# ***A close up of a sign  Description automatically generatedALA Return to Sport – FAQ***

**Events:**

***Do I need to space out arrival of different groups?*** Yes, coming and going to and from an event needs to be staggered at least 15 minutes and attendees should not loiter after session is complete

***What is a cohort group?***  A regional grouping of 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.

***Can individuals be members of multiple cohort groups?*** Individuals are permitted to be part of one cohort group who **do not** maintain social distancing; individuals can be members of one cohort group who do not maintaining social distancing and one group who maintain social distancing

***Does the maximum number of 50 cohorts include parents?*** No, as they are deemed spectators and there is a maximum of 100 spectators; parents must be in a designated area it is suggested to have only one parent in attendance; no siblings or grandparents

***Can Coaches Coach multiple cohort groups?*** Yes, as long as they socially distance in the cohort groups

***Do parents need to social distance?*** Yes

***Are spectators permitted?*** Yes, to a maximum of 100 in a designated area and spectators must social distance

***Do I need to mark my area of competition?*** Yes, separate your group with others using pylons or flags

***Can participants share personal equipment and water bottles?*** No

***Are group snacks permitted?*** No

***Who should supply first aid if required?*** First Parent. Second, first aider should use appropriate Personal Protective Equipment, including medical mask and gloves.

***Where can I find drills to assist coaches to adhere to guidelines?*** <https://www.albertalacrossetv.com/en/>

***What equipment is required?*** Depends on the program selected by the ALA Member and the sanctioning permit

***Who is required to have hand sanitizer?*** All Players and Coaches

**Health:**

***Do athletes need to wear health masks?*** No, this is optional; not during high intensity activity

***Do Spectators need to wear health masks?*** It is recommended by the Alberta Government

***Do organizers need to supply hand sanitizer?*** Yes, or request all athletes bring sanitizer with them

***Are there dressing rooms for players?*** No, players are to come dressed

***Should any participants attend if they have symptoms such as cough, fever, shortness of breath, runny nose, or sore throat symptoms?*** No, they are required to complete the self-assessment and get tested for COVID-19 and advise the ALA of results if they have participated in an ALA event previously

**Administration:**

***Who can obtain sanctioning from the ALA?*** ALA Members

***How do I obtain sanctioning?*** ALA Member completes the sanction form and emails it to info@albertalacrosse.com

***Who needs to be registered?*** All players and coaches need to be registered in the 2020 Return to Activity Season in RAMP prior to participation

***Where can an athlete participate if home club is not offering a program?*** The next closest club in your area who is offering a program

***Where can I find a list of sanctioned programs?*** <http://www.albertalacrosse.com/content/return-to-activity>

***How can groups of participation be formed?*** Age and skill needs to be considered informing groups

***Who is responsible for the adherence to ALA Policy and Government Health Orders?*** The Competitive Introduction trained coach (in any lacrosse discipline) heading up the event

***Who can coach the Return to Activity Sanctioned event?***  At least one Competitive Introduction registered coach who is 18 years of age. All coaches must meet CLA Minimum Standards for Coaching for applicable age division.

***Does the host need to track attendance?*** Yes, on the ALA attendance sheet and supplied to the ALA biweekly

***How do I pre-screen attendees?*** Players and coaches are to complete and hand in the pre-screening form available on the Return to Activity web page

***What are the stages for Alberta Lacrosse to proceed to full Lacrosse Games?*** Return to Sport – drills and tactical development/ cohort mini games; Return to Lacrosse – full game play

***When will the new stages be introduced?*** When government restrictions allow and ALA provides updated framework for each stage

***What are the guidelines I need to follow for Return to Sport?*** ALA Framework for Return to Sport; ALA Regulation 38; Alberta Health Directives; All can be found on this webpage - <http://www.albertalacrosse.com/content/return-to-activity>

***Who is covered by ALA Insurance?*** Registered players, registered coaches and registered executives in the 2020 Return to Activity/Sport Season

**Reference:**

<http://www.albertalacrosse.com/content/Return-To-Activity>

https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf

**Questions:**

info@albertalacrosse.com