

WEST KOOTENAY TIMBERWOLVES

COVID-19 SAFETY PLAN (PHASE 3)



October 2020

1. INTRODUCTION

The West Kootenay Timberwolves' COVID-19 Safety plan was developed using the Safety Plan tool from viaSport that was adapted from WorkSafe BC to align with the sport sector.

The Timberwolves' Safety Plan is based on the following documents:

- [The BC Lacrosse \(BCLA\) Return to Lacrosse Guidelines Phase 3;](#)
- [The Arena Reopening Safety Plan for the Castlegar and District Community Complex;](#)
and
- [The viaSport COVID-19 Safety Plan Template](#)

For ease of reference, this Safety Plan follows the structure of the *BCLA Return to Lacrosse Phase 3 Guidelines* (“*BCLA Return to Lacrosse Guidelines*”). This Safety Plan is based on guidance current as of October 12, 2020. The plan will be amended as new information and guidance becomes available.

2. RISK ASSESSMENT AND MANAGEMENT

COVID-19 is an extremely contagious respiratory illness. The BCLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with best practices published by BC health experts and viaSport BC; however, the BCLA cannot guarantee that participants will not become infected with COVID-19 from participation in Lacrosse activities. Further, participating in Lacrosse activities could increase the risk of contracting COVID-19.

a. Risk Communication

The following risk communication and management processes are in place:

- BCLA liability waivers were amended to make participants aware of the risks associated with the transmission of COVID-19 while participating in return to lacrosse activities. BCLA liability waivers must be signed by all participants during the registration process before entering all facilities. The waivers ensure that all participants understand the risks associated with Lacrosse activity, including COVID-19; and
- A declaration of compliance to BCLA's COVID-19 protocols must be signed by our association's President or senior officer prior to returning to lacrosse activities. By signing this form, our association agrees to abide by the protocols established in the *BCLA Return to Lacrosse Guidelines* to offer the safest possible environment for all participants. Clubs operating outside of the protocols set out by the local, Provincial and Federal governments and health agencies/authorities, the BCLA, and facilities are subject to disciplinary action.

b. Insurance

Most insurance policies will not cover claims relating to communicable diseases or pandemics. To that end, most policies include specific pandemic exclusions. The BCLA liability waivers communicate this to participants.

As of June 10, 2020, a Ministerial Order in BC protects amateur sport organizations, their employees and volunteers from damages resulting directly or indirectly, from COVID-19. This liability protection will be in place as long as sport organizations follow applicable guidance, such as viaSport BC’s Return to Sport protocols, public health guidance and *BCLA’s Return to Lacrosse Guidelines*. This order is in place for the duration of the Emergency Program Act. See Province of BC’s announcement.

c. Risk Management

The BCLA has compiled resources available to navigate a progression to safely return to lacrosse while remaining committed to prioritizing the health and safety for the BC Lacrosse community. The *BCLA Return to Lacrosse Guidelines* is based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented. The West Kootenay Timberwolves Safety Plan incorporates key information from the *BCLA Return to Lacrosse Guidelines* as well as from the Castlegar Complex. If there is a conflict between this Safety Plan and the source documents, the latter supersede.

The *BCLA Return to Lacrosse Guidelines* consider:

- Contact intensity – how close you are to someone and for how long.
- Number of contacts – how many people are in the same setting at the same time.

The *BCLA Return to Lacrosse Guidelines* consider a hierarchy of controls for risk mitigation. Risk controls, from highest to lowest level of protection, include:

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

The *BCLA Return to Lacrosse Guidelines* are based on a phased approach that considers the guidance of public health authorities, viaSport BC, and local conditions. The West Kootenay Timberwolves are prepared to respond to changes in guidance and changes to Return to Lacrosse requirements as new information becomes available. For more detail on criteria and roles and responsibilities for return to sport decisions, refer to section 2 of the *BCLA Return to Lacrosse Guidelines*.

PHASED RETURN TO LACROSSE IN BC – From viaSport BC Sport Activity Chart		
Transition Measures (May 19, 2020)	Progressively Loosen (Aug. 24, 2020)	New Normal - We are not there yet. (TO BE DETERMINED)
Maintain physical distance. Handwashing & symptom screening. Outdoor safest. Some Indoor. Small group. Skills and drills focus. Minimal shared equipment. Disinfect before, during & after use.	Adhere to health guidelines. Handwashing. Outdoor/indoor. Size of group may increase. Expanded activities. Inter-club/regional play. Some shared equipment. Enhanced cleaning protocols.	Adhere to health guidelines. Handwashing. Outdoor/indoor. Larger groups allowed. No restrictions on activities. Provincial/large scale events may return. Shared equipment.

3. HEALTH AND SAFETY - GENERAL

Health and safety are our priorities in establishing and informing the BCLA Return to Lacrosse guidelines. BC's Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in the *BCLA Return to Lacrosse Guidelines* as well as in the Timberwolves Safety Plan.

FIVE PRINCIPLES FOR EVERY SITUATION		
1	Personal Hygiene:	<ul style="list-style-type: none"> • Frequent hand-washing. • Cough into your sleeve. • Wear a non-medical mask. • No handshaking.
2	Stay Home if You Are Sick:	<ul style="list-style-type: none"> • Routine daily screening. • Anyone with any symptoms must stay away from others. • Returning travelers must self-isolate.
3	Environmental Hygiene:	<ul style="list-style-type: none"> • More frequent cleaning. • Enhance surface sanitation in high touch areas. • Touch-less technology.
4	Safe Social Interactions:	<ul style="list-style-type: none"> • Meet with small numbers of people. • Maintain distance between you and people. • Size of room: the bigger the better. • Outdoor over indoor.
5	Physical Modifications:	<ul style="list-style-type: none"> • Spacing within rooms or in transit. • Room design. • Plexiglass barriers. • Movement of people within spaces.

Adhering to all health agencies and safety regulations:

- Refer to *APPENDIX A: Illness Policy*.
- Maintain the 2-meter physical distancing measure at all times.
- Frequent handwashing with soap and water. Alcohol-based hand rubs/hand sanitizer can also be used.
- Reduce touch points (equipment, facility, etc.)
- Do not share food, drinks, utensils, etc.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- No spitting, no chewing tobacco, no sharing of vapes or other tobacco products.
- The risk of COVID-19 transmission by handling cash and documents is low - wash your hands frequently after handling. Electronic devices for financial transactions and documents are recommended.

The COVID-19 Support App and Self-Assessment Tool can be used <https://bc.thrive.health/>. The app will also let you receive the latest updates, trusted resources, and alerts for BC.

4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing, and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission. The differences between cleaning, sanitizing and disinfecting are outlined in section 4 of the *BCLA Return to Lacrosse Guidelines Phase 3*. When used in combination, cleaning, sanitization and disinfectants can significantly reduce the spread of COVID-19, keeping our participants safe.

The West Kootenay Timberwolves Cleaning, Sanitizing and Disinfecting protocols are based on BCLA's, supplemented by facility protocols where applicable and as described in the subsequent sections.

a. General Touch Points

Cleaning and disinfecting of general areas associated with the Castlegar Complex were assessed by the Regional District of Central Kootenay and documented in the *Arena Reopening Safety Plan for the Castlegar and District Community Complex* document. The safety protocols use a scaled approach based on frequency of touch points, were used to plan the cleaning schedules below:

Frequency of Touch Points	Examples	Recommended cleaning and disinfecting frequency
High	- Participant staging area (seats used for lacing skates and putting on equipment) - Arena door handles	Between groups if practicable Minimally, 4 times per day
Moderate	- Player benches	2 – 4 times per day
Low	- Seating areas (stands) - Public Washrooms	1 – 2 times per day

The *BCLA Return to Lacrosse Guidelines* lists the general touch points to consider for club-specific Safety Plans. These were assessed relative to the RDCK cleaning guidelines to confirm that they were considered in the RDCK cleaning schedule.

High Touch and Heavily Soiled Areas:

- Doorknobs, door push bars, door handles, gate handles – managed by RDCK
- Handrails – managed by RDCK
- Light switches – managed by RDCK; not anticipating lacrosse participants to control lights
- Phones/tablets – not anticipating lacrosse participants to use RDCK electronic devices
- Toilets, paper towel dispensers, sinks – managed by RDCK; supplemental sanitizer available from team at/near dry floor.

All Other Surface Areas:

- Tables – managed by RDCK
- Counters – managed by RDCK
- Chairs – managed by RDCK
- Floors – expected to be managed by RDCK; dry floor cleaning to be planned before the start of the season

The Rossland Arena, an alternate program facility, has developed a COVID-19 Safety plan. If the Rossland Arena is also used, the Safety Plan will be updated to add information specific to that facility.

b. Lacrosse-Specific Touch Points

Lacrosse-specific touch points will be managed by the team per *BCLA Return to Lacrosse Guidelines*. Where facility guidelines are more stringent than BCLA Return to Lacrosse Guidelines, facility guidelines supersede.

ITEM	ATHLETES	COACHES/MANAGERS	PARENTS/GUARDIANS/SPECTATORS
Balls	Only touch the ball with your stick. If need to touch MUST wear gloves.	Only touch the ball with your stick. If need to touch MUST wear gloves Wipe down with disinfectant before and after use.	Should not touch. Encourage players to only touch with stick. Ask a player or coach to retrieve stray balls.
Stick	Only use your own stick. Wipe down with disinfectant before and after use. Do not touch/lend/borrow other player's sticks.	Participate and provide demo with your own stick. Do not touch player sticks. Wipe down with disinfectant before and after use.	Help your own child only when necessary and make sure to disinfect handle and plastic edges of Lacrosse head when returning to car.
Documents	If a document needs to be signed, should disinfect pen before and after use.	Coaches can bring own documents. Do not share with other coaches. Individuals should have own copy. If coaches want players to have drills, email documents to parents.	All documents should be completely electronic. If a document needs to be signed, place in a plastic Ziploc bag and wipe prior to submitting. Disinfect pen before/after use.
Tablets / Phones	Only use your own device—placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity.	Only use your own device—placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity. If you need to show a resource to someone, place on clean surface and allow other person to view while maintaining a 2-meter distance (others should not touch).	Only use your own device - placing clean item into a plastic Ziploc bag will help keep it clean it can still be used though the plastic. *Remove and throw bag away after activity.

<p>Personal Equipment DO NOT Share ANY Equipment</p>	<p>Put gear on at home or dress near your own vehicle, prior to proceeding to the facility.</p> <p>Do not remove any equipment in the activity area.</p> <p>On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms).</p> <p>A clean plastic bag should be used to separate cleaned and soiled equipment.</p> <p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p> <p>Equipment (jersey, shorts, socks, t-shirts, etc.) should be washed after each session.</p> <p>Equipment that cannot be easily washed (kidney pads, shoulder pads, helmet, goggles, gloves, etc.) should be removed from participant's bag and sprayed and/or wiped with disinfectant.</p> <p>*Keep your Lacrosse gloves on at all times!</p>	<p>All gear should be put on near your own vehicle, prior to proceeding to the facility.</p> <p>Do not remove any equipment in the activity area.</p> <p>On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms).</p> <p>A clean plastic bag should be used to separate cleaned and soiled equipment.</p> <p>Wipe down and disinfect equipment when at home.</p> <p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p> <p>*Keep your Lacrosse gloves on at all times!</p>	<p>Assist/remind your child with putting on their equipment at your vehicle, prior to going to the facility.</p> <p>Remind them to leave it on once the event is completed and return to vehicle to take off equipment.</p> <p>For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian.</p> <p>Remind player to bring a clean plastic bag to separate cleaned and soiled equipment.</p> <p>Help players wipe down and disinfect equipment when at home.</p>
<p>Helmets</p>	<p>Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. As above.</p>	<p>Wear gloves when touching any equipment.</p> <p>For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian.</p>	<p>Watch for signals from coach who may send your child out for assistance.</p> <p>For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian.</p>
<p>Goaltender Equipment</p>	<p>No sharing of any goaltender equipment.</p> <p>Do not use any goaltender equipment unless someone has confirmed it has been disinfected.</p> <p>Help wipe down/disinfect equipment after use.</p>	<p>Each goaltender should have their own goaltender gear per session.</p> <p>Goaltender gear must be wiped down/disinfected between users.</p>	<p>Help player wipe down/disinfect equipment after use.</p>
<p>Water Bottles NEVER SHARE</p>	<p>Each player must have their OWN clearly marked water bottle with their first and last name (must be filled at home).</p>	<p>Remind players to NEVER share water. If possible, have extra commercially sealed bottles available if hot out, but make sure you have</p>	<p>Make sure your child's water bottle is clearly marked with their first and last name and</p>

	<p>Must have spout or straw in order to aim into mouth while still wearing helmet.</p> <p>Only move your own water bottle with your Lacrosse gloves on.</p>	<p>disinfectant wipes available to clean off before giving to anyone. (Use sharpie to mark names).</p> <p>Designate areas where players can put their water bottle to encourage physical distancing (2m).</p> <p>Must have spout or straw in order to aim into mouth, while still wearing helmet.</p> <p>Only move someone's water bottle with your Lacrosse gloves on.</p>	<p>they know how to identify their own bottle.</p> <p>Remind them to never use anyone else's water bottle.</p> <p>Must have spout or straw in order to aim into mouth while still wearing helmet.</p> <p>Wash with disinfectant before and after use (sanitize hands after).</p>
Equipment Bags	<p>To be left in vehicle or in designated space within facility.</p> <p>A clean plastic bag should be used to separate cleaned and soiled equipment.</p> <p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p>	<p>To be left in vehicle or in designated space within facility.</p> <p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p>	<p>To be left in vehicle or in designated space within facility.</p>
Spectator Seating (if not removed) or Standing	<p>Not Applicable</p>	<p>Try to limit the number of spectators to only people that need to be present.</p> <p>Group gathering size limits must be adhered to.</p>	<p>Always maintain a 2-meter distance between other spectators.</p> <p>Number will be limited to the maximum allowed to gather (i.e., total including participants and spectators is currently 50 people).</p> <p>Spectators should try to watch from vehicle if applicable.</p>

c. Team Supplies Required

The team manager or designate is responsible to bring these additional supplies to the site:

- Hand Sanitizer – if a hand washing facility is not readily available.
- Disposable Medical or Food Service Gloves. Individuals should wash their hands thoroughly before putting on the gloves.
- Tape (for direction arrows) – if facility markings are not sufficient.
- Sanitizer wipes or disinfectant spray & cloth – for touch points not managed by the facility.
- Sharpie and supplemental single use bottles – if we choose.
- Doubled plastic bag to safely dispose of any gloves, wipes, etc.
- Thermo Scanner (if possible) to test individuals' temperatures prior to activity.
- Non-Medical Mask/Facial Covering – players to bring their own. The team will have a limited supply for emergency use. See APPENDIX C of *BCLA Return to Lacrosse Guidelines* for more BCLA guidance on masks.

- Note: The Castlegar Complex requires all Complex users to wear masks in the dressing rooms and hallways where participants are getting ready. Masks are worn up to the time participants proceed to the floor session and as soon as returning from the floor session.

5. HEALTH AND SAFETY PROTOCOLS

a. BCLA Participant Responsibilities

All BCLA program participants are responsible for adhering to all health agencies and safety regulations and guidelines. Responsibilities will be explained to all participants in pre-activity online meetings. Timberwolves volunteers, coaches, athletes over the age of majority or parents/guardians will be asked to attest that they have been explained their roles and responsibilities and agree to abide by the Participants Responsibilities defined in the BCLA Return to Lacrosse Guidelines and attached in Appendices B-D for ease of reference.

Appendix B - Athletes (Parents/Guardians) Responsibilities

Appendix C – Spectators Responsibilities

Appendix D - Association/Club/Team Volunteers Responsibilities

Appendix E - Team Personnel – Coaches, Trainers, Team Managers Responsibilities

A Team Personnel checklist is also available to manage and audit implementation.

Appendix F - Team Personnel Checklist

6. FACILITY ACCESS

a. Fields/Outdoor Boxes/Indoor Boxes

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physically distance. This does not limit indoor sports from reopening but it does increase the risk factor and therefore adds further considerations related to facility operations. Fields and outdoor boxes offer both box and field lacrosse players venues to develop and improve their individual skills. This Safety Plan assumes that Timberwolves lacrosse activities take place on an indoor box.

The size of the training area determines the number of participants allowed in order to allow for appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored. There are restrictions for group sizes, so there must be care and coordination shown when arriving and departing from fields/facilities, and adherence to protocols outlined in this guide, by all health agencies and additional municipal guidelines that may be in place.

The general BCLA guidance is:

- Follow municipal guidelines and regulations for all facilities.
- Understand and implement cleaning, disinfecting and sanitizing protocols designed by the facility and what protocols are the responsibility of the association.
- Develop a cleaning schedule to ensure the venue and equipment is clean; wiping/sanitizing surfaces and equipment regularly with disinfectant before and after training.
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed containers for safe deposit of hygienic materials.
- Separate entrance and exit to facility for arrivals and departures – require signage.
- Maintain 2-meter physical distancing measures.
- Dressing room and washroom availability based on facility regulations.
- Common areas and facility equipment should allow for 2-meter physical distancing between participants.
- Indoor – no spectators (i.e., those outside of a competitor’s immediate family). Indoor facility guidelines to be determined.
- Reduce touch points.

b. *Indoor Facility Arrival/Departure Process*

The Castlegar Complex specific process is described in section 7c of this Safety Plan. The general BCLA process is described below.

Indoor Facility Session Arrival Process:

- A team manager/personnel will take attendance at the check-in area as each player enters the facility. The attendance area should be clearly marked, and it must provide physical distancing pylons/cones or markers for those waiting to check in.
- After a player is checked in, they will be assigned to a pylon/tape marker on the playing surface. The pylon/tape marker will allow for ample physical distancing and will serve as the player’s personal station and water bottle location. Players will be required to wait at their cone until the coach is ready to begin the session. It will be important to carefully explain and adhere to the routine and model it for the players.
- Bench areas and viewing areas may be limited or closed by municipal guidelines. Parents/guardians may be able to view the session while practicing social distancing if permitted by the municipality. Masks should be worn by all non-participating persons inside of an indoor facility.

Indoor Facility Session Departure Process:

- The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss each player one by one from their pylon/marker to prevent gathering. Players are expected to exit the facility and proceed directly to their car.

c. Castlegar Complex Arrival/Departure Process

As of October 2020, restrictions are in place for the Castlegar Complex that pertain to general touch points and occupancy limits. See Facility Protocols Phase 3 Appendix of the Arena Reopening Safety Plan for the Castlegar and District Community Complex for details. A summary is provided below, based on the current guidelines for ice users.

Occupancy Limits

- See Traffic Flow & Occupancy Map below for occupancy limits within each space in the arena.
- The occupancy limit for the arena facility is 50, including participants and spectators.
- One parent or guardian per athlete (no siblings or other children) is permitted to enter the arena lobby and bleacher area, in designated space that meet 2-meter physical distancing.

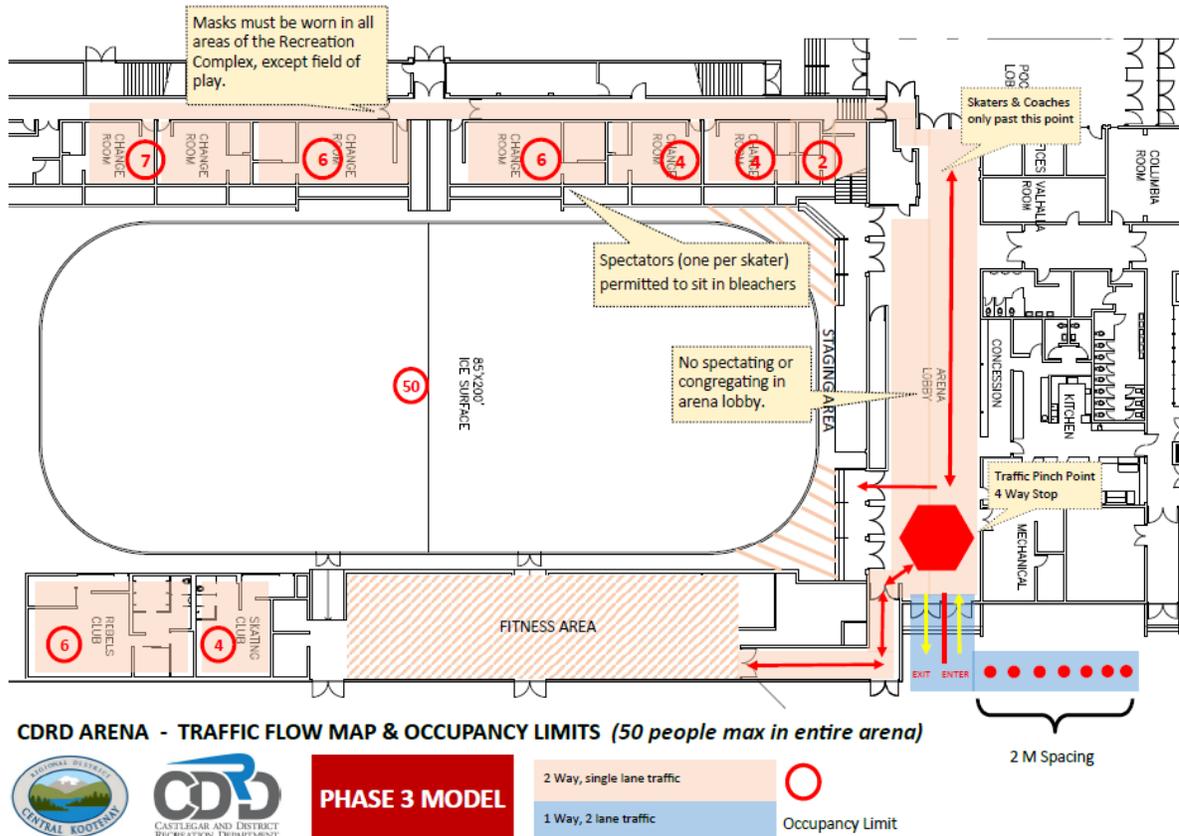
Upon Arrival

- Access to the facility 15 minutes prior to the scheduled use.
- All users should be prepared to come dressed in as much equipment as possible.
- All users will line up outside the concession entrance doors and maintain 2-meter physical distancing.
- Before entering the facility, participants are required to read the “COVID-19” sign noting all Public Health guidelines within the facility.
- Each user group is required to provide an Attendant to let their group into the facility and monitor their group ensuring all access rules are followed. Attendant(s) must be identifiable.
 - Attendant is to arrive 30 minutes prior to floor time to ensure facility staff can let them in the building.
 - Attendant must not access any other areas of the facility during this time (must remain at the doors).
 - Attendant will monitor the door and only allow their group facility access 15 minutes prior and following the end of their floor time (no exceptions). Late arrivals and re-entry will not be permitted.
 - Attendant will create and keep an attendance list for all participants, including parents, spectators and anyone associated with the user group (see Appendix 2 for details of information to be collected). The attendance list will be provided to the Castlegar & District Community Complex.
- All users will be asked to use hand sanitizer upon entry to the building.
- Patrons will follow the directional arrows to designated seating/waiting area until their floor time begins.
- All belongings must be left at the designated area. BCLA Return to Lacrosse Guidelines currently require bags & such to be left at vehicles and water bottles, sticks, etc at designated spots in the box.
- Water bottle filling stations will be provided. Drinking fountains will be closed. Please bring a filled water bottle.

- Dressing Rooms/Washrooms. Minimal changing is permitted by RDCK in dressing rooms and RDCK has set maximum occupancy for dressing rooms. BCLA Return to Lacrosse Guidelines currently require that players fully dress at their vehicles.
- Washrooms available for use.
- Use of showers is prohibited.
- Users must wear masks in the dressing rooms and hallways where participants are getting ready. Masks are worn up to the time participants proceed to the floor session and as soon as returning from the floor session.
- All participants must sit at designated spaces identified by stickers on the seats.
- 2-metre distancing applies in all areas of the Complex

Floor Usage

- No spitting anywhere in the facility or on the floor.
- Users will remain seated in the staging area until their ice time begins.
- Users will enter the ice, single file, through the end zone gates, while maintaining social distancing.
- Coaches are required to be the first on the floor and last to leave the floor.
- Once all participants are on the floor, the designated Attendant will close the gates.



d. Rossland Arena Arrival/Departure Process

The Rossland Arena, an alternate program facility, has developed a COVID-19 Safety plan. If the Rossland Arena is also used, the Safety Plan will be updated to add information specific to that facility.

7. KEY PRINCIPLES OF PROGRESSIVELY LOOSEN

As of August 24, 2020 sport has moved to the “Progressively Loosen” Phase which permits a careful increase to the number of contacts and contact intensity in sport. For Progressively Loosen, viaSport BC guidelines divide sports into 4 categories based on the number and intensity of contact within the sport. Lacrosse has been designated to Group C as a team sport with frequent or sustained contact. It is important to note that every sport will resume at its own pace and that other sports may follow different guidelines depending on the category in which they have been designated. Section 8 of the *BCLA Return to Lacrosse Guidelines* document outlines key principles for safely implementing Lacrosse activities in the Progressively Loosen Phase. Only key concepts and items are summarized in this Plan.

a. *General Considerations*

It is recommended that all associations/clubs, that are starting new lacrosse activities for the first time during the Progressively Loosen Phase, slowly introduce activities to allow the creation and testing of COVID-19 safety protocols and procedures. For example:

- Plan a period of team training before starting game play.
- Conduct skills and drills between the same individuals in a facility before starting to rotate groups.
- Leagues should have the same teams play each other for a period of time before starting league play.

All guidance pertaining to personal hygiene, cleaning protocols, symptom screening and other risk mitigation practices apply in Phase 3. Lacrosse associations must comply with all sections of the *BCLA Return to Lacrosse Guidelines* document.

To reopen lacrosse activities, each association/club must:

- Create a COVID-19 Safety Plan for your association/club that meets the guidelines set out in the *BCLA Return to Lacrosse Guidelines* document;
- Gain approval of the COVID-19 Safety Plan for your association/club from their Board of Directors; and
- Publish the approved COVID-19 Safety Plan electronically, front and center within the association/club website home page and/or in hard-copy on the walls of the facility. If an association/club has already been operating with a Safety Plan, it must be reviewed and adapted to reflect the new guidelines for the Progressively Loosen Phase.

Those BCLA-member associations/clubs that want to proceed with lacrosse activities in accordance with the *BCLA Return to Lacrosse Guidelines* must take the following mandatory steps. These measures must be in place prior to any individual's participation in a BCLA-member lacrosse activity:

- BCLA association/club members must read, understand and agree to abide by the *BCLA Return to Lacrosse Phase 3 Guidelines* as circulated and posted on the BCLA Website.
- The Association/Club President or Senior Officer must submit the completed BCLA Member Declaration of Compliance to Debbie Heard - deb@bcLacrosse.com.
- The Association/Club must establish the training program(s) and offer the safest possible environment for all participants that choose to participate. Once the training program(s) has/have been established, the local BCLA-Member Association/Club must pass a board motion supporting the Lacrosse activity that your organization is choosing to offer under the terms of the *Return to Lacrosse Phase 3 Guidelines*.
- All participating Leagues/Associations/Clubs must be in good standing with the BCLA. This includes being current with payments of all BCLA invoices to date.
- All athletes must be currently registered (Field Lacrosse – 2020-2021; Box Lacrosse 2021 season TBD).
- All participants (athletes, coaches, officials, volunteers) must sign the revised (at June 10/20) BCLA Waiver (UNDER the Age of Majority or OVER the Age of Majority Waiver) before participating.

b. *Contact*

Contact is defined by public health guidance and viaSport BC as close proximity (within 2 meters) or physical contact. Increased contact increases the risk of COVID-19 transmission. Lacrosse activities can be categorized from lowest to highest risk of COVID-19 transmission as follows:

- Skill-building drills or training at home, alone or with family members.
- Small group or team-based skill-building or drills that maintain physical distancing.
- Group or team-based drills that require close contact.
- Group or team-based activities that include physical contact.
- Competitive activities that include physical contact between teams.

The careful introduction of contact in lacrosse is permitted in the Progressively Loosen Phase with the following guidelines:

- Close physical proximity should be minimized as much as possible. Physical distancing must be maintained off all facilities at all times (ie, pre- and post-game).
- Activities must comply with any modifications and recommendations made by BCLA's *Return to Lacrosse Phase 3 Guidelines* to minimize contact during COVID-19.
- The number and duration of contacts between different participants is limited (when physical distancing is not possible).
- Any introduction of Lacrosse activities involving either close proximity or physical contact should be done within a cohort (see section 8c).

c. Cohorts

In the Progressively Loosen Phase, cohorts should be created for all lacrosse activities where there is contact or close proximity of less than 2 meters. viaSport BC defines a cohort as a group of participants who primarily interact with each other within the sport environment over an extended period of time.

Examples of Lacrosse cohorts may include:

- A program within an association/club where players train and play together weekly.
- An age/tier for inter-club play within a region.

The objective in establishing cohorts is to limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. For lacrosse, the following guidelines must be followed when creating a cohort:

- Cohorts should not exceed 100 individuals or 4 teams (whichever is less).
- Cohorts should be made up of individuals/teams of similar age and skill level.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people.
- Each cohort can be comprised of multiple teams in order to form a mini-league (ie, 4-team mini-league). With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break (14 days) between activities is recommended.
- When in a cohort, individuals do not need to maintain physical distancing during lacrosse activities on the field of play. Individuals are recommended to minimize physical contact whenever possible. At least 2-meters distancing should be maintained between all participants when off the field of play (ie, on sidelines/benches, period breaks, huddles, in dressing rooms).
- If physical distancing cannot be maintained masks should be worn.
- Coaches and officials may be counted outside the total cohort number if they are able to maintain physical distancing at all times. The BCLA recommends coaches and officials to be outside of the cohort number. If they are unable to do so, coaches and officials should be assigned and counted within a cohort.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.
- There should be one responsible person or central point of contact for a cohort. It is the responsibility of this contact to maintain a central list with full contact information for all individuals participating within the cohort.
- We acknowledge that individuals may engage in multiple sports or activities. Participants are encouraged to minimize the number of cohorts that they are involved in to reduce the number of individuals that they are interacting with.
- Lacrosse associations/clubs are not required to create a cohort if they wish to offer small group skills development with physical distancing at all times (ie, as per the

requirements in BCLA's Return to Lacrosse Phase 1 Guidelines for physical distancing skills and drills only).

d. *Competition*

In the Progressively Loosen Phase, viaSport BC states that league play and competitive activities may occur within designated cohorts. Competitive sport activities include formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept.

Examples of competitive activities in lacrosse that are permitted in Progressively Loosen include the following:

- Association/club play: games or competitive activities that occur within a team or club members in a cohort.
- Recreational league play: games or competitive activities that occur within a defined program, league or group of teams in a cohort.
- Regional competition: games or competitive activities occurring between associations/clubs in a cohort within a region. In lacrosse, a region is defined by the zones set by the BCLA Zones. It is recommended that, wherever possible, cohorts and competition are created based on these regions. We acknowledge that some lacrosse activities may need to combine nearby associations/clubs in order to make activities possible. In all cases, organizers should be aware of and consult public health guidance from the Regional Health Authorities in which they are operating lacrosse activities.
- The BCLA regions will follow BCLA Zones for regional play. The Lower Mainland will be designated as one region.

Provincial competition is defined by viaSport BC as games or activities that are sanctioned by the PSO (BCLA) and draw individuals or teams from all areas of the province. The BCLA will provide further guidance when/whether provincial competition may be safely resumed. Inter-provincial competitions are games or competitive activities that draw teams from outside the province and are NOT recommended.

If a sport has not yet returned to activities, it would be recommended that the activities continue to be slowly phased in. Return to sport activities should not jump straight to the highest threshold of activities without tested safety protocols. It is still recommended that associations/clubs start with training activities and slowly layer in different levels of competition after a minimum period of 14 days.

Associations/clubs are recommended to follow the guidelines below when planning the safe introduction of lacrosse games or competitive activities:

- Cohorts must be created in order to resume competition (see section above).
- All competitions are required to have a detailed safety plan in place. Contact your Regional Health Authority and/or municipality if you have questions or require additional guidance for competitions.
- Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.

- Limit contact as much as possible:
 - Plan arrivals and departures of different teams/groups to avoid co-mingling.
 - Avoid participants waiting on site between games/activities.
 - Discourage groups of people gathering before or after sport activities (ie, social events).
 - Schedule activities over a longer period of time (days or weeks) or at different locations.
- Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.
- Community spectators (ie, those outside of a competitor's immediate family) are not encouraged until Phase 4. If parent/guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the facility.
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
- Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete or other personnel develop COVID-19 symptoms.
- If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.
- See Outbreak Plan in section 15.

e. *Travel*

As of June 25, 2020, provincial travel restrictions have been lifted. However, travel for the purposes of Lacrosse activities should still be slowly introduced. In the Progressively Loosen Phase:

- Individuals should remain primarily within their region when travelling for lacrosse in order to limit the number of groups that they are coming into contact with.
- Inter-provincial and international travel are not recommended at this time.
- If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.
- If choosing to travel, the following recommendations are in place for individuals:
 - Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories.
 - If sick, stay home, even if symptoms are mild.
 - Wash your hands often.
 - Practice safe physical distancing, two meters distance from others.
 - Wear a mask if you cannot keep a safe distance from others for an extended period of time.

Details of team travel will be defined at a later date.

f. High Performance

This section of the *BCLA Return to Lacrosse Guidelines* refers to tryouts for Team BC and is not applicable to our club.

8. LACROSSE PROGRAMMING

a. General Information

- BCLA currently registered athletes only (2021 Box Athletes TBD).
- BCLA currently registered coaches only with proper coach training (2021 Box Coaches TBD). Each team must have coaches trained at the Community Development level or higher per age group and discipline as noted on the back of the BCLA Coach Registration Form 100B (Box).
- Each team must have a responsible adult at all activities (ie, team safety person).
- CLA Coaching Training - Minimum Standards for Coaches. Community Development coaches who have never taken a clinic must have the following completed before they are able to step on the floor/f/bench:
 1. Criminal Background Record Check as per BCLA Policy (CRC)
 2. Community Development on-line pre-clinic work (<https://nccp.lacrosse.ca/>).
 3. Emergency Action Plan (EAP) - free online at Coaching Association of Canada (CAC) The Locker.
 4. Making Head Way - free online at Coaching Association of Canada (CAC) The Locker.
 5. Competitive Introduction and above - ALL coaches will be granted the same status from 2019 again in 2020.
 6. In order to complete points #3 and #4 above, coaches must have access to their NCCP coaching number. Coaches that do not have an NCCP Coach number from Lacrosse or any other sport, please contact BCLA Technical Director, Dave Showers dave@bclacrosse.com for assistance.

b. Suggested Facility Zone Spacing for Box

The BCLA Return to Lacrosse Guidelines offers suggestions for participant and coach spacing for box lacrosse facility (outdoor/indoor) as well as suggested drills.

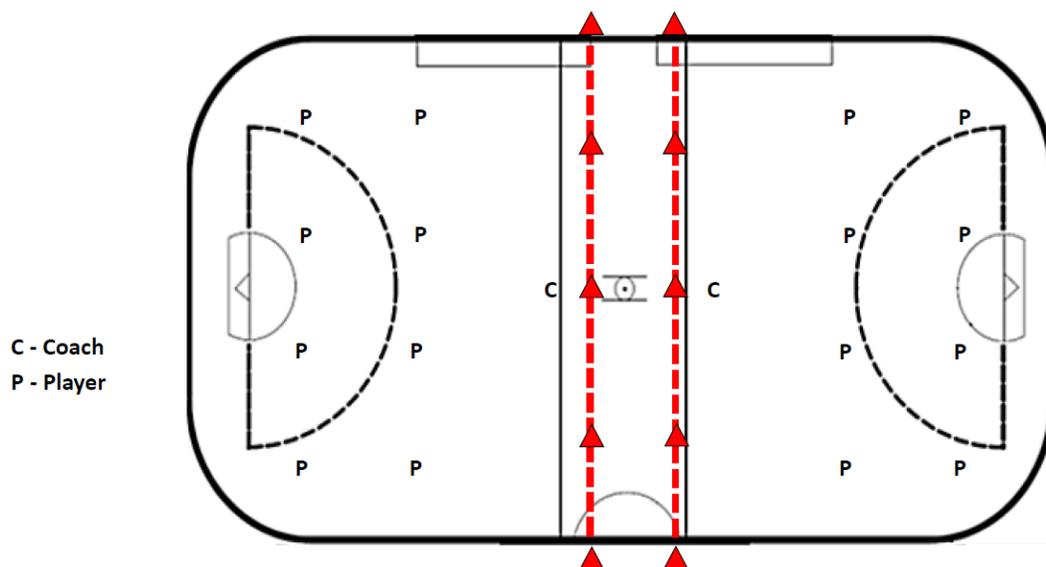
BCLA has created a Drills Library. The BCLA Drills Library are recommendations to assist coaches with participants of varying development stages and ages with 2-meter physical distancing in mind.

- Maintain a 2-meter physical distancing while performing drills/skills at all times including waiting in lines, waiting for instruction and when moving within drills.
- Drills/skills are designed to build and enhance individual athlete skill development.
- A gradual introduction to contact in cohorts is permitted once teams are selected to a team cohort.
- Goaltenders are permitted take part in all activities with participants. Do not share goaltender equipment and don not touch balls with hands.
- Station work is recommended to assist coaches to offer drills/skills activity flow and variety.

- Coaches must be cognizant that older, and higher-skilled athletes, may utilize more space during Lacrosse activities so you may need to adjust the number of people allowed in the activity area.

See link to [BCLA Drills Library](#).

Two (2) Sections Activity Spacing – Outdoor Box
 Age: All ages (Up to 16 participants – – Player-Coach Ratio 8:1 per area)



9. OFFICIALS

Lacrosse officials will be assigned per BCLA and league guidelines and through the BCLA or league officials scheduler. In any games/league play, BCLA-certified officials must be used. Official training will be offered by the BC Lacrosse Officials Technical Support Group (BCLOTSG). Official inquiries must be directed to your association/club Officials contact or BCLA Technical Director, Dave Showers.

Hosting Clubs are responsible for disinfecting all surfaces and electronic score devices and/or flip scoreboards after each use.

ITEM	ATHLETES
Pre-Game	<ul style="list-style-type: none"> • Officials will maintain a 2-meter physical distancing at all times. • Officials will wear masks if they cannot maintain a 2-meter physical distance. <p>Box: No Stick checks will be conducted.</p>
Personal Equipment	<ul style="list-style-type: none"> • Arrive at all facilities dressed in the officiating uniform. • Bring your own water bottle (must be filled at home and clearly labelled). • Do not touch players' equipment (dropped sticks, padding, etc.). • Will use a regular blow whistle. Whistles will be disinfected after every use.
Game Balls	<ul style="list-style-type: none"> • Sanitized game balls are provided by the hosting team prior to the game. • Once the game has begun, officials will not touch a game-used ball with their hands. • When a ball goes out of play, a sanitized ball will be used to restart play.
Surfaces / Benches	<ul style="list-style-type: none"> • Hosting club is responsible for disinfecting all surfaces between games.

	<ul style="list-style-type: none"> Substituting players are given right of way during line changes to maintain physical distancing.
Game Sheets	<p>Box: Score kept on scoresheet; score is kept by the game clock. *It's suggested that coaches take a photo of a game score sheet for records.</p>
Timekeepers	<p>Box: Game timekeepers and shot clock operator as usual for game time.</p>
Game Play	<ul style="list-style-type: none"> Draws are not conducted by officials at any point in the game. Possession is awarded after a coin-flip between team representatives prior to the game. The team who did not start with the ball in the first half is awarded possession for the second half (If quarters, then possession rotates after each quarter).
Post Goal Restart	<ul style="list-style-type: none"> The goaltender is responsible for retrieving the ball from the net following any goal. The team scored upon shall begin play once the goaltender retrieves ball from the goal, Play restarts with a whistle.
Responsibilities	<ul style="list-style-type: none"> Officials are solely responsible for officiating games according to the rules of Return to Lacrosse and the applicable rule book per discipline. Clubs are responsible to make payments to officials according to the BCLA leagues policies.
Post-Game	<ul style="list-style-type: none"> Officials will put on a mask immediately after the game and leave the facility. Officials maintain a 2-meter physical distancing and will not conduct handshakes. Officials will wear masks after the game if a 2-meter physical distance isn't possible.

10. GAME PLAY

Lacrosse players are looking forward to getting back on the fields/facilities to play Lacrosse games. British Columbia is in Phase 3 of the Restart Plan and as of August 24, sport has moved to the “Progressively Loosen” Phase. In this phase of sport there can be a careful increase to the number of contacts and contact intensity in sport. This next phase offers BCLA association/club members a gradual introduction to modified Lacrosse games introducing activities that may involve instances of contact in a safe way.

- Close physical proximity (within 2 meters) should still be minimized as much as possible.
- In sports and activities that generally involve interaction between participants at a distance of less than 2 meters, it is recommended that:
 - Modification of the activity or sport rules occur to minimize contact to keep participants at a safe distance;
 - The number and duration of contacts between different participants is limited (when physical distancing is not possible);
 - Physical distancing when not participating in the sport activities is maintained (ie, pre/post-game).
- Any introduction of activities involving either close proximity or physical contact should be done within a sport cohort.

viaSport BC's guidelines recommend modifications to any sport where players are in close proximity or involve contact. The following rule modifications will be mandatory to each sector of lacrosse. In all cases, associations/clubs are advised to ease into physical activity with a focus on participant safety prior to introducing scrimmaging or game play.

All coaches:

- Coaches must be registered with the BCLA and adhere to the Rule of 2 at all times.

- Each team must have a responsible adult at all activities (ie, team safety person).
- Coaches registration and training per section 9a.

Box Lacrosse Game Modifications relevant to Jr age group (Additional Game Modifications are to be determined):

- Games are 4v4 (3 players & 1 goaltender).
- Games duration. 2 x 15-minute. All games are running time with a half time break; teams do not change ends.
- Goals are the appropriate size to the division being played.
- No Face-offs. Each game will start with a coin flip that will determine first possession of the game with possession alternating to begin each period. The team that wins possession starts with a “free clear” at center.
- Restarts. After a goal is scored, the team scored upon begins play once the goaltender retrieves the ball from the goal.
- Loose balls. The nearest player who makes clear advancement towards a ball will be awarded possession. The opposing player(s) must reposition themselves to avoid contact. The official will call out the jersey colour of the player nearest to the ball.
- Contact: All play will be non-contact and no hitting permitted. Players may not initiate any stick or body contact. Players will maintain a 2 meter physical distance from opponents at all times. All deliberate offensive contact anywhere on the floor will be a change of possession except contact covered in the rule book (ie, picks and screens). Incidental contact on the floor will be a change of possession. All deliberate defensive contact anywhere on the floor will be penalized as a minor or major penalty. Incidental defensive contact anywhere on the floor will be a reset of the shot clock.
- Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the facility.

See Adaptive Lacrosse Games with Modifications on [BCLA Return to Lacrosse Phase 3 webpage](#) for details. Official’s decisions are guided by the principle of “erring on the side of caution in the interest of participant safety.”

11. SIGNAGE/INFORMATION RESOURCES

The *BCLA Return to Lacrosse Guidelines* includes links to resources and templates for signage. At the restart of lacrosse activities in the Spring of 2021, a gap assessment will be conducted between BCLA guidance and the signage in place for the facility(ies) used. Gaps will be remedied before the start of activities.

Required signage:

- Entrance and exit points (with arrows)
- Parking lot policies
- Hygiene requirements
- Washroom directions
- Spectator directions

12. COMMUNICATION

The BC Lacrosse Association Board and Staff will provide updated information through the BCLA's on-line community of practice and website – www.bcLacrosse.com. The Timberwolves subscribe to the community of practice communications. The Timberwolves President or designate will disseminate information to their members through their own communication methods. The *BCLA Return to Lacrosse Guidelines* document includes a communication template.

13. RULES/PROTOCOL ENFORCEMENT/DISCIPLINARY ACTION

Failing to comply with the BC Health Authority, viaSport BC, local municipalities and BCLA's Phase 3 Return to Lacrosse Guidelines could put the entire BCLA Membership under suspension by the BC Health Authority or member associations/clubs respective municipalities. Therefore, failure to comply with the laws, rules, and protocols set out by the Federal and Provincial governments, the BC Lacrosse Association, facilities, municipalities, and all health agencies/authorities may result in disciplinary action.

14. EMERGENCY PREPAREDNESS AND RESPONSE

a. First Aid

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. The team's safety person(s) will be familiar with the following protocols.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

b. Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19. The Timberwolves Vice President has the Overall responsibility for Outbreak Management and communication.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced

cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.

3. Implement your illness policy and advise individuals to:
 - a. Monitor their symptoms daily, use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - b. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - c. Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Additional Procedures:

- Procedure for athletes/staff to clearly identify who to contact and how to do so if they or other participants feel unwell or show symptoms of COVID-19. -> *Contact Team Manager or Coach (coach will contact Team Manager).*
- Designate an isolation area on site until patient(s) are dealt with appropriately. -> *Per facility procedure, else will designate an area.*
- Established mechanism for collaboration and co-ordination with local public health authorities in the instance of a COVID-19 outbreak. -> *Per BCLA procedures.*
- Decision-making authority and an agreed procedure to modify, restrict, postpone, or cancel the return to lacrosse activities related to a reported COVID-19 outbreak. -> *Per Coach or Team Manager for event in progress; Board of Directors with recommendation of Vice President for longer term restrictions.*
- Develop a risk communication strategy in regard to COVID-19. *Board of Directors*

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

15. COVID-19 RESOURCES

Refer to the BCLA Return to Lacrosse Guidelines for a comprehensive list of resources:

- Health resources
- Regional Health Authorities
- Province of BC
- Sports and recreation resources
- Worksafe resources

16. DISCLAIMER

The BC Lacrosse Association (BCLA) *Return to Lacrosse Guidelines* and the West Kootenay Timberwolves Safety Plan are intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the BCLA Return to Lacrosse Guidelines or in this Safety Plan.

It is important to note that the *BCLA Return to Lacrosse Guidelines* and the West Kootenay Timberwolves Safety Plan are not legal documents and are to be used as a guide only. These documents are not substitutes for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the *BCLA Return to Lacrosse Guidelines*, the West Kootenay Timberwolves Safety Plan, and the Public Health Act, regulations or orders thereunder, the Act, Regulations and Orders prevail. Each Provincial Sport Organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in the *BCLA Return to Lacrosse Guidelines* or the West Kootenay Timberwolves Safety Plan is intended to provide legal advice. Do not rely on these documents or treat them as legal advice.

This document and the *BCLA Return to Lacrosse Guidelines* contains links to third party web sites. Links are provided for convenience only and the BCLA and West Kootenay Timberwolves do not endorse the information contained in linked websites nor guarantee their accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. The West Kootenay Timberwolves will should check back regularly to ensure your plan to return to lacrosse activity is up to date.

Anyone using the BCLA Return to Lacrosse Guidelines does so at their own risk. The BC Lacrosse Association shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the BCLA Return to Lacrosse Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided. The above holds for the West Kootenay Timberwolves Safety Plan that was developed using the BCLA guidelines.

ORGANIZATION CONTACTS

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APPENDIX A: West Kootenay Timberwolves Illness Policy

In this policy “Team member” includes an employee, volunteer, coach, manager, participant and/or parent/spectator.

- 1. Inform an individual in a position of authority** (coach, team manager, program coordinator) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

2. Assessment

- a. Team members must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
- b. If team members are unsure, please have them use the self-assessment tool.
- c. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their person safety throughout the activity.

<https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool

3. If a team member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and/or are showing symptoms while at the activity, they should be sent home immediately and have them contact 8-1-1 further guidance.
- c. c) No team member may participate in an activity if they are symptomatic.

4. 4. If a team member tests positive for COVID-19

- a. Follow the directions of the health officials.

5. Quarantine or Self-Isolate if:

- a. You have travelled outside of Canada or the province within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.

APPENDIX B – Athletes (Parents/Guardians) Responsibilities

Athletes (Parents/Guardians) are responsible for adhering to all health agencies and safety regulations and guidelines.

- Participant safety is the top priority at all times.
- Pre-Activity online Meeting: Attend a pre-activity online meeting with your son or daughter to learn the expectations, safety and guidelines for a safe Lacrosse activity.
- Must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities.
- Promote good hand hygiene (washing & sanitizing) before and after activities.
- All participants must be currently registered with the BC Lacrosse Association through their community associations/clubs.
- Before stepping into any facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. See APPENDIX B: BCLA Under and Over the Age of Majority Waivers.
- Group sizes must not exceed the regional public health restrictions (maximum 50 individuals).
- Participants must adhere to 2-meter physical distancing at all times.
- Participants must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Participants who are over 65 years of age or who are immune-compromised, or with underlying health conditions should exercise caution when participating.
- Each participant must arrive and depart from facility dressed, wearing all required protective equipment (dress at home, parking lot, or park).
- Parent/guardian and athlete arrive facility and stay in vehicle until a set time (ie, 15 minutes) prior to the activity. Keep gear bags in vehicle or in a separate area within the facility.
- Any additional Lacrosse sticks must be left at participants designated pylon on the sideline. Leave additional gear in your equipment bag in the car.
- Participants should use their own Lacrosse equipment -- NO SHARING equipment, apparel, etc.
- All participants must wear required protective equipment at all times as outlined by CLA rules and regulations (ie, helmet, gloves, shoulder pads, elbow pads, etc.)
- Participants must not touch balls with their hands and only use their stick to pick balls up.
- Each participant must have their own clearly marked water bottle with their first and last name with a spout or straw in order to aim into mouth while still wearing helmet.
- Participants must focus on the coaches and their directions when waiting to perform drills; no fooling around in lines.
- Participants must sanitize/disinfect their equipment and clean clothing after every activity session.

APPENDIX C – Spectators Responsibilities

Spectators are responsible for adhering to all health agencies and safety regulations and guidelines.

- Limit the number of parent/guardians for all activities while maintaining proper gathering protocols and physical distancing.
- Maintain 2-meter physical distancing at all times around.
- Player/participant drop-off at all facilities.
- Public Health Authority restrictions on large gatherings (maximum 50 people).
- Crowd self-monitoring ensuring total maximum of 50 people and maintaining 2-meter physical distancing.

APPENDIX D – Association/Club/Team Volunteers Responsibilities

Association/Club/Team Volunteers are responsible for adhering to all health agencies and safety regulations and guidelines.

- Participant safety is the top priority at all times.
- Pre-Activity online Meeting: Host a pre-activity online meeting for players, coaches, parents and volunteers to go over expectations, safety and guidelines for a safe Lacrosse activity.
- Must maintain the Rule of Two: No minor will be left alone with a single adult.
- Must adhere to all health and safety guidelines as outlined by the Provincial Health Office and health restrictions in the local municipalities.
 - Promote good hand hygiene (washing & sanitizing) before and after activities.
- Everyone must adhere to 2-meter physical distancing at all times.
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Before stepping into any facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. *See APPENDIX B: BCLA Under and Over the Age of Majority Waivers.*
- Organizers must screen coaches and staff for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Keep detailed records of all participants in sessions. Details should include full contact information, date, time and location of activities.
- All participants must be currently registered with the BCLA through their community associations/clubs.
- Activities must only include participants from your association team and gameplay in one's cohort.
- Ensure that participants are fully informed and consent to risks associated with participating in Lacrosse activities.
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19, the Return to Lacrosse Guidelines and all associated procedures to minimize risk.
- Co-ordinate facility bookings and scheduling of teams/participants for safe activities.
- Schedule enough time between group activities for participants to enter and exit all facilities safely.
- Work with the local municipality to establish your safety plans and physical distancing areas.
- Designate personnel to overlook Field and Box facility preparations to co-ordinate and clearly mark facility section spacing requirements, with lines, markers or pylons to separate sections prior to any activities.
- Examples of facility zone spacing for drills and skills:
 - *APPENDIX D: Facility Sections – FIELD*
 - *APPENDIX E: Facility Sections – BOX*
- Supply all activity groups with appropriate Lacrosse activity equipment (ie, balls, bucket for balls, pylons, etc.)
- Supply all participating groups with appropriate cleaning/sanitizing products (ie, wipes, hand sanitizer, gloves, masks, plastic waste bags, etc.).

APPENDIX E – Team Personnel – Coaches, Trainers, Team Managers

Responsibilities

All team personnel are responsible for adhering to all health agencies and safety regulations and guidelines.

- Participant safety is the top priority at all times.
- Pre-Activity online Meeting: Host a pre-activity online meeting for players, coaches, parents and volunteers to go over expectations, safety and guidelines for a safe Lacrosse activity.
- Must maintain the Rule of Two: No minor will be left alone with a single adult.
- Must adhere to all health and safety guidelines as outlined by the Provincial Health Office and health restrictions in the local municipalities.
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Promote good hand hygiene (washing & sanitizing) before and after activities.
- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. See APPENDIX B: *BCLA Under and Over the Age of Majority Waivers*.
- Participants must adhere to 2-meter physical distancing at all times (pre & post activities).
- Group sizes should be minimized when possible. Maintain athlete to coach spacing to adhere to the 2-meter physical distancing.
- Suggested Facility Zone Spacing (Sections on Field /Floor) for training:
 - *Field – no more than 50 people on a field at one time. APPENDIX D: Facility Sections – FIELD*
 - *Outside Box/On-Floor – eight (8) athletes to one (1) coach for every half floor section. APPENDIX E: Facility Sections – BOX*
- Team personnel must be screened for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participant. If an individual is showing signs of cold, flu, or COVID-19 with fever, coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous fourteen (14) days.
- Coaches and staff who are over 65 years of age or who are immune-compromised, or with underlying health conditions should exercise caution when participating.
- Coaches and staff are recommended to wear a mask and gloves during activities.
- Coaches and staff to confirm participant names and numbers attending prior to each session.
- Coaches and staff/team managers must record attendance (names & numbers) for every activity.
- An accurate count of participants in advance will allow the team personnel to plan accordingly and to assist with contact tracing in the case of an outbreak.
- Coaches and staff should lead and instruct without touching balls. Only touch balls with a stick.
- Coaches and staff to use only one Lacrosse stick during activities and don't touch other participants' equipment or Lacrosse sticks.

APPENDIX F – Team Personnel Checklist

- **Pre-Activity online Meeting:** Host a pre-activity online meeting for players, coaches, parents and volunteers to go over expectations, safety and guidelines for a safe Lacrosse activity.
- **On-Site Preparation Meeting:** Conduct an on-site planning meeting prior to arrival of participants involving all team personnel who will be participating.
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (ie, tissues, towels, sanitary products). Determine who will bring the addition supplies required (ie, garbage bags, surgical (throw-away) rubber gloves, hand-sanitizer, paper towels, cleaning supplies). Please refer to SUPPLIES REQUIRED section of this document.
- Cleaning Schedule: Develop to ensure the venue and equipment is clean; wiping surfaces and equipment regularly with disinfectant before and after all activities.
- Review Activity Plan: Review your activity plan against this document.
- Designated Person: Assign one coach or team manager to be designated as a first point of contact at the facility check-in area. This person is responsible for overall site management.
- Reduce Touch Points: Please refer to TOUCH POINTS section of this document.
- Secure Confined Spaces: Please confirm with your municipality/facility whether player benches, official's benches and other confined spaces are open for usage. If not, please communicate as no entry areas.
- Before entering any facilities prior to activities, the group of participants must maintain a 2-meter physical distancing, and be clear of the entrance/exit points which should be separate.
- Participants, coaches and team staff must wait until all facilities are clear of other participants prior to their session.
- Athlete Equipment: Participants arrive and depart dressed and leave equipment bags in their car. If participants need to arrive with a gear bag, you must ensure athlete equipment areas are set up and each athlete is assigned a spot marked by a pylon/marker, 2-meters or more apart, on the sidelines.
- Drill Layout: Lay out markers/pylons ahead of the activities indicating locations for athletes for drill/skill stations using your own pylons/markers.
- Distribution of Balls: Distribute balls to stations using a stick only; never touch balls with hands.
- Collection of Cleaning Equipment: All balls, pylons/markers and targets to be collected and put into a 5 gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use gloves and wash hands, or use hand sanitizer immediately after.
- Equipment Transportation: It's recommended to have a plastic container with a lid when transporting equipment to and from Lacrosse activities.
- First Aid: In the event that first aid is to be administered, all persons attending to an athlete must follow proper safety protocols including masks and gloves (PPE).
 - Coaches and staff to confirm facility preparations and facility section requirements, lines and place markers/pylons to separate zones for activities.
- Examples of facility zone spacing/sections for training activities:
 - See APPENDIX D: Facility Sections – FIELD
 - See APPENDIX E: Facility Sections – BOX