



**Release Date: March 15, 2021**

## **RETURN TO PLAY**

### **Safety Guidelines for COVID19 Pandemic**

Coquitlam Minor Lacrosse is committed to the protection of the health of all our members during this pandemic while still providing opportunities for our players & coaches to safely return to the floor. This means staying in continuous contact with our governing bodies, VIA Sport and our Provincial Health office AND amending plans as required.

Please ensure you regularly check our website at [www.coquitlamlacrosse.ca](http://www.coquitlamlacrosse.ca) for updates as well as links and other important information.

We have included important links in this document for easy access. Please review all the information contained in those links, the intent of this document is to create an easy to read, easy to follow outline of our COVID19 safety protocols in response to the guidelines published.

Key to staying healthy and able to continue with Lacrosse is keeping updated and diligently following all recommended protocols from our Provincial Health Office, our governing bodies and the facilities we use. This protects us, our players and all the staff and volunteers around us working hard to keep our playing. Please respect these protocols. Coquitlam Minor Lacrosse expects 100% compliance with the outlined protocols and please be expected to be reminded of them, should you appear to be forgetting them. We are all in this together and we have shown that by cooperating with the Provincial Health Office and Dr. Bonnie Henry's guidelines we can manage this virus. We need to stay continuously vigilant to prevent another shut down, and to maintain good relationships with our facility partners. Please see the links at the end if you would like further info.

**Our COVID19 Communications Officer is President, Garrett Ungaro.**

## COVID19 SAFETY PROTOCOLS

### A. MANDATORY HEALTH SCREENINGS:

**Before you come to the rink:** All individuals entering the facility must perform a self assessment prior to each event.

Please see linked update on [Return to Play - Health Screening](#)

### B. SPECTATOR POLICY:

*\*\*We remind everyone that the consistent message from Dr. Bonnie Henry is that while gathering in groups up to 50 is permitted, it should be avoided to the extent possible\*\**

With respect to spectators, there are policies beyond our control. The facilities each set policies to which we are bound and there are policies set by our provincial public health authorities. We have to comply and adhere to these policies as a condition of using the facility. We have no ability to negotiate changes to these policies.

In the case of Poirier, there are inconsistent policies between the rinks. We are not able to negotiate a change here. For example, the facility rule for Poirier Rink 1 (The Main) is that there are no spectators permitted.

For games or shared floor times, simple math tells us that having spectators is IMPOSSIBLE.

Here's the math:

	Team 1	Team 2	Shared	Total
Players	18	18		36
Bench Officials	4	4		8
Floor Officials			2	2
Facility Staff			4	4
				50

There will be circumstances where we'll need to consider limiting bench/team officials to ensure that we have sufficient "room" within the facility cap to accommodate players. We will all need to be flexible here, the priority will always be to ensure a safe experience for the players.

### **C. BODY-CHECKING OR INTENTIONAL CONTACT POLICY:**

Throughout ViaSport Phase 2, there is to be no body-checking or body contact. Players must maintain a distance of 3 metres from one another while on the floor.

### **D. FACILITY GUIDELINES:**

Updated: February 5, 2021 (Includes PHO Updates as of January 8, 2021)

#### • **Masks**

Masks must be on at all times when in the facility. The coaches/trainers must wear masks at all times when in the Arena and on the playing surface and not take them off or move it away from their face, especially when they talk to their athletes.

#### • **2m vs. 3m distancing**

The City has considered all orders and recommendations from outside organizations (including PHO, viaSport). The decision the City made has the best interest in mind for our community, user groups and staff and it is:

- 2m distancing when outside the playing surface;
- 3m distancing when within the playing surface
  - Exceptions:
    - People who cannot remove a mask on their own
    - Children under the age of 12
    - People with health conditions or with physical, cognitive or mental impairments who cannot wear one

All participants are health screened before entering the facility.

The City has been methodically working through the logistics required to keep public facilities safe in the midst of the COVID-19 pandemic. With the safety of the public and our employees as the top priority, the City insists that all user groups adhere to and actively monitors and enforces these guidelines.

No adult sport – practice or games (22 years old and above)

### **E. BASIC SAFETY MEASURES:**

#### **PLAYERS**

- Ensure you have a clearly marked water bottle, personal hand sanitizer and paper towels or tissues. (Towels are not permitted)

- Please come to the arena fully dressed for stepping onto the floor with the exception of helmets & gloves, which can be put on at the arena.
- Arrival can be no earlier than 15 minutes prior to session start time
- There will not be assigned dressing rooms. Only Goalies are to use the dressing rooms at all times
- When the session is over, exit immediately.
- If it is required to use a tissue or paper towel, please ensure it is properly disposed of after a single use
- There is absolutely no sharing of food, water, clothing or other personal items.
- THERE IS ABSOLUTELY NO SPITTING AT ANY TIME.
- THERE IS ABSOLUTELY NO BLOWING OF THE NOSE WITHOUT TISSUE.
- Please see other guidelines below for “All Participants”.
- It is recommended that all participants wear masks except when on the floor

### **ALL PARTICIPANTS**

- All participants must complete the self-assessment noted above before each event.
- All facility guidelines and protocols must be followed. Poirier Sport & Leisure Centre are condensed below with full requirements posted on our website
- Coaches and Instructors should be wearing masks except when on the floor

- Try and minimize touching of any surfaces including doors. Use the auto button or your elbows to open doors.
- Physical distancing of 2 metres or more must be followed at all times, except while on the floor and unavoidable.
- Regularly wash or sanitize your hands.
- Please ensure that all equipment is wiped down and water bottles are washed after each use.

#### **F. ILLNESS POLICY:**

If you have been exposed to any person with known COVID diagnosis or if you have been outside of Canada within the last 14 days, you are required to:

- Advise your Manager and
- Self-isolate from any further events for a minimum of 14 days.

If you tested positive for COVID symptoms you must immediately advise your Manager.

***DO NOT ATTEND ANY EVENTS IF YOU ARE FEELING UNWELL.***

#### **G. CONTACT TRACING & ATTENDANCE MONITOR**

All individuals players and Team officials will be required to check-in at the entrance to the Forum to allow for contact tracing.

#### **H. COVID-19 SAFETY PROTOCOLS AGREEMENT AND WAIVER:**

All players must sign this agreement and waiver, provided to you by email and must be submitted prior to taking the floor. **This is due before your first floor time.** Submissions are being reviewed and tracked.

***Our first priority is the safety of our players and team officials and our second priority is to keep Lacrosse going for the players. Please respect these rules for all our benefit.***

## **IMPORTANT LINKS**

[BCLA Province-wide Restrictions Update](#)

[Provincial Health Office Guidelines - BC's Restart Plan](#)

[VIA Sport Return to Sport Guidelines](#) & [VIA Sport Update](#)