

WEST KOOTENAY MINOR LACROSSE ASSOCIATION

COVID-19 SAFETY PLAN

LACROSSE PHASES 1&3 (VIASPORT PHASES 2&3)

MARCH 22, 2021

(REVISION 2)

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INTRODUCTION

The West Kootenay Minor Lacrosse Association (WKMLA) 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, as well as Return to Lacrosse Guidelines developed by the BC Lacrosse Association (BCLA). The BCLA Return to Lacrosse Guidelines for Phase 1 correspond to viaSport's Phase 2 guidelines.

The WKMLA Safety Plan is based on the following documents:

- [The BCLA Return to Lacrosse Guidelines Phase 3](#);
- The [BCLA COVID-19 Lacrosse Activity Update](#) issued on January 5, 2021;
- [The Arena Reopening Safety Plan for the Castlegar and District Community Complex \(December 2020 version\)](#) for the most current facility guidelines;
- [The Arena Reopening Safety Plan for the Castlegar and District Community Complex \(September 2020 version\)](#) for the Site Specific Traffic Flow & Occupancy Map not included in the December 2020 version;
- The Rossland Arena Arena Dry Floor COVID Manual received by email on March 3, 2021; 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 the Phase 3 guidance current as of October 12, 2020. The plan will be amended as new information and guidance becomes available.

Where the BCLA and the Castlegar Complex guidance differ, this safety plan is based on the most stringent guidance. The only guidance document available for the Complex is for ice users. This plan assumes that the dry floor user guidance is the same as ice users.

1. 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 communicable diseases, including viruses of all kinds 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 so 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

WKMLA has appointed Pam Zemp as Communications Officer.

Pam Zemp: pzemp@telus.net

This role will include:

- Monitoring updates from all governing bodies (Interior Health Authority, viaSport, BCLA, Canadian Lacrosse Association);
- Oversee all program implementation to ensure compliance;
- Work with our WKMLA Board of Directors and Division Directors to ensure that all players and families are fulfilling their responsibilities; and
- Communication with local facilities on guidelines and updates

All floor practices will be delivered by WKMLA coaches who have been informed of COVID-19 protocols.

The WKMLA president will have overall responsibility for outbreak management and communication.

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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. These guidelines are publicly available on [BCLA's web site](#) and are amended as new information becomes available. BCLA also communicate updates to their member

associations by email. 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 WKMLA Safety Plan incorporates key information from the *BCLA Return to Lacrosse Guidelines*, from the Castlegar Complex and from the Rossland Arena. If there is a conflict between this Safety Plan and the source documents, the latter supersede. Where the BCLA and local facility guidance differs, this safety plan is based on the most stringent guidance.

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 Minor Lacrosse Association 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.

On January 5, 2021, BCLA issued an update to clarify permitted lacrosse activities to reflect the December 24, 2020, sport-specific updates from the Provincial Health Officer Order on Gatherings and Events including:

- A refined definition for "adult team sport" with respect to "group sport";
- Clarity around travel to home club;
- Further guidance on exemptions, including intercollegiate varsity sport; and
- Youth sport may now include participants under 22 years old.

All organized indoor and outdoor sports for people under 21 years of age must follow viaSport's Return to Sport Phase 2 guidance with respect to maintaining physical distance for participants.

- Participants must maintain a physical distance of **3 metres** from one another while on the field of play;
- Individual drills and modified training activities can continue;
- Activities should be low risk of transmitting the virus (i.e., - individual activities, group training that maintains physical distance);
- Games, tournaments and competitions are suspended for teams;
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants;
- Travel restrictions are in place for sport; individuals can only travel to their home club at which they train regularly;
- No spectators are allowed at any sport activities unless to provide care for the participant; and
- **Lacrosse activities (practices) can occur as per the BCLA Return to Lacrosse Phase 1 Guidelines reverting to Skills & Drills training only.**

2. 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 WKMLA 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.
 - Note that participants must maintain a physical distance of **3 meters** from one another while on the field of play.

- 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.

3. 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 WKMLA 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, Castlegar Complex

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

Prior to the start of practice, WKMLA will confirm the RDCK cleaning frequency for relevant High frequency touch points such as participant staging areas, player benches and gate. As needed, the team will conduct additional disinfection activities before our practice booking.

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.	All documents should be completely electronic. If a document needs to be signed, place in a plastic Ziploc

		If coaches want players to have drills, email documents to parents.	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.
Personal Equipment DO NOT Share ANY Equipment	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). For the purpose of implementing this plan at the Castlegar complex players will be allowed to use designated areas to change into indoor shoes, gloves and helmet while maintaining physical distancing and masked as per the facility guidelines. Done in consultation with BCLA. 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. Equipment (jersey, shorts, socks, t-shirts, etc.) should be washed after each session. 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.	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). For the purpose of implementing this plan at the Castlegar complex players will be allowed to use designated areas to change into indoor shoes, gloves and helmet while maintaining physical distancing and masked as per the facility guidelines. Done in consultation with BCLA. A clean plastic bag should be used to separate cleaned and soiled equipment. Wipe down and disinfect equipment when at home. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off. *Keep your Lacrosse gloves on at all times!	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 the purpose of implementing this plan at the Castlegar complex players will be allowed to use designated areas to change into and out of indoor shoes/gloves/helmet while maintaining physical distancing and masked as per the facility guidelines. For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the floor to meet with the parent/guardian. Remind player to bring a clean plastic bag to separate cleaned and soiled equipment. Help players wipe down and disinfect equipment when at home.

	*Keep your Lacrosse gloves on at all times!		
Helmets	Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. As above. As above players are permitted to put on and remove helmet inside the facility at a designated area as per facility guidelines	Wear gloves when touching any equipment. For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the floor to meet with the parent/guardian.	Watch for signals from coach who may send your child out for assistance. For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the floor to meet with the parent/guardian.
Goaltender Equipment	No sharing of any goaltender equipment. Do not use any goaltender equipment unless someone has confirmed it has been disinfected. Help wipe down/disinfect equipment after use.	Each goaltender should have their own goaltender gear per session. Goaltender gear must be wiped down/disinfected between users.	Help player wipe down/disinfect equipment after use.
Water Bottles NEVER SHARE	Each player must have their OWN clearly marked water bottle with their first and last name (must be filled at home). Must have spout or straw in order to aim into mouth while still wearing helmet. Only move your own water bottle with your Lacrosse gloves on.	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 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.	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. 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).
Equipment Bags	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.
Spectator Seating	Not Applicable	Try to limit the number of spectators to only people that need to be present.	Always maintain a 2-meter distance between other spectators.

(if not		Group gathering size limits	Number will be limited to the
<i>Spectators are not currently allowed while Return to Sports is in Phase 2.</i>			and spectators is currently 50 people). Spectators should try to watch from vehicle if applicable.

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.
- If facility markings are not sufficient, request facility staff for assistance.
- Non permanent marker such as:
- Sanitizer wipes or disinfectant spray & cloth – for touch points not managed by the facility.
- 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.

Note on masks:

- ***The Community Complex and the Rossland Arena require that masks be worn in all areas of the Community Complex except field of play.***
- ***Masks must cover the nose and mouth, tie around the ears or back of the head, fit snugly against the sides of the face, and be secured under the chin and is designed to protect persons other than the wearer.***
- ***The BCLA discourages the use of home-made masks. Commercially available cloth masks are best. Consult the BCLA Return to Lacrosse Guidelines for more [BCLA guidance on masks.](#)***

4. 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. WKMLA 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 in this plan's 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

5. 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 West Kootenay Minor 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. BCLA Indoor Facility Arrival/Departure Process

The Castlegar Complex specific processes is described in section 6c of this Safety Plan.

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.
- All participants will be asked to self-assess as described in Appendix A (Illness Policy) using the BC Health self-assessment App, or an equivalent App approved by the WKMLA Board of Directors. The result of this self- assessment will be noted on the attendance sheet.
- After a player is checked in, they will be assigned to a non-permanent marker (such as a cone or post-it note) on the playing surface or glass. The marker will allow for ample physical distancing and will serve as the player's personal station. Players will be required to wait at their marker 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.

For the purpose of implementing this plan at the Castlegar complex the complex guidelines for arrival/departure will be followed as discussed with and agreed by BCLA on March 15, 2021.

c. Castlegar Complex Process

Restrictions are in place for the Castlegar Complex that pertain to general touch points and occupancy limits. See [The Arena Reopening Safety Plan for the Castlegar and District Community Complex \(December 2020 version\)](#) for details and for definitions. A summary is provided below, based on the current guidelines for ice users.

Masks must be worn in all areas of the Castlegar Community Complex except field of play.

Occupancy Limits

- See Traffic Flow & Occupancy Map below for occupancy limits within each space in the arena.

- The occupancy limit for the Complex facility under Phase 2 is determined by the British Columbia Recreation and Parks Association and the BC Public Health Officer's order of December 2, 2020.
 - The maximum on the field of play is 25; maximum of 2 per players bench.
 - No patrons/spectators permitted.
 - Combined arena attendance must not exceed 50 people in the facility.
- The occupancy limit for the Complex under Phase 3 may be reassessed.

Facility Access

- Access to the facility will be permitted a maximum of 15 minutes prior to the scheduled use.
- Players are to arrive as dressed as possible for floor time, and will only be permitted to change into indoor shoes, helmet and gloves in the staging area.
- Wearing a mask, all dry floor users will line up outside the concession entrance doors and maintain **2 meters** physical distancing.
- Before entering the facility, participants are required to read the "COVID 19" sign noting all Public Health guidelines within the facility and fill out the google form provided by WKMLA for health screening and contact tracing purposes within a maximum of 1 hour prior to floor time.
- Non-medical masks will be required while waiting outside the building and upon entry to the facility in all common public areas including, dressing rooms and hallways.
- **Late arrivals and re-entry will not be permitted.**
- Each user group is required to provide an Attendant to let their group into the facility and monitor their group ensuring all required Public Health Orders and Site Safety plan Guidelines are adhered to. Attendant(s) must be identifiable.
 - Attendant is to arrive 30 minutes prior to dry floor session 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 to the start of their dry floor time.
 - Attendant will ensure all users are out of the facility 15 minutes after their dry floor time.
 - As each participant enters the facility the attendant will verify that the health screening/contact information form has been completed for each person entering.
 - The attendant will track the total headcount within the arena to ensure total occupancy does not exceed the maximum allowable number of people and has the authority to prevent participants from entering when the headcount has reached the maximum allowable.
 - The attendant will monitor participants for compliance with all COVID-19 related protocols.
- All users will be asked to use hand sanitizer upon entry to the building.
- Event Participants and Personnel will follow the directional arrows to designated area for putting on indoor shoes, helmet and gloves and wait until their dry floor time begins.

- If numbers allow, one parent per child in 6U/8U divisions may accompany a player to assist with equipment and stay for the duration of the floor time as an essential caregiver.
- As participants arrive at the top of the stairs by the dressing rooms, they will each pick up a spray bottle of disinfectant and a towel (provided by CDRD) from the table and take it to their chair. Before leaving after floor time, they will need to spray and wipe down their chair and then return the bottle to the sanitizing station and throw the cloth in a basket.
- All belongings must be left at your designated chair or bench in the designated area.
- Water bottle filling stations will be provided. Please bring a filled water bottle. **NO SHARING OF WATER BOTTLES.**

Contact Tracing

- Attendant will create and keep an attendance list for all event Personnel and Participants (with first and last names, phone numbers, and/or email addresses) of the event, including parents, spectators, and anyone associated with the user group (Provincial Health Officer Order dated December 2, 2020). This will be done using a google form that is filled out by participants and all persons entering the facility prior to each floor time. The responses to this document will be kept on file by WKMLA.
- The attendance list may be requested at any time and must be provided by email to the Castlegar & District Community Complex at CasCovidlist@rdck.bc.ca. Adult users to send in their attendance lists after each booking.

Dressing Rooms / Washrooms

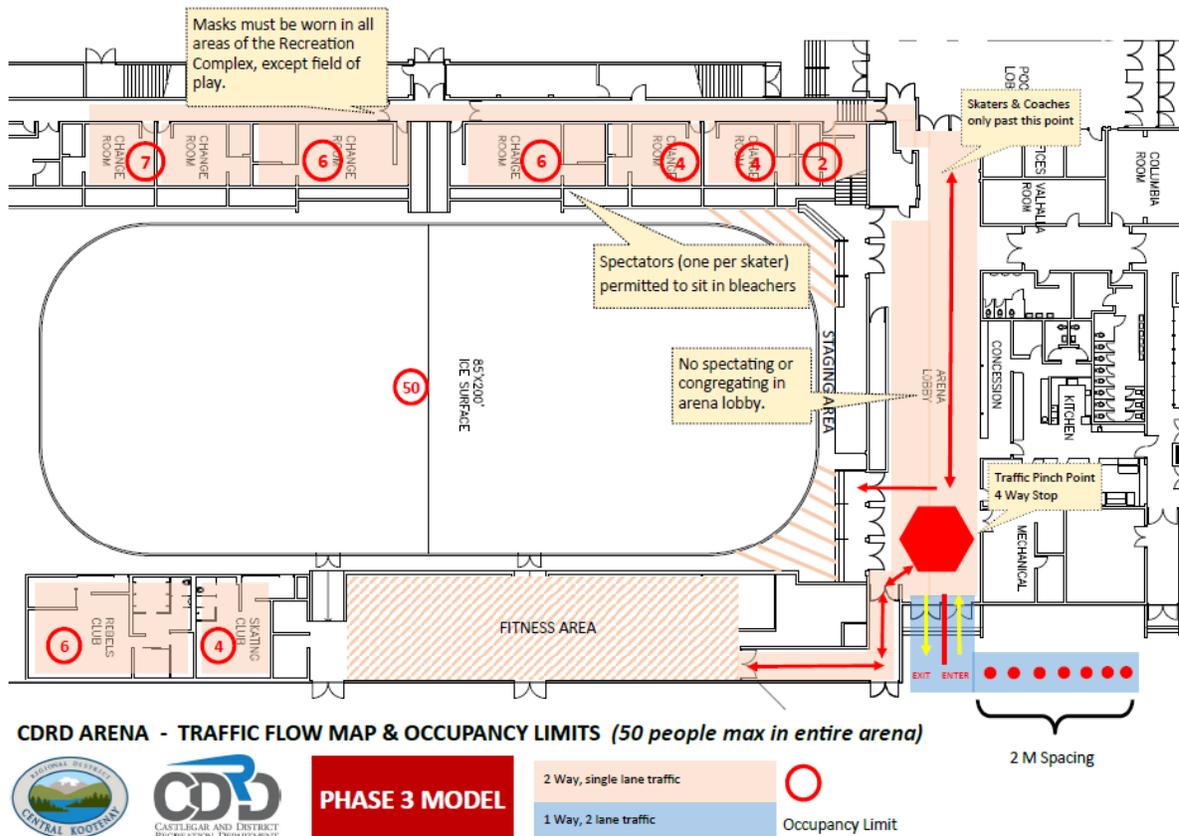
- Event Participants have 15 minutes before and after their floor time to change into shoes/helmet/gloves only. Players should come as fully dressed as possible.
- See Traffic Flow & Occupancy Map below for occupancy limits in the dressing rooms. Designated staging area to be used for changing shoes/gloves/helmet and change room use is to be avoided.
- Washrooms available for use in dressing rooms.
- Use of showers is prohibited.
- All Event Participants must sit at designated spaces.
- Users must wear masks in the dressing rooms and hallways where Event participants are getting ready. Masks are worn up to the time Event participants proceed to the dry floor session and as soon as returning from the dry floor session.

Floor Usage

- No spitting anywhere in the facility or on the floor.
- Event Participants will remain seated in the staging area until their floor time begins keeping **2 meters** physical distance. A coach will tell participants when they can proceed to the floor. Event Participants will ensure **3-meter** physical distancing while entering the floor.
- Once on the dry floor players will proceed to their marker as directed by a coach and await instruction from coaches. This marker will act as the players personal station and aid in maintaining physical distance.

- Coaches should maintain physical distance with players at all times, and must wear a mask when unable to do so.
- First aid attendants must wear a mask and gloves when providing care and follow the guidelines/protocols referenced in section 14 (a) of this safety plan.
- Non-medical masks can be removed upon entering the field of play which includes: floor surface, players' benches, and penalty boxes.
- Coaches are required to be the first on the floor and the last to leave the floor.
- Benches will only allow for a maximum of 2 people, physically distanced, per bench as marked (coaches and players only permitted on benches).
- Event Participants must place water bottles on the top of players' bench. Users must never share water bottles.
- Setup and takedown of all related equipment must be done during the allotted dry floor booking.
- Floor use must be designed with provincial guidelines in place, i.e., physically distant, no contact or games/scrimmages. Attendant will close the gates.
- Users must exit the floor, single file, while maintaining physical distancing, to their designated area. Users will have 15 minutes to change shoes, remove helmet and gloves, sanitize chairs and exit the building. Users will exit via the concession lobby exit as clearly marked.
- Coaches, safety persons, managers and attendants will monitor participants for compliance.

In case of emergency, exit the floor in the same manner as entering. Wait at your designated staging area for further instruction.



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.

6. KEY PRINCIPLES OF PROGRESSIVELY LOOSEN

As of December 2020, youth sport is restricted to non-contact drills only as described in Section 2c of this plan.

As of August 24, 2020 sport had 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 for reference and in preparation for an eventual return to competition.

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:

This section is not applicable until Sport programming returns to Phase 3

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
- 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.

This section is not applicable until Sport programming returns to Phase 3

- 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 (i.e., 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.

This section is not applicable until Sport programming returns to Phase 3

- Coaches and officials may be counted outside the total cohort number if they are always able to maintain physical distancing. 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 always continue to maintain physical distancing 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 (i.e., 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

This section is not applicable until Sport programming returns to Phase 3

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 December 2020, provincial travel restrictions are in effect and team travel is not permitted.

f. High Performance

This section of the *BCLA Return to Lacrosse Guidelines* refers to tryouts for Team BC. BCLA has not announced tryouts at this time.

7. LACROSSE PROGRAMMING

a. General Information

- BCLA currently registered athletes only (2021 Box Athletes).
- 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

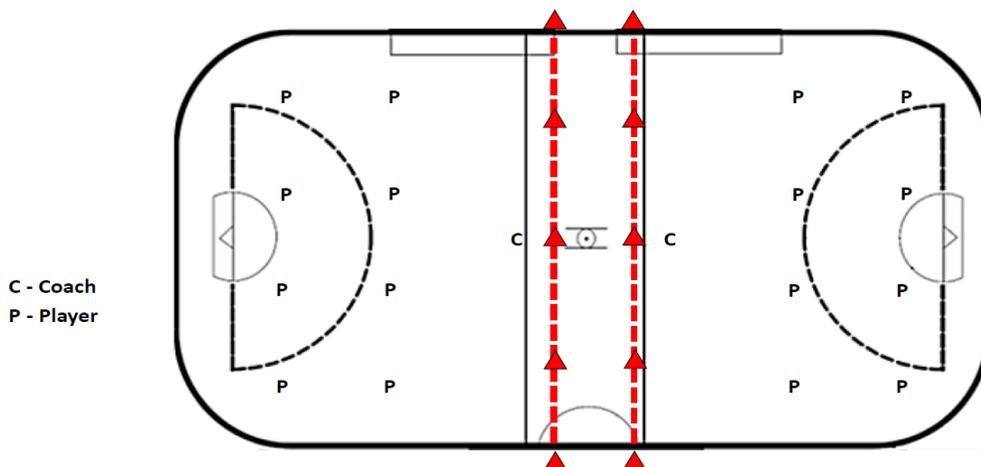
The BCLA Return to Lacrosse Guidelines offers suggestions for participant and coach spacing for box lacrosse facility (outdoor/indoor) as well as suggested drills.

BCLA has created a Drills Library. The BCLA Drills Library are recommendations to assist coaches with participants of varying development stages and ages with 3-meter physical distancing in mind.

- Maintain a 3-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 do 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)



8. 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.

This section is not applicable until Sport programming returns to Phase 3

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. 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.
<p><i>This section is not applicable until Sport programming returns to Phase 3</i></p>	
	<ul style="list-style-type: none"> 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.

9. GAME PLAY

Lacrosse players are looking forward to getting back on the fields/facilities to play Lacrosse games. When sport returns to the "Progressively Loosen" Phase, 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 minor age group (Additional Game Modifications are to be determined):

- Games are 3v3 (Mini Tyke/Tyke: 3 players) and 4v4 (Novice & Older: 3 players & 1 goaltender).

This section is not applicable until Sport programming returns to Phase 3

- 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. Mini-Tyke/Tyke, in more serious cases, the coach may replace the offending player with another player.

- 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. Mini-Tyke/Tyke, are 2-minute line changes. See Adaptive Lacrosse Games with Modifications on BCLA Return to Lacrosse Phase 3 webpage for details. 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."

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."

10. 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 (facilities) 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

11. 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 WKMLA subscribe to the community of practice communications. The WKMLA 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.

12. 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.

13. 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.

If a participant develops symptoms during lacrosse activity, they will be removed from the activity and requested to self-isolated immediately (Appendix A, D, E). If first aid is required, the team's safety person will respond. The Valhalla Room of the Castlegar Complex is the First Aid/Isolation Room.

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 – Illness response

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 WKMLA President has the Overall responsibility for Outbreak Management and communication.

1. The Outbreak Manager will follow the direction of IHA and the local public health office in the event that a WKMLA participant tests positive for covid-19.
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. Team personnel will inform Outbreak Manager who will inform RDCK. If a participant feels unwell while at an activity and is sent home, Team personnel will inform Outbreak Manager who will inform RDCK.
3. WKMLA will implement its illness policy (Appendix A) 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, WKMLA will report and discuss a suspected outbreak with the Medical Health Officer at the Interior Health Authority. WKMLA will follow the direction of the Interior Health Authority and implement our Illness Policy and enhanced measures.

5. If WKMLA is contacted by a medical health officer in the course of contact tracing, WKMLA will cooperate with local health authorities.

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>

14. 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

15. DISCLAIMER

The BC Lacrosse Association (BCLA) *Return to Lacrosse Guidelines* and the West Kootenay Minor Lacrosse Association 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 Minor Lacrosse Association 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 Minor Lacrosse Association 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 Minor Lacrosse Association 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* contain links to third party web sites. Links are provided for convenience only and the BCLA and WKMLA 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 WKMLA will 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 Minor Lacrosse Association Safety Plan that was developed using the BCLA guidelines.

APPENDIX A: West Kootenay Minor Lacrosse Association 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/director, program coordinator) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat, and painful swallowing, 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 and fill out the google screening/contact tracing document provided by WKMLA before entering the facility to attest that they are not feeling any COVID-19 symptoms.
- b. 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.

The google document used by WKMLA to screen participants is modeled using the questions from <https://bc.thrive.health/covid19/en>

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

- a. They should remain at home and contact Health Link BC at 8-1-1/follow up with physician for further guidance.
- b. If they feel sick and/or are showing symptoms while at the activity, they should notify a coach/manager/safety person and leave the floor immediately. The participant will receive a mask and put it on immediately and will sanitize hands. If the participant is a minor, a team attendant/safety person will accompany them the Valhalla room in the complex for isolation while they await pick up by a parent/guardian if not already present. The rule of 2 will be followed. The team attendant/safety person will also wear a mask, and gloves, if first aid needed, as well as any other level of PPE dictated by first aid guidelines in section 4 (a) of this plan. The player/participant are advised to return home immediately and contact 8-1-1/family physician for further guidance on testing and isolation requirements. If the participant is an adult and is well enough to drive, they will be advised to leave the facility immediately, return home and call 811/family physician for guidance on testing and isolation requirements.
- c. Any participant with suspected or confirmed Covid-19 should not return to lacrosse until all public health steps have been completed.
- d. Any surfaces that the ill participant has come in contact with will be cleaned and disinfected.

- e. Facility staff will be notified using the phone number on the door of the utilities room next to the concession area within the complex.
- f. The coach/manager/division director/RDCK have the authority to cancel an activity in progress if deemed necessary. The WKMLA BoD have the authority to restrict, postpone or cancel lacrosse activities and will follow the direction of public health officials.
- g. 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.
- b. Immediate removal from lacrosse for participant and anyone in the home.
- c. Public health authority determines communication protocol and tracing of all contacts
- d. WKMLA will cooperate with any necessary communication
- e. Note will be required from health authority/physician before player can return to lacrosse activity.

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 in effect at the time of the activity.
- Participants must adhere to 2-meter physical distancing at all times, **3 meters** while on the dry floor.
- 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. Screening via provided google document is required before each floor time.
- 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 as dressed as possible, players will be permitted to change into indoor shoes, helmet and gloves at the facility in a designated area.
- Parent/guardian and athlete arrive facility and stay in vehicle until 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/sticker. Leave additional gear in your equipment bag in the car or in the designated area within the facility.
- 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 in effect at the time of the activity.
- Crowd self-monitoring ensuring total maximum of 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 always adhere to 2-meter physical distancing.
- ❑ 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. This will be done using a google document. 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-isolate immediately.
- ❑ Keep detailed records of all participants in sessions. Details should include full contact information, date, time and location of activities. This will be done using a google document.
- ❑ 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 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 always adhere to 2-meter physical distancing (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. This will be done using a google document. 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-isolate 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 when unable to maintain physical distance and gloves during activities.
- Coaches and staff to confirm participant names and numbers attending prior to each session. This will be done using a google document.
- Coaches and staff/team managers must record attendance (names & numbers) for every activity. This will be done using a google document.
- 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 do not 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 additional 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, stay 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 as dressed as possible 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 or in a facility designated changing area.
- 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 is 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

CHANGE TRACKING FOR WKMLA SAFETY PLAN

October 2020 – First version based on:

- BCLA Phase 3 guidelines; and
- Castlegar Complex Phase 3 guidelines.

March 2021 – Revision 1 to add:

- Updated BCLA guidance issued January 2021;
- Clarification that Lacrosse Phase 1 = Provincial guidance Phase 2;
- Updated Castlegar Complex Phase 2 guidelines;
- Added game modifications for minor age groups to Section 10;
- Hyperlinks to supporting BCLA documents not previously linked for ease of review by facilities where we book dry floor; and
- Minor administrative edits, including harmonization of the language between this plan and source documents, format, spelling, etc.
- Replacement of “ice” with “floor” from the facilities’ guidance.
- Incorporation of edits requested by RDCK .

March 2021 – Revision 2 to:

- Add details on facility guidelines for arrival/departure.
- Remove details (team safety supplies and conflict between initial BCLA guidance and Complex requirements) not needed after discussion with BCLA. March 15 email communication.
- Align with Castlegar Minor Hockey Association safety plan facility guidelines and clarify outbreak plan/illness policy.
- Add contact info for Communications Officer, Outbreak Manager, and Safety Plan Lead contact info. Move contact info to cover page for ease of reference.