



Frequently Asked Questions – Return to Lacrosse

Updated March 19, 2021

Q. What restrictions are in place for sport?

Answer: On March 15, 2021, sport-specific updates were added to the [Provincial Health Officer Order on Gatherings and Events](#), a summary of which is available on [this page](#). The intent of this order is to significantly reduce social interactions and travel. The impacts on sport are listed in the next questions.

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

Answer: All indoor and outdoor adult group sport activities for people 22 years of age and older are limited to the following:

- If the group sport is indoors, **only 2 persons participate.**
- If the group sport is outdoors, **only 10 persons participate (increase from 4 people).**
- The participants maintain a distance of three metres from one another while engaged in the group sport, unless the participants reside in the same private residence.
- There are no spectators, unless the presence of a spectator is necessary in order to provide care to a participant.
- The government website lists a number of sports as examples, but it is important to note that this is not an exhaustive list. All **sport** must follow these restrictions.

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

Answer: All indoor and outdoor sport for people under 22 years of age can continue but:

- Participants maintain a physical distance of three metres from one another while on the field of play and do not engage in handshaking, high fives, hugging, etc.
- Travel restrictions are in place for sport. Individuals can only travel to their home club/association at which they train regularly.
- Games, tournaments and competitions are temporarily suspended for teams.
- There are no spectators, unless the presence of a spectator is necessary in order to provide care to a participant.
- The focus is on activities that have a low risk of COVID-19 virus transmission (i.e., can maintain three meters physical distance).

Q. How long are these restrictions in place?

Answer: On February 5, the Office of the Public Health Officer extended the Order for events and gatherings. The Order can be revised at any time or additional orders could be put in place that supersede this Order.

Q. When might lacrosse game competitions start?

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



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Q. Where can we access physical distancing drills?

Answer: You can access these drills and more in the [BCLA Drill Library](http://www.bclacrosse.com/lacrosse-drills-and-skills.php):
<http://www.bclacrosse.com/lacrosse-drills-and-skills.php>

Q. Can athletes travel in between communities to play?

Answer: With the travel restrictions, Individuals are permitted to travel to their home club/association for the purpose of sport, while following all restrictions in the current public health order. No group travel for sport is permitted. See [viaSport Travel Reminders for Spring Sports](#)

Q. What are the current travel restrictions in place?

Answer: No group travel for sport is permitted. Individuals are permitted to travel to their home club/association. Home club is defined as the sport organization, club, or facility at which a person is registered for ongoing sport programming.

Interprovincial travel is not allowed for sport. High performance athletes who have been identified to a targeted athlete list with the Canadian Sport Institute Pacific by their respective provincial sport organization or national sport organization must be already training in B.C. to be part of the exemption.

Q. Should we carpool with other athletes?

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

Q. Are spectators allowed?

Answer: There are **no spectators**, unless the presence of a spectator is necessary in order to provide care to a participant.

Q. Has the definition of physical distance changed?

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

Q. What are the maximum group sizes for youth?

Answer: Group sizes are dependent on the individual facility, its size and the ability to maintain a physical distance of at least three metres during the activities. Please follow the maximum occupancy guidelines by your city/municipality and facilities. Group sizes cannot exceed 50 people.

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

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



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

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

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

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

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

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

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

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

Q. Are there enforcement mechanisms in place?

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

Further Resources

[Order of the Provincial Health Officer – Gatherings and Events](#) (at Mar. 12, 2021) – BC Government

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

[British Columbia's Return to Sport](#) – FAQ (at Mar. 15, 2021) - viaSport BC

[Province-wide Restrictions](#) (Continuous updates – at Mar. 18, 2021) – BC Government