



Red Deer Lacrosse Association Return to Play Activity



TABLE OF CONTENTS

Legal Disclaimer

Introduction

Overview

Organizational Guidelines

Emergency Preparedness Planning

Appendices

APPENDIX 1: RESOURCES

APPENDIX 2: PLAYER CHECKLIST

APPENDIX 3: STAFF/COACH CHECKLIST

APPENDIX 4: PARENT CHECKLIST

APPENDIX 5: ATTESTATION

LEGAL DISCLAIMER – NOTICE OF RISK

Red Deer Lacrosse Association has prepared this document based on the latest information available to date from third-party sources, including Alberta Lacrosse and ALBERTA HEALTH SERVICES (AHS). The document may be updated periodically as the situation around the COVID-19 pandemic evolves and more information becomes available.

This document is meant to provide information and guidance as to best practices based on current information available as per the publication date. It also outlines requirements that clubs must adhere to in order to have events and activities sanctioned by Alberta Lacrosse.

Each club is responsible for assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health officials, government authorities, including user facilities, indoor or outdoor.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical and/or legal professionals and for the outcome of his or her decisions and actions.

REVISIONS

Revisions will be listed here when needed.



Red Deer Lacrosse Association Return to Play Activity



INTRODUCTION

Red Deer Lacrosse, like all of our members, is anxiously waiting for the day when we can return to the floor and the field. Before we return; however, we must first receive confirmation from our provincial government, Alberta Health Services, and our insurers on when a Return to Play is permitted, and what procedures will need to be followed.

Each association must carefully consider when they are prepared to begin offering lacrosse training. Before we can start looking at having any lacrosse activities occur this summer, the municipal governments must allow **organized** sports to access fields. As such, our associations have been working with their local city/municipality as well as determining restrictions and limitations for on-field bookings and activity.

The Red Deer Lacrosse Board of Directors focus continues to be the health and safety of our athletes, coaches, volunteers and fans. We respect the orders and restrictions that have been put in place in our province by our Chief Medical Officer of Health and her team. We look forward to getting back to lacrosse activities and have created this guide for **all to read and adhere to guidelines minimizing risk.**

Alberta Health Services encourages all Albertans to voluntarily download the ABTraceTogether mobile app to help identify and isolate positive COVID-19 cases.

For more information about the ABTraceTogether app, please visit:

<https://www.alberta.ca/ab-trace-together.aspx>

*It is important to note that these guidelines were published using the information available from Alberta Health Services (AHS), Alberta Lacrosse and third-party sources using the Guidance for Organized Outdoor Sport, Physical Activity and Recreation. All guidelines must adhere to the most recent public health orders as posted on the COVID-19 Orders and Legislation webpage; which are subject to change.

OPERATIONAL GUIDELINES AND REQUIREMENTS FOR RETURN TO ACTIVITY AND SPORT

Red Deer Lacrosse Association, in aligning with Alberta Lacrosse and AHS provides the following guidelines and requirements for Return to Activity/Sport.

Red Deer Lacrosse continues to follow activity guidelines and return to play activity as outlined by Alberta Lacrosse. For more information, see:

[Alberta Lacrosse Association Framework For Relaunch \(attached\)](#)

[Regulation 37 - Return to Activity](#)

[Regulation 38 - Return to Sport](#)

Guidance and Responsibilities for Program Leaders:

Every athlete, official, volunteer and coach will be symptom-screened prior to each activity to ensure players, coaches volunteers and officials are symptom free and feel well. All are clear to play if not symptomatic, able to perform at prior levels, and screen negative on any screening questions.

Encourage continued training at home, increasing intensity, progress to higher intensity activities.

Players, coaches, volunteers and/or officials with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptoms free and have a negative repeat COVID-19 test in order to return. Individuals require clearance from a licensed medical professional before return to play will be granted.

RDLA will appoint someone to serve as a designated safety or hygiene manager, who will have the responsibility of gathering self-assessment questionnaires, keeping documentation for contact tracing/legal if needed and ensuring hand sanitizer is readily available.

RDLA will encourage adequate space between the water and personal equipment of each player so that physical distancing of 6 or more feet can be maintained during breaks.

If there is a dispute that occurs between the hygiene/safety coordinator on-site at a practice and a participant regarding symptoms and ability to participate, it is the ultimate decision of the on-site hygiene/safety coordinator and/or program leader to determine if the participant (athlete/coach/official) is cleared to play. This decision will be final and not appealable.

Guidance and Responsibilities for Parents and Athletes:

1. **Do not bring your child if you or they or anyone in the household are sick or were recently sick.**
2. Complete screening questions no more than one hour prior to play at each session.
3. Understand your limited participation in practice and games and need to stay in the vehicle.
4. Masks are not recommended for Physical Activities, as such, not recommended for players participating in Return to Activity programs.

For your reference... There is limited research currently available that determines the risk/benefit for athletes to wear cloth face masks while participating in outdoor or indoor athletic activities. Alberta Health has provided guidance on the use of cloth face masks:

- Wearing a non-medical mask, such as a homemade cloth mask, has not been proven to protect the person wearing it.
- However, wearing a non-medical mask may be helpful in protecting others around you.
- This is because face coverings are another way to cover your mouth and nose to prevent respiratory droplets from contaminating other people or surfaces.
- Additionally, wearing a mask may stop you from touching your nose and mouth.

If you choose to wear a non-medical mask or face covering:

- Ensure your mask is well-fitted and does not gape at the sides.
- Be aware that masks can become contaminated on the outside. Avoid moving or adjusting the mask. Assume the mask has been contaminated and take proper precautions.
- Critically, if you wear a mask, you must wash your hands before putting it on, as well as before and after taking it off.
- Cloth masks should be worn only a short time, as there is some evidence that they can trap virus particles after they become damp, which may put the wearer at greater risk.
- For those choosing to wear non-medical masks, it may be prudent to carry a bag with several clean masks in it, as well as a plastic bag that can be used to safely store used masks until they can be washed at home.
- It is critical that used masks be carefully handled to avoid spreading infection to others.

There is no evidence available yet to recommend clear face shields for use in the prevention of COVID-19 transmission in lacrosse.

Wipe down equipment before and after participation. Alberta Health has provided cleaning and disinfecting guidance: [PPE Information](#)

Cooperate with needs/asks of coaches/organizers/volunteers etc.

Educate children about need for social distancing and what they should do to protect themselves (hand washing, not touching others, keeping 6-feet apart)

Monitor your child for any symptoms of anxiety, depression and distress (i.e. not sleeping, eating, stomach aches before practice) and refer to a mental health professional.

APPENDICES WILL OUTLINE HOW RDLA WILL MANAGE THE FOLLOWING REQUIREMENTS:

- Mandatory CAP (COVID Action Plan) should be a part of any event planning which includes wellness screening by predetermined safety or hygiene manager.
- Pre-participation screening checklist for everyone attending the event should be completed in the hour prior to the event and submitted to the predetermined safety or hygiene manager
- Identify plan for collection and tracking of screening forms.
- What to do when a participant or other person screens positive. You MUST [self-isolate](#) and visit www.ahs.ca/covid and complete the online self-assessment tool to determine if you need testing for COVID-19.
- Consider using the medical personnel at the venue as part of the CAP and to be responsible for CAP oversight. If not available, safety or hygiene manager to ensure all athletes/coaches/officials who are on field complex have been screened.
- Host organization should have, as part of the CAP, a way to ensure that everyone abides by the rules created to maintain health and safety of participants. All teams held to very tight standard regarding screening and this includes not just players but also coaches, officials and any others who enter the field area.
- There should also be a plan for when participants or others refuse to comply with the outlined screening.
- There needs to be clear messaging and visible signage at venue regarding CAP noncompliance and associated removal actions from the field area for all participants who do not comply.
- Plan should include layout for practices, games and warmup, being cognizant of spacing required for groups and teams.
- Ensure adequate water supply, no group filling stations.
- Limit intermingling between groups during practices, teams between games and group congregating between games.
- This plan should require changing routes of ingress and egress to limit routes and ensure screening of all attendees.

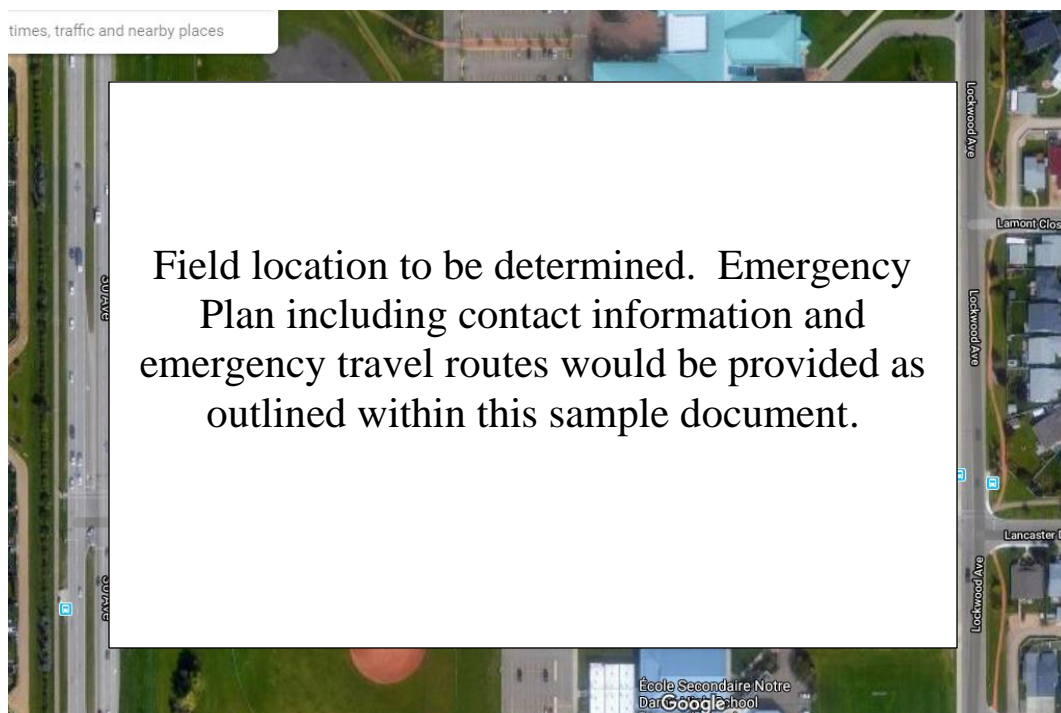
Emergency Planning and Health Guidelines

Contact Information

Attach the medical profile for each participant and for all members of the coaching staff.

Cell phone number of coach::	403-358-9555
Cell phone number of assistant coach::	587-877-6687
Phone number of home facility::	
Address of home facility::	
Address of nearest hospital::	3942 50a Ave, Red Deer, AB T4N 4E7
Charge person (1st option)::	Ryan Morcom
Charge person (2nd option)::	Colin Purvis
Call person (1st option)::	Ryan Morcom
Call person (2nd option)::	Colin Purvis

Directions to Hospital from TBD:



Emergency Action Plan (EAP): Weather Related Issues

1. **Established Chain of Command**

There is generally a hierarchy of individuals responsible for game management and medical issues as well as determining if play should be suspended. Individuals included in this chain of command can include administrators, officials, physicians, certified athletic trainers, coaches, parents, and athletes.

- Rule books put the authority in the hands of the referee to make the call to leave the field in inclement weather. However, it is important that members of the coaching staff as well as others provide input to the officials prior to the decision to seek safe shelter. At a practice, coaches, athletic trainers, and other personnel are urged to follow these recommendations to provide a safe environment.

2. **Designated Person to Monitor Weather**

A designated person to watch the weather and evaluate whether the activity should be suspended or postponed. Prior to the individual practice/game, the outdoor weather should be noted. If a thunderstorm is imminent, the practice/game should be suspended or postponed. Imminent refers to dark clouds with winds picking up in intensity, sounds of thunder, or lightning in the distance. Such conditions indicate that the weather is not conducive to safe playing and spectating conditions. If practice or play has already begun, any sign of an imminent storm should be watched for and cessation of play considered. It must also be remembered that sounds of thunder can be diminished in urban areas, by surrounding mountains, trees, or buildings. Therefore, if lightning is seen, activities should be suspended, and participants and spectators should head for designated safer locations.

3. **Weather Monitoring**

Several forms of weather monitoring exist, including local television news coverage, Internet, cable and satellite weather programming, lightning monitoring systems, and the Weather Network, or Canadian Government Alert notices (https://weather.gc.ca/warnings/index_e.html). The Weather Service issues thunderstorm "watches" or "warnings", where the former means that severe weather is likely to develop in an area, and the latter meaning that severe weather has been reported in the area. Both "watches" and "warnings" should signify an elevated level of concern for the possibility of lightning.

If more sophisticated monitoring is not available, the "flash-to-bang standard" can be used to estimate the distance to a lightning flash. The flash-to-bang method does not require any sophisticated equipment and is thus convenient and can be used to determine when to suspend or postpone activities. The flash-to-bang method is based on the fact that light travels faster than sound. To use the flash-to-bang method, begin counting on the lightning flash, and stop counting when the associated clap of thunder is heard. Divide the time to thunder (in seconds) by 5 to determine the distance (in miles) to the lightning flash. For example, an observer obtains a count of 30 seconds from the time he or she spots the flash to when the thunder is heard. Thirty divided by 5 equals 6, therefore that lightning flash was 6 miles from the observer.

4. **Lightning Structures**

Understanding the location of all structures close to the facility that are considered safe from lightning hazard.

1. Safe Locations:

- A building normally occupied by people, with wiring and plumbing that has been grounded.
- If buildings are not available, then certain other spaces are considered safe: vehicles, including school buses, with a hard metal roof (not convertibles or golf carts) with the windows shut. Individuals should not touch the metal framework of the vehicle as well as the steering wheel, ignition keys, and/or radio.

2. Unsafe Locations:

- The showers or plumbing of a building, as well as electrical appliances in a building during a thunderstorm should be avoided.
- Small covered shelters outside, such as dugouts, bleachers, rain shelters, golf shelters, picnic shelters.
- Areas connected to or near light poles, towers and fences
- Any location which is the highest point in the area

5. **Evacuation**

If lightning is seen or thunder is heard, then preparing for evacuation should occur. Once lightning is detected and felt to be within 6 miles, all individuals should already be in safe structures and play should be suspended for 30 minutes. This requires awareness of the weather conditions as well as understanding how long it will take for participants and spectators to get to the safe structures. This should be considered in the EAP for each facility such that appropriate announcements can be made to spectators, play can be suspended and both spectators and participants can be safely accommodated.

6. **Lightning Related Strategies**

Education regarding the following specific strategies can diminish the likelihood of lightning related injury.

- Once there is less than 30 seconds between the sight of lightning and the sound of thunder, all individuals should be cleared from the field and in a safe location.
- During sporting events, thunder may be hard to hear. During the day, lightning may be difficult to see. In addition, 10% of lightning occurs when no rainfall is evident, and there is a blue sky.
- Phones: Cell phones and cordless phones are preferred over landlines as the latter have been associated with lightning strikes. Ideally, cell phones and cordless phones should be used within a safe location.
- Imminent Lightning: If one feels the hair on their head, neck or arms stand on end, or feel skin tingling, then a lightning strike may be imminent. In this

situation, if a safe location is not nearby, move several feet away from others and use the "lightning crouch" to minimize one's risk. Put the feet together, squat down, tuck the head and cover the ears. When immediate threat of lightning has subsided go to a safe shelter. If a safe shelter is not available, seek the lowest elevation (avoid being the highest elevation where lightning is most likely to strike).

- Resumption of Activity: There should be 30 minutes between the last sound of thunder and the last flash of lightning before activity is resumed. The 30-minute clock may be re-set as more activity is heard or seen. During evening activities, lightning may persist despite being far away, and the lightning channel (from the sky to the ground) should be used. More sophisticated weather review systems (internet-based systems showing the exact distance of the storm as well as the direction it is moving) can be particularly useful in this regard.
- If Lightning Strikes: Individuals that have been struck by lightning do not carry an electrical charge and therefore resuscitation efforts should not be delayed. Emergency treatment, including the activation of the EMS system by calling 911, applying an automatic external defibrillator (AED) and performing cardiopulmonary resuscitation (CPR), in that order, should be initiated as soon as possible. If possible, the victim should be moved to a safer location prior to initiating emergency measures.

Air monitoring applies seasonally and to the present condition. Guidelines and recommendations as per the AFLA Air monitoring Policy found on the link below.

[AFLA Air Quality Monitoring Policy](#)

APPENDIX 1: RESOURCES

Alberta Lacrosse Return to Activity/Sport Framework

- <https://www.albertalacrosse.com/content/return-to-activity>

Alberta's Re-Launch Strategy

- <https://www.alberta.ca/alberta-relaunch-strategy.aspx#stages>

Covid-19 Information for Albertans

- <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Workplace Guidance for Business Owners

- <https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

Restricted and Non-Restricted Services

- <https://www.alberta.ca/restricted-and-non-restricted-services.aspx>

Help Prevent the Spread

- <https://www.alberta.ca/prevent-the-spread.aspx>

Guidance on Outdoor Activities

- <https://www.alberta.ca/guidance-on-outdoor-activities.aspx>

Guidance on Outdoor Sport, Physical Activity and Recreation

- <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

AHS Online Assessment Tool

- <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

ABTraceTogether

- <https://www.alberta.ca/ab-trace-together.aspx>

Training Videos

Proper use of Masks

<https://www.youtube.com/watch?v=PwYapiQUVmo>

Washing Hands Efficiently

<https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>

Physical Distancing: Staying 2m apart

https://www.youtube.com/watch?v=TwVoG_Oefcg&feature=emb_logo
<https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing.html>

Safe Removal of Used Gloves

<https://www.youtube.com/watch?v=ATU383lIfT8>

APPENDIX 2: PLAYER CHECKLIST

Use this checklist to help your child prepare for practice.

Before you Leave Home

- ☐ Complete the Screening Checklist ([Screening Checklist](#))
- ☐ Eat before you come – no food on premises.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring filled water bottle(s).
- ☐ Bring thoroughly washed equipment.
- ☐ Use the washroom at home.
- ☐ Consider bringing a mask and personal hand sanitizer.

Arrival

- ☐ Meet at the designated location.
- ☐ Respect physical distancing guidelines.
- ☐ Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.
- ☐ Sanitize hands at provided hand sanitizing stations.
- ☐ DO NOT share water bottles.
- ☐ Follow traffic flow signs at your location.
- ☐ Immediately advise a coach or volunteer should you experience any signs of illness or injury and remove yourself to the designated isolation box and follow all direction of the coaches and volunteers.

After activity is Complete

- ☐ No Loitering
- ☐ Exit through established exits.
- ☐ Sanitize at provided hand sanitizing stations.
- ☐ Follow traffic flow signs out of your location.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash clothing and sanitize equipment.

APPENDIX 3: STAFF/COACH/VOLUNTEER CHECKLIST

Use this checklist to help prepare for practice safely.

Before you Leave Home

- ☐ Complete the Screening Checklist ([Screening Checklist](#))
- ☐ Eat before you arrive.
- ☐ Check the expected weather conditions and follow the EAP guidelines.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring thoroughly washed / sanitized equipment (pilons, markings, etc.)
- ☐ Use the washroom at home.
- ☐ Consider Activating Contact Tracing App on phone.

Arrival

- ☐ Set- up established entrances & exits with traffic flow considerations.
- ☐ Set-up traffic flow signs to your location.
- ☐ Set-up physical distancing 'grids' for participants.
- ☐ Respect physical distancing guidelines.
- ☐ Wash at provided handwashing stations.
- ☐ Take attendance for all coaches and players, including confirmation of daily health monitoring.
- ☐ DO NOT share water bottles.
- ☐ DO NOT share personal coaching items. (e.g. stopwatches)
- ☐ Sanitize all shared equipment between sessions. (balls, cones, etc.)
- ☐ Consider wearing PPE (masks, gloves) at all times.
- ☐ Must wear PPE if dealing with an injured participant.
- ☐ Ensure any ill or injured athlete immediately goes to the isolation box and remains there until picked up by their guardian who will be contacted by you. Then notify the safety/hygiene manager who will notify the RDLA board who will follow all public health, AHS and ALA protocols for notifications of exposure and return to play for the ill or injured athlete.

After activity is Complete

- ☐ Sanitize all shared equipment (balls, cones etc.) between group arrivals if applicable and at end of day.
- ☐ Take down established traffic flow signs, entrances & exits.
- ☐ Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash equipment (clothing) each day.

APPENDIX 4: PARENT/GUARDIAN CHECKLIST

Use the below checklist to help prepare your swimmer for practice.

Before you Leave Home

- ☐ Complete the Screening Checklist ([Screening Checklist](#))
- ☐ Check the expected weather conditions and check in with coaches for guidance.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Use the washroom at home.
- ☐ Consider bringing a mask and personal hand sanitizer.
- ☐ Consider Activating Contact Tracing App on phone.

Arrival

- ☐ Drop participant at designated location.
- ☐ Respect physical distancing guidelines.
- ☐ Consider wearing PPE (masks, gloves) at all times.
- ☐ Either stay in vehicle or leave the premises for the duration of the event.
- ☐ Be available by phone to pick up my child in case of sudden illness or injury symptoms or inclement weather.

After activity is Complete

- ☐ No Loitering.
- ☐ Respect physical distancing guidelines.
- ☐ Pick up participant at designated location.
- ☐ Leave location immediately.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash clothing and sanitize equipment.

APPENDIX 5: COVID 19 QUESTIONNAIRE AND ATTESTATION

I attest that I and/or members of my household are not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If I develop these symptoms during the event, I agree that I will leave the premises immediately, go to the designated isolation box and stay there until picked up by a guardian and immediately inform the coach, off-field safety/hygiene Manager, or other responsible adult who is supervising the activity.

I am aware that I must follow the safety and hygiene protocols of Dominion of Canada, Alberta, Public Health, and Alberta Lacrosse. I attest that in the **past 14 days**:

- I and members of my household have not traveled internationally.
- I and members of my household have not traveled outside the province of Alberta.
- I and members of my household have not travelled to an area highly impacted by COVID-19 within my province.
- I and members of my household have not and do not believe that I/we have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

- I and members of my household have not been diagnosed with COVID-19

OR

- I and/or members of my household have been diagnosed with COVID-19 and have been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by RDLA)

I acknowledge and agree that I will follow recommended guidelines, laws and protocols of Dominion of Canada, Alberta, Public Health, and Alberta Lacrosse in order to reduce the spread of COVID-19.

I acknowledge that the forgoing statements are true.

Participant Printed Name: _____

Date of Birth: _____ Organization: _____

Adult Participant's Signature: _____

Date signed: _____

PARENTAL ATTESTATION (if participant is under the age of 18)

Name of Participant: _____

Printed Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date signed: _____