



Shuswap Minor Lacrosse Association

PO Box 1106
Salmon Arm, BC
V1E 4P2



Pride

Integrity

Respect

Shuswap Minor Lacrosse Association Return to Play Plan

The Shuswap Minor Lacrosse Association (SMLA) is a non-profit youth sports association serving Salmon Arm, Enderby, Sorrento and Sicamous. SMLA is a minor youth lacrosse association providing Box and Field Lacrosse programs for players aged 5 to 18 years of age and is a member of the BC Lacrosse Association, the Thompson Okanagan Minor Box Lacrosse Commission (TOMBLC) and the Interior Field Lacrosse Association (IFLC).

SMLA will receive guidance from BCLA's Return to Lacrosse guideline and viaSport's Return to Sport guideline, while following all the Provincial Health Office Orders.

As public health guidance directs, we may move between phases and Lacrosse associations/clubs must be prepared to respond to these changes. Any movement between phases will be decided through collaboration with BCLA, viaSport BC, and the Provincial Health Office.

BCLA Liability waivers have been introduced to all associations/clubs for registration processes to make our participants aware of the risks associated with the transmission of COVID-19 while participating in return to Lacrosse activities.

Before the start of any program

Our Return to Play Plan starts with clear communication guidelines between our organization and the athlete and their families ensuring they understand the new protocols before coming to any program. To do this, we will:

-)] Have a set of safety guidelines and expected behaviours (as detailed in the sections below) that will be available via our website or emailed upon request:
 - o Have this Return to Play Plan available for everyone
 - o Participant agreement that parents must complete before the program and bring to first day of the program. (Appendix B)
 - o BLCA's under age of Majority – Insurance Waiver signed and brought to first day of program
 - o Illness Policy. (Appendix C)
 - o Outbreak Policy. (Appendix D)
 - o Self Assessment Tool. (Appendix E)

-)] Expectations regarding physical distancing before, during and after activity;
 - o Athletes will arrive no sooner than 15 minutes prior to activity while maintaining 2 meters of physical distancing
 - o Encourage athletes to go to the bathroom before attending the training to reduce the number of touch points



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- Parents/players, coaches/volunteers will agree to symptom screening before entering facility or to participate in practice or event
- Parents/players, coaches/volunteers must adhere to the physical distancing guidelines at all times
- Parents/players, coaches/volunteers must wear masks at all times in the facility
- Players do not need to wear a mask under their helmet
- Upon dismissal from the training sessions athletes are to leave the training area respecting physical distancing guidelines
- Players will keep their gear bag with their parent/guardian's vehicle

Training of Coaches/Volunteers

-)] Educate coaches/volunteers on public health information and expectation related to the implementation of the Return to Play Plan
-)] Educate coaches/volunteers on the Illness Policy (Appendix C) that outlines procedures for staff and participants that may be experiencing symptoms
-)] Educate coaches/volunteers on enhanced hygiene protocols
-)] Train coaches on First Aid protocols (gloves and mask required)
-)] Train coaches/volunteers on Outbreak Plan (Appendix D)

During Program

-)] Encourage coaches to take leadership roles to create a safe culture through group discussions at the beginning and end of training. Coaches should explain to athletes the importance of
 - Hand washing and sanitizing
 - Keeping hands clean by coughing into an elbow, or sneezing into a shirt
 - Not touching one's eyes, nose or mouth
 - Telling all athletes with long hair to have it tied back (well secured by elastic) so that there is less touching of the face
 - Not doing high-fives or other contact
 - Distancing rules and avoiding potential contact points
-)] Programs should reduce touch and interaction points by:
 - Not touching or sharing any gear or equipment
 - Not sharing water bottles or using drinking fountains
 - Having the athlete's name clearly labelled on their water bottle
 - Filling up the athlete's water bottle at home before they arrive at training
 - Having only coach's handle equipment eg: balls, cones, nets etc.
 - Not touching the ball with your hands, use stick only



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Sanitation and Cleaning Protocol

SMLA will bring these additional supplies to the site

- J Hand sanitizer, sanitizing wipes, plastic bags, first aid kit with masks and gloves
- J The coach will be responsible for all set-up, take down and cleaning of all equipment (such as nets, cones, etc.) to reduce the number of contact points
- J Participants must wash/disinfect their hands after the following:
 - o Arriving and leaving the training session
 - o After using the washroom
 - o Whenever hands are visibly dirty
 - o Each athlete will only use their own equipment, clearly marked as their own
- J Coaches must wash/disinfect their hands when listed above in addition to:
 - o After cleaning task
 - o After handling garbage
 - o After removing gloves

Anything left at the training facility will be thrown in the garbage (water bottle, jacket, shoes)

Training Program

- J Skills and drills development approach and conditioning: no competition or contact (to evolve with phased in approval)
- J Athletes within the groups must maintain physical distance of 2 meters
- J 3 meters of physical distance for running activities
- J Only athletes and coaches are allowed on the field during training sessions. Parents must wait outside and maintain physical distancing
- J Minors shall not be left unattended and must be supervised by an adult coach/volunteer at all times

Types of Training

Players will be able to do the following activities while still meeting the above conditions

- J Dynamic warm up
- J Agility training, strengthening
- J Passing, catching, scooping, cradling, shooting
- J Stick tricks
- J Approved Drills from BCLA (BCLA Return to Lacrosse Guidelines – Phase One pages 28 – 108)



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Shuswap Minor Lacrosse Return to Play Plan based is on viaSport lay out:

First Level Protection

- 1) Gathering of parents and players at the drop off location will be discouraged.
- 2) Players will not have access to the change rooms; instead they are to keep their gear bag with their parent's car.
- 3) Conversations with parents will be encouraged through technology or while maintaining physical distancing.
- 4) Goalie gear will be maintained by an individual, though owned by the association, not shared or it will be disinfected after each use.
- 5) The equipment such as balls, cones etc. will be cleaned after each group is finished.
- 6) SMLA and BCLA will modify our guideline to adapt with orders, guidance, and notices issued by the Provincial Health Officer relative to minor sports.
- 7) SMLA will work with the City of Salmon Arm, the City of Enderby, the City of Sicamous, School District 83, and School District 73 to ensure local guidelines are followed.
- 8) We have created maximum group numbers for SMLA programs. This was suggested within the BCLA Phase One Return to Play.
- 9) Registration with player/parent contact information will be required for participation.
- 10) We will utilize cones to indicate practice drill lines for players

Second Level Protection

N/A as facility renters

Third Level Protection

- 1) SMLA will be following the BCLA Return to Lacrosse Guidelines – Phase One (p. 7 – 10) in regards to rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- 2) Rules and guidelines will be clearly communicated to parents and players. Confirmation of receipt of information will be tracked and confirmed by not only providing electronic versions of information but also physical hard copies which guardians will sign receipt of.

Fourth level protection

- 1) Following BCLA Return to Lacrosse Guidelines – Phase One
- 2) Players and Coaches should be able to maintain a physical distancing of 2 meters and thereby the wearing of a mask is personal choice by both the coaches and the players while on the field of play.
- 3) Should a coach be required to provide first aid to a player, disposable masks will be made available as part of the first aid kit. Once masks have been used they will be disposed of and the user will use available hand sanitizer.



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Youth indoor and outdoor team sports

All organized indoor and outdoor sports for people under 21 years of age must follow [viaSport's Return to Sport Phase 2](#) 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 temporarily 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.
- Lacrosse activities (practices) **CAN** occur as per the [BCLA Return to Lacrosse Phase 1](#) Guidelines reverting back to Skills & Drills training **ONLY**.