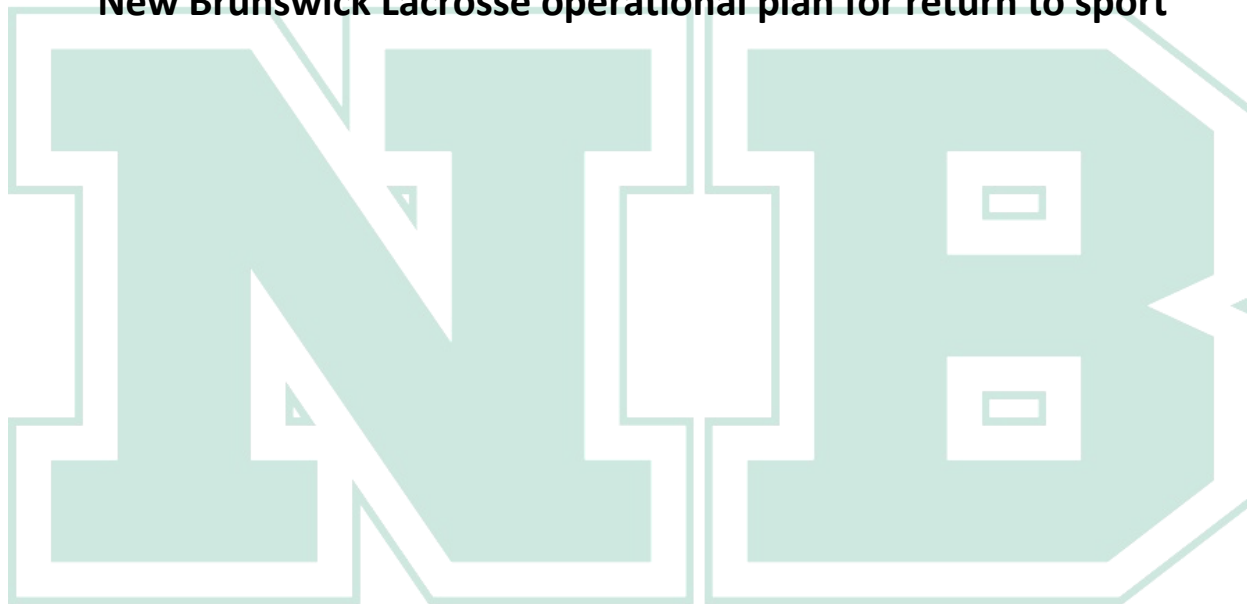




*LACROSSE*

2019

**New Brunswick Lacrosse operational plan for return to sport**



2019

## New Brunswick Lacrosse operational plan for return to sport

Plan Owner: \_\_\_\_\_

Plan Implementation Date: \_\_\_\_\_

Plan Revision Date: \_\_\_\_\_

*LACROSSE*

Plan has been reviewed to assess any new risks or changes to regulatory guidelines (monthly review):

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

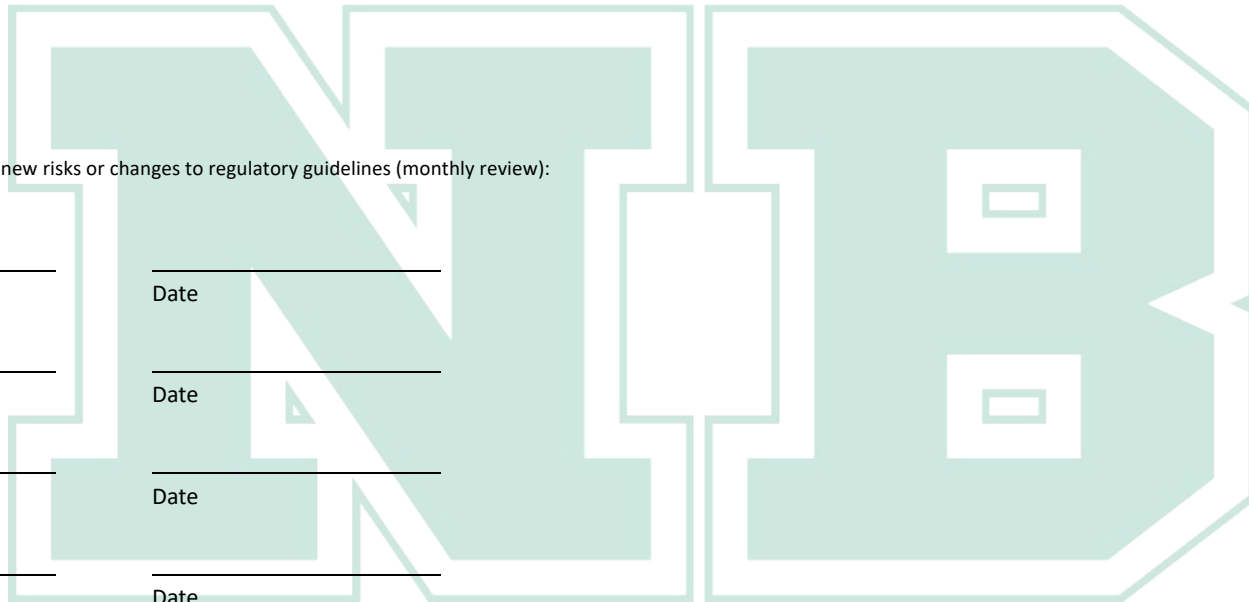
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In the months of March and April of 2020, the province of New Brunswick invoked emergency measures to shut down all non essential activities during the COVID-19 pandemic, the province is now allowing sports in NB to return to play. This document will outline Lacrosse New Brunswick's return to play operation plan. This operation plan is a living document and will continue to evolve as information is shared by the province of New Brunswick, Sport NB and the CLA.

### **Objective:**

- To safely return to play Field and Box Lacrosse within the province of NB's guidelines while ensuring athletes play and have fun, while improving their Lacrosse skills
- Maintain physical distancing
- No contact between players

### **Background:**

- Field Lacrosse and Box Lacrosse are traditionally contact sports.
- Box Lacrosse is played indoors, in a gym or a hockey arena.
- The COVID-19 pandemic has led to the necessity to modify how we play/practice sports to ensure the safety of our athletes, coaches, and parents.
- Lacrosse NB's plan to modify how Field Lacrosse and Box Lacrosse will be played this year is outlined below.

### **Assumptions**

- All parent and players participating in Lacrosse this season shall cooperate with Lacrosse NB's operational plan to minimize risk to themselves, family members, athletes, and coaches.

### Conditions for Return to Play:

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

- Good hygiene for COVID-19
- Hand washing guidance
- Advice for people at risk of COVID-19
- Cough into elbow not onto hands
- Self-isolation (self-quarantine) for COVID-19
- Social Distancing, 2 meters between players.
- No sharing of drink bottles and towels.
- No sharing of equipment without an appropriate cleaning protocol, in between training sessions
- In early stages parents drop players off
- Come dressed and ready to play; leave immediately when practice/game is finished
- Volunteers/coordinators not able to social distance must wear appropriate PPE
- Stagger floor times with off periods to minimize interaction between players from different teams/divisions
- Lacrosse NB will adhere to instructions provided by the municipalities/facilities that rent the playing surfaces
- Consider implementing one-way traffic zones where social distancing is not possible (e.g. on/off the playing surface, stairwells, etc.)

Lacrosse NB associations will display appropriate education material within sporting environments and facilities if not already posted.

- Self Assessment (See Appendix A)
- Hand washing guidance (See Appendix B)
- Hand sanitizer must be readily available for all (See Appendix C)
- Cleaning on shared surfaces not serviced by facilities staff (See Appendix D)
- Education of community sport members on hygiene practices and promote required behaviours relevant to lacrosse

## DAY1 REQUIREMENTS

### PHYSICAL DISTANCING

- a) 2 metre distance protocol will be implemented/communicated for players, parents and volunteers
- b) No change rooms or showers will be available for players. Players must come already changed for training and shower at home afterwards.
- c) As always, player safety must remain at the center of each activity in training and competition
- d) Stagger start/end times to minimize “mixing” of the next team/level using the facility
- e) Implement one-way zones with visual cues (spacing, directional) where social distancing maybe difficult (on/off the surface, stairwells, etc.)
- f) Arrange furniture to enforce physical distancing and evaluate potential bottleneck areas that people may congregate.

### HAND AND RESPIRATORY HYGIENE

#### 1) Hygiene

- a) Promote and facilitate frequent and proper hand hygiene for all attendees by 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 (See Appendices B, C, E)
- c) Have alcohol based hand sanitizer readily available

#### 2) Player equipment

- a) Any equipment loaned to players for the season (e.g. goalie equipment) must not be shared with other players.

### SCREENING AND MONITORING

- 1) **Self assessment** - Players, Parents, Coaches and volunteers with symptoms of COVID-19 are encouraged to complete the self assessment. See appendix A to be displayed at all facilities/events. Posters to be displayed at all facilities (See Appendix A)
- 2) **Tracking participation**
  - a. For the purposes of tracing Lacrosse NB 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, Lacrosse NB associations will keep track of the first name, last name, email address, and phone number of each participant.

- c. Carpooling players/parents should be noted on participation tracking. Participants should walk, bike, or use private transport whenever possible. If public transportation is needed, peak times should be avoided whenever possible.

### 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 leave the event immediately.

4) **Positive test result** – any person who has tested positive after attending a lacrosse NB event will need to notify their respective MA, MAs need to notify Lacrosse NB via email within 24hours of notification. Lacrosse NB must then report to worksafeNB.

5) **Volunteer Opt-Out** – any volunteer has the right to refuse

## RECEIVING PAYMENT

- 1) **Registrations payments and forms** – parents are encouraged to register and pay online. If paper forms and cash must be used, ensure regular hand washing and have hand sanitizer readily available.

## CLEANING AND DISINFECTION

### 1) Cleaning and disinfection (See Appendix D)

- a) Nets and balls will only be disinfected by on floor volunteers (e.g. coaches/coordinators)
- b) 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.
- c) 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.
- d) Frequently clean and disinfect equipment
- e) Remove all communal items that cannot be easily cleaned
- f) Ensure all supplies required for disinfection are readily available.

### 2) Protective equipment

- a) Volunteers handing out gear/jerseys should be wear masks, gloves when necessary
- b) Any ppe items used by volunteers should be properly disinfected/disposed of after use.

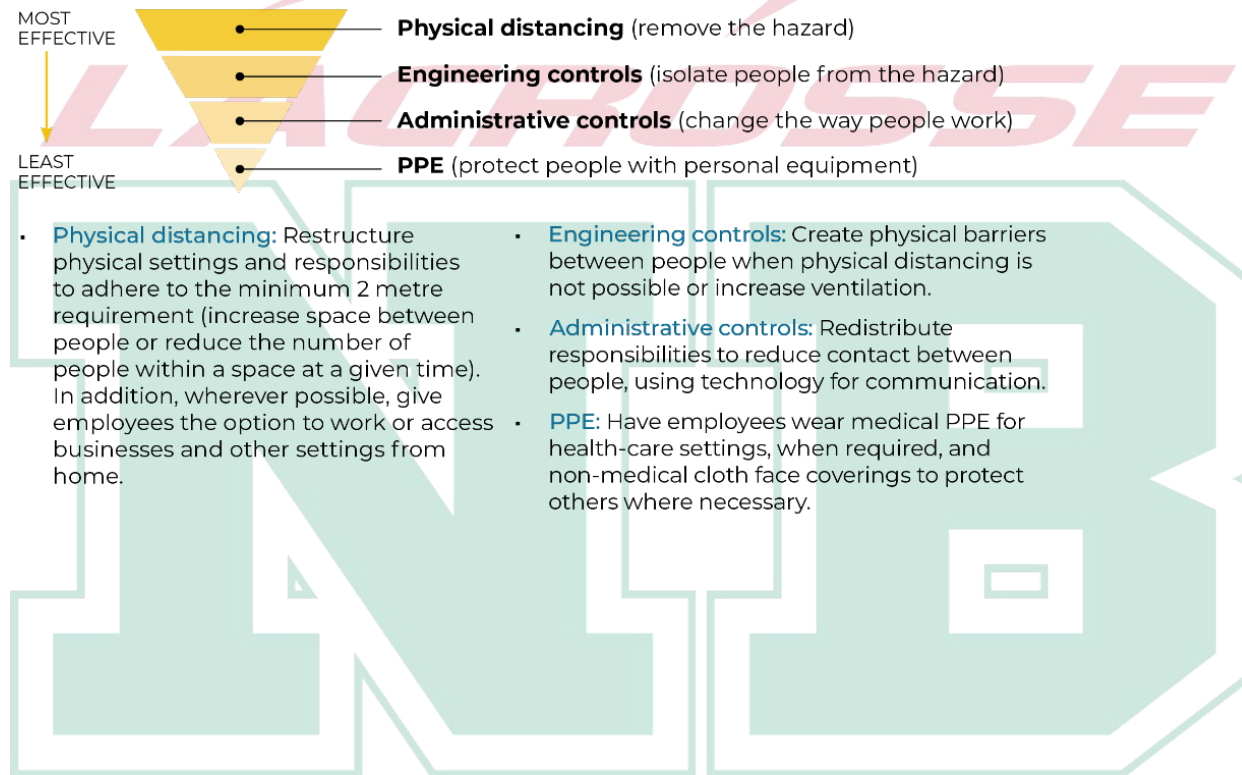
### 3) Washrooms

- a) Lacrosse NB MAs 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) have hand washing stations/supplies available if none exist at the current facility

### Effective Risk Mitigation – Infection and Prevention Controls

The best prevention controls in a workplace are achieved by first focusing on physical distancing and taking every reasonable step to restructure physical settings to increase space between people. Once you have exhausted all reasonable options in this category, move to the next stage within the inverse pyramid and conduct the same exercise, and so on until you reach PPE as a final step, if required.



## STAGES OF RETURN TO PLAY

STAGE ONE – CURRENT STATE IN NB STARTING MAY 29th	
GROUP SIZE -	50 Max outdoors, 15? Max indoors (needs to be determined by LNB)
SOCIAL DISTANCING -	2 meters, parents drop off, players arrive dressed to play no dressing rooms
EQUIPMENT -	player supplied
TECHNICAL DEVELOPMENT -	Individual skill development (passing, catching, ground balls, etc.)
TACTICAL DEVELOPMENT -	None, no contact
COMPETITION:	None

STAGE TWO – TBD	
GROUP SIZE -	50 Max outdoors, 15? Max indoors (needs to be determined by LNB)
SOCIAL DISTANCING -	2 meters, parents drop off, players arrive dressed to play no dressing rooms
EQUIPMENT -	player supplied
TECHNICAL DEVELOPMENT -	Individual skill development (passing, catching, ground balls, etc.)
TACTICAL DEVELOPMENT -	Small team games and partial offense/defense
COMPETITION:	In- team

STAGE THREE – After a vaccine is available or more is learned about how to protect people from the virus.	
GROUP SIZE -	None
SOCIAL DISTANCING -	N/A
EQUIPMENT -	No restrictions
TECHNICAL DEVELOPMENT -	Individual skill development (passing, catching, ground balls, etc.)
TACTICAL DEVELOPMENT -	Full
COMPETITION:	Full

GAME PLAY – MASTER LACROSSE RULES (Chet and Chris)

Division/age appropriate. The province is really targeting youth in their protections and social distancing.



Appendix A

[NB Covid-19 self assessment poster](#)

Appendix B

[Hand Washing Poster](#)

Appendix C

[Hand Sanitizer Poster](#)

Appendix D

[Cleaning and Disinfection Poster](#)

Appendix E

[Proper Respiratory Cough Etiquette](#)

