

## **Alberta Lacrosse Association Framework for Relaunch**

Lacrosse is an integral part of Alberta's society. Lacrosse at all levels and abilities makes an important contribution to the physical, psychological and emotional well-being of individuals. At a population level, benefits of sport include direct economic benefits; healthcare benefits; educational benefits; and contribution to social capital through connectivity, resilience and creating stronger, cohesive communities,

The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. COVID-19 has impacted people in varying ways with many experiencing deterioration in their mental health and financial wellbeing. Resumption of sport can significantly contribute to the re-establishment of normality in Alberta, in a COVID-19 environment.

This framework is a timely tool of minimum baseline of standards, for "how" reintroduction of lacrosse activity will occur in a cautious and methodical manner, based on the best available evidence to optimise athlete and community safety. The principles outlined in this document apply equally to high performance/professional level, community competitive and individual passive (non-contact) sport. Decisions regarding the timing of resumption of lacrosse activity must be made in close consultation with the Provincial and/or Local Public Health Authorities. The priority at all times must be to preserve public health, minimising the risk of community transmission.

### **Conditions for Relaunch**

Provide education material for lacrosse members to promote required behaviours (ie. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing).

Suggested educational information:

- Good hygiene for coronavirus (COVID-19)
- Hand washing guidance
- Keep that cough under cover
- Self-isolation (self-quarantine) for coronavirus (COVID-19)
- Advice for people at risk of coronavirus (COVID-19)
- Social Distancing

Display appropriate education material within sporting environments and facilities. Suggested educational information:

- Good hygiene practices poster for businesses
- Good hygiene is in your hands
- Hand washing guidance
- Keep that cough under cover
- Education of community sport members on hygiene practices and promote required behaviours relevant to lacrosse:
  - No sharing of drink bottles and towels.
  - No sharing of equipment without an appropriate cleaning protocol, in between training sessions
  - Come dressed and ready to play; leave immediately when done
  - In early stages parents drop kids off

To prepare for the first stage of relaunch, we will have the following elements in place:

Booking of Outdoor Facilities
Establishment of Guidelines
Health Pre-Screening prior to event
Selection of Competitive Introduction Coaches

*\*With these foundational elements in place, we will ensure a safer reopening.*

### Key Measures and Timing (From the Government of Alberta)

Percentage of tests that are positive
Hospitalizations and intensive care unit rates

*\*Confirmed cases will be monitored in real-time to inform proactive responses in localized areas of the province.*

*\*\*We need to learn as we go and evaluate as we take careful, considered steps from one stage to the next. There may be times we need to take a step back, but in time, we will adjust and move forward together.*

*\*\*\*Continuous evaluation of health triggers could result in restrictions being removed or reapplied in some localized areas of the province.*

### Stage One—Return-to-Activity

Stage One
Outdoor Recreation *as early as May 14th
<b>Group Size:</b> 50 (Max)
<b>Social Distancing:</b> Maintain distance of 2m; parents drop kids off at facility and pick up when completed; kids come ready to play as no dressing rooms will be supplied
<b>Equipment:</b> Players must supply all equipment with the exception of balls and nets. Balls and nets will follow directives of the government. Masks Optional.
<b>Global Physical Preparation:</b> Strength, plyometrics, aerobic conditioning, stretching, neuromuscular work.
<b>Technical Skill Development:</b> Passing, Catching, Ground Balls, Shooting, Stick Control.
<b>Tactical Development:</b> None
<b>Competition:</b> None

#### Other Stage One Requirements:

- A responsible person over 18 must oversee the activity to ensure public health guidelines are adhered to.
- In the event that a participant requires first aid, consider having a family member attend to the injured. If not possible, the first aider should use appropriate Personal Protective Equipment, including medical mask and gloves.
- Limit the number of contacts between different participants by playing within set cohorts or having a fixed group of participants that do not exceed 50 people, including the responsible person(s).
- When considering size of the group, a responsible person must be able to provide adequate supervision so as to maintain the principles, recommendations and public health orders from Alberta Health.
- No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.
- Spectators are not allowed to enter designated participant only spaces.
- Only guardians and/or families of a participant can spectate in a designated area. No public spectators allowed.

- Set limits on the number of spectators to ensure overall attendance including participants, coaches and spectators does not exceed gathering guidelines of 50 individuals.

Some considerations should be made with regards to specifying that drills should be modified to ensure the following:

- Groups that share a single space (e.g. soccer field) should be separated at least 2 metres with a clear demarcation between groups (such as use a rope, a line of colored flags, or a chalk line to establish clear boundaries) to restrict mixing.
- The 2-meter physical distancing rule can be relaxed for participants from the same household.
- Where possible space should establish one-way flow patterns where possible to avoid multiple groups from inadvertently interacting.

Reference:

- <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

## Stage Two—Return-to-Sport

Stage Two
Outdoor and Indoor
<b>Group Size:</b> 50 (Max) *Dependant on Government Restrictions
<b>Social Distancing:</b> Maintain distance of 2m. Social distancing not required in cohort groups.
<b>Equipment:</b> Players must supply all equipment with the exception of balls and nets. Balls and nets will follow directives of the government. Masks Optional.
<b>Global Physical Preparation:</b> Strength, plyometrics, aerobic conditioning, stretching, neuromuscular work.
<b>Technical Skill Development:</b> Passing, Catching, Ground Balls, Shooting, Stick Control.
<b>Tactical Development:</b> Offense, Defense, Transition, Special Teams, etc..
<b>Competition:</b> Within Cohort Groups

All aspects of organized sport, physical activity and recreation may proceed (programming, training, practice and competition) if physical distancing is possible. If those not participating in physical activity are unable to maintain safe physical distancing, masks should be worn.

In sports and activities that generally involve interaction between participants at a distance of less than two-metres, it is recommended that:

- Where sports and activities cannot be moved outdoors or modified to maintain distance, it is essential to limit the number of contacts between different participants. This is done by playing within set cohorts (e.g., mini-leagues or bubbles with a fixed number of participants).
- Mini-leagues and bubbles cannot exceed 50 people. This number includes those participants, officials, coaches and
- Each mini-league can be comprised of multiple teams, to a maximum of 50 people. Game play between teams must be limited to teams within the same cohort/mini-league.
- Teams in different mini-leagues cannot play each other.
- The 50 person maximum includes coaches/staff, instructors, participants from multiple teams, officials, and volunteers who cannot maintain two metres of distance from others at all times. Within each mini league, game play can resume between teams. At least two-metres distancing should be maintained between all when off the field of play (e.g., on benches, during intermission).
- The two-metre physical distancing rule can be relaxed for participants from the same household.

## Stage Three—Return-to-Lacrosse

Stage Three
Outdoor and Indoor *timing to be determined based on health indicators with gradual implementation
<b>Group Size:</b> No Restrictions
<b>Social Distancing:</b> Not Required
<b>Equipment:</b> No restrictions
<b>Global Physical Preparation:</b> Strength, plyometrics, aerobic conditioning, stretching, neuromuscular work.
<b>Technical Skill Development:</b> Passing, Catching, Ground Balls, Shooting, Stick Control.
<b>Tactical Development:</b> Offense, Defense, Transition, Special Teams, etc...
<b>Competition:</b> Full

### Minimum Requirements

#### 1. Self-Assessment

- a. Encourage participants with symptoms such as cough, fever, shortness of breath, runny nose, or sore throat symptoms to complete the self-assessment and get tested for COVID-19. Order 05-2020 legally obligates individuals who have a cough, fever, shortness of breath, runny nose, or sore throat (that is not related to a pre-existing illness or health condition) to be in isolation for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer

#### 2. Hygiene

- a. Promote and facilitate frequent and proper hand hygiene for employees and participants through providing a means to sanitize hands at points of entry. Encourage respiratory etiquette
- b. Use of posters that remind staff and participant to practice respiratory etiquette and hand hygiene is strongly encouraged

#### 3. Screening

- a. Implement active daily screening of staff, volunteers and patrons for symptoms of fever, sore throat, cough, runny nose or difficulty breathing
- b. Pre-Screening of participants prior to activity
- c. Emphasize that anyone who is sick with cold-like symptoms such as cough, fever, runny nose, sore throat or shortness of breath, MUST NOT be in the event

#### 4. Cleaning and Disinfecting

- a. Cleaning refers to the removal of visible soil. Cleaning does not kill germs but is highly effective at removing them from a surface. Disinfecting refers to using a chemical to kill germs on a surface. Disinfecting is only effective after surfaces have been cleaned.
- b. Use a “wipe-twice” method to clean and disinfect. Wipe surfaces with a cleaning agent to clean off soil and wipe again with a disinfectant.
- c. Frequently clean and disinfect equipment
- d. Remove all communal items that cannot be easily cleaned

## **5. Tracking Presence**

- a. For the purposes of tracing Alberta Lacrosse will be able to indicate roles and positions of persons in attendance and who was participating onsite at any given time
- b. At each event session, Alberta Lacrosse will keep track of the first name, last name, email address, and phone number of each participant.
- c. Encourage use of AB tracking app when parents permitted to attend

## **6. Infrastructure**

- a. Alberta Lacrosse will work with our local municipalities to ensure their infrastructure is adequately adapted to the requirements of the government in each stage of return to activity
- b. No change rooms or showers will be available for players. Players must come already changed for training and shower at home afterwards;

## **7. Transportation**

- a. Participants should walk, bike, or use private transport whenever possible. If public transportation is needed, peak times should be avoided whenever possible

## **8. Player Safety**

- a. As always, player safety must remain at the Center of each activity in training and competition

## **Conclusion**

COVID-19 has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including lacrosse. In a COVID-19 environment, lacrosse has an important role to play in restoring normality. Alberta Lacrosse and our athletes will be faced with complex decisions regarding resumption of training activities in the current circumstances. This Framework for Rebooting Sport in a COVID-19 Environment' is based on current available evidence, extrapolated into the lacrosse context by specialists in athletics. Decisions regarding resumption of lacrosse must be based on objective medical information regarding the transmission of COVID-19.