

# RETURN TO LACROSSE PLAN

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VERSION 2





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## TERMS OF REFERENCE

- Social Distancing – Individuals staying a recommended distance from another individual. Used for Social Distancing guidelines and is used with contact.
- Contact – Contact is considered anything less than the social distance guidelines. (Ex. Phase 1 – anything less than the 2 meters between two individuals is considered contact).
- Association – For the sake of this document this term will represent all Member Associations, Affiliate Member Associations, and any sanctioned Entity (groups that are sanctioned by the Association that do not fall under a MA or AMA)
- SLA – Saskatchewan Lacrosse Association
- COVID-19 – the virus caused by SARS-CoV-2
- Activity – For the sake of this document this term will represent any sanctioned Lacrosse Activity which includes practice, training, and skill development and will NOT represent any type of competition
- Facility – Lacrosse uses both indoor and outdoor facilities. If it is not specified whether a guideline relates to indoor or outdoor (Ex. Facility (Indoor) than the guideline is for both Indoor and Outdoor Facilities.
- Volunteer – will reference any type of Volunteer in the Association including but not limited to Coaches, Managers, Trainers, and Board of Directors.
- Team Personnel – Individuals that run a team. This could be Coaches, Managers etc.
- Staff – for the purpose of this document, staff will be used as the term to represent all paid employees, paid contractors, and paid seasonal staff (Ex. Summer Student)
- Competition – refers to games, tournaments, festivals, league play.
- Technical Based Activity/Development – Activities/Drills that do not require opposition to be within close proximity, therefore allowing players and Coaches to maintain social distancing requirements. (Passing, Catching)
- Tactical Based Activity/Development – Activities/Drills that require opposition to be within close proximity of each other and would not allow players and Coaches to maintain social distancing requirements.
- Mini Leagues – Small Leagues of the same individuals (max amount set by Provincial Guidelines) making up the teams that play each other.
- Cohorts – Teams/Groups that are in the same area



## INTRODUCTION

Lacrosse is an integral part of Saskatchewan’s society and sport and recreation Sectors. Lacrosse at all levels and abilities makes an important contribution to the physical, psychological, and emotional well-being of individuals. At a population level, benefits of Lacrosse include direct economic benefits; healthcare benefits; educational benefits; and contribution to social capital through connectivity, resilience and creating stronger, cohesive communities.

The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport and recreation. COVID-19 has impacted people in varying ways with many experiencing deteriorations in their mental health and financial well-being. Resumption of sport and recreation, including Lacrosse, can significantly contribute to the re-establishment of normality in Saskatchewan, and a COVID-19 environment.

This document will provide guidelines for “how” to re-open Lacrosse in a cautious and methodical manner, based on the best available evidence to optimise Association and community safety. The guidelines outlined in this document apply equally to high performance, or competitive Lacrosse programs and community or recreational programs. Decisions regarding the re-open of Lacrosse Associations and their activities will be made in alignment with the guidelines of the Provincial Government, Provincial Health Authorities, and Saskatchewan Lacrosse Association. Associations will also need to abide by any municipal guidelines in their communities/jurisdiction as those may vary across the Province.

For more information or additional guidance Associations of the Saskatchewan Lacrosse Association are encouraged to use the below contacts.

- Bridget Pottle, SLA Executive Director – (PH) 306. 541.3738 (E) [ed@sasklacrosse.net](mailto:ed@sasklacrosse.net)
- Provincial Government Business Response Team – (PH) 1.844.800.8688 (E) [supportforbusiness.gov.sk.ca](http://supportforbusiness.gov.sk.ca)
- Local Municipality delegates

**DEPENDING ON GUIDELINES RELEASED FROM OUR PROVINCIAL AUTHORITIES, OUR GAME MAY LOOK A LITTLE DIFFERENT THAN TYPICALLY PLAYED FOR THE ALLOWANCE OF LACROSSE TO RESUME THIS SUMMER. WE ASK FOR EVERYONE’S PATIENCE AND COOPERATION TO MAINTAIN SOCIAL DISTANCING AND SANITIZATION TO ALLOW OUR PLAYERS THE OPPORTUNITY TO PLAY THIS SUMMER. LACROSSE IS A MEDICINE GAME, AND WE KNOW IT WILL HELP OUR PLAYERS DURING THESE DIFFICULT TIMES.**



## ASSESS YOUR ASSOCIATIONS SITUATION

This document does not supersede any Provincial Guidelines in the Re-Open Saskatchewan Plan or put forward by the Provincial Government, Provincial Health Authorities. All Member Associations of the Saskatchewan Lacrosse Association, like all businesses in Saskatchewan are required to follow these guidelines. Member Associations must also abide by policies, procedures, and guidelines but any forward by the Municipal Government for their communities and should review those prior to opening.

**INFORMATION AND GUIDELINES SURROUNDING COVID-19 AND THE RE-OPEN SASKATCHEWAN PLAN ARE CONSTANTLY CHANGING. PLEASE ALWAYS REFERENCE THE MOST UPDATED DOCUMENTS. FRIDAYS ARE WHEN ANY UPDATED GUIDELINES ARE POSTED TO THE PROVINCE OF SASKATCHEWAN'S WEBSITE**

Below is the link for guidelines put forward by the Provincial Government for **SPORT** groups, which must be adhered to by all Associations and the Re-Open Saskatchewan Plan. A PDF of both documents will be provided to Member Associations along with this document.

- OUTDOOR SPORT AND RECREATION GUIDELINES - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/outdoor-sports-and-activities-guidelines>
- INDOOR SPORT AND RECREATION GUIDELINES – Yet to be released.
- RE-OPEN SASKATCHEWAN PLAN - <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>

**Associations should discuss with the local Municipalities if any kind of Health Inspection is required for facilities they use.**

## FACILITIES

Facilities used for Lacrosse fall are generally rented for use, whether indoor or outdoor, these facilities are typically rented from local Municipalities or schools, whether for a cost or not, there is still a contract between the Association/Team and another entity. Associations will need to work with facility owners and managers to ensure all requirements and guidelines are met in regards to disinfecting and work with facility operators to ensure proper ways to enter the facility are available to control traffic control. If using a facility all day, the Associations will need to ensure proper sanitization is done between events, who performs those tasks should be determined prior with the facility owner. All Associations who use a facility must have written permission, whether a letter of permission, permit, or contract. Insurance is voided for groups operating on facilities (Indoor or Outdoor) without proper permission.

### **OUTDOOR FACILITIES** – Available for use June 22<sup>nd</sup>. 2020.

- Will need to have pylons set up where players can put their water bottles and remain social distanced. Pylons or markers should be set up to define group space as well if more than one group on a field at a time.
- Recommend a safe drop off and pick up spot be established to prevent a lot of congested traffic.
- If spectators are needed, need to set up pylons/tape bleachers to promote required social distancing.
- Recommend that sealed bottled water be made available for players who forget their water bottle to ensure proper hydration and prevent sharing of water bottles. Bottles should be wiped with a disinfectant wipe and players name put on the bottle.
- Any shower facilities are to be closed except for washrooms.
- Reduce overlap of practices and games (when permitted) by adding in additional time allocation between groups so items can be cleaned.
- Provincial Guidelines may provide more measures for traffic flow for outdoor facilities.

### **INDOOR FACILITY** – Will be available for use in Phase 4.2 of the Re-Open Saskatchewan Plan. Date TBD.

- Will need to have signs for proper one-way traffic flow. If possible, have a separate door for entering and leaving the building.
- Should have benches taped where players can place their water bottle to encourage proper social distancing. Pylons should be used to mark group spaces.
- If spectators are needed, need to set up marks on the floor to encourage proper social distancing.
- Dressing Rooms are to be closed except for washroom usage.
- Water Fountains need to be closed.
- Recommend that sealed bottled water be made available for players who forget their water bottle to ensure proper hydration and prevent sharing of water bottles. Bottles should be wiped with a disinfectant wipe and players name put on the bottle.
- Reduce overlap of practices and games (when permitted) by adding in additional time allocation between groups so items can be cleaned.
- Provincial Guidelines may provide more measures for traffic flow for outdoor facilities.



Associations should provide and display appropriate education material to promote the required behaviours of their members. Suggested material is, but not limited to:

- Good Hygiene Practices Posters (in general and tailored to COVID-19)
- Hand Washing Guidance
- No sharing of drink bottles
- No sharing of equipment until proper cleaning protocol is followed (except between members of the same household)
- Come dressed and ready for class; leave immediately when done.
- Drop Off and Pick Up Protocols
- Flow of Traffic Signs.

## **SOCIAL/PHYSICAL DISTANCING**

Together, we can slow the spread of COVID-19 by following the measures put in place for social/physical distancing. Physical distancing is proven to be one of the most effective ways to reduce the spread of the illness and with patience and cooperation, we can all do our part.

What social/physical distancing will look like, will depend on what Phase of the Re-Open Saskatchewan plan is active and the guidelines in this Return to Lacrosse Plan will reflect appropriate measures put in place by Provincial Authorities for each phase.

## **WAIVERS**

Contagions are not currently covered under insurance, including COVID-19. Associations are required to use updated Waivers for their students that include information of the risk of COVID-19 and that state by participating, they understand the risks of taking part and assume all liability. The three forms that all participants will need to sign are:

- Updated Waiver form
- Declaration Form
- Assumption of Risk Form

Copies of this form can be found at the end of this document and will be sent out to Member Associations and inputted into our database system RAMP. The RAMP database is now equipped to be able to ask already registered members to sign new forms and allow Member Associations to be able to track who has signed and who still needs to sign. New registrations will be required to sign upon registering. These forms need to be signed by Coaches and Team Personnel as well.



## SELF-ASSESSMENT/SCREENING

Participants should always self-assess prior to attending activities. By signing the declarations, players should be staying home if they are sick, however players should be assessed upon arrival by a Team Personnel by asking the following questions:

- Do they have a fever?
- Do they feel sick?
- Have they been around anyone who has tested positive for COVID-19 in the past 14 days?

The Provincial Government determines different conditions that can make students or support staff with these conditions part of the vulnerable population that are more at risk to becoming severely ill if they were to become sick with COVID-19. Associations should familiarize themselves with these illness (found on the Provincial Government website) and work individually with each student/family are who considered part of the vulnerable population to try find ways to provide additional safety measures.

Anyone who shows signs/symptoms of COVID-19 or signs of being sick should not be permitted to take part in activities. If anyone becomes sick during activity, they should be sent home. While COVID-19 has similar symptoms as the flu, below are more specific signs/symptoms of COVID-19:

- Coughing
- Fever
- Difficulty Breathing

## TRACING

Associations will need to keep strong attendance records for all events including dates and times. Teams will need to keep attendance of players at each event. This is for the purpose of contact tracing should someone who becomes ill with COVID-19 attends an event while being asymptomatic or during the 14 prior to testing positive. Associations will be responsible for notifying appropriate individuals if someone does enter the Associations who tests positive for COVID-19 and encourage proper isolation practices. Associations are also required to cooperate with Saskatchewan Health Authority to aide in contact tracing. A report will also need to be sent to the Saskatchewan Lacrosse Association.





## COMMUNICATION

Associations should provide accurate and timely communication to their members in advance to participating in approved events, so they are aware of the expectations. The below points are recommendations for a communication strategy:

- Create a communication plan to optimize planning, organization, and execution.
- For Member Associations with multiple teams, and admin support there could be an appointed individual or Board Member who will take the lead to communicate with members and monitor government developments and any changes that may occur
- Update families/students with any new procedures through email or another virtual method (messaging board). Online Town Talks or Virtual Meetings with families are another good way of virtual communication to review procedures and policies.
- For Associations with a website, consider having a dedicated page for COVID-19 Updates, or make sure to post any updates on the website and social media channels.

## STAFF

Member Associations are responsible to ensure all staff/contractors/summer students have proper training in safety surrounding COVID-19 and proper safety protocols are put into place. The Saskatchewan Lacrosse Association will share any resources with Member Associations that they receive, and Associations are encouraged to use the below link for more information on workplace safety during the COVID-19 Pandemic.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/covid-19-workplace-information#worker-health-preventative-measures>

**ASSOCIATIONS THAT HAVE EMPLOYEES SHOULD ALWAYS CHECK WORKPLACE SASK AND SASKATCHEWAN LABOUR LAWS TO ENSURE THEY ARE FOLLOWING APPROPRIATE MEASURES FOR WORKPLACE SAFETY**

## CLEANING AND DISINFECTING

Guidelines for Cleaning and Disinfection will change with guidelines for each new phase, and the guidelines for cleaning and disinfection for each phase will be required to be adhered to for whichever phase is active. The Provincial Government Guidelines on Cleaning and Disinfecting can be found at <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/guidelines/environmental-cleaning-and-disinfection-guidelines>

Cleaning refers to the removal of visible soil. Cleaning does not kill germs (viruses and bacteria) but is highly effective at removing them from a surface. This is done with water, detergent, and steady friction from a cleaning cloth. Most cleaning can be done using regular housekeeping best practices.

Disinfecting refers to using a chemical to kill germs (viruses and bacteria) on a surface. Disinfecting is only effective after surfaces have been cleaned. As many communal items that cannot be easily cleaned should be removed as possible. **DISINFECTANT SHOULD ONLY BE APPLIED TO OBJECTS, NEVER ON THE HUMAN BODY.**

Health Canada approved Hand sanitizer should be provided and be required to be used before and after Lacrosse activity and before and after using the washrooms. There should be some available in the training area for all participants, including volunteers.

### General Recommendations for Cleaning/Disinfecting:

- a. General Household, commercial disinfectant products, or bleach solution work to kill COVID-19 (follow manufacturer's instructions for disinfection) Prior to mixing any cleaners, disinfectants, or any other substance, Associations should always check with appropriate professionals whether the two items are safe to mix. Bleach should not be mixed with ammonia, vinegar, or any other cleaning product. Only use Bleach in a well-ventilated area. **Always wash hands with soap and water after handling cleaners.**
- b. Health Canada maintains a list of commercial disinfectants products that can safely be used for COVID-19 which can be found at [www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html](http://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html)
- c. Clean off all surfaces prior to disinfecting. Wipe surfaces and equipment thoroughly. Be careful not to get any electrical parts wet. Associations should check with Equipment Manufacturer cleaning recommendations to ensure they do not use a cleaning product that could deteriorate the equipment, making it unsafe.
- d. Do not eat, smoke, or drink while working with cleaning/disinfectant products
- e. Make sure any cleaners/disinfectant that are used do require individuals have WHMIS 2015 training.

## COMMON TOUCHPOINTS/SURFACES

Touchpoints are surfaces/items that are touched often. Following the above cleaning and disinfecting guidelines, touchpoints should be cleaned often, and between groups (if able). Associations need to check with their facility operators on what guidelines are in place for these. Below are some examples of different types of touchpoints.

### High Touch Areas

- Doorknobs, door push bars, and door handles
- Gate latches
- Spectator seating
- Handrails
- Light Switches
- Phones/Tablets
- Toilets/Paper Towel dispensers, Sinks.

### Other Common Surfaces

- Tables
- Counters
- Chairs
- Floors

There are also touchpoints that are specific to the game of Lacrosse. Below is examples and guidelines for Lacrosse specific touchpoints.

## LACROSSE SPECIFIC TOUCHPOINTS

ITEM	ATHLETES	(COACHES/MANAGERS)	GUARDIANS/SPECTATORS
<b>Balls</b>	<ul style="list-style-type: none"> <li>• Should not touch.</li> <li>• Use stick to pick up/cradle.</li> <li>• If need to touch <b>MUST</b> have gloves on.</li> </ul>	<ul style="list-style-type: none"> <li>• Should not touch.</li> <li>• Use stick to pick up/cradle.</li> <li>• If need to touch <b>MUST</b> have gloves on.</li> </ul>	<ul style="list-style-type: none"> <li>• Should not touch.</li> <li>• Encourage players to only touch with stick.</li> <li>• If see a stray ball, ask a player or Coaches to retrieve it.</li> </ul>
<b>Stick</b>	<ul style="list-style-type: none"> <li>• Only use your own stick.</li> <li>• Wipe down with disinfectant before and after participation or if someone touches your stick.</li> <li>• Do not touch/lend/borrow other players sticks.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate and provide demo with your own stick. Do not touch player sticks</li> <li>• Wipe down with disinfectant before and after participation or if someone touches your stick.</li> </ul>	<ul style="list-style-type: none"> <li>• Help your own child only when necessary and make sure to disinfect handle and plastic edges of lacrosse head when returning to car.</li> </ul>
<b>Documents</b>	<ul style="list-style-type: none"> <li>• Should not bring documents.</li> <li>• If does need to sign something, should disinfect pen before and after use.</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches can bring their Coaching documents but should not share. If other Coaches need copies of the Practice Plan, they should print their own copy. Individuals should have own copy.</li> <li>• If Coaches would like players to work on drills, they should email them any documentation they will need.</li> </ul>	<ul style="list-style-type: none"> <li>• All documents should be completely electronically.</li> <li>• If need to bring a paper document, should place document in a Zip-Loc bag and wipe the bag down prior to submitting it.</li> <li>• If need to sign something should disinfect pen before and after use.</li> <li>• No Fundraising events permitted unless contactless methods can be used.</li> </ul>
<b>Tablets/Phones</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 2-meter distance (other should not touch).</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

<p><b>Personal Equipment</b></p> <p><b>DO NOT Share ANY Equipment</b></p>	<ul style="list-style-type: none"> <li>• Should all be put on near your own vehicle, prior to proceeding to area of participation.</li> <li>• Do not remove any equipment in the activity area.</li> <li>• On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms).</li> <li>• Have a clean plastic bag that can put gloves into <b>PRIOR</b> to putting into equipment bag. Then disinfect when get home.</li> <li>• Wipe down equipment when get home.</li> </ul> <p><b>Make sure to keep Lacrosse gloves on at all times during participation!</b></p>	<ul style="list-style-type: none"> <li>• Should all be put on near your own vehicle, prior to proceeding to area of participation.</li> <li>• Do not remove any equipment in the activity area.</li> <li>• On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle to go home (No change rooms).</li> <li>• Have a clean plastic bag that can put gloves into <b>PRIOR</b> to putting into equipment bag. Then disinfect when get home.</li> <li>• Wipe down equipment when get home.</li> </ul> <p><b>Make sure to keep your lacrosse gloves or sanitary gloves on at all times during participation!</b></p>	<ul style="list-style-type: none"> <li>• Assist/remind your child with putting on their equipment at your vehicle, prior to going to the activity area.</li> <li>• Remind them to leave it on once the event is completed and return to vehicle to take off equipment</li> <li>• Remind players to bring a plastic bag for gloves.</li> <li>• Help players wipe down equipment when they get home.</li> </ul>
<p><b>Helmets</b></p>	<ul style="list-style-type: none"> <li>• As above.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear gloves when touching any equipment; otherwise send player to parent if applicable.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for signals from coach who may send your child out for assistance.</li> </ul>
<p><b>Goalie Equipment</b></p>	<ul style="list-style-type: none"> <li>• Bring own goalie equipment if able.</li> <li>• Do not take goalie equipment unless someone has confirmed it has been disinfected.</li> <li>• Help wipe down/disinfect goalie equipment after use.</li> <li>• Box Goalie equipment – see Lacrosse Guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>• Only one player per session should have goalie equipment on.</li> <li>• Goalie equipment needs to be wiped down disinfected between users.</li> <li>• If have access to multiple sets of equipment, stagger between groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Help player wipe down/disinfect goalie equipment after use.</li> </ul>
<p><b>Water Bottles</b></p> <p><b>NEVER SHARE</b></p>	<ul style="list-style-type: none"> <li>• Each player must have their <b>OWN</b> clearly marked water bottle.</li> <li>• Must have spout or straw in order to aim into mouth while still wearing helmet.</li> <li>• If need to move someone’s water bottle make sure to have your Lacrosse gloves on.</li> </ul>	<ul style="list-style-type: none"> <li>• Remind players to <b>NEVER</b> share water bottles.</li> <li>• If possible, have extra commercially sealed bottles, but make sure you have disinfectant wipe available to clean off before giving to anyone). Use sharpie to mark name).</li> <li>• Have areas marked off where players can put their water bottle to encourage social distancing.</li> <li>• Send players in alternating groups for water breaks to assist with social distancing.</li> <li>• If need to move any water bottles make sure to have gloves on.</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure your child’s water bottle is clearly marked and they know how to identify their own bottle.</li> <li>• Remind them to never use anyone else’s water bottle.</li> <li>• Must have spout or straw in order to aim into mouth while still wearing helmet.</li> </ul>

<b>Equipment Bags</b>	<ul style="list-style-type: none"> <li>• To be left in vehicle or in designated space within facility.</li> <li>• Have a small bottle of hand sanitizer in bag to sanitize hands after taking equipment off</li> </ul>	<ul style="list-style-type: none"> <li>• To be left in vehicle or in designated space within facility.</li> <li>• Have small bottle of hand sanitizer in bag to sanitize hands after taking equipment off.</li> </ul>	<ul style="list-style-type: none"> <li>• To be left in vehicle or in designated space within facility.</li> </ul>
<b>Spectator Seating (if not removed) or Standing</b>	<p>Not Applicable</p>	<ul style="list-style-type: none"> <li>• Try to limit spectators, only have who needs to be there.</li> <li>• Group gathering size limits must be adhered to.</li> </ul>	<ul style="list-style-type: none"> <li>• Always maintain a 2-meter distance between other spectators.</li> <li>• Try to watch from vehicle if applicable.</li> <li>• Whether Spectators are permitted, and the amount will be determined in guidelines in the appropriate phase.</li> <li>• Spectators should bring their own chairs when possible</li> </ul>
<b>Enter/Exit</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Use tape to create arrows to enter and exit - have players enter and exit one at a time in order to maintain 2-meter distance.</li> <li>• If using handle, wipe with disinfectant wipe prior to opening and if possible, leave it open so no other person needs to touch.</li> </ul>	<ul style="list-style-type: none"> <li>• Remind your child to enter / exit per direction of arrows and to keep 2-meter (or length of extended lacrosse stick) away from the person in front of them.</li> <li>• If using door/gate handle, wipe with disinfectant wipe prior to opening &amp; if possible, leave it open so no other person needs to touch.</li> </ul>
<b>Bench/Other Surfaces</b>	<ul style="list-style-type: none"> <li>• Do not touch surfaces needed, keep your lacrosse gloves on.</li> </ul>	<ul style="list-style-type: none"> <li>• Disinfect surfaces before players arrive and after they have left. (Facility Staff may do this so check with Facilities). If spectators are permitted will need to disinfect the areas they sit between groups</li> </ul>	<ul style="list-style-type: none"> <li>• Do not touch surfaces unless needed. Sanitize Hand before and after touching.</li> <li>• Spectators should bring their own chairs when possible</li> </ul>



## LACROSSE ACTIVITY GUIDELINES

These guidelines will be put in place for all Associations to re-open and remain open for each active Phase. Guidelines will be listed for all five phases in case the Government goes back to previous Phases. These Lacrosse specific guidelines are based on the Provincial Guidelines and will be updated as they are updated, and the Provincial Guidelines will always supersede. For any items that are unclear Member Associations can contact the Saskatchewan Lacrosse Executive Director, Bridget Pottle at 306.541.3738 or [ed@sasklacrosse.net](mailto:ed@sasklacrosse.net). The Saskatchewan Lacrosse Association understands we have different versions/sectors of our sport that operate different and some elements of training may be missed in these guidelines. If there are any elements that are missing Member Associations feel need to be added, addressed, or have questions about they can send their inquiry to the Saskatchewan Lacrosse Association to review.

Failure to follow the guidelines could result in Member Associations/Associate Member Association/Any Sanctioned Entity voiding their insurance, leaving individuals responsible for the groups liable for all and any risks, including fiduciary responsibility. While we understand the guidelines can be inconvenient, it is to ensure the safety of all our valued members and ensure we can bring back Lacrosse in the safest way possible.

**Associations will need to send in Sanction requests for all Lacrosse activities for insurance purposes. Sanction requests can be letters/emails that provide the following information:**

- **Description of Activity & Ages**
- **Dates of Activity**
- **Copy of permit/contract/letter of permission for the facility they are using**
- **Copy of Association Plan (if applicable)**

**AS UPDATED VERSIONS OF THE PLAN ARE RELEASED DUE TO UPDATES IN PROVINCIAL GUIDELINES, ANY ITEMS THAT HAVE BEEN UPDATE OR ARE NEW FROM THE UPDATED VERSION COMPARED TO THE PREVIOUS VERSION ARE HIGHLIGHTED IN ORANGE.**

### PHASE 1, 2, & 3 LACROSSE GUIDELINES

Lacrosse is not permitted in these phases of the current Re-Open Saskatchewan Plan. Should Lacrosse be added to any these phases these guidelines will be updated.

## PHASE 4.1 GUIDELINES

### SELF ASSESSMENT

- a. Coaches/Managers/Volunteer should Self Assess players when they arrive.
- b. Anyone who is sick or symptomatic should not be permitted to participate.
- c. If a participation becomes sick, they should stop immediately stop participating and return home.

### GROUP SIZE INDOOR

- a. Indoor activity is not permitted in this Phase.

### GROUP SIZE OUTDOOR

- a. Maximum group size is 30, including Coaches and required Volunteers per Field. If a facility has multiple fields, can have a group per field, but needs to be 5 – 10 m between groups.
- b. Rule of Two still applies so group sizes will need to include a minimum of two adults. One of the same gender as participants.

### SOCIAL DISTANCING/CONTACT

- a. Training and practicing needs to be done within the team. Should not be using different groups each session.
- b. Physical Distancing must always be observed (2M), players on the same team may be within 2M during play/drills. Intentional contact should be minimized where possible.
- a. Players should not share water bottles. Recommended Teams have sealed bottles of water that can be provided to players to ensure proper hydration is achieved and to help prevent sharing of water bottles. Water Bottles should be wiped off with a disinfecting cloth prior to giving to players.
- b. To limit the size of groups and help with flow of traffic, there will be no spectators at events, only players and team personnel. Individuals can watch from their vehicle (if applicable) and drop their player off and pick them up. If it is necessary an individual watch, then they will need to abide by all social distancing measures.
- c. Schedules should be staggered to promote physical distancing and allow for adequate cleaning and disinfection between use.
- d. As COVID-19 is spread by droplets, yelling should not be encouraged. Handshakes, High Fives, Fist Pump, Hugs etc are not be permitted. Team personnel will need to come up with other means of encouragement (Ex. Air High Fives, Stick raise)
- e. Electronic forms should be used when available. If paper documents must be used, need to sanitize pens between usage.
- f. Players should arrive no sooner than ten minutes prior to their session.



**FACILITY (INDOOR AND OUTDOOR)**

- a. Associations should have one-way traffic flow to promote proper social distancing. Signs should be up to promote the traffic flow
- b. Pylons should be used as markers where Players can put water bottle to encourage social distancing when getting water.
- c. Areas where individuals naturally gather (Bleachers) must be set up and used in ways that follows physical distancing requirements (ex. Every other bleacher)
- d. Shower/Locker/Dressing rooms can open, however there will need to be additional cleaning and disinfecting.
- e. Water fountains need to be closed; students will need to bring their own water bottles.
- f. Signage should be on display throughout the facility reinforcing key messages of physical distancing and hygiene protocols
- g. Group facilities must be closed (hot tubs, steam rooms, saunas etc)
- h. There should be a designated spot that individuals who become sick during activity can go while waiting for their ride. If applicable, this area should be disinfected after the individual leaves.
- i. Trash cans must be emptied regularly
- j. All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to the Field space.

**FACILITY (OUTDOOR SPECIFIC)**

- a. No spitting of gum or sunflower seeds
- b. Pylons/Markers need to be used to define group space, especially if more than one group on a field at once.

**FACILITY (INDOOR SPECIFIC)**

- a. Indoors Facilities are not open in this Phase
- b. Indoor Facilities guidelines will be determined after the release of Phase 4.2 guidelines

**EQUIPMENT – See Lacrosse Touch Points for more information.**

- a. Players will be required to bring all their own equipment.
- b. Equipment should not be shared or used simultaneously unless players are from the same household or equipment can be properly disinfected between users. This includes Goalie Equipment.
- c. Field Lacrosse Goalie Equipment needs to be wiped down/disinfected between users. Should only be one user per group. (Ex. Kids should not be taking turns in the same session)
- d. Due to the difficult nature of disinfecting Box Lacrosse goalkeeper equipment, goalkeepers will need to be assigned for duration of the “season” and not changed between sessions.
- e. Nets should not be touched outside of moving them. If individuals do need to move nets, they should disinfect their hands before and after handling the net or wear their Lacrosse gloves.
- f. Coaches and Players should have their Lacrosse gloves on when handing any training equipment (Ex. Pylons)
- g. If a player forgets a piece of equipment they are not permitted to participate. Can not borrow from another player.

## SKILL DEVELOPMENT

- a. Physical – Strength, Plyometrics, aerobic conditioning, stretching and over general fitness.
- b. Technical – Passing, Catching, Ground Balls, Shooting, Stick Control. Any partner work needs to abide by social distancing guidelines (Ex. Passing the Ball with a Partner, Shooting a Goalie)
- c. Tactical – Players on the same team can take part in tactical drills, however should be observing social distancing when not doing these drills, and steps should be taken to try minimize intentional contact where possible.
- d. Scrimmage – Players on the same team can scrimmage each other and other teams in their Mini Leagues. Scrimmaging between teams not in the same mini league is not permitted.

## COMPETITION

### LEAGUE DESIGN

- a. Mini Leagues must be developed for Competition.
- b. Mini Leagues can be comprised of multiple teams, but no more than 50 individuals (including athletes/coaches/volunteers/officials on all teams). Example can take 50 individuals and divide them into 3 teams for your Mini League. This does not include spectators.
- c. Teams in Mini Leagues can only play teams in their own Mini League. A team from Mini League A can not play a Team from Mini League B.
- d. Teams need to be separated on the sidelines and during practices.
- e. When players come off the field they are required to social distance in other common areas (bench/intermission)
- f. Teams should not arrive more than ten minutes prior to their group time.
- g. Games need to be staggered to allow time for one group to leave the field before another group comes one.
- h. Leagues can have practice and games or have two teams share a field to practice (they space must be separated by 5 – 10m for practice) and then they play after practice.
- i. Mini Leagues must be comprised of individuals within the same neighbourhood, community, or local geographical region. (Ex. Within a rural municipality, town, quadrant of city of nearest community). Members from the same household should be kept together where possible.
- j. Contact should be minimized where possible. Please see Competition suggestions for different ideas.
- k. Tournaments and Interprovincial travel are not permitted.
- l. Volunteers not participating in activity (Coaches) should wear a mask.
- m. All participants need to use hand sanitizer prior to come on the field and before leaving the field.
- n. THERE WILL BE NO HANDSHAKES AFTER A GAME. Teams should do raise their sticks to the opposing team as a sign of respect instead.
- o. If Coaches need to speak with an Official, they need to maintain the 2M distance.
- p. If each Team does not have a goalie, can use targets on one net, however teams should each get a turn with a Goalie.

**SPECTATORS**

- q. If permitting spectators, the combined individuals of players/coaches/volunteers/officials and spectators cannot go over the 30 max individuals allowed at one field as per the public health order.
- r. Mini Leagues should request minimal spectators to prevent to group sizes from being too large (Ex. Parents only if possible)
- s. Spectators are required to social distance
- t. Spectators should bring their own chairs if possible. Anything spectators use needs to be disinfected between groups (Ex. Bleachers)
- u. Spectators should be encouraged to not yell, rather clap when they want to cheer as transmission is spread through droplets.
- v. Spectators (excluding parents/guardians where necessary for player support) should be kept out of participant spaces (ex. Field)
- w. Spectators are not permitted to approach an official.

**OFFICIALS**

- a. If possible, Officials should stay within the same Mini League and not do more than.
- b. Officials should not touch the net and ask players to move it if needed.
- c. Officials should not touch any sticks or other pieces of equipment, if something needs to be moved off the field (ex. Broken stick) they should ask the closest player with gloves on to remove it for them.
- d. Officials should remain 2M apart from participants as much as possible
- e. Officials should not shake hands, prior to games they can introduce themselves to Coaches while maintaining proper social distancing.
- f. Officials are recommended to wear sanitary gloves, If unable they should disinfect their hands each time after touching the ball.
- g. Officials should disinfect/wipe down all their equipment after games.
- h. Officials should not be sharing any equipment.

**TRAVEL/TRAVEL PERMITS**

- a. Travel permits will not be accepted during this Phase.
- b. Member Associations need to keep registration to their own cohort, which for small communities includes members that come from other communities in the area.

**PHASE 4.2 LACROSSE GUIDELINES**

These will be developed once the Provincial Government releases its guidelines for Indoor Sport and Activity . There is no set date on when this Phase will commence.

**PHASE 5 LACROSSE GUIDELINES**

These will be developed once the Provincial Government releases its guidelines for Phase 5 as very little information is available. There is not set date on when this Phase will commence.

## LACROSSE COMPETITION SUGGESTIONS

Associations should do the best they can to avoid contact when possible as competition resumes. Below are some suggestions that Associations can use. Associations can determine what works best for their group and are not required to use these suggestions and are not limited to them as well.

- Team Rosters can be made smaller.
- Associations can look at adapting game play to 3x3, 4x4 or 7's in Field.
- Instead of having draws, consider doing a coin flip to determine first possession. When teams are scored on, they get possession at half immediately after the goal.
- Instead of having players sit in a designated penalty area, consider issuing penalty shots in lieu of penalties. (This may not work for
- Loose balls rewarded to the player who makes a clear advancement towards the ball, if there is a tie between two opposing players, possession will be rewarded to the team that was defending when the ball was last possessed.
- On stoppage of play, player should immediately put the ball down, and back away 2m from the ball to allow space for the Official to get the ball if needed.

## SUPPLIES REQUIRED

- Hand Sanitizer – so participants can sanitize their hands prior to participation.
- Gloves (Medical or Food Service) – For volunteers who do not have Lacrosse gloves in case they have to handle any equipment or take documents.
- Tape – to mark off areas (Training Area, Traffic Flow etc)
- Sanitizer Wipes or Disinfectant Spray & Cloth – to wipe down surfaces
- Sharpie and Sealed Water Bottles (if chose) – to provide water for players who forget their water bottles.
- Double Plastic Bag – to safely dispose of any gloves/wipes etc.
- Zip loc Bags (Recommended) – in case someone needs to hand submit a document and forgets to put in a bag.
- 5 – Gallon Pails with Soap and Water – to but balls and pylons in after they are used to be cleaned.

**CHECK WITH FACILITIES TO SEE WHAT SUPPLIES THEY WILL PROVIDE AND WHAT THEY WILL NOT**



## RISK MANAGEMENT PLAN

Prior to starting Associations should create a risk management plan. Sport Canada recommends Associations conduct the following key questions to create their risk management plan. An excel sheet will be sent out to all Member Associations that they can use as a tool to create their Risk Management Plans. Association plans need to be submitted to the Saskatchewan Lacrosse Association.

1. Specific Measures to Limit Transmission - What specific measures will the Associations take to reduce the risk of transmission for, players, staff, and volunteers?
2. Staff Knowledge - What specific plans will the Associations implement to increase the understanding and knowledge, amongst their Staff of the current COVID-19 situation? This should include facility support staff (Ex. Hired cleaners)
3. Public health Awareness – What specific steps will the Associations take to keep members, staff, and volunteers fully apprised of current local public health information regarding COVID-19?
4. Emergency Preparedness – What specific strategies will Associations prepare to respond effectively to emergencies? Any screening measures the Associations will implement should be included. What tracing strategies are in place should the Associations have an active member test positive for COVID-19?
5. Isolation Capacity – What specific procedures will be in place to isolate students, staff, Instructors, or volunteers if required?
6. Coordinator & Logistics – What specific plans will the Associations make to enhance communication and collaboration with any partner organizations?
7. Risk Communication – What specific action will be taken to communicate the risks associated with training during the COVID-19 pandemic? What processes will limit the impact of misinformation from other sources?

## RISK ASSESSMENT

Sport Canada has put together the below Risk Assessment Tool for Sports. That Excel sheet will be sent out to all Associations that is interactive and helps assess risks. Below is a small example of this Risk Assessment (Please note anything listed under Level A is just for example purposes, the guidelines for those Phase have not yet been released)

<b>Initial Risk Rating (R-SAT)</b>	<b>Negligible</b>	<b>Very Low</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
<b>Level of Mitigation Strategies</b>	Level A Low Risk			Level B Moderate Risk	Level C High Risk (Phase 1 & 2)	
<b>Group Size</b>	Groups Size increased but still must follow Public Health Guidelines			Lacrosse Activity is not permitted.	Lacrosse Activity is not permitted.	
<b>Entering a Facility</b>	Try to create social distance between individuals entering and establish a one-way traffic flow.			Facility Closed to the Public	Facility Closed to the Public	
<b>Physical Contact</b>	List appropriate social distancing/physical requirements for this phase			Facility Closed to Public	Facility Closed to the Public.	

Workplace Health and Safety Risk Assessments are also a good tool Associations can use. Associations can contact their local WorkSafe for more information on this.

## ASSOCIATION PLANS

Associations will need to submit their individual Return to Lacrosse plans to the Saskatchewan Lacrosse Association. At the end of the document are some templates that can be used for Association to easily make an individual plan.



## CONCLUSION

The COVID-19 pandemic has had devastating effects on the entire world, leading to significant restrictions on all sectors of society. During this time Lacrosse has an important role in helping individuals remain healthy physical, mentally, and emotionally. The Saskatchewan Lacrosse Association and all our Member Associations will have numerous obstacles to face and complex decisions that need to be made as we re-open during the midst of this pandemic. We will continue to follow the guidance of our Municipal Governments, Saskatchewan Government, Saskatchewan Health Authority and the Federal Government and Health Authorities to ensure our students are safely able to Return to Lacrosse and their Lacrosse families and continue working on their wellness and wellbeing.

## REFERENCES

- Province of Saskatchewan Re-Open Plan and Guidelines
- Sport Canada – COVID-19 Return to Sport Framework
- Sask Sport
- WorkSafe Sask
- Other Provincial and National Sport Organization Return to Activity Plans
  - Hockey Canada
  - Ringette Canada
  - Skating Canada
  - Alberta Lacrosse Association
  - PEI Lacrosse Association
  - BC Lacrosse Association
  - Soccer Sask
  - Baseball Sask



[insert Associations name]

## SASKATCHEWAN LACROSSE ASSOCIATION DECLARATION OF COMPLIANCE – COVID-19

Participant's Name (print): \_\_\_\_\_

Participant's Parent/Guardian  
(if the Participant is under the age of majority) \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

The Saskatchewan Lacrosse Association and its affiliated Associations, including **ASSOCIATIONS NAME** (collectively the "Organization") requires disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

A Participant (or the Participant's parent/guardian, if the Participant is under the age of majority) who is unable to agree to the terms outlined in this document is not permitted to participate in the Organization's activities, programs, or services at this time.

I, the undersigned being the Participant and the Participant's Parent/Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The Participant has not been diagnosed with COVID-19, **OR** if the Participant was diagnosed with COVID-19, the Participant was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19; **OR** if the Participant was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The Participant is participating voluntarily and understands and assumes the risks associated with COVID-19. The Participant (or the Participant's parent/guardian, on behalf of the Participant (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The Participant has not, nor has anyone in the Participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).





- 6) If the Participant experiences, or if anyone in the Participant's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the Participant will immediately isolate and not attend any of the Organization's activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The Participant has not, nor has any member of the Participant's household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of Saskatchewan in the past 14 days. If the Participant travels, or if anyone in the Participant's household travels, outside the Province of Saskatchewan after submitting this Declaration of Compliance, the Participant will not attend any of the Organization's activities, programs or services until at least 14 days have passed since the date of return.
- 8) The Participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
- 9) The Participant will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the Participant from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Participant is no longer in compliance with any of the compliance standards described in this document.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Participant (If 13 and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian if under the age of majority)



**SASKATCHEWAN LACROSSE ASSOCIATION AND (INSERT ASSOCIATIONS NAME)  
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT  
(To be executed by Participants over the Age of Majority)**

**WARNING! Please read carefully  
By signing this document, you will waive certain legal rights – including the right to sue**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of \_\_\_\_\_ and the spectating, orientation, instruction, activities, competitions, programs, and services of Saskatchewan Lacrosse Association and [Insert Associations] (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

**Disclaimer**

2. Saskatchewan Lacrosse Association, [Insert Associations], and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

**Description and Acknowledgement of Risks**

3. I understand and acknowledge that
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and

**COVID-19**

- d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19.

4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
- a) Contracting COVID-19 or any other contagious disease;
  - b) The sport of Lacrosse
  - c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
  - d) Executing strenuous and demanding physical techniques;
  - e) Dryland training including weights, running, bands, and massage;
  - f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
  - g) Exerting and stretching various muscle groups;
  - h) Physical contact with other participants;
  - i) Failure to act safely or within my own ability or designated areas;
  - j) All physical risks of taking part in a contact activity like Lacrosse
  - k) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - l) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
  - m) Abrasions, sprains, strains, fractures, or dislocations;
  - n) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
  - o) Spinal cord injuries which may render me permanently paralyzed;
  - p) Negligence of other persons, including other spectators or, participants, or employees;
  - q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities; and
  - r) Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

#### Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
  - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;
  - f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;
  - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
  - h) **That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death;** and
  - i) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.



**Release of Liability and Disclaimer**

- 6. In consideration of the Organization allowing me to participate, I agree:
  - a) That the sole responsibility for my safety remains with me;
  - b) To ASSUME all risks arising out of, associated with or related to my participation;
  - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
  - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
  - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
  - f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
  - g) **To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;**
  - h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
  - i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
  - j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Saskatchewan and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

**Jurisdiction**

- 7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of Saskatchewan and further agree that the substantive law of the Province of Saskatchewan will apply without regard to conflict of law rules.

**Acknowledgement**

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date



## SASKATCHEWAN LACROSSE ASSOCIATION INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

*(To be executed by Participants under the Age of 18)*

**WARNING! Please read carefully**  
**By signing this document, you will assume certain risks and responsibilities**

Participant's Name: \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of \_\_\_\_\_ and the spectating, orientation, instruction, activities, competitions, programs, and services of Saskatchewan Lacrosse Association and *[Insert Club]* (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

### Disclaimer

2. Saskatchewan Lacrosse Association, *[Insert Club]*, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

### Description and Acknowledgement of Risks

3. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
  - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.**
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
  - a) Contracting COVID-19 or any other contagious disease;
  - b) The sport of Lacrosse;
  - c) Privacy breaches, hacking, technology malfunction or damage while interacting with online training;
  - d) Executing strenuous and demanding physical techniques;
  - e) Dryland training including weights, running, bands, and massage;
  - f) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
  - g) Exerting and stretching various muscle groups;
  - h) Physical contact with other participants;
  - i) Failure to act safely or within my own ability or designated areas;
  - j) *All risks of playing a contact sport like Lacrosse*

- k) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- l) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
- m) Abrasions, sprains, strains, fractures, or dislocations;
- n) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- o) Spinal cord injuries which may render me permanently paralyzed;
- p) Negligence of other persons, including other spectators or, participants, or employees; and
- q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.

### Terms

- 5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
  - a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
  - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately;
  - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant will not participate if impaired in any way;
  - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
  - i) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.
  
- 6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
  - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
  - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
  - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Saskatchewan and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.



**Jurisdiction**

- 7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Saskatchewan and they further agree that the substantive law of the Province of Saskatchewan will apply without regard to conflict of law rules.

**Acknowledgement**

- 8. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Name of Parent or Guardian (print)

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



## ASSOCIATION LOGO

Plan Version # _____
Date Modified: _____

# PHASE 4.1: Group Training/Practices Planning Worksheet

**Participants:** Coaches & Athletes

**Limitations:** Max. Group Size = 30 Individuals, including Coaches and all Volunteers

**Physical Distancing Requirements:** 2.0 metres

Plan Considerations:	Details
a) <b>Personal Hygiene</b> (Handwashing, etc.)	
b) <b>Equipment</b> <b>Use/restrictions &amp;</b> <b>Cleaning</b>	
c) <b>Facility or Venue Access</b> <b>and Restrictions</b> <ul style="list-style-type: none"> <li>• environmental hygiene protocols</li> <li>• people flow</li> <li>• signage</li> <li>• physical distancing</li> </ul>	
d) <b>What divisions/age</b> <b>groups will be offered.</b>  (Ex. 12U and Older)	
d) <b>Training modifications to</b> <b>minimize transmission</b> <b>risks</b> (eg. small groups, 'bubbles', etc.)	



<p><b>e) Contact Tracing mechanisms</b> (eg. sign-up sheets; rosters; tee-sheets, etc.)</p>	
<p><b>f) Athlete and Parent Education; Communications</b> (eg. Participant agreements, waivers, parent info sheets, etc.)</p>	
<p><b>g) Spectators access and safety</b></p>	