



Covid 19 Risk Assessment and Management Plan - 1st June 2020

Brunswick Lacrosse plans to return to training with council and Lacrosse Victoria approval.

Return to Training Operations Protocol

- Training groups shall be limited to 20 players plus a coach or support staff within each training zone at any one time, in accordance with the Victorian state government and Lacrosse Victoria guidelines. This shall be reviewed upon any announced changes.
- Training zones are defined as a minimum of 40m x 50m area which is clearly marked i.e. each end/half of a lacrosse field (refer below).
- Training will occur on a **Get in, Train, Get out** basis.
- Strictly no physical contact between players.
- Social distancing of 1.5 metres must be maintained at all times.
- Training groups will be:
 - Tuesday 5.00 pm under 13 mixed 5.15pm under 17/15 boys 5.15 under 17 girls
6.30pm Senior Women
 - Thursday 5.00 pm under 13 mixed 5.15pm under 17/15 boys 5.15 under 17 girls
6.30 pm Senior Men
 - Saturday 10am under 13 mixed 10.15 under 17/15 boys 12 noon Senior men
 - Sunday 11.00 under 17 girls 12.30 Senior Women
- Access to clubrooms is limited to toilets and drop off and pick up of car keys which will be left on a table with distancing.
- No change room or shower facilities shall be available, and players shall be instructed to arrive at the ground dressed ready for practice.
- A log of all participants in attendance at each training session will be kept, stored and made available to authorities by request. The log shall include name, contact details, team, arrival and departure times, and shall be recorded by the club designated coordinator for each training.
- Return to training hygiene practices outlined in this document will be adhered to.
- Spectators/parents must observe 1.5m social distancing, and should be clear of the training zone, otherwise they shall be included in the 20 person headcount.
- The club will brief it's coaches, players and parents before returning to training, to highlight the requirements detailed in this plan.
- Intended training dates, times and procedures shall be established to limit team cross-over on ovals. Sessions shall be staggered by a minimum of 15 minutes.

- Toilets access will be one person at a time only, and shall be managed by the club designated coordinator at each training session.
- The clubrooms will be cleaned if used during training.
- The club recommends members download the COVIDSafe App from the Apple Store or Google Play.

Return to Training Hygiene Practices

- If you, or people you have been in contact with are sick, please **DO NOT** attend training and advise your coach.
- Alcohol based hand sanitiser will be available outside the clubrooms and near the oval for use before, during and after training.
- Players are to use their own water bottles from home - the drink fountain in the park or clubrooms shall not be used.
- Players must not share any food, snacks or drinks.
- Players shall not share or swap any equipment. Any club owned equipment shall be sanitised before issuing, and then shall remain with the designated player until restrictions have been lifted.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Avoid high fives, hand shakes, hugs or physical contact.
- Players should arrive at venues in training gear ready to train. Gear bags should be left in cars.
- Car keys are to be kept with you or left on a disinfected table in the clubroom entrance and spaced out - players to come in via the car park door and leave by the cage door.
- Lacrosse balls are to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each training session.
- Players should disinfect their sticks and helmets/goggles prior to and after training sessions.
- Players are responsible for their own strapping/taping if needed.

General Hygiene Practices

- Wash your hands often with soap and water for at least 20 seconds - If soap and water are not available, use an alcohol-based hand sanitiser.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home and seek medical treatment when you are sick, or have any cold like symptoms.
- Cover your coughs and sneezes with your elbow or tissue. Used tissues should be placed immediately into the bin.

First Aid Protocol

If a player or spectator requires first aid after an incident on or off the field, the following procedure shall be followed:

- Anyone assisting in a first aid incident shall **wear gloves, goggles and masks** which will be provided in the first aid kit.

- The first aid kit shall be on the ground during training.
- If the player's parent/guardian is present, they shall be asked to comfort or assist the injured player as the primary contact.
- If a player is injured during a game or at training and cannot stand or walk off the field by themselves, or with a small amount of assistance from the nominated first aid person, then an ambulance will be contacted.

The cost of the ambulance will be at the player's or the player's parent's expense.

Public Safety Management

- The club will define an area of the oval to be used during training with markers/cones. Any members of the general public who enter this area shall be asked to leave.
- Notify the public that Brunswick Lacrosse are training with approval via signage on the boundary fence, and placement of flying ball signs on the perimeter
- The club will attempt to limit spectator numbers by requesting that junior players are dropped off, or that a maximum of 1 parent/guardian is present during training. Any spectators shall still observe the 1.5m social distancing requirements, and shall not use club room facilities.

Lacrosse Field

