

Manitoba Lacrosse Association

COVID-19 Return to Play Protocol



Developed by:
MLA Return to Play Committee

Contact: Matt Mason, MLA Executive Director
lacrosse@sportmanitoba.ca
204-925-5684

Ratified: July 15th, 2020



Glossary of Terms

The following terms have meanings in this document:

Term:	Definition:
Activity:	Refers to an event sanctioned by the Manitoba Lacrosse Association
Association:	Refers to the Manitoba Lacrosse Association
Competition:	Refers to a game of lacrosse.
COVID-19:	Refers to the infectious disease caused by SARS-CoV-2.
Faceoff:	Refers to the act of facing off for a ball in the game of lacrosse.
Facility:	Refers to the location in which the activity is to take place. Inclusive of all indoor and outdoor spaces being used for the activity.
Field of Play:	Refers to the playing area of a facility.
Game:	Refers to a game of lacrosse.
Member:	Refers to being a paid member in good standing of the Manitoba Lacrosse Association.
MLA:	Refers to the Manitoba Lacrosse Association
Public Health Authority:	Refers to all municipal, provincial, and national public health offices within the jurisdiction of the activity taking place.
Spectator Area:	Refers to the area in which one could spectate the field of play.
Staff:	Refers to the coaches and volunteers of the program.

Objective

The purpose of this document is to describe the guidelines and protocols for the return of the sport of lacrosse in the province of Manitoba. These guidelines and protocols have been developed by the Manitoba Lacrosse Association's Return to Play Committee and ratified by the MLA Board of Directors.

These guidelines and protocols are requirements set by the Manitoba Lacrosse Association and must be executed fully at all times during MLA-sanctioned activities. Noncompliance can lead to removal of access to facilities, memberships being put in bad standing, and discipline from public health authorities.

Please note that these guidelines and protocols may change at any time based on the advice of provincial, municipal, and national health authorities, Sport Manitoba, or the Manitoba Lacrosse Association. Any developments and changes to these guidelines and protocols shall be communicated by the MLA as they arise. Timelines for the various phases will be communicated as they are determined.



Health & Safety Protocols

All participants should pre-screen themselves using the Government of Manitoba's screening tool prior to attending a session.

If you are feeling unwell or are exhibiting any of the symptoms of COVID-19, inform your program staff and stay home. Refer to the Province of Manitoba's screening process and get tested if necessary.

If you receive a positive test result for COVID-19, inform your program staff as well as the MLA office and stay home.

If you come in contact with anyone who has tested positive for COVID-19, inform your program staff and the MLA office and stay home.



Health & Safety Protocols (cont'd)

Stay informed of the current pandemic status.

Every participant, spectator, and program staff must be checked in and screened prior to entry to the facility.

Attendance will be recorded for all sessions in order to facilitate tracing should a positive case arise.

If any participant has any symptoms of COVID-19, they shall not be permitted to participate or be present.

If any participant has previously tested positive but has since recovered, recommendations provided by public health authorities should be followed.

This document does not supersede the regulations of municipal/provincial public health authorities.



Waivers

Waivers must be read and signed by all participants and/or their parent/guardian in order to participate in programming.

All participants must be registered MLA members in order to participate in programming.

All non-participants must sign a one-time COVID-19 waiver online prior to entering the facility in order to be permitted access.



Phased-In Approach

The MLA will be implementing a phased-in approach to returning to programming, with each phase lasting for a minimum of 14 days. Exact lengths of the phases will be determined by the MLA in response to recommended practices from public health authorities.

Phases:

- | | |
|-------------------------------|---|
| Phase 1:
(14 Days) | Non-contact exercises only with strict physical distancing requirements. Outdoors only. |
| Phase 2:
(14 Days) | Implementing contact in practices. Outdoors only. No games. |
| Phase 3:
(TBD) | Allows for games within small cohorts of athletes. |
| Phase 4: | Return to regular-style competition. |





Phase 1 (min. 14 days)

Groups of no more than 25 athletes; Skills and drills only (no contact); Outdoor facilities; No spectators.

Phase 1 – Arrival/Departure

- Athletes arrive no more than 10 minutes prior to session start time.
- Dressing rooms/change areas closed. Athletes are to arrive at and depart from facilities fully dressed (helmets and gloves excluded).
- Athletes must leave facility immediately at the conclusion of the session. Athletes should not be loitering outside the facility or in the parking lot following the conclusion of the session.
- Each athlete and coach is checked in and screened prior to entering the facility for each session.



Phase 1 – Spectators, Parents/Guardians

- No spectators are allowed in the spectator's area. Parents/guardians are encouraged to remain around the facility in case of emergency but are not permitted to spectate.
- Parents/guardians must adhere to facility, provincial, and municipal guidelines and restrictions while waiting for their athletes.
- Parents/guardians must maintain a minimum standard of social distancing at all times.
- Injuries should be tended to by a parent/guardian when possible. If not, program staff must use proper personal protective equipment when tending to an injured athlete.



Phase 1 – During the Session

- Athletes and coaches must maintain a physical distance of 2 metres apart at all times – **NO CONTACT**.
 - E.g., during the play, waiting in line, during exercise explanations, before and after the session.
- Each athlete must have their own marked water bottle.
- No sharing equipment between athletes.
 - Athlete equipment should be sanitized/disinfected between each session.
 - Team-owned equipment that is shared throughout a practice must be sanitized between uses.
- Lacrosse balls are only to be handled by the stick.
- Only coaches handle team equipment (pylons, etc.).
- Group discussions/gatherings should be limited; physical distancing enforced.



Phase 1 – The Game

- No more than 25 athletes registered per session.
- Athletes are not permitted to participate outside of their assigned groups.
- All sessions are held at outdoor facilities.
 - No indoor facilities during Phase 1.
- Non-contact exercises only, where 2 metres of physical distancing can be maintained at all times.
 - Skills and drills only.
 - No defense during Phase 1.
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
 - E.g., gates, goal posts, bench areas.





Phase 2 (min. 14 days)

Groups of no more than 25 athletes; Brief instances of contact permitted; Outdoor facilities; No spectators.

Phase 2 – Arrival/Departure

- Athletes arrive no more than 10 minutes prior to session start time.
- Dressing rooms/change areas closed. Athletes are to arrive at and depart from facilities fully dressed (helmets and gloves excluded).
- Athletes must leave facility immediately at the conclusion of the session. Athletes should not be loitering outside the facility or in the parking lot following the conclusion of the session.
- Each athlete and coach is checked in and screened prior to entering the facility for each session.



Phase 2 – Spectators, Parents/Guardians

- No spectators are allowed in the spectator's area. Parents/guardians are encouraged to remain around the facility in case of emergency but are not permitted to spectate.
- Parents must adhere to facility, provincial, and municipal guidelines and restrictions while waiting for their athletes.
- Parents must maintain a minimum standard of social distancing at all times.
- Injuries should be tended to by a parent/guardian when possible. If not, program staff must use proper personal protective equipment when tending to an injured athlete.



Phase 2 – During the Session

- Athletes and coaches must maintain a physical distance of 2 metres apart at all times, excluding during an exercise.
 - E.g., waiting in line, during exercise explanations, before and after the session.
 - Brief instances of close contact will be allowed during exercises.
- Each athlete must have their own marked water bottle.
- No sharing equipment between athletes.
 - Athlete equipment should be sanitized/disinfected between each session.
 - Team-owned equipment that is shared throughout a practice must be sanitized between use by each athlete.
- Lacrosse balls are only to be handled by the stick.
- Only coaches handle team equipment (pylons, etc.)
- Group discussions/gatherings should be limited; physical distancing enforced.



Phase 2 – The Game

- No more than 25 athletes registered per session.
- Athletes are not permitted to participate outside of their assigned groups.
- All sessions are held at outdoor facilities.
 - No indoor facilities during Phase 2.
- Exercises may include brief instances of contact.
- Prolonged instances of contact are not permitted
 - E.g., faceoffs, loose ball battle drills.
- Defense is permitted.
- No games.
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
 - E.g., gates, goal posts, bench areas.





Phase 3 (Length TBD)

Games permitted within small cohorts of athletes;
Indoor facilities; Limited Spectators.

Phase 3 – Arrival/Departure

- Athletes arrive no more than 15 minutes prior to session start time.
- Athletes must leave facility immediately at the conclusion of the session. Athletes should not be loitering outside the facility or in the parking lot following the conclusion of the session.
- Each athlete, coach, and official is checked in and screened prior to entering the facility for each session.



Phase 3 – Spectators, Parents/Guardians

- A maximum of 1 family member/guardian permitted in the spectator's area per athlete.
- Spectators must be checked in and screened prior to entering the facility.
 - Athletes will be checked in first.
- Spectators must maintain a physical distance of 2 metres at all times, and adhere to all facility, municipal, and provincial guidelines and restrictions at all times.
- Once a spectator leaves the facility, they may not re-enter for any reason.
- Injuries should be tended to by a parent/guardian when possible. If not, program staff must use proper personal protective equipment when tending to an injured athlete.



Phase 3 – During the Session

- Physical distancing should be maintained whenever possible.
- Each athlete must have their own marked water bottle.
- No sharing equipment between athletes.
 - Athlete equipment should be sanitized/disinfected between each session.
- Lacrosse balls are only to be handled by the stick.
- Only coaches handle team equipment (pylons, etc.)
- Group discussions/gatherings should be limited.
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
 - E.g., gates, goal posts, bench areas.



Phase 3 – Games

- Competitions allowed within small cohorts of no more than 50 athletes. Teams should consist of no more than 16 athletes.
 - E.g., a 3 team pool of 16 athletes per team.
- Regular competition style permitted, with no faceoffs.
- Indoor facilities permitted.
 - Must follow facility guidelines and restrictions at all times.
- Physical distancing should be maintained in the player bench areas whenever possible.
- Change areas may be used following facility guidelines. Physical distancing should be maintained.
 - Must follow facility guidelines and restrictions at all times.
 - Showers not permitted.
 - 15 minute limit following a game.



Phase 3 – Games (cont'd)

- Officials do not touch the ball.
- No Faceoffs.
- Officials have authority to stop play at their discretion during instances of prolonged contact.
- Only one minor official in the scorekeeper's area.
- Minor officials must sanitize scorekeeper's area after each use.
- Officials may only use the referee change area one at a time and must sanitize before and after use.



Phase 3 - Practices

- Groups of no more than 25 athletes per session.
- Sessions may be held at outdoor or indoor facilities.
- Dressing rooms/change areas closed. Athletes are to arrive at and depart from facilities fully dressed (helmets and gloves excluded).
- Exercises may include brief instances of contact.
- Prolonged instances of contact are not permitted in practices.
 - E.g., faceoffs, loose ball battle drills.
- Defense is permitted.





Phase 4 (Length TBD)

Return to Regular-style Programming

Phase 4

- Games may be played outside of cohorts.
- Travel for competition within the province of Manitoba is permitted.
- Spectator restrictions will be determined based on the guidelines of public health authorities.
- Screening/check-in process for all participants/spectators remains in place.
- Facility guidelines and restrictions must be followed at all times.
- Physical distancing is encouraged whenever possible.
- Officials may follow standard practices.
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
 - E.g., gates, goal posts, bench areas.

