

# Burnaby Field Lacrosse Club

## 2020 Return To Play

### *Safety Protocols and Approved Activities*

Burnaby Field Lacrosse Club (BFLC and / or the Club) have adopted the following document to capture the safety protocols and approved lacrosse activities for the 2020 season. This document is adapted from the BCLA Return to Lacrosse Phase 3 Guidelines and relevant Appendices. If there is a significant discrepancy between the two documents The BCLA Guidelines will supersede the BFLC Club document. All BFLC Members should familiarize themselves with the protocols contained in this document prior to participating in Lacrosse activities with the Club.

## HEALTH AND SAFETY PROTOCOLS

### General

Health and safety are our priorities in establishing and informing our Return to Lacrosse guide. BC's Restart Plan outlines five principles to apply to every situation. These are integrated into the guidelines and considerations in this document:

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

*Adhering to all health agencies and safety regulations:*

- Maintain the 2-meter physical distancing measure at all times.
- Frequent hand-washing 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 cash transactions and documents are recommended.

## **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 below. When used in combination, cleaning, sanitization and disinfectants can significantly reduce the spread of COVID-19, keeping our participants safe.

**Cleaning:** refers to the removal of germs, dirt and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

**Sanitizing:** Sanitizers are used after cleaning to reduce the level of bacteria to a safe level when following the manufacturer’s instruction for concentration and contact time. Sanitizers are most commonly used on contact surfaces where food may be prepared or consumed.

**Disinfectants:** Disinfectants are different from sanitizers in that they have a greater ability to destroy bacteria, viruses and molds. Disinfectants are used at a higher concentration and require a longer contact time than sanitizers. If a disinfectant is used on a food contact surface, it may need to be rinsed off with water. This process does not necessarily clean dirty surfaces or remove germs.

## **GENERAL TOUCH POINTS – Suggested Cleaning and Disinfecting Areas**

- 1. High Touch and Heavily Soiled Areas**
  - a. Door knobs, door push bars, door handles, gate handles
  - b. Hand rails
  - c. Light switches
  - d. Phones / tablets
  - e. Toilets, paper towel dispensers, sinks
- 2. All Other Surface Areas**
  - a. Tables
  - b. Counters
  - c. Chairs
  - d. Floors

## **LACROSSE SPECIFIC TOUCH POINTS**

<b>ITEM</b>	<b>ATHLETES</b>	<b>COACHES / MANAGERS</b>	<b>PARENTS / GUARDIANS / SPECTATORS</b>
<b>Balls</b>	Only touch the ball with your stick.	Only touch the ball with your stick.	Should not touch.

	If need to touch <b>MUST</b> wear gloves.	If need to touch <b>MUST</b> wear gloves Wipe down with disinfectant before and after use.	Encourage players to only touch with stick. Ask a player or coach to retrieve stray balls.
<b>Stick</b>	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.
<b>Documents</b>	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.
<b>Tablets / Phones</b>	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.
<b>Personal Equipment DO NOT Share ANY Equipment</b>	Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms). A clean plastic bag should be used to separate	All gear should be put on near your own vehicle, prior to proceeding to the facility. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms). A clean plastic bag should be used to separate cleaned and soiled equipment. Wipe down and disinfect equipment when at home.	Assist / remind your child with putting on their equipment at your vehicle, prior to going to the facility. Remind them to leave it on once the event is completed and return to vehicle to take off equipment. For age groups where parents / guardians may need to assist with equipment adjustments, the player should leave

	<p>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><b>*Keep your Lacrosse gloves on at all times!</b></p>	<p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p> <p><b>*Keep your Lacrosse gloves on at all times!</b></p>	<p>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>
<b>Helmets</b>	<p>Put gear on at home or dress near your own vehicle, prior to proceeding to the facility.</p> <p>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>
<b>Goaltender Equipment</b>	<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>
<b>Water Bottles NEVER SHARE</b>	<p>Each player must have their OWN clearly marked water bottle with their first and last name (must be filled at home).</p> <p>Must have spout or straw in order to aim into mouth while still wearing helmet.</p>	<p>Remind players to NEVER share water. If possible, have extra commercially sealed bottles available if hot out, but make sure you have disinfectant wipes available to clean off before giving to</p>	<p>Make sure your child's water bottle is clearly marked with their first and last name and they know how to identify their own bottle.</p>

	Only move your own water bottle with your Lacrosse gloves on.	anyone. (Use sharpie to mark names). Designate areas where players can put their water bottle to encourage physical distancing (2m). Must have spout or straw in order to aim into mouth, while still wearing helmet. Only move someone's water bottle with your Lacrosse gloves on.	Remind them to never use anyone else's water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet. Wash with disinfectant before and after use (sanitize hands after).
<b>Equipment Bags</b>	To be left in vehicle or in designated space within facility. A clean plastic bag should be used to separate cleaned and soiled equipment. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.	To be left in vehicle or in designated space within facility. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.	To be left in vehicle or in designated space within facility.
<b>Spectator Seating (if not removed) or Standing</b>	Not Applicable	Try to limit the number of spectators to only people that need to be present. Group gathering size limits must be adhered to.	Always maintain a 2-meter distance between other spectators. Number will be limited to the maximum allowed to gather (i.e., total including participants and spectators is currently 50 people). Spectators should try to watch from vehicle if applicable.
<b>Enter / Exit</b>	Follow instructions / arrows for all facility entrances and exits. If using a door / gate handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.	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. If using handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.	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. If using door / gate handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.

<b>Bench / Other Surfaces</b>	Don't touch surfaces; keep your Lacrosse gloves on.	Disinfect surfaces before players arrive and after players have left. Don't touch surfaces and 'bag' your gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.	Don't touch surfaces and 'bag' your child's gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.
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## Supplies Required

The Club in conjunction with the City of Burnaby facility is responsible for the following supplies at the Burnaby Lake West facility:

- Hand Sanitizer - if a hand washing facility is not readily available
- (PPE) Gloves
- Sanitizer wipes or disinfectant spray & cloth
- Doubled plastic bag to safely dispose of any gloves, wipes, etc.
- Non-Medical Mask / Facial Covering

When attending other facilities for Lacrosse activities, participants should be aware of access to the above supplies at that specific facility.

## Non-Medical Mask / Facial Coverings

Wearing a non-medical mask / facial covering over the chin, mouth and nose in the community is recommended for periods of time when it is not possible to consistently maintain a 2-meter physical distance from others, particularly in crowded public settings, such as stores, shopping areas and public transportation and when entering / leaving all facilities for sport activities.

Masks can be removed by participants while engaging in any activity, providing physical distancing is practiced. Wearing a mask is not a suitable substitute for physical distancing, but can be used in combination with hand washing, disinfecting and other good hygienic practices when physical distancing is not possible.

# HEALTH AND SAFETY PROTOCOLS

## *Responsibilities by Member Groups*

### **Athletes (Parents / Guardians) Responsibilities**

*Adhering to all health agencies and safety regulations and guidelines:*

- Participant safety is the top priority at all times.
- 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.
- 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 are required to check-in to each Lacrosse event / activity with TeamSnap Health Check.
- Each participant must arrive and depart from the facility dressed, wearing all required protective equipment (dress at home, parking lot, or park).
- Parent / guardian and athlete arrive at the facility and stay in the 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 the mouth while still wearing a 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.

## **Association / Club / Team Volunteers Responsibilities**

*Adhering to all health agencies and safety regulations and guidelines:*

- Participant safety is the top priority at all times.
- 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.
- BFLC will provide TeamSnap Health Check functionality to all BFLC teams. All participants at any team event must record their Health Check results prior to participation.
- 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.
- Designate responsibility to keep detailed records of all participants in sessions. Head Coaches and / or Team Managers are responsible for utilizing TeamSnap to record the following information about each event (game or practice):
  - Date
  - Time
  - Location
  - Confirmed attendance
- 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.

- 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 facility preparations to co-ordinate and clearly mark facility section spacing requirements, with lines, markers or pylons to separate sections prior to any activities.
- 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.).

## **Team Personnel – Coaches, Trainers, Team Managers Responsibilities**

*Adhering to all health agencies and safety regulations and guidelines:*

- Participant safety is the top priority at all times.
- 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.
- 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.
- Designate responsibility to keep detailed records of all participants in sessions. Head Coaches and Team Managers are responsible for utilizing TeamSnap to record the following information about each event (game or practice):
  - Date
  - Time
  - Location
  - Confirmed attendance
- Team Personnel must check-in using TeamSnap Health Check prior to participation in any Lacrosse activity.
- 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.
- 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.



## TEAM PERSONNEL CHECKLIST

- **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).
- **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.
- **Reduce Touch Points:** Please refer to **LACROSSE SPECIFIC TOUCH POINTS**
- **Secure Confined Spaces:** Participants are not to utilize any space(s) on the field that are designated as “off-limits” by either the Club or the City of Burnaby.
- Ensure all participants have utilized TeamSnap Health Check and that the following information about each event (game or practice) has been recorded:
  - Date
  - Time
  - Location
  - Confirmed attendance
- 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.

### Parents / Guardians / Spectators

*Adhering to all health agencies and safety regulations:*

Limit the number of parents / 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 (or current PHO gathering guidelines) and maintaining 2-meter physical distancing.

## **FACILITY ACCESS**

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance.

The size of the training area determines the number of participants allowed in order to remain an 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.

For the purposes of Burnaby Lake West Sports Complex, spectators of BFLC events are considered to be counted in the “gathering” total number, which in Phase 3 is 50. While it is mostly unlikely that BFLC events are going to meet that number, please be aware that it is recommended that there be no spectators during any event, including games, and if an event is near the limit, all spectators will be asked to leave the immediate area.

- 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 / club.
- 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 may be based on municipality facility regulations.
- Common areas and facility equipment should allow for 2-meter physical distancing between participants.
- Outdoor – Benches / viewing areas may be limited or closed. Spectators must remain outside the facility perimeter fence. Indoor – no spectators (currently). Indoor facility guidelines to be determined.
- Reduce touch points.

## **Burnaby Lake West Field #3 Session Entry and Exit Procedures**

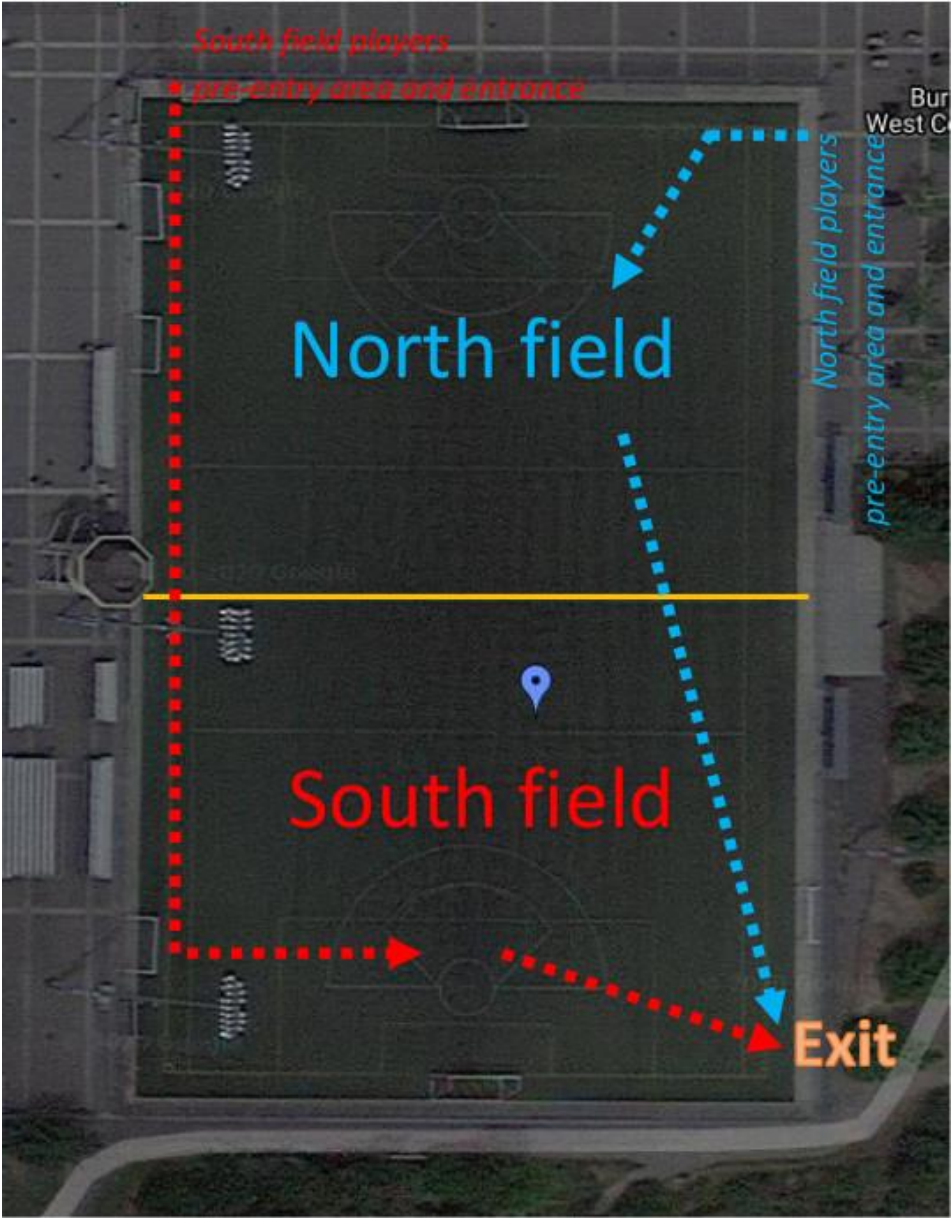
The field will be assigned to two teams, each using half the field, per session. The side closest to the clubhouse is the North Field, the “far” side, closest to 8 Rinks, is the South Field.

Players will have a specific pre-entry area to wait to enter the field. The exit gate for all players is located in the southeast corner of the field.

Please see the following images and explanations.

North Field player entry / exit paths are indicated in blue.

South Field player entry / exit paths are indicated in red.



## North Field Teams

North Field players will line up along the close short-fence, in a north-south direction.



North Field players will enter the field using the northeast corner gate.



### Northeast Entrance Gate

North Field players should place their gear bag/box and water bottle spaced 2 meters apart on the east side of the field. The natural markings on the cement can be used for reference.



North Field players will exit the field last using the southeast exit gate. North Field players will wait until the South Field players have cleared the field to avoid any cross over. Alternatively, the South Field team may wait on the west side of the field for the North team to exit first. The order of exit should be discussed / determined by both coaches.



Southeast Exit Gate

## South Field Teams

South Field players will line up along the tall **north** fence (between Fields 2 and 3) in an east-west direction.

South Field players will enter the field using the **northwest** gate and proceed along the west side of the field to their half of the field.





Northwest Entrance Gate

South Field players should place their gear bag/box and water bottle spaced 2 meters apart on the west side of the field.

South Field players will exit the field first via the southeast exit gate. Alternatively, the South Field team may wait on the west side of the field for the North team to exit first. The order of exit should be discussed / determined by both coaches.



Southeast Exit Gate

**All players are to proceed directly to their family vehicles.**

## 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. This section outlines key principles for safely implementing Lacrosse activities in the Progressively Loosen Phase.

### 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:

- Associations / clubs should plan a period of team training before teams enter into game play.
- Programs should include 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 still apply in Phase 3. Lacrosse associations / clubs must comply with all other sections in this document.

In order to reopen Lacrosse activities, each Lacrosse association / club must:

1. Create a COVID-19 Safety Plan for your association / club that meets the guidelines set out in this document; See digital, fillable version COVID-19 Safety Plan.
2. Gain approval of the COVID-19 Safety Plan for your association / club from their Board of Directors; and
3. 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 Progressively Loosen Phase.

Those BCLA-Member Associations / Clubs that want to proceed with Lacrosse activities in accordance with the BCLA Return to Lacrosse Phase 3 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:

1. BCLA Association / Club members must read, understand and agree to abide by the BC Lacrosse Association Return to Lacrosse Phase 3 Guidelines as circulated and posted on the BCLA Website.
2. The Association / Club President or Senior Officer must submit the completed BCLA Member Declaration of Compliance to Debbie Heard - deb@bcLacrosse.com.
3. 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.
4. All participating Leagues / Associations / Clubs must be in good standing with the BC Lacrosse Association. This includes being current with payments of all BCLA invoices to date.
5. All athletes must be currently registered (Field Lacrosse – 2020-2021; Box Lacrosse 2021 season TBD).

6. 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.

## 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:

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

## Lacrosse Cohorts

Note: BLFC is not actively forming Lacrosse Cohorts for participation. BFLC will join the appropriate Pacific Coast Field Lacrosse League cohorts for individual age groups. Thus, the following sections are for information purposes only and express the intent of BFLC to join Lacrosse Cohorts at the League level. Certain, specific changes may be made to this section as information comes to light and League decisions are made.

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:

- program within a Lacrosse 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.

BFLC will participate in League Cohorts within the Pacific Coast Field Lacrosse League and to the Club's knowledge, Cohorts will meet the following guidelines 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 (ie, W- Field: U12 Tier 1; Box: 14U Boys A2).
- 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 on a field.
- 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.
- BFLC acknowledges 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.

## 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.

**NOTE:** 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 competition 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.
- It is recommended that teams utilize the "Live Game" feature in TeamSnap once games commence to communicate the live scores to parents so as to reduce the amount of spectators at games.

## 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. Exceptions may include travel to attend a high performance training camp or provincial championship when sanctioned by the BCLA.
- 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.

## COACHES

### CLA COACH REQUIREMENTS

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 / field / bench:

1. Criminal Background Record Check as per BCLA Policy (CRC)
2. Community Development (Field / Box) on-line pre-clinic work (website: <https://nccp.lacrosse.ca/>).
  - a. The BCLA will provide an access code to any new coaches who has not attended a previous NCCP Lacrosse course.
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.  
www.coach.ca

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](mailto:dave@bclacrosse.com) for assistance.

Competitive Introduction and above -- ALL coaches will be granted the same status from 2019 again in 2020.

In order to complete points #3 and #4 above, coaches must have access to their NCCP coaching number.

### BCLA Coaching Training

The BC Lacrosse Association Coaches Technical Support Group (BCLCTSG) is co-ordinating coach curriculum for clinics to be delivered online. Please see the Coaches tab on the BCLA website.

- For any coaching assistance, please contact your association / club Coaches Co-ordinator contact or BCLA Technical Director, Dave Showers [dave@bclacrosse.com](mailto:dave@bclacrosse.com) for information.

### BCLA Officials and Umpire Training

The BC Lacrosse Association Officials Technical Support Group (BCLOTSG) is currently coordinating and planning officials / umpire curriculum for clinics to be delivered online.

- Officials / umpires are annually required to re-certify to officiate Lacrosse games.
- For any officiating assistance, please contact your association / club Officials Co-ordinator contact or BCLA Technical Director, Dave Showers [dave@bclacrosse.com](mailto:dave@bclacrosse.com) for information.

## OFFICIALS

Lacrosse officials and umpires are an important part of the landscape of Lacrosse. The BCLA officials are keen to get back on the fields / facilities and officiate games in accordance with provincial health authorities' guidelines, and official's guidelines to enjoy Lacrosse activities in the safest manner possible. In any games / league play, BCLA-certified officials must be used. Associations that require officials should connect with their association officials contact person. Official / Umpire 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.

<b>Pre-Game</b>	<ul style="list-style-type: none"><li>● Officials will maintain a 2-meter physical distancing at all times.</li><li>● Officials will wear masks if they cannot maintain a 2-meter physical distance.</li><li>● <b>Women's Field:</b> Touchless stick checks will be conducted.</li><li>● <b>Men's Field:</b> No Stick checks will be conducted.</li></ul>
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	<ul style="list-style-type: none"> <li>● <b>Box:</b> No Stick checks will be conducted.</li> </ul>
<b>Personal Equipment</b>	<ul style="list-style-type: none"> <li>● Arrive to all facilities dressed in the officiating uniform.</li> <li>● Bring your own water bottle (must be filled at home and clearly labelled).</li> <li>● Do not touch players' equipment (dropped sticks, padding, etc.).</li> <li>● Will use a regular blow whistle. Whistles will be disinfected after every use.</li> </ul>
<b>Game Balls</b>	<ul style="list-style-type: none"> <li>● Sanitized game balls are provided by the hosting team prior to the game.</li> <li>● Once the game has begun, officials will not touch a game-used ball with their hands.</li> <li>● When a ball goes out of play, a sanitized ball will be used to restart play.</li> </ul>
<b>Surfaces / Benches</b>	<ul style="list-style-type: none"> <li>● Hosting club is responsible for disinfecting all surfaces between games.</li> <li>● Substituting players are given right of way during line changes to maintain physical distancing.</li> </ul>
<b>Game Sheets</b>	<ul style="list-style-type: none"> <li>● <b>Women's Field:</b> Score kept on scoresheet and flip score board.</li> <li>● <b>Men's Field:</b> Score kept on scoresheet and flip score board.</li> <li>● <b>Box:</b> Score kept on scoresheet; score is kept by the game clock.</li> </ul> <p>*It's suggested that coaches take a photo of a game score sheet for records.</p>
<b>Timekeepers</b>	<ul style="list-style-type: none"> <li>● <b>Women's Field:</b> Field-side timekeepers as usual for game time.</li> <li>● <b>Men's Field:</b> Field-side timekeepers as usual for game time.</li> <li>● <b>Box:</b> Game timekeepers and shot clock operator as usual for game time.</li> </ul>
<b>Game Play</b>	<ul style="list-style-type: none"> <li>● Draws are not conducted by officials at any point in the game.</li> <li>● Possession is awarded after a coin-flip between team representatives prior to the game.</li> <li>● The team who did not start with the ball in the first half is awarded possession for second half (if quarters, then possession rotates after each quarter).</li> </ul>
<b>Post Goal Restart</b>	<ul style="list-style-type: none"> <li>● The goaltender is responsible for retrieving the ball from the net following any goal.</li> <li>● The team scored upon shall begin play once the goaltender retrieves ball from the goal.</li> <li>● <b>Men's Field</b> – play restarts when ball is 20 yards diagonally from goal crease.</li> <li>● Play restarts with a whistle.</li> </ul>
<b>Responsibilities</b>	<ul style="list-style-type: none"> <li>● Officials are solely responsible for officiating games according to the rules of Return to Lacrosse and the applicable rule book per discipline.</li> <li>● Clubs are responsible to make payments to officials according to the BCLA leagues policies.</li> </ul>
<b>Post-Game</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● Officials will wear masks after to games if a 2-meter physical distance isn't possible.</li> </ul>

## 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.

### Youth Field / Men’s Field:

- **Game formats:**
  - U7 & U9: 6v6 - 6 players two attackers, two midfielders, two defenders and no goaltenders. U7 & U9 use drop downs on goals.
  - U11 & Older: 10v10
- **Game duration:**
  - U7 & U9 consist of 2 x 20-minute halves running time; U11 & Older consists of 4 x 12-minute quarters (or 24 min. halves). All games include a half time break.
- **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. Play restarts once the ball is 20 yards laterally from the goal crease before play is blown in (like a crease violation restart).
- **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:**
  - Close proximity and contact should be minimized as much as possible. Regular Men’s Field contact rules apply in sport cohorts scrimmages and games. All deliberate offensive contact anywhere on the field will be a change of possession except contact covered in the rule book (i.e. picks & screens). Attempt to avoid incidental contact

whenever possible. All deliberate defensive contact anywhere on the field will be penalized as a personal foul.

- Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the field.

***Be patient with officiating. Official's decisions are guided by the principle of "erring on the side of caution in the interest of participant safety."***

### **Women's Field:**

- **Game formats:**
  - U8: 4v4 - 4 players, no goalie;
  - U12: 8v8; and
  - U15 & U19: 8v8 and 10v10
- **Game duration:**
  - U12 to U19 consist of 2 x 20-minute halves running time are suggested with a half time break. Last 2-minutes of each half will be stop time. Teams do not change ends.
  - U8 consist of 2 x 12-minute halves running time are suggested with a half time break.
- **No Draws:**
  - 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 umpire will call out the jersey colour of the player nearest to the ball.
- **Contact**
  - Close proximity and contact should be minimized as much as possible. Regular Women's Field contact rules apply in sport cohorts scrimmages and games.
- Player substitutions can be on the fly from the player exchange area. Changing players must be given the right of way when entering the field.

***Be patient with officiating. Official's decisions are guided by the principle of "erring on the side of caution in the interest of participant safety."***

## **EMERGENCY PREPAREDNESS AND RESPONSE**

### **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.

- 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>

## **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.

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
3. COVID-19 notify the facility right away.
4. 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.
5. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
6. 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>
7. 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.
8. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities. For more information on cleaning and disinfecting:  
[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

## **COVID-19 BC Support App and Self-Assessment Tool**

- 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.
- Designate an isolation area on site until patient(s) are dealt with appropriately.
- Established mechanism for collaboration and coordination with local public health authorities in the instance of a COVID-19 outbreak.
- 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.
- Develop a risk communication strategy in regard to COVID-19.

## **COVID-19 RESOURCES**

### **HEALTH RESOURCES**

- Healthlink BC – Contact 8-1-1 or your health care provider re: personal health situation.
- BC Centre for Disease Control – COVID-19 Symptoms <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>
- BC Centre for Disease Control <http://www.bccdc.ca/>
- BC Centre for Disease Control – Considerations for Youth Sports  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Download the BC COVID-19 Support App and Self-Assessment Tool <https://bc.thrive.health/>
- PHO Orders <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- World Health Organization (WHO) – COVID-19 International News / Updates  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/news>
- BC Centre for Disease Control – Cleaning and Disinfecting <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

- BC Centre for Disease Control – Cleaning and Disinfecting for Public Settings [http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)
- COVID-19 (B.C.) Provincial Support <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- BC COVID-19 Self-Assessment Tool <https://bc.thrive.health/covid19/en>
- Health Canada Handwashing Guidelines <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>
- Health Canada Personal Protective Equipment against COVID-19 <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>
- Health Canada List of Disinfectants for use against COVID-19 <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

## REGIONAL HEALTH AUTHORITIES

- Fraser Health: <https://www.fraserhealth.ca>
- Vancouver Coastal Health: <http://www.vch.ca>

## PROVINCE OF BC

- BC's Restart Plan: [https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from\\_embed](https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed)
- BC COVID-19 Go-Forward Management Strategy: [https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc\\_covid-19\\_go-forward\\_management\\_strategy\\_web.pdf?bcgovtm=20200506\\_GCPE\\_AM\\_COVID\\_9\\_NOTIFICATI ON\\_BCGOV\\_BCGOV\\_EN\\_BC\\_\\_NOTIFICATION](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATI ON_BCGOV_BCGOV_EN_BC__NOTIFICATION)
- BC Go Forward Strategy Checklist: [https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go\\_forward\\_strategy\\_checklist\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf)

## SPORT AND RECREATION RESOURCES

- Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>
- BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>
- BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

## WORKSAFE BC RESOURCES

- Returning To Safe Operations: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>
- COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

## AUTHORSHIP

BFLC extends our appreciation and gratitude to the BCLA and the BCLA individuals who offered their expertise and collaborative assistance through all aspects of the BCLA Return to Lacrosse Guidelines.



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