



DELTA LACROSSE ASSOCIATION

Return to Play – SPECIFIC FOR LADNER OUTDOOR BOX

Action plan and protocol for Delta Lacrosse Association

The Delta Lacrosse Association recognizes and abides by the Provincial Public Health Orders, via Sport's *Return to Sport Guidelines for BC* and the *Return to Lacrosse Guidelines* released on January 4, 2021 by BC Lacrosse Association. The Delta Lacrosse Association is committed to the health and safety its members and our communities. We recognize the importance of play for children and hope to return to play as soon and as safely as possible.

This document has been produced in preparation for Phase 2 Return to Play and is aligned with our governing body, BC Lacrosse Association, latest update to their *Return to Lacrosse Guidelines*. It is our intent to provide this information to our Provincial governing body and our Municipal partners to recommence lacrosse in Phase 2.

The Delta Lacrosse Association is committed to ensuring our member understand the procedures for Phase 2 – Return to Play and the COVID-19 safety protocols described in this document. The following steps have been taken to ensure our organization and its' members are prepared to return to play safely:

- All protocol, regulations and requirements for return to play are published on our clubs' website together with full mail-out to all members through email.
- Mandatory virtual (Zoom) meetings to present protocol to executive, volunteers, and coaches where all must attend if they are wishing to return to the Association under new circumstances.
- Mandatory signed waivers from all members, volunteers, and coaches that wish to return, agreeing to abide by all regulations and new protocols for participation.

GENERAL COVID-19 PROTOCOLS FOR PARENTS/PLAYERS/CLUB PERSONNEL

Compliance with COVID-19 Safety Plan is mandatory for all members of the Delta Lacrosse Association.

Health screening/contact tracing

Players, club volunteers and coaches will participate in person COVID-19 health screening and provide their contact information prior to each event. A record of health screening will be kept by the Delta Lacrosse Association for 30 days for the purpose of COVID-19 contact tracing. After 30 days these records will be destroyed.



Masks

Masks must be worn at all times by coaches, club volunteers and parents. Children who have their helmets on do not need to wear masks, however if helmets are removed, children are expected to don a mask, unless they are not capable of putting their mask on without assistance or have a medical condition that exempts them from wearing a mask.

Physical distancing

Players and club personnel will maintain a distance of 3m **while in the field of play**. Players and club personnel will maintain a distance of 2m when outside of the field of play. The field of play in Phase 2 of Return to Play is the area in which players are engaged in their sport and, for Phase 2 does not include the players' benches. Physical distancing markers (small cones, ground decals and/or chalk lines) will be set by coach/volunteer prior to the arrival of the players.

Capacity of the Outdoor Box

The maximum number of people or the capacity of the outdoor box is calculated by determining the unencumbered space within the box. The Delta Lacrosse Association has determined the maximum capacity of the Ladner Outdoor Box to be 30 and will include 22 players, 4 coaches, 4 volunteers. Volunteers to assist with Check-in, set up, and monitoring areas for COVID-19 protocol compliance.

Hygiene

Hand hygiene is an essential part in preventing the spread of COVID-19 and other infectious illness. Washing hands with soap and warm water for at least 20 seconds is best. If soap and water is not readily available an alcohol based hand sanitizer can be used and is effective against most respiratory viruses, including COVID-19.

Players, coaches, volunteers and parents are expected to practice good hand hygiene including ensuring to wash or sanitizing their hands before and after donning or doffing their masks, after touching their face, prior to entering any space and after using the washroom or touching any common surface.

Players, coaches, volunteers and parents must practice good respiratory hygiene including covering your cough/sneeze with a tissue or elbow, disposing the tissue in a waste bin and washing or sanitizing hands.

Food and/or beverage consumption is not permitted while on the bench or in the outdoor box. Water bottles are permitted.



Parent helpers for children under 10

Parents may accompany children 10 and under to the check-in point, so they can ensure children arrive safely and they remain 2m away from other players. Once their child is checked in, parent are asked to return to their car and wait to collect their child until the end of practice, especially if the parent anticipates that the child will need assistance.

Parents of older children or children 10 and under that are not likely to need assistance may leave the area during the practice but must leave a contact phone number in which they can be reached should their assistance be required.

Spectators

NO spectators will be permitted during practice. Parents are expected to wait in or at their vehicle. Designated volunteer(s) will be monitoring the vicinity throughout the lacrosse event to insure that COVID protocols are being followed, including no gathering or tailgating in the parking lot.

LADNER OUTDOOR BOX





PROCEDURES FOR THE OUTDOOR BOX

Arrival

- Players must arrive no more than 10 minutes prior to their practice time
- Players are required to be fully dressed in all their equipment when they arrive to line up for screening.
- Players are not be permitted to dress while waiting in line. Players will be reminded that they must not remove their clothes in such a way that they expose themselves.
- Players' bags must remain in their vehicle. Players are permitting to bring their water bottle, and their medication.

Check-In Point

- The Lacrosse box will be divided into two groups (Group A will enter and exit via the home bench and Group B will enter and exit the box through the visitor bench). Each group will have one coach. Players will be advised prior to arrival as to which bench they are assigned.
- There will be two check-in points at the Ladner Outdoor Box – one for each group located just outside entrances to the home and visitor benches. Players will line up at their groups Check-In point, on the ground decals that are spaced 2m apart. See diagram.
- At the check-In, coaches/team volunteer will verbally check-in with each player to confirm their health status.
- Parents can remain with children under 10 until they have passed the check-In to ensure the children maintain their physical distance while lined up. Parents will return to their vehicles and if they must leave provide a contact number if they are leaving the parking lot.

Entering the outdoor box

- Doors and gates will remain open for players and coaches to reduce these as a potential sources of contamination. Sanitize hands after touching door/gate handles if you must touch them.
- Players will have been assigned a number during the check-in process that corresponds to placards that have been placed along the ledge of the boards, just inside the entrances. Players will leave their belongings (water bottles, emergency medications, tissues) at their assigned spot on the ledge of the boards.
- For players numbered 1 through 11 (Group A) their placards are located to left after they enter through the home bench gate onto the floor. For players numbered 12 through 22 there numbered placards will be to the right after they enter through the visitor bench gate. Players are reminded not to bring their bags with them, these should be left in their vehicle or addressed with a team volunteer.



In the Outdoor Box (a.k.a. the Field of Play)

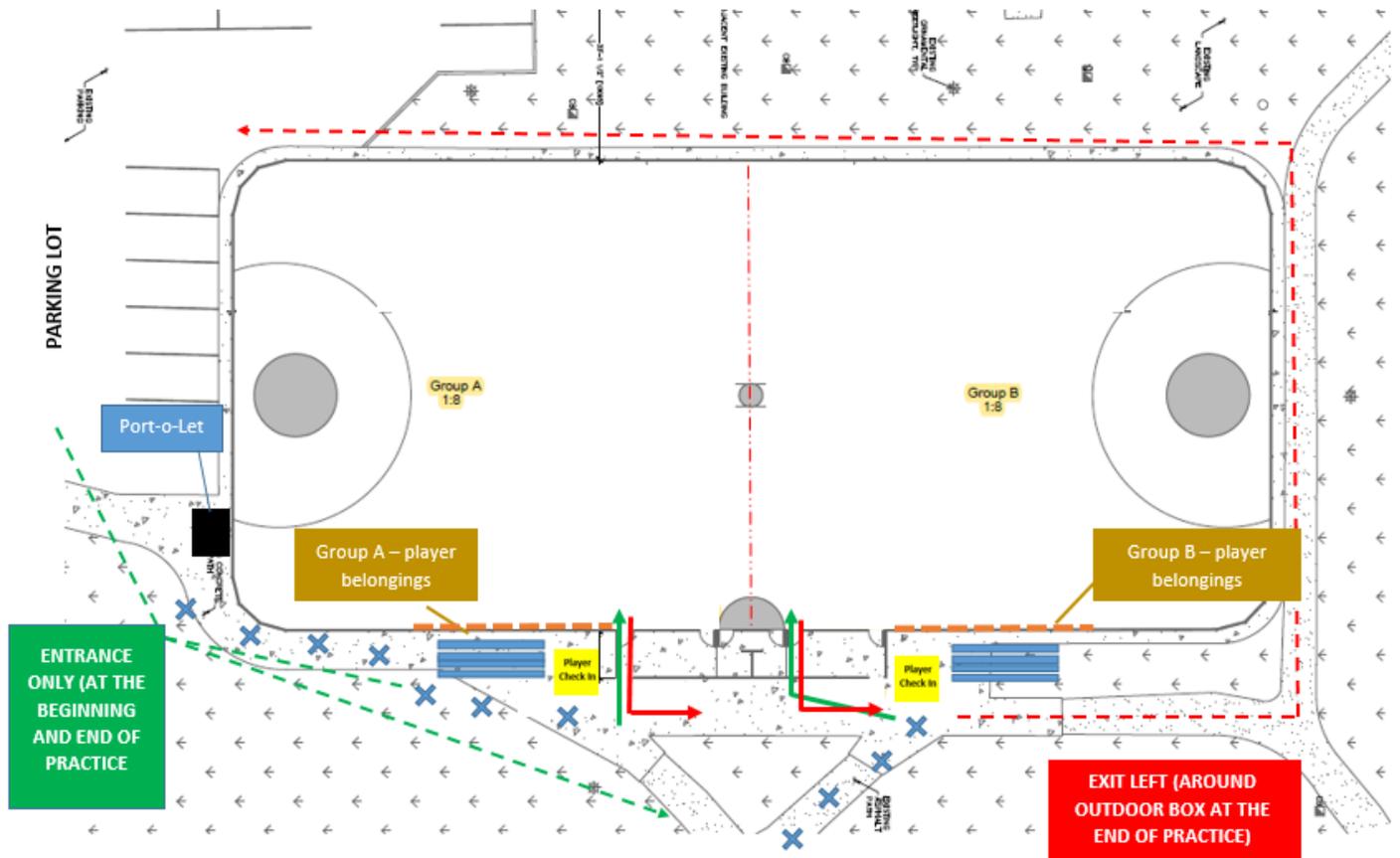
- The Drill and Skills and Challenge Activities appendices in this document have been created as recommendations to assist coaches with participants of varying development stages and age appropriateness (i.e., APPENDIX G: Drills and Skills – 12 YEARS AND UNDER (up to Pee Wee age); APPENDIX H: Drills and Skills – OVER 12 YEARS and APPENDIX I: Challenge Activities OVER 12 YEARS (Pee Wee age and older).
- Drills/skills must be designed such that that players and coaches are remaining 3m apart in the field or play, whether that is when moving or when waiting for instruction or their turn. The floor will be marked to provide visual cues of what 3m spaces are to assist players and coaches.
- Any drills/skills that cannot be modified to incorporate 3m physical distancing between players must not be performed.
- Drills/skills are designed to build and enhance individual athlete skill development without competing in game situations (i.e., games, scrimmages) that could result in contact. No competition, including scrimmages, is allowed at this time.
- No stick to stick, stick to body or body to body contact is permitted.
- Participants must focus on the coaches and their instructions when waiting to perform drills and not fool around in lines.
- Station work is recommended to assist coaches to offer drills/skills activity flow and variety to maintain the 3-meter physical distancing.
- Coaches must be cognizant that older, and higher-skilled athletes may be more active and utilize more space when undertaking lacrosse activities so you may need increase the activity area to accommodate for this level of activity or reduce the number of participants in the activity.

Washroom breaks

- The designated washrooms for all sessions will be the port-o-let located north end of the lacrosse box.
- Only one (1) player at a time will be allowed to go to the washroom.
- Players must wash their hands with warm soapy water for 20 seconds after being in the washrooms, where there is no soap and water, players must use hand sanitizer.

Exiting the outdoor box

- At the end of the session players will collect any personal items along the way exit the lacrosse box through their allocated bench.
- Players and coaches they are required sanitize their hands as they exit the lacrosse box.
- Parents must adhere to drop off and pick up times. No resources will be available for children to remain on the floor once their particular session has concluded.



- Parents/players will be directed to exit to the left of the outdoor box, around the south side and east side of the box to the parking lot. This will ensure that the group leaving remains apart from the group that is arriving and starting to queue.
- Parents with children under 10 can meet their child at the exit but must maintain 2m from other parents.
- Parents/players and coaches are expected to leave the lacrosse box area and the parking lot. There is no tailgating or other gathering permitted. (Gear off and leave).
- There is to be **zero** cross over between sessions. This will provide coaches/volunteers the appropriate time to complete necessary sanitizing. The next group should not arrive any earlier than their allotted start time.



Cleaning and disinfecting

Immediately after each session coaches/volunteers will sanitize benches, handles, goals and tops of boards using Clorox based cleaning materials. A detailed chart is provided at the end of this document as suggested cleaning and disinfecting for players/parents and team personnel.

Supplies required

Determine the individual(s) responsible to bring these additional supplies to the site (i.e., coach, team manager or designated association volunteer).

- Hand Sanitizer - if a hand washing facility is not close/open
- Gloves. Individuals should wash their hands thoroughly before putting on the gloves. Medical and food service gloves are usually made from polymers such as latex, vinyl and nitrile, although you may find disposable gloves made of other materials, such as neoprene.
- Tape (for arrows)
- Sanitizer wipes or disinfectant spray & cloth
- Hand Sanitizer
- Sharpie and Water Bottles (if you choose)
- Doubled plastic bag to safely dispose of any gloves, wipes, etc.
- Chalk
- Face masks



Suggestions for cleaning and disinfecting equipment/ personal items

ITEM	ATHLETES	COACHES	PARENTS/GUARDIANS/SPECTATORS
Balls	Should not touch. Use stick to pick up/cradle.	Wipe down with disinfectant before and after use. Will touch but need to disinfect between uses. Wear gloves.	N/A
Stick	Only use your own stick. Wipe down with disinfectant before and after use.	Participate and provide demo with your own stick. Do not touch player sticks. Wipe down with disinfectant before and after use.	Help your own child only when necessary and make sure to disinfect handle and plastic edges of lacrosse head when returning to car.
Documents	No.	Yes, but do not share with other coaches. Individuals should have own copy.	No.
Tablets/Phones	Only use your own device—placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity.	Only use your own device— placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * Remove and throw bag away after activity. If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 3- meter distance (other should not touch).	Only use your own device - placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. * <u>Remove and throw bag away after activity.</u>
Personal Equipment DO NOT Share ANY Equipment	Should all be put on near your own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms). **Make sure to keep your lacrosse gloves on at all times!	Should all be put on near your own vehicle, prior to proceeding to area of participation. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms). **Make sure to keep your lacrosse gloves or sanitary gloves on at all times!	Assist/remind your child with putting on their equipment at your vehicle, prior to going to the activity area. Remind them to leave it on once the event is completed and return to vehicle to take off equipment
Helmets	As above.	Wear gloves when touching any equipment; otherwise send player to parent.	As above.



<p>Water Bottles</p> <p>NEVER SHARE</p>	<p>Each player must have their OWN clearly marked water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.</p>	<p>Remind players to NEVER share water (If possible, have extra commercially sealed bottles available if hot out, but make sure you have disinfectant wipe available to clean off before giving to anyone). Use sharpie to mark name). Must have spout or straw in order to aim into mouth, while still wearing helmet.</p>	<p>Make sure your child's water bottle is clearly marked and they know how to identify their own bottle. Remind them to never use anyone else's water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.</p>
<p>Equipment Bags</p>	<p>To be left in vehicle or in designated space within facility.</p>	<p>To be left in vehicle.</p>	<p>To be left in vehicle.</p>
<p>Spectator Seating (if not removed) or Standing</p>			<p>No spectators.</p>
<p>Enter/Exit</p>	<p>Follow instructions/arrows. If using a door/gate handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.</p>	<p>Use tape to create arrows to enter and exit - have players enter and exit one at a time in order to maintain 3-meter distance. If using handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.</p>	<p>Remind your child to enter / exit per direction of arrows and to keep 3-meter away from the person in front of them. If using door/gate handle, wipe with disinfectant wipe prior to opening & if possible, leave it open so no other person needs to touch.</p>
<p>Bench/Other Surfaces</p>	<p>Don't touch surfaces; keep your lacrosse gloves on.</p>	<p>Disinfect surfaces before players arrive and after they have left. Don't touch surfaces and 'bag' your gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.</p>	<p>Don't touch surfaces and 'bag' your child's gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.</p>