

## **REGULATION 37 – RETURN to ACTIVITY - Stage 1**

- 37.01** All Participants must be registered in the 2020 Return to Activity Season prior to participating in any ALA sanctioned activities.
- 37.01.1 All participants must sign the COVID-19 waiver
- 37.01.2 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.
- 37.01.3 Participants who are sick with cold-like symptoms such as cough, fever, runny nose, sore throat, or shortness of breath, **MUST NOT** be in the event.
- 37.01.4 All participants must comply with the Alberta Lacrosse Association Framework for Return to Activity and Alberta Government Health Orders.
- 37.02** 2020 Return to Activity Season is June 1, 2020 to December 31, 2020.
- 37.03** All sanction requests must come from an ALA Member Club. All events must be sanctioned by the ALA office prior to commencement of event.
- 37.03.1 All events must track attendance and submit to the ALA Office biweekly.
- 37.04** All ALA Sanctioned events **MUST** have at least one Competitive Introduction In training coach or higher training who is 18 years of age. All coaches must meet CLA Minimum Standards for Coaching for applicable age division. All coaches must be duly registered in RAMP. The Competitive Introduction coach is responsible for the adherence of Alberta Lacrosse Association Framework for Return to Activity and Alberta Government Health Orders.
- 37.05** Overall attendance cannot exceed 50 participants. Only parents and guardians are allowed to spectate in a designated area if limit is not exceeded.