

RETURN TO LACROSSE GUIDELINES

RESTART PLAN 2.0 STEP 2



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June 16, 2021

RETURN TO LACROSSE GUIDELINES BC RESTART PLAN 2.0 – STEP 2

1. INTRODUCTION

The Creator's Game, Lacrosse, offers participants physical activity, action, and helps build community while playing one of Canada's oldest sports. The Province of BC embarked on BC's Restart Plan on May 26, 2021. In accordance with the BC Restart Plan, sport organizations can operate after they have created a comprehensive COVID-19 Safety Plan that follows sport-specific guidelines created by a provincial sport organization like the BCLA. The BCLA has created this refined version of the Return to Lacrosse document as the next step to assist our members in their Return to Lacrosse.

viaSport BC's Return to Sport Restart Plan 2.0 aligns with BC's Restart Plan for sport to operate safely during COVID-19. This document provides guidelines and considerations for viaSport's Restart Plan 2.0 as it relates to Lacrosse activities. When sport organizations are making decisions about a return to sport, it is advised to carefully introduce new activities. All BCLA member associations/clubs must continue to follow the BC Health authorities' guidance. We must all understand that each city/municipality has potentially different restrictions and limitations for activities, therefore, please work closely with your cities/municipalities and follow their guidelines to offer a safe environment for all participants.

This document is to prepare our Lacrosse community for a gradual step-by-step approach of Return to Lacrosse activities. The health and safety for all participants in the BC Lacrosse community is of utmost importance for the BCLA and this is central to all of our decisions around COVID-19.

As public health guidance directs, we may move between Restart steps, so BCLA associations/clubs must prepare to respond and adapt to these changes. Any movement between steps will be the decision of the Provincial Health Officer. Lacrosse associations/clubs cannot move from one step to another on their own without approval. We must all enforce and adhere to the guidelines within this document until restrictions are relaxed or removed.

We are confident our members are following all safety measures and will continue to do so through the steps of the Restart Plan. We are optimistic we will be experiencing lacrosse as we did pre-pandemic!

2. RISK ASSESSMENT & MANAGEMENT

The BCLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with the BC Ministry of Health and viaSport BC guidelines; however, the BCLA cannot guarantee that participants will not become infected with COVID-19 from participation in Lacrosse activities. Participation in Lacrosse activities could increase the risk of contracting COVID-19.

Liability waivers were introduced to all associations/clubs for registration processes to make our participants aware of the risks associated with the transmission of COVID-19 while participating in return to Lacrosse activities. BCLA liability waivers must be signed by all participants (players, coaches, officials, team officials, etc.) before entering all facilities prior to activities. See [BCLA Under and Over the Age of Majority Waivers](#)

The government liability protection is still in effect. The Province of BC extended COVID-19 liability coverage to organizations through the [COVID-19 Related Measures Act \(CRMA\)](#). The regulation protects people from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The Act remains in effect until it is repealed.

This guide builds upon the general guidelines to create a safe environment for BCLA members. Players, coaches, officials and team officials will play an important role in combating the transmission of COVID-19.

Resources:

[BCLA Under and Over the Age of Majority Waivers](#)
[COVID-19 Related Measures Act \(CRMA\)](#)

3. PROVINCE OF BRITISH COLUMBIA'S RESTART PLAN 2.0

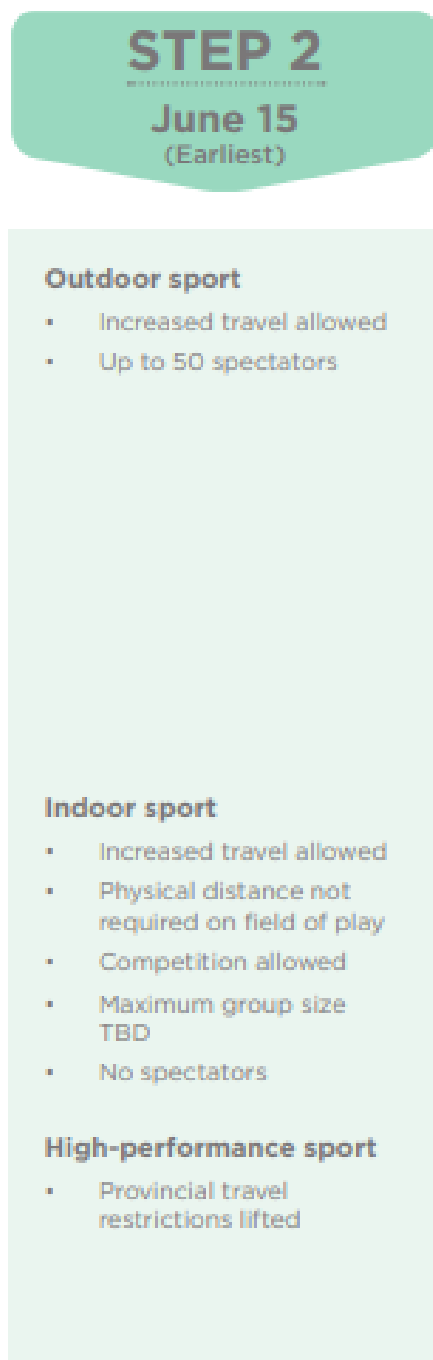
Sport activities continue to open up as BC moves through BC's Restart Plan 2.0. This section outlines guidelines for safe sport activities within BC's Restart Plan. Sport will move between steps quickly and BCLA associations/clubs will need to adapt with these changes. **Sport is now in STEP 2 as of June 15.**

[BC's Restart Plan](#) is the province's step-by-step plan to bring us back together. The graphic (below) details the four-step plan with information as it relates to travel and sport activities. Please note that every sport will resume at its own pace. As the provincial sport agency, viaSport BC offers the sport sector additional guidance and resources to support sport through these steps. Visit the [viaSport BC website](#) for more updated information. BCLA's plans are based on the principles and through guidance of viaSport BC.

PROVINCE OF BC RESTART PLAN 2.0

STEP	Criteria	PHO Guidance	Travel	Sports & Activities
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, Indoor public spaces Physical distancing If sick, stay home and get tested	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, Indoor public spaces Physical distancing If sick, stay home and get tested	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans

viaSport BC RESTART PLAN GUIDELINES – STEP 2



ALL STEPS: Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

NOTE: The above chart has not yet been updated by viaSport BC to reflect the move to Step 2. Once updated with details, this document will be updated.

Resources:

[BC's Restart Plan](#)

[viaSport's Return to Sport Chart 2.0.](#)

[viaSport BC website](#)

4. RETURN TO LACROSSE - ORGANIZING LACROSSE ACTIVITIES

All Lacrosse associations/clubs must assess the risks of Lacrosse activities during this time to develop, and update, their own COVID-19 Safety Plan, which will include the procedures they will adopt in order to reduce the risk of COVID-19 transmission. Associations/clubs should continue to ensure that they are following best practices related to safety measures in order to offer the safest Lacrosse activities.

All associations/clubs must continue to gradually introduce Lacrosse activities in a safe manner. All guidance regarding personal hygiene, symptom screening and other safety practices still apply. In order to reopen Lacrosse activities, BCLA associations/clubs must:

1. Create and/or update a COVID-19 Safety Plan for your association/club that meets the guidelines set out in this document. See digital, fillable version [COVID-19 Safety Plan](#), or see WorkSafe BC's step-by-step tool to conduct an assessment and develop a [COVID-19 Safety Plan](#).
2. Gain approval of the COVID-19 Safety Plan for your association/club from your executive; and
3. Publish the approved COVID-19 Safety Plan electronically within the association/club website.

NOTE: Many BCLA associations/clubs are currently operating under their COVID-19 Safety Plan. For associations/clubs that have created a safety plan, they must review and adjust it to reflect the new guidelines and activities permitted through the BC Restart Plan 2.0 steps.

BCLA Member associations/clubs that want to proceed with Lacrosse activities, in accordance with the BCLA Return to Lacrosse BC Restart 2.0 Guidelines, must take the mandatory seven steps listed in the BCLA Declaration of Compliance. See the [BCLA Declaration of Compliance](#) and complete the necessary steps prior to any BCLA member Lacrosse activities.

NOTE: Many BCLA associations/clubs have completed the necessary steps of the BCLA Declaration of Compliance and previously submitted their signed document to the BCLA. It is NOT necessary to submit an additional signed Declaration of Compliance if your association/club has recently completed the tasks and submitted the document to the BCLA office. For association/clubs that have NOT completed a Declaration of Compliance, please submit a signed document to deb@bclacrosse.com prior to Lacrosse activities.

Resources:

[BCLA Declaration of Compliance](#)

5. GENERAL MEASURES

- All activities must always comply with all general measures, recommendations and any gathering restrictions and as outlined by the Provincial Health Authorities and health restrictions and guidelines in the local cities/municipalities.
- Communicate guidelines to participants, coaches, team managers, trainers and other persons involved in an official capacity in advance of the activity.
- Physical distance is not required on field of play (i.e., contact is allowed). Off field of play, physical distance of 2 meters must be maintained.
- Maximum Group Size is 50. Adhere to any maximum participant group size outlined by your city/municipality per facility. These guidelines may differ per city/municipality and facility.
- Adhere to all mask mandate measures.
- All participants must be currently registered with the BCLA through their associations/clubs.
- Participants (parents/guardians) must sign a BCLA waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance.
- Communicate and promote good hand hygiene (washing & sanitizing). Carry hand sanitizer.
- Participants must complete a team self-assessment tool/health check tool prior to each activity.

- Stay home if you don't feel well and if you have been notified by contact tracers regarding contact with a known case of COVID-19. Please follow all health authority directions.
- Participants must arrive to the facility wearing all required protective equipment.
- Participants, coaches and team officials arrive to the facility at a designated time prior to the activity.
- Keep gear bags and additional gear in a vehicle or in a separate area within the facility (if permitted).
- Participants must have their own clearly marked water bottle labelled with their first and last name. No sharing water bottles.
- Participants must wear their own required protective equipment as per the Lacrosse Canada rulebook. No sharing equipment.
- Maintain the Rule of Two at all times (i.e., no minor will be left alone with a single adult)

6. FACILITY ARRIVALS/DEPARTURES & GUIDANCE

Each city/municipality facilities arrival and departure processes may be different by facility. Please clearly communicate, in consult with your city/municipal/facility guidelines, participant drop-off and pick-up protocols for entering and exiting facilities as required. Please arrive at the facility at the designated time prior to the activity.

Arrival & Departure Process:

1. A team manager/official will take attendance at the check-in area as each player enters the field. The attendance area will be located at the facility entrance. Participants must keep a 2-meter physical distance while waiting to check in.
2. After a player is checked in, they will proceed onto the field of play to begin the Lacrosse activities.
3. At the conclusion of the session, the coach will dismiss the players and direct them to the designated exit. Players are expected to exit the facility (floor, box or field) and proceed directly to their vehicle.
4. Participants should not congregate or socialize before or after the activity.

7. STEP 2 FOR OUTDOOR & INDOOR LACROSSE ACTIVITIES – YOUTH AND ADULT

- All outdoor and indoor group team sports for youth and adults are allowed. This includes:
 - Games
 - Competitions
 - Practices
- **Travel for sport is allowed.** Recreational travel, including sport, is allowed within BC.
- Association/club inter-club games/competitions can occur with other associations/clubs, for example:
 - Pocol can travel to Burnaby to play a game.
 - Nanaimo can travel to Delta to play a game.
- Association/club in-house games/competitions can continue within associations/clubs if they so choose.
- The careful introduction of contact in Lacrosse is permitted outdoors and indoors with current sport activities guidelines.
- **Physical distance is not required on field of play** (i.e., contact is allowed). Off field of play, physical distance of 2 meters must be maintained.
- Do not engage in handshaking, high fives, hugging or similar behavior between participants and staff.
- **Maximum Participant Group Size (unless stated by the city/municipality/facility):**
 - **INDOOR:** for youth and adult Lacrosse participants is **up to 50 people** (no spectators).
 - **OUTDOOR:** for youth and adult Lacrosse participants is **up to 50 people** (50 spectators).

NOTE: Maximum Group Size is 50. That 50-person count includes participants, coaches, team managers, trainers and other persons involved in an official capacity.

- **Spectators:**
 - **INDOOR:** Spectators are NOT allowed at any indoor sport activities.
 - **OUTDOOR:** Up to 50 spectators are allowed at outdoor sport activities.

8. STEP 2 FOR HIGH PERFORMANCE LACROSSE ACTIVITIES

- High performance athletes are subject to all requirements for outdoor and indoor sport.
- High performance refers to individuals who have been selected to provincial or national team training environments. BCLA high performance provincial team programs include Team BC Box, Women's Field & Men's Field Lacrosse programs.

9. COACHES & OFFICIALS

Coaches - Women's Field, Men's Field and Box Lacrosse Coaches:

Coaches must be registered with the BCLA. Coaches/team officials must maintain the Rule of Two (i.e., no minor will be left alone with a single adult).

- Each team must have coaches trained at the Community Development level or higher per age group and discipline as noted on the back of the BCLA Coach Registration Form 100B (Box), Form 100M (Men's Field) and Form 100W (Women's Field).
- **BCLA Coach Training:** For any coaching assistance, please contact your association/club Coaches Co-ordinator contact or BCLA Technical Director, Dave Showers dave@bclacrosse.com for information.

Officials - Women's Field, Men's Field and Box Lacrosse Officials:

BCLA Officials will officiate games in accordance with Provincial Health guidelines and official's guidelines for safe Lacrosse activities. BCLA certified Officials must be used in any games/league play. Associations that require officials, connect with their association officials contact person.

- **BCLA Official Training:** For any officiating inquiries or assistance, please contact your association/club Officials Co-ordinator contact or BCLA Technical Director, Dave Showers dave@bclacrosse.com for information.

Be patient with officiating. Official's decisions are guided by the principle of "erring on the side of caution in the interest of participant safety."

Resources:

[BCLA Coaches webpage.](#)

[Coaching Association of Canada \(CAC\) The Locker](#)

[BCLA Officials webpage.](#)

10. GAMES/COMPETITIONS

Step 2 of viaSport's Return to Sport Restart Plan guidance permits game play and contact in both indoor and outdoor facilities. Lacrosse games and competitions are permitted including following these guidelines:

- Physical distance is not required in the field of play. Physical distance of 2 meters must be maintained off the field of play.
- Association/club inter-club games/competitions can now occur with other associations/clubs.
- Association/club in-house games/competitions can occur within associations/clubs if they so choose.
- BCLA certified Officials must be used in any games/league play.
- **Spectators:**
 - **INDOOR:** Spectators are NOT allowed at any indoor sport activities.
 - **OUTDOOR:** Up to 50 spectators are allowed at outdoor sport activities.

General Facility Guidance:

- Bench areas and viewing areas may be limited or closed per city/municipality.
- **Dressing rooms, showers and washrooms:** Please understand availability and limitations will be different per city/municipality/facility. Everyone must respect and adhere to differing regulations per facility.

- For games, home and away teams must manage their own team roster numbers and must communicate with the opposing team's team manager/official to confirm total participant numbers adhere to facility maximum group size allowed (i.e., maximum group size is 50 people).
- Participants must complete a team self-assessment tool/health check tool prior to each activity.
- Work closely with your city/municipality/facility to manage any spectator guidance for outdoor games/activities.
- Field of Play definition: a designated area where sport activities take place. The field of play does not include dressing rooms, hallways, staging areas, etc. Lacrosse field of play includes the floor or fields, player bench areas and sidelines.

NOTE: Maximum Group Size is 50. That 50-person count includes participants, coaches, team managers, trainers and other persons involved in an official capacity.

Box Lacrosse Game Play (Minor): Please see the BCLA Minor Directorate game play rules (2021 season) on the BCLA website under the BCLA [Minor Box Rules section](#).

Lacrosse Canada (CLA) Mini-Tyke and Tyke Female & Male Rules (2021 season):

See page 140-150 in [Lacrosse Canada \(CLA\) 2019-2020 rulebook](#).

See basic game play guidelines for Mini-Tyke & Tyke and Novice and Older on BCLA RTL Restart 2.0 page.

Resources:

[Minor Box Rules section](#)

[Lacrosse Canada \(CLA\) Box Lacrosse Rule Book](#)

[World Lacrosse Women's Field Lacrosse Rulebook](#)

[World Lacrosse Youth & Men's Field Lacrosse Rulebook](#)

11. ADDITIONAL SAFETY CONSIDERATIONS

Masks-

Masks are required for everyone in many public indoor settings, as outlined in the [EPA Mask Mandate Order \(M012\)](#). A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12
- People who need to remove their masks to communicate due to another person's hearing impairment

Outdoor Lacrosse Activities: Masks are not required.

Indoor Lacrosse Activities: Masks are required off the field of play. The BCLA strongly recommends that coaches, team managers, trainers and other persons involved in an official capacity wear a mask at all times.

The [Ministerial Order for Face Coverings \(M012\)](#) remains in place; however, Section 4G of the order outlines that face coverings are not required while participating in a sport activity at a sport facility. Masks are required within the facility when not participating in the sport (or off the field of play).

Resources:

[Mask Mandate Order \(M012\)](#)

[BC Centre for Disease Control](#) (BCCDC)

[Regional Health Authorities](#)

[Gatherings and Events Order](#)

Hygiene, Cleaning & Gear-

Health and safety are our priorities in establishing and forming our Return to Lacrosse document. This information applies on a provincial basis but it is very important to recognize that some health and safety guidelines could vary at the regional, municipal or facility level.

BCLA associations/clubs/leagues should follow all public health and WorkSafe BC directives regarding hygiene and cleaning procedures.

Indoor facilities have built in scheduled time for cleaning/disinfecting between activities. The facility operator has overall responsibility for cleaning protocols within the facility. Implement an enhanced cleaning protocol for common areas and equipment. Team managers/coaches may be required to clean areas if needed or as directed by the facility.

- Promote good hand hygiene (washing & sanitizing). Carry hand sanitizer.
- No sharing of player equipment and sticks. Use your own Lacrosse equipment.
- Participants must arrive/depart the facility wearing all required protective equipment.
- All participants must wear required protective equipment as outlined by the Lacrosse Canada rulebook.
- Keep all equipment clean and in good working condition.
- Keep gear bags and additional sticks in vehicle or in a separate area within the facility.
- Each participant must have their own clearly marked water bottle labelled with their first and last name.

Health Screening and Assessment Tools-

A team manager/safety person must screen participants at the start of each session. Participants must complete a team self-assessment or health check tool prior to each activity.

Participants must stay home if they don't feel well and if they have been notified by contact tracers regarding contact with a known case of COVID-19. Please follow all health authority directions.

If a participant is showing any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite, they must be removed from the activity and immediately self-isolate.

1. **Assessment**
 - a) Team members must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
 - b) If team members are unsure, please have them use the self-assessment tool.
 - c) Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their personal safety throughout the activity. [BC Support App Self-Assessment Tool](#).
2. **If a team member is feeling sick with COVID-19 symptoms**
 - a) They should remain at home and contact [Health Link BC at 8-1-1](#).
 - b) If they feel sick and/or are showing symptoms while at the activity, they should be sent home immediately and have them contact 8-1-1 for further guidance.
 - c) No team member may participate in an activity if they are symptomatic.
3. **If a team member tests positive for COVID-19**
 - a) Follow the directions of the health officials.
4. **Quarantine or Self-Isolate if:**
 - a) You have travelled outside of Canada or the province within the last 14 days.

- b) You have come into close contact with someone who has tested positive for COVID-19.
- c) You have been advised to do so by health officials.

Other Precautions: Should any association/club wish to add stricter safety guidelines, measures and precautions they are able to do so for the Lacrosse activity they oversee with their specific association/club.

Resources:

[BCCDC website for a full list of symptoms](#)

[TeamSnap Health Check](#)

[BC COVID-19 Support App and Self-Assessment Tool](#)

[Health Link BC at 8-1-1.](#)

12. EMERGENCY PREPAREDNESS & RESPONSE

Each team must assign a person (team official/manager) to be a Team Safety Person. This person can be designated as a first point of contact at the facility check-in area. This person is responsible for overall site management. The team official/manager and coaches are to keep detailed records of all participants that take part of each session of activities. Full contact information for all participants (coaches, players, staff/volunteers, etc.) including name, phone number, date, time & location of activities, should be maintained for each session. This information should be retained for 30 days.

General Safety Measures-

- Must maintain the **Rule of Two:** No minor will be left alone with a single adult.
- Coaches and staff keep detailed records of all participants prior to each session (i.e., name, phone number, date, time & location of activities).
- Ensure that participants are fully informed and consent to risks associated with participating in Lacrosse activities.
- Team officials stay home if they don't feel well and if they have been notified by contact tracers regarding contact with a known case of COVID-19. Please follow all health authority directions.
- Coaches and staff/team managers must record attendance for every activity.

FIRST AID: In the event that first aid is to be administered during any activity, any designated person(s) attending to an athlete must follow proper first aid safety protocols.

Ensure that a procedure is in place for handling any participant (player, coach, volunteer, etc.) in the event they develop signs of COVID-19 during Lacrosse activities. This should include a designated isolation area, notification processes (parent/guardian, 8-1-1) and a trained team manager or official who understand this procedure.

OUTBREAK PLAN: If an outbreak occurs, its recommended team managers/coaches postpone or cancel Lacrosse activities. Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - Monitor their symptoms daily, use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here at [BCCDC](#)

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities. See [Regional Health Authorities](#)

Resources:

[A guide for employers and Occupational First Aid Attendants](#)
[First aid protocols for an unresponsive person during COVID-19](#)
[BC COVID-19 Self-Assessment Tool](#)
[BCCDC](#)
[Illness Policy](#)

13. USEFUL COVID-19 RESOURCES

[ViaSport BC Frequently Asked Questions](#)
[Gatherings and Events Order](#)
[Travel Restrictions in BC](#)
[WorkSafe BC](#)
[BC Centre for Disease Control](#)
[Mask Mandate Order \(M012\)](#)
[COVID-19 \(Limits on Actions and Proceedings\) Regulation](#)
[Workplace Safety \(December 16, 2020\)](#)
[Government of BC COVID-19 Restrictions Information](#)

Lacrosse Specific Resources-

[Lacrosse Canada \(CLA\) 2019-2020 Box Lacrosse Rulebook](#)
[World Lacrosse Women's Field Lacrosse Rulebook](#)
[World Lacrosse Youth & Men's Field Lacrosse Rulebook](#)
[BCLA Drills Library](#)
[BCLA Under and Over the Age of Majority Waivers](#)

14. AUTHORSHIP

Thank you to all BCLA members for their assistance with the BCLA Return to Lacrosse Restart Planning. Your guidance will see us through the next steps leading back to playing the game we love. Thank you!

15. DISCLAIMER

The BCLA Return to Lacrosse guidance and guidelines are intended to provide relevant and timely information related to COVID-19 coronavirus, Public Health orders, and the operational impact on sport. As information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the BCLA Return to Lacrosse Guidelines.

It is important to note that any guidance from the BCLA, including the BCLA Return to Lacrosse Guidelines, are not legal opinions or documents and are to be used as a guide only. Guidance is not a substitute for actual legislation or orders of the Provincial Health Officer. In the event of an ambiguity or conflict between the BCLA Return to Lacrosse Guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Each individual and organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities.

This document is not intended to provide legal advice. Do not rely on this document or treat it as legal advice. This document contains links to third party web sites. Links are provided for convenience only and the BCLA does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. The BCLA does not monitor those sites and is not responsible for updates. Organizations referencing BCLA Return to Lacrosse guidance or using the viaSport RTS Guidelines does so their own risk. The BC Lacrosse Association shall not be responsible for any loss or damage of any kind arising directly or indirectly from providing guidance or the use of the BCLA Return to Lacrosse Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.