase offers BCLA association/club members a gradual introduction to modified Lacrosse games introducing activities that may involve instances of contact in a safe way.

- Close physical proximity (within 2 meters) should still be minimized as much as possible
- In sports and activities that generally involve interaction between participants at a distance of less than 2 meters, it is recommended that:
 - Modification of the activity or sport rules occur to minimize contact to keep participants at a safe distance;
 - The number and duration of contacts between different participants is limited (when physical distancing is not possible);
 - Physical distancing when not participating in the sport activities is maintained (ie, pre/post-game).
- Any introduction of activities involving either close proximity or physical contact should be done within a sport cohort.

viaSport BC’s guidelines recommend modifications to any sport where players are in close proximity or involve contact. The following rule modifications will be mandatory to each sector of Lacrosse. In all cases, associations/clubs are advised to ease into physical activity with a focus on participant safety prior to introducing scrimmaging or game play.

All M-Field, W-Field and Box 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 (ie, 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*; and *Making Head Way (free online through CAC Locker)*.

Youth Field/Men’s Field:

- Games are 6v6 (U7 & U9: 6 players) and 10v10 (U11 & Older).
- U7 & U9: two attackers, two midfielders, two defenders and no goaltenders.
- **Game duration.** U7 & U9 consist of 2 x 20-minute halves running time; U11 & Older consists of 4 x 12-minute quarters (or 24 min. halves). All games include a half time break.
- Goals are the appropriate size to the division being played. U7 & U9 use drop downs on goals.
- **No Face-offs.** Each game will start with a coin flip that will determine first possession of the game with possession alternating to begin each period. The team that wins possession starts with a “free clear” at center.
- **Restarts.** After a goal is scored, the team scored upon begins play once the goaltender retrieves the ball from the goal. Play restarts once the ball is 20 yards laterally from the goal crease before play is blown in (like a crease violation restart).
- **Loose balls.** The nearest player who makes clear advancement towards a ball will be awarded possession. The opposing player(s) must reposition themselves to avoid contact. The official will call out the jersey colour of the player nearest to the ball.
- **Contact.** Close proximity and contact should be minimized as much as possible. Regular Men’s Field contact rules apply in sport cohorts scrimmages and games. All deliberate offensive contact anywhere on the field will be a change of possession except contact covered in the rule book (ie, picks & screens). Attempt to avoid incidental contact whenever possible. All deliberate defensive contact anywhere on the field will be penalized as a personal foul.

- Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the field.

Women's Field:

- Games are 4v4 (U8: 4 players, no goalie), 8v8 (U12), 8v8 and 10v10 (U15 & U19).
- **Game duration.** U12 to U19 consist of 2 x 20-minute halves running time are suggested with a half time break. Last 2-minutes of each half will be stop time. Teams do not change ends.
- U8 consist of 2 x 12-minute halves running time are suggested with a half time break.
- **No Draws.** Each game will start with a coin flip that will determine first possession of the game with possession alternating to begin each period.
- The team that wins possession starts with a “free clear” at center.
- **Restarts.** After a goal is scored, the team scored upon begins play once the goaltender retrieves the ball from the goal.
- **Loose balls.** The nearest player who makes clear advancement towards a ball will be awarded possession. The opposing player(s) must reposition themselves to avoid contact. The umpire will call out the jersey colour of the player nearest to the ball.
- **Contact.** Close proximity and contact should be minimized as much as possible. Regular Women's Field contact rules apply in sport cohorts scrimmages and games.
- Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the field.

Box Lacrosse (Additional Game Modifications are to be determined):

- Games are 3v3 (Mini Tyke/Tyke: 3 players) and 4v4 (Novice & Older: 3 players & 1 goaltender).
- **Games duration.** Mini-Tyke/Tyke (2 x 15-minute halves); Novice and Older consist of 2 x 15-minute. All games are running time with a half time break; teams do not change ends.
- Goals are the appropriate size to the division being played.
- **No Face-offs.** Each game will start with a coin flip that will determine first possession of the game with possession alternating to begin each period. The team that wins possession starts with a “free clear” at center.
- **Restarts.** After a goal is scored, the team scored upon begins play once the goaltender retrieves the ball from the goal.
- **Loose balls.** The nearest player who makes clear advancement towards a ball will be awarded possession. The opposing player(s) must reposition themselves to avoid contact. The official will call out the jersey colour of the player nearest to the ball.
- **Contact:** All play will be non-contact and no hitting permitted. Players may not initiate any stick or body contact. Players will maintain a 2 meter physical distance from opponents at all times. All deliberate offensive contact anywhere on the floor will be a change of possession except contact covered in the rule book (Ie, picks and screens). Incidental contact on the floor will be a change of possession. All deliberate defensive contact anywhere on the floor will be penalized as a minor or major penalty. Incidental defensive contact anywhere on the floor will be a reset of the shot clock. **Mini-Tyke/Tyke**, in more serious cases, the coach may replace the offending player with another player.
- Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the facility. **Mini-Tyke/Tyke**, are 2-minute line changes.

See [Adaptive Lacrosse Games with Modifications](#) on BCLA Return to Lacrosse Phase 3 webpage for details.

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.”

12. SIGNAGE/INFORMATION RESOURCES

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

EXAMPLES OF SIGNAGE/RESOURCES

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

13. COMMUNICATION

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

14. RULES/PROTOCOL ENFORCEMENT/DISCIPLINARY ACTION.

Failing to comply with the BC Health Authority, viaSport BC, local municipalities and BCLA's Phase 3 Return to Lacrosse Guidelines could put the entire BCLA Membership under suspension by the BC Health Authority or member associations/clubs respective municipalities. Therefore, failure to comply with the laws, rules, and protocols set out by the Federal and Provincial governments, the BC Lacrosse Association, facilities, municipalities, and all health agencies/authorities may result in disciplinary action.

15. EMERGENCY PREPAREDNESS AND 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 first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/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. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

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:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
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. For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

COVID-19 BC Support App and Self-Assessment Tool

- Procedure for athletes/staff to clearly identify who to contact and how to do so if they or other participants feel unwell or show symptoms of COVID-19 (see above).
- Designate an isolation area on site until patient(s) are dealt with appropriately.
- Established mechanism for collaboration and co-ordination with local public health authorities in the instance of a COVID-19 outbreak.
- Decision-making authority and an agreed procedure to modify, restrict, postpone, or cancel the return to Lacrosse activities related to a reported COVID-19 outbreak.
- Develop a risk communication strategy in regard to COVID-19.

16. COVID-19 RESOURCES

HEALTH RESOURCES

- Healthlink BC – Contact 8-1-1 or your health care provider re: personal health situation.
- BC Centre for Disease Control – COVID-19 Symptoms - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>
- BC Centre for Disease Control – <http://www.bccdc.ca/>
- BC Centre for Disease Control – Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>
- PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- World Health Organization (WHO) – COVID-19 International News/Updates - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/news>
- BC Centre for Disease Control – Cleaning and Disinfecting- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

- BC Centre for Disease Control – Cleaning and Disinfecting for Public Settings - http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- COVID-19 (B.C.) Provincial Support: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Health Canada Handwashing Guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>
- Health Canada Personal Protective Equipment against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>
- Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

REGIONAL HEALTH AUTHORITIES

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

PROVINCE OF BC

- BC’s Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed
- BC COVID-19 Go-Forward Management Strategy: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION
- BC Go Forward Strategy Checklist: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf

SPORT AND RECREATION RESOURCES

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

WORKSAFE BC RESOURCES

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

17. DISCLAIMER

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

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

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

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

AUTHORSHIP

We extend our appreciation and gratitude to the BCLA individuals who offered their expertise and collaborative assistance through all aspects of the BCLA Return to Lacrosse Guidelines.

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Men's Field Focus Group:

Lee Brien, Mitchel Cavallarin, Daren Fridge, Gord Kask, Dirk Rachfall, Darcy Rhodes, Russ Sheppard, Gerry Van Beek.

Women's Field Focus Group:

Ashley Bull, Jason Carr, Sydney Hara, Fred Jenner, Kellie Ohlmann.

Officials and Umpires:

Lee Brien, Sydney Hara, Ryan Nose and BCLOTSG.

Coaches:

Russ Sheppard 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: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/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 person safety throughout the activity. <https://bc.thrive.health/covid19/en> or through the **COVID-19 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 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

Personal Protective Equipment should be broken down into the following 3 categories based on risk of exposure levels:

1. Low Risk: tasks where an individual is isolated.
2. Medium Risk: wear disposable gloves, paper/filter mask.
3. High Risk: tasks where individuals cannot maintain social distancing of 6 feet.

Wearing masks if you are healthy

- Medical masks and N95 respirators should be reserved for healthcare workers.
- Wearing a cloth mask is a matter of personal choice.
- Some people can spread the virus when they have very mild symptoms or may be unaware they are infected. In this case, wearing a mask can help in containing your own droplets and protect others but it will not protect you from COVID-19. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask). Any mask, no matter how efficient at filtration or how good the seal, will have minimal effect if it is not used together with other preventive measures, such as frequent hand washing and physical distancing.
- It is important to treat people wearing masks with respect.

Considering the use of homemade masks

- The use of a homemade mask should only be considered by members of the public who are symptomatic, or caring for someone who is symptomatic, as an interim measure if commercial masks are not available.
- If you are making a mask, here is some information to improve the effectiveness of homemade masks:
- Some materials are better than others. Use clean and stretchy 100% cotton t-shirts or pillowcases.
- Ensure the mask fits tightly around the nose and mouth; material that allows droplets to pass through will not work. **Hint - a twist tie at the top, will insure a snug fit over the bridge of the nose.*
- The mask should be comfortable, or you won't want to wear it consistently.
- If the mask makes it a lot harder to breathe, then the seal will not be as good, and the mask will be less effective.
- Clean or change the mask often.

Disposing of used (disposable) masks

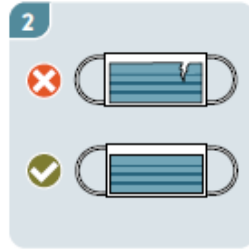
- Masks need to be changed frequently. To dispose of masks after use:
 - Wash your hands with soap and water before taking off your mask.
 - Dispose of used masks in a wastebasket lined with the plastic bag.
 - After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.

- When emptying wastebaskets, take care to not touch used masks or tissues with your hands. All waste can go into regular garbage bins.
- Clean your hands with soap and water after emptying the wastebasket.

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.

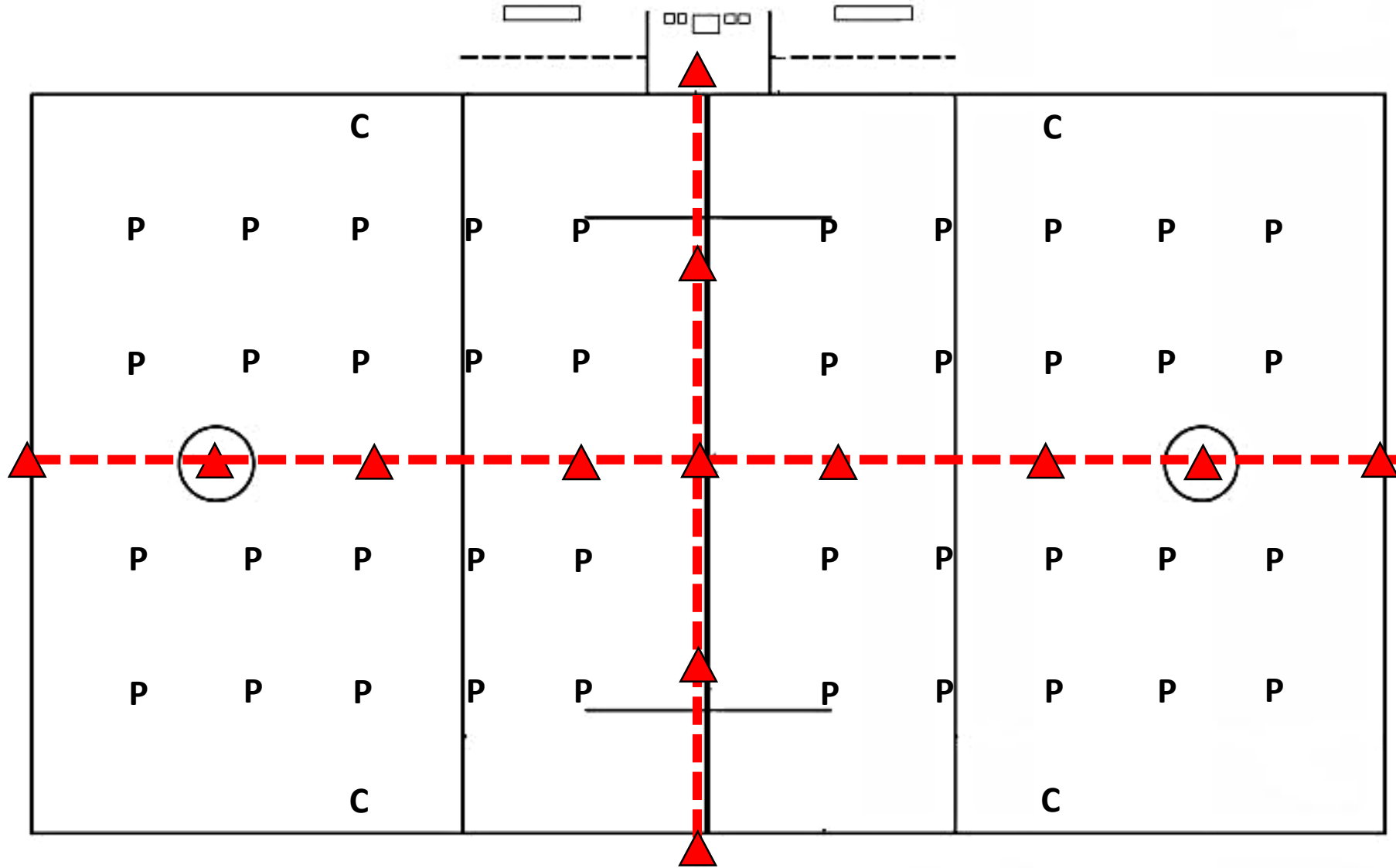
4 Wash your hands. If required, follow the procedure for putting on a new mask.

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

Four (4) Sections Activity Spacing – Outdoor Field

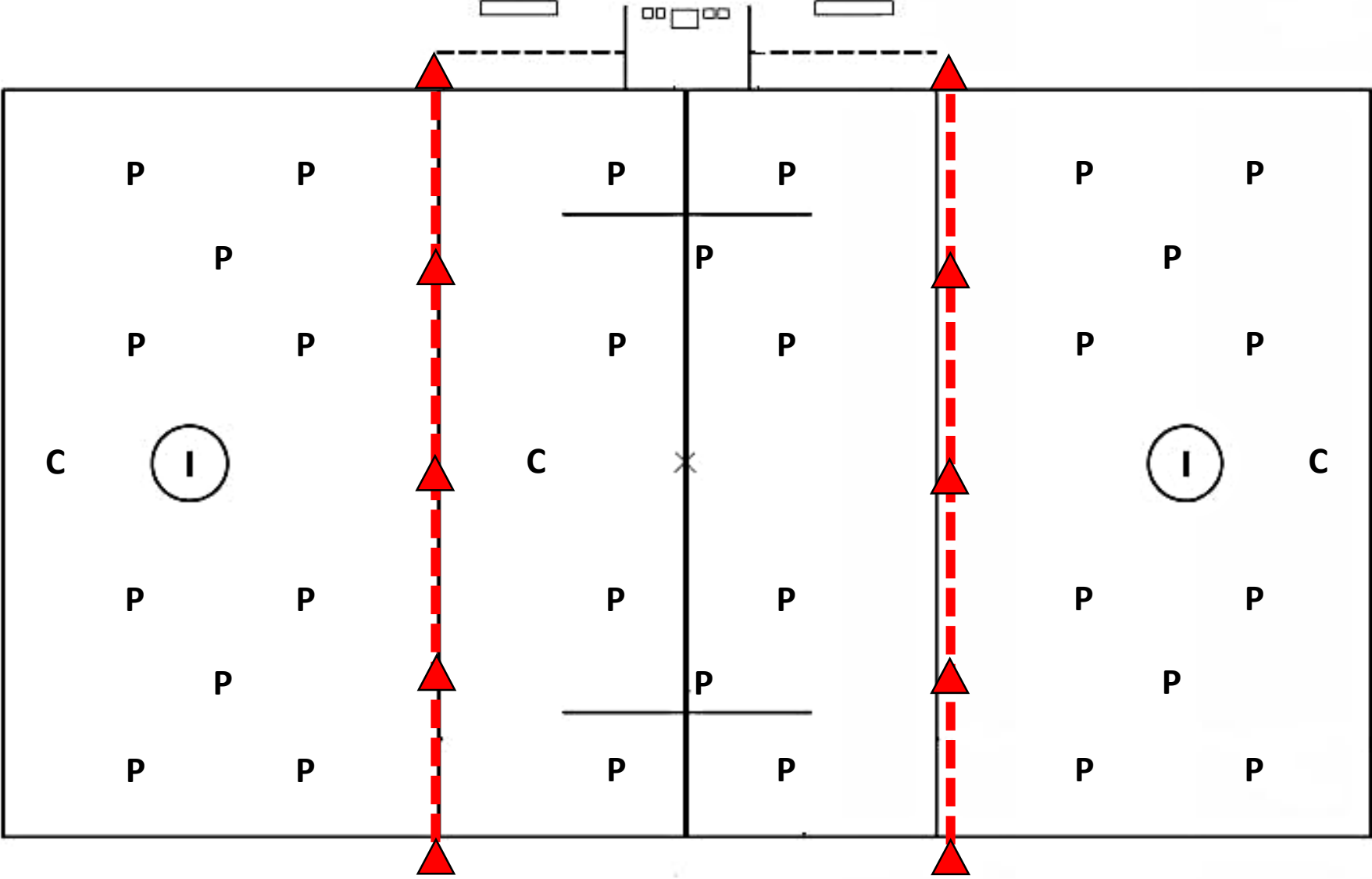
Age: All ages (40 participants – – Player-Coach Ratio 10:1 per area maximum)

C - Coach
P - Player



Three (3) Sections Activity Spacing – Outdoor Field

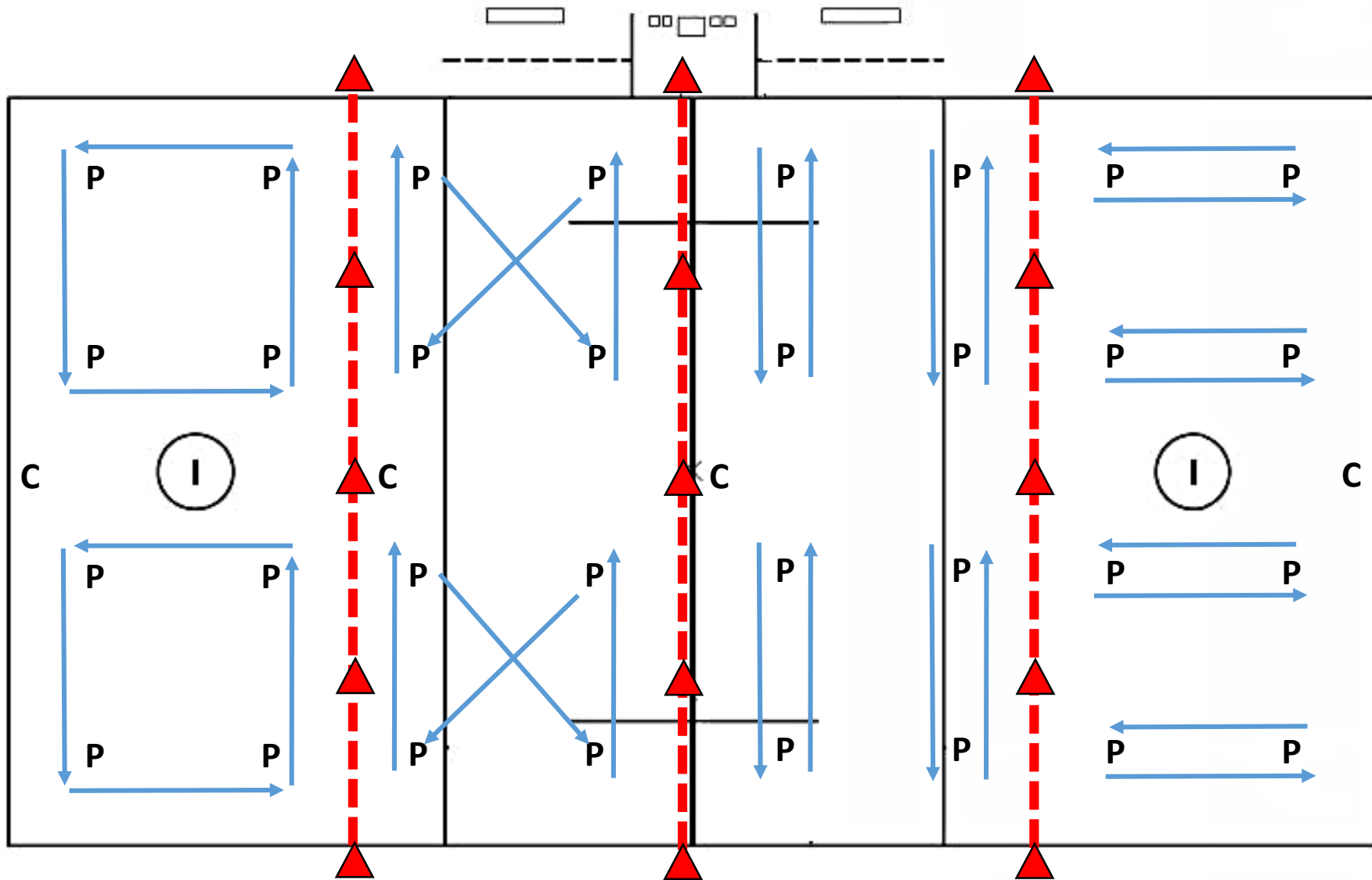
Age: All ages (30 participants – Player-Coach Ratio 10:1 per area maximum)



C - Coach
P - Player

Four (4) Sections Activity Spacing Concepts – Outdoor Field
Passing, Catching and Scooping Skill Development

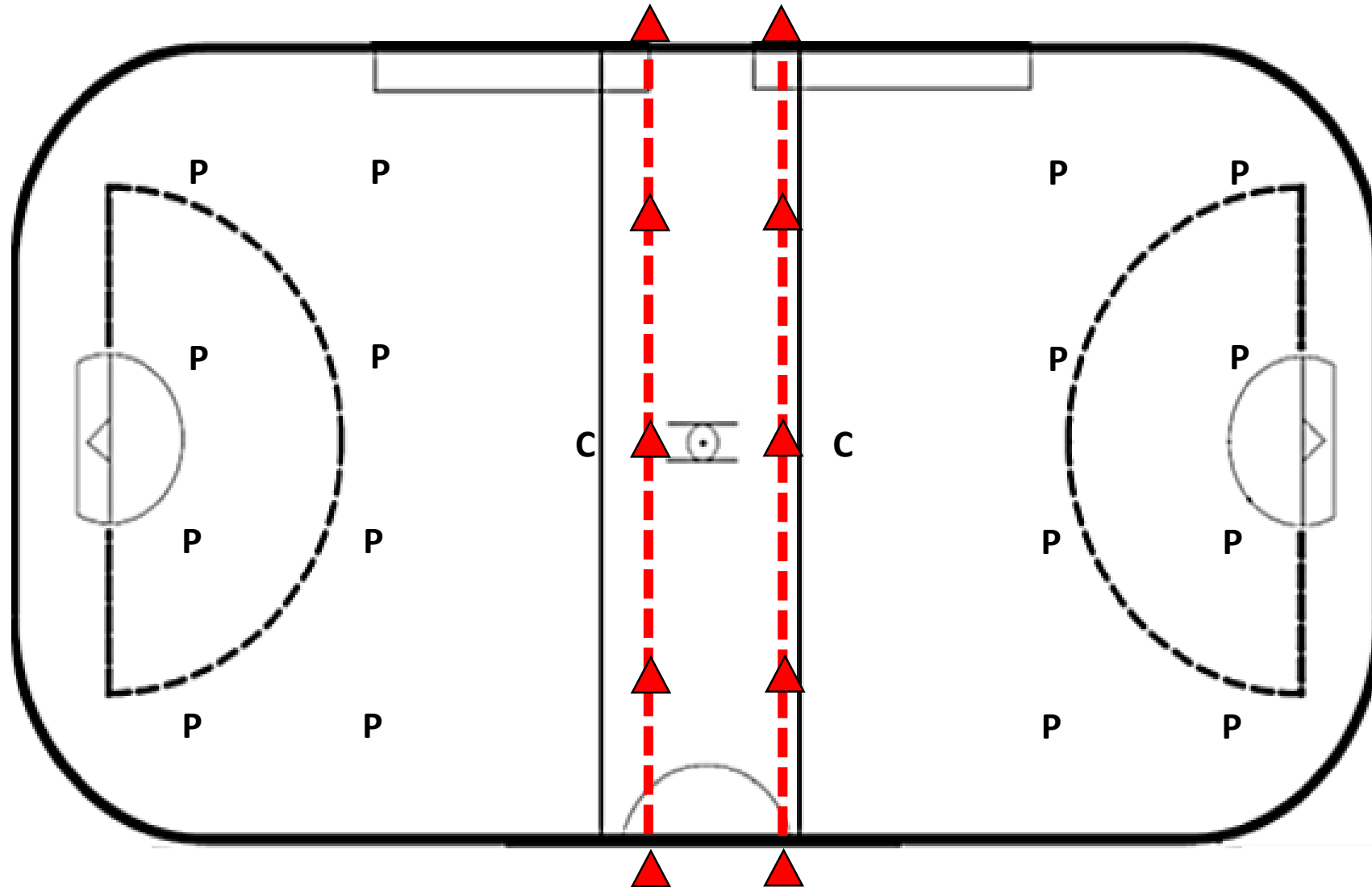
C - Coach
P - Player



Two (2) Sections Activity Spacing – Outdoor Box

Age: All ages (Up to 16 participants – – Player-Coach Ratio 8:1 per area)

C - Coach
P - Player



APPENDIX F: viaSport BC Sport Activity Chart

APPENDIX A – SPORT ACTIVITY CHART – Taken from viaSport BC’s Return to Sport Guidelines

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Group sizes increase based on sport type (i.e. level of contact) Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restriction on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.) Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play of modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.

APPENDIX G: viaSport BC's Member Communication Template

Date

Dear <<PARTICIPANT, COACH, PARENT>>:

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the BC Lacrosse Association has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached BC Lacrosse Association's Return to Sport Guidelines document has been developed for our sport in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Guidelines document will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Guidelines are based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk.

Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,



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

A Ministerial Order has been issued during BC's State of Emergency, extending liability protection to not-for-profit amateur sport organizations for damages resulting from exposure to COVID-19. This liability protection applies as long as sport organizations and their members are complying with orders from the provincial health officer and following the BCLA's Return to Lacrosse Guidelines. This protects the directors, officers, staff and volunteers of not-for-profit sport organizations recognized under the BC Societies Act. The Province of BC recently passed the COVID-19 *Related Measures Act*, which extends sport liability protection 90 days past the provincial state of emergency. To review the Province of BC's announcement, please [click here](#). 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 BC Lacrosse Association Return to Lacrosse Phase 3 Guidelines as circulated and posted on the BCLA Website – direct link to page: <http://www.bclacrosse.com/return-to-lacrosse.php>.
2. 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.
3. 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.
4. In BCLA's Return to Lacrosse Phase 3 Guidelines, we agree to establish all lacrosse activities and offer the safest possible environment for all participants that choose to participate. Once the lacrosse activities has/have been established, our Board will pass a motion supporting the lacrosse activities that we choose to offer under the terms of the Return to Lacrosse Phase 3 Guidelines.
5. All athletes will be currently registered (Field Lacrosse – 2020-2021 season; Box Lacrosse – 2021 season TBD).
6. All participants (athletes, coaches, officials, volunteers) will sign and submit the revised (at June 11/20) BCLA Waiver (UNDER the Age of Majority or OVER the Age of Majority Waiver) before participating in any lacrosse activity.

Signature: _____ **Date:** _____