

WEST KOOTENAY MINOR LACROSSE ASSOCIATION

END OF SEASON JAMBOREE COVID-19 SAFETY PLAN LACROSSE RESTART PLAN 2.0 JUNE 14, 2021

ORGANIZATION CONTACTS

Merrick Zemp

West Kootenay Minor
Lacrosse Association
President and Outbreak
Manager

250-608-9355

wkmla@hotmail.com

Pam Zemp

West Kootenay Minor Lacrosse
Association Communications
Officer and Alternate Outbreak
Manager

250-608-2493

pzemp@telus.net

Janet Brooks

West Kootenay Minor Lacrosse
Association Safety Plan Lead

250-231-0654

wkmlapeewee@outlook.com

1. INTRODUCTION

This West Kootenay Minor Lacrosse Association (WKMLA) End of Season Jamboree COVID-19 Safety Plan includes updated and new information from the most recent BCLA Return to Lacrosse Restart 2.0 Guidelines and BC's Restart Plan.

The British Columbia Lacrosse Association (BCLA) Return to Lacrosse Restart Plan 2.0 Guidelines (*BCLA Restart Plan 2.0*) was developed for BCLA members to have the resources required to ensure we are prepared to return to lacrosse competition in a safe and responsible manner.

The WKMLA End of Season Jamboree COVID-19 Safety Plan was developed in support of hosting a year-end association-wide event to end our practice-only season with a day of low-intensity competition. The jamboree is planned outdoors to allow for a return to normal play while adhering to all public health guidelines current at the time of the event. The event is funded through a grant from ParticipAction.

The WKMLA Safety Plan is based on the following documents:

- [The BCLA Return to Lacrosse Restart Plan 2.0;](#)
- [The Arena Reopening Safety Plan for the Castlegar and District Community Complex \(December 2020 version\) for the most current facility guidelines; and](#)
- [The viaSport COVID-19 Safety Plan Template.](#)

For ease of reference, this Safety Plan follows the structure of the *BCLA Restart Plan 2.0 dated June 3, 2021*.

2. RISK ASSESSMENT AND MANAGEMENT

COVID-19 is a contagious respiratory illness. The BCLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with the BC Ministry of Health and viaSport BC guidelines; however, the BCLA cannot guarantee that participants will not become infected with COVID-19 from participation in Lacrosse activities. Participation 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 Restart Plan 2.0* 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.

The government liability protection is still in effect. The Province of BC extended COVID-19 liability coverage to organizations through the [COVID-19 Related Measures Act \(CRMA\)](#). The regulation protects people from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The Act remains in effect until it is repealed.

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.

The jamboree activities will be lead by WKMLA coaches with assistance from West Kootenay Timberwolves lacrosse players and coaches and administrative support from the WKMAL Board of Directors and volunteer parents. All involved have been informed of COVID-19 protocols.

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

Merrick Zemp: wkmla@hotmail.com

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 communicates updates to their member associations by email. The *BCLA Restart Plan 2.0* 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 Restart Plan*. 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.

It is understood that a return to lacrosse will occur in steps that align with BC's Restart Plan 2.0 and viaSport BC Guidelines, that public health restrictions will guide permitted activities in our community. Resuming sport activities may not be linear, increasing restrictions may be required in response to COVID- 19 conditions in BC. WKMLA will be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Office and Regional Health Authorities and our End of Season Jamboree event plan may have to be adjusted as a result.

3. HEALTH AND SAFETY - GENERAL

BC's Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in the *BCLA Restart Plan 2.0* as well as in this WKMLA Safety Plan.

For the jamboree, WKMLA will be adhering to all health agencies and safety regulations:

- Refer to *APPENDIX A: Illness Policy*. Stay home if sick.
- Maintain the 2-meter physical distancing measure while off the field of play.
- Alcohol-based hand rubs/hand sanitizer will be available to participants and spectators.
- 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.
- Maximum 50 spectators.

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. The WKMLA screening app is an electronic google form or a paper sign-in form with the equivalent information.

4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing, and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission.

The 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 Soccer Field

The skate park washroom is the only general area associated with the Castlegar Complex Soccer Field. These were assessed by the Regional District of Central Kootenay and documented in the [Skateboard Park - COVID Risk Assessment & Safety Plan \(Castlegar\)](#) document.

b. Event Specific Touch Points, WKMLA Jamboree

Welcome/Sign-In Table and Surface Areas:

- Tables and Chairs – managed by WKMLA volunteers. Volunteers will wash their hands at the Skateboard Park Washroom upon arrival and disinfect hands at start of shift. They will wipe down tables and chairs with disinfectant before and after their shift.
- Volunteers will use a face mask if unable to adhere to physical distancing.
- Pens for Sign-In sheet – sanitize between users.
- Paperwork – Waivers of liability for new participants or paper COVID-19 screening logsheet. Managed by sanitizing pens between users for paper forms.
- Electronic COVID-19 screening logsheet whenever possible.

Spectator area:

- Spectators to bring their own chairs, blankets, etc.

c. Lacrosse-Specific Touch Points and Safety Checks

Lacrosse-specific touch points will be managed by WKMLA per *BCLA Restart Plan 2.0*. Where facility guidelines are more stringent than *BCLA Restart Plan 2.0*, facility guidelines supersede.

ITEM	ATHLETES	COACHES/MANAGERS	PARENTS/GUARDIANS/SPECTATORS
Balls	Use Lacrosse Canada approved balls.	Use Lacrosse Canada approved	Use Lacrosse Canada approved balls.
Sticks	Avoid sharing sticks if possible. Keep your Lacrosse stick is in good condition.	Avoid sharing sticks if possible. Keep your Lacrosse stick is in good condition.	Help your own child when needed and make sure Lacrosse stick is in good condition.
Tablets / Phones	Use your own electronic devices.	Use your own electronic devices.	Use your own electronic devices.
Personal Equipment DO NOT Share ANY Equipment	Put equipment on at home or dress near your own vehicle, prior to entering the facility. After the event, proceed to your vehicle and remove your equipment at your vehicle. Keep all equipment in good working condition.	Put equipment on at home or dress near your own vehicle, prior to entering the facility. Do not remove any equipment in the activity area. After the event, proceed to your vehicle and remove your equipment at your vehicle.	Assist your child with putting on equipment at home or vehicle, prior to activities. Remind them to leave equipment on once the event is completed and return to vehicle. Promote keeping equipment in good working condition.

		Promote keeping equipment in good working condition.	
Helmets	Put equipment on at home or dress near your own vehicle, prior to entering the facility. Use NOCSAE approved field lacrosse helmet. Use CSA approved hockey helmets and approved hockey facemasks or approved lacrosse facemask combo. (Per Lacrosse Canada Rules)	Assist with equipment adjustments if necessary. Promote keeping equipment in good working condition.	Assist your child with equipment adjustments if necessary. Promote keeping equipment in good working condition.
Goaltender Equipment	Avoid sharing goaltender equipment. Each goaltender should have their own equipment.	Each goaltender should have their own equipment.	Help keep goaltender equipment in a good working condition.
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).	Remind players to NEVER share water.	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.
Equipment Bags	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. 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	Up to 50 spectators allowed for outdoor sports gatherings.	Up to 50 spectators allowed for outdoor sports gatherings. Volunteers will monitor spectators to ensure maximum numbers adhered to and physical distancing followed.	Up to 50 spectators allowed for outdoor sports gatherings. Spectators must maintain 2-m physical distance at all times and self monitor to stay within maximum allowable spectators.
Enter / Exit	Follow all entrance/exit protocols for the field as required by the City of Castlegar Unless the City of Castlegar has developed a specific protocol for the soccer field, players are to check in at the sign-in table at the washroom end of the field, then proceed to the field. New-to-WKMLA players will be accompanied by a parent/guardian to sign-in. Masks are required in the check-in area.	Follow all entrance/exit protocols for the field as required by the City of Castlegar. Unless the City of Castlegar has developed a specific protocol for the soccer field, coaches and helpers are to check in at the sign-in table at the washroom end of the field, then proceed to the field.	Follow all entrance/exit protocols for the field as required by the City of Castlegar. New-to-WKMLA players will be accompanied by a parent/guardian to sign-in. Masks are required in the check-in area. Spectators are not allowed.

Benches	There are no player benches at the soccer field. Each player will be assigned a staging area. The staging area are in the Field of Play.	There are no player benches at the soccer field. Each coach will be assigned a staging area. The staging area are in the Field of Play	No stands for spectators at soccer fields. Spectators required to maintain 2 meters physical distance.
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d. Team Supplies Recommended

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

- Hand Sanitizer. The skatepark washroom can be used as hand washing facility.
- Disposable medical or food service gloves. Individuals should wash their hands thoroughly before putting on gloves.
- Printed copy of the map to direct players to the field of play.
- Sanitizer wipes or disinfectant spray & cloth – for touch points managed by WKMLA.
- Non-medical masks
 - Masks and physical distancing are not required on the field of play.
 - Masks are not required in in outdoor settings unless physical distancing of 2 meters is not possible. Wearing a mask outdoors is a personal choice.
 - Masks are required in indoor areas, including the skatepark washroom.

5. HEALTH AND SAFETY PROTOCOLS

a. BCLA Participant Responsibilities

All BCLA program participants are responsible for adhering to all health agencies and safety regulations and guidelines. Responsibilities will be explained to all participants in pre-activity meetings. This will be at practice for registered WKMLA participants and volunteers, and at the sign-in table for new players participating in Try-It and their parents/guardians. As part of regular programming, WKMLA volunteers, coaches, athletes over the age of majority or parents/guardians have attested that they have been explained their roles and responsibilities an agree to abide by the Participants Responsibilities defined in the BCLA Restart Plan 2.0and 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

6. FACILITY ACCESS

a. Field

Public health officials have indicated that outdoor facilities are generally safer as there is greater ventilation and ability to physically distance. This Safety Plan is specific to the WKMLA End of Season Jamboree planned for outdoors.

Groups will not exceed PHO restrictions, or soccer field facility maximum for participants (if applicable). Children and youth outdoor sport activities have no maximum participants to accommodate the potential need for additional adult supervision.

Up to 50 spectators will be permitted at outdoor sport gatherings. Spectators are to maintain a physical distance of 2 meters at all times.

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 unless on the field of play.
- Dressing room and washroom availability based on facility regulations.
- Reduce touch points.

b. BCLA Fields/Outdoor Boxes/Indoor Boxes

Public health officials have indicated that the use of outdoor facilities is more permissive and generally safer compared to indoor facilities.

- WKMLA will follow the City of Castlegar guidelines and regulations for the soccer field, if applicable.
- WKMLA will adhere to any maximum occupancy outlined by the City of Castlegar if more restrictive than PHO guidance.
- No cleaning of the playing area is needed.
- WKMLA will have a separate entrance and exit from the soccer field for arrivals and departures. A map at the sign-in table will be used to show participants where to go for the activity and where to exit.
- Participants will maintain physical distancing of 2 meters when not on the field of play.
- There are no dressing room available. Participants will use the skate park washrooms.
- 50 spectators are allowed at outdoor sport gatherings.
- The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss the players from the field. Players are

expected to exit the field and proceed directly to their car. Players who wish to stay for another session may be allowed to do so based on numbers.

c. Soccer Field Process



Occupancy Limits

- Children and youth outdoor sport activities have no maximum participants to accommodate the potential need for additional adult supervision. Up to 50 spectators are allowed at outdoor sport gatherings.

On-Field Session Arrival Process

- A team manager/official will take attendance at the check-in area as each player and spectator enters the field. The attendance area will be located at the facility entrance. Participants and spectators to keep a 2-meter physical distance while waiting to check in.
- After a player is checked in, they will proceed onto the field of play to begin the Lacrosse activities.
- Up to 50 spectators will be allowed at outdoor sport gatherings. Spectators are to bring their own lawn chairs or blankets.
- 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 field time. Before entering the field or at the sign-in table, participants are required to read a "COVID 19" sign noting all Public Health guidelines 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.
- An Attendant will monitor the group and ensure all required Public Health Orders and Site Safety plan Guidelines are adhered to. Attendant(s) will be identifiable.
 - Attendant is to arrive 30 minutes prior to jamboree session.
 - Attendant must not access any other areas of the facility during this time (must remain at the table.)
 - Attendant will monitor the entrance to the field and only allow their group field access at the start of the scheduled field time.
 - Attendant will ensure all users are out of the field at the end of the field time. If numbers allow players will be allowed to stay for another field time if they wish.
 - At the check in area the attendant will verify that the health screening/contact information form has been completed for each person entering.
 - No max headcount on field for outdoor sports. The attendant will monitor the total headcount of spectators to ensure numbers do not exceed 50 spectators.
 - 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 field.
- Event participants and team personnel will follow directions to their staging areas on the field. At the staging area, participants will put on helmet and gloves and wait until their fieldtime begins.
- All belongings must be left at your designated chair or bench in the designated area.
- Water bottle filling stations is not available. 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, participants, and spectators (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 generally 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 for a 2 week period following the event.
- Where an electronic form is not feasible, a paper form with the same information will be used.
- 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 and/or to the City of Castlegar upon request.

Dressing Rooms / Washrooms

- Players should come as fully dressed as possible. Dressing rooms are not available.
- Washrooms available for use in at the skate park.
- All event participants must sit at designated areas as shown on the map.

- Users must wear masks at the sign-in table if physical distancing of 2 meters cannot be maintained.

Field Usage

- No spitting anywhere in the facility or on the field.
- Once on the field players will await instruction from coaches. We don't need to maintain distance on field of play
- 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.
- Coaches are required to be the first on the field and the last to leave the field.
- Event participants must place water bottles at their staging area. Users must never share water bottles.
- At the conclusion of the session, the coach will dismiss the players and direct them to the designated exit. Players are expected to exit the field and proceed directly to their vehicle. If numbers allow players may stay on for the next session.
- Coaches, safety persons, managers and attendants will monitor participants for compliance.

7. GUIDANCE FOR ORGANIZING LACROSSE ACTIVITIES

The following guidance applies to the WKMLA End of Season Jamboree event:

- **Local game play & practices:** Staying local means playing within your home association.
- **Maximum participants:** Children and youth outdoor sport activities have no maximum participants to accommodate the potential need for additional adult supervision. At Step 2 of the Return to Sport Restart Plan allows up to 50 spectators at outdoor sport gatherings.
- **Participants** include players, coaches, team officials, referees, timekeepers, etc.
- **Safety plan:** Our jamboree safety plans was adjusted to reflect Step 1 of BC's Restart Plan sports guidelines and the Step 2 public gathering guidance effective June 15 .
- All guidance regarding personal hygiene, symptom screening and other safety practices still apply.
- WKMLA will plan arrivals and departures of different teams/groups to avoid gatherings.

8. LACRSSE 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.

9. 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.

10. 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>

11. 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 Restart Plan 2.0 or in this Safety Plan.

It is important to note that the *BCLA Restart Plan 2.0* 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 Restart Plan 2.0* 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 Restart Plan 2.0* 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, timelines 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 Restart Plan 2.0 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 Restart Plan 2.0 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.