

To Parents and Players of Burnaby Field Lacrosse

Welcome to the 2020 Field Lacrosse season! It is great to say those words after months of uncertainty about returning to sport.

2020 has been a challenging year and our lacrosse season will have no fewer challenges to it. Our season will not look like any previous lacrosse season. Everything we do will be smaller in scale, from team sizes to the number of teams we play to the number of spectators at our games. One of the main areas of focus is reducing and eliminating touch points at the field. Our theme for this year is **“No Fences, No Benches”**.

This letter outlines the main protocols that the club will be instituting as part of our return to play program:

1. If a player, parent or other household member exhibits any of the common **symptoms of COVID-19** (see below), **you MUST keep the player at home** and notify your coach or manager.
 - Cough
 - Shortness of breath
 - Chest pain
 - Feeling feverish/chills
 - Muscle pain (not exercise-related)
 - New loss of smell or taste
 - Gastrointestinal symptoms (nausea, vomiting and/or diarrhea)
 - Sinus or cold-like symptoms (headache, congestion/runny nose, sore throat)
 - Fever (temperature > 99.5°F or > 37.5°C)
2. Arrive at the field **no more than 15 minutes before the start** of your game or practice.
3. **Drop players off in the parking lot** of Burnaby Lake West.
4. **Put on and take off gear at home** or at your car in the parking lot (i.e. not on the plaza deck, on the field or near the field).
 - Players may bring a gear bag/box to the field, but it is preferred that they do not.
 - Coaches will indicate to players where belongings will be stored during practices or games.
5. **Bring your own water bottle** with your name clearly marked. Do not share water bottles
6. **Complete the TeamSnap My Health Check** before each practice or game.
 - It is mandatory for the club to track attendance and health check results to meet return to play protocols.
7. **Do not enter the field until permitted** by the designated team representative responsible for reviewing TeamSnap Health Check results.

8. **Enter and exit the field through the designated gates only** (i.e. do not jump over the fence).
9. **Do not use the benches** on either side of the field.
10. Parents will be unable to watch games/practices if there are **more than 50 people** at the field (on and off), including players, coaches, officials and spectators, following public health event rules.

It is not just incumbent on the coaches to execute all the health and safety protocols. We are asking parents to help by reviewing the protocols with their child. The entire team needs to take responsibility and make sure that they are following the protocols. To that end, please actively participate with your child's team, rather than waiting to be asked.

The entire Burnaby Field Lacrosse Club is run by volunteers. There are no paid positions at our club so your contributions as an extra set of hands, eyes, and ears is greatly appreciated.

The Club would like to recognize and thank our coaches that have stepped up this season. It is an enormous responsibility to take on during this time in addition to families and jobs.

We are thrilled to be able to put athletes back on the field after months of being at home and trying to stay as safe as possible. The Club is excited about our programming lineup for the season even though it's different from anything we've ever had to do.

Thank you for being part of the journey this season!