

Our plan follows guidelines set by ViaSport, BC Lacrosse, and the City of Port Coquitlam's Sport Fields & Sport Courts Safety Plan.



### **Step 1: Assessing the risk at play site**

- ✓ We have identified the play area(s) where there may be risks, either through close physical proximity. **Rowland, Minnekhada, and Terry Fox Boxes**
- ✓ We have identified areas where people gather. **Outside of the caged areas**
- ✓ We have identified situations and processes where individuals are close to one another or members of the public. **Players & coach(s) only in the box area.**
- ✓ We have identified the equipment that may be shared by individuals. **Players have their own equipment, balls are scooped with player stick.**

### **Step 2: Protocols to reduce the risks**

- ✓ Select and implement protocols to minimize the risks of transmission.

#### **First level protection (elimination):**

- ✓ We have established maximum program numbers for our program that meets facility requirements. **Yes, as per BC Lacrosse Guidelines (<http://www.bclacrosse.com/return-to-lacrosse.php>)**
- ✓ We have implemented measures to keep participants and others at least 2 metres apart, wherever possible. **Yes**

#### **Measures in place**

- ✓ List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document here. **Yes, see appendix**

#### **Second level protection (engineering):**

- ✓ **Yes: Please see appendix diagram for box lacrosse**

#### **Third level protection (administrative):**

- ✓ We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- ✓ We have clearly communicated these rules and guidelines through a combination of training and signage. **Yes, we are speaking individually with each coach & team manager via phone and following up with email. This includes each leader reviewing the BC Lacrosse guidelines. Please also see attached BC Lacrosse membership communication template we are using.**

#### **Measures in place**

- ✓ List the rules and guidelines that everyone is required to follow. **No sharing of water bottles, equipment (sticks, helmets). Players will have the standard large padded gloves on.**

#### **Fourth level protection: Using masks (optional measure)**

- ✓ n/a – Team members have helmets; please also see attached appendix.

#### **Measures in place**

- ✓ Who will use masks? **Any player or coach can choose to wear a mask**

#### **Reduce the risk of surface transmission through effective cleaning and hygiene practices**

- ✓ **Balls will be sanitized pre and post trainings.**

#### **Cleaning protocols**

- ✓ Provide information about your cleaning plan: **as the boxes are outdoors (no cover)**
- ✓ Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include. **Team safety manager**

#### **Step 3: Develop policies**

- ✓ Players showing symptoms of COVID-19 are prohibited from participating **(NO EXCEPTIONS)**
- ✓ **If the player/coach/manager is severely ill (e.g., difficulty breathing, chest pain), we will call 911 and will disinfect any surfaces that the ill person has come into contact with.**

#### **Step 4: Develop communication plans and training**

- ✓ Club will ensure that everyone participating knows how to keep themselves safe while participating. **Yes, all families will be mandated to review the BC Lacrosse Guidelines**
- ✓ We have a communication and training plan. **Yes, club president and lead coaches are leading this process.**
- ✓ All participants have received the policies for staying home when sick. **Yes, this is sent to all participants' families.**
- ✓ Coaches, managers and/or team safety volunteers are monitoring participants to ensure policies and procedures are being followed. **Yes, each team designate has a monitor**

#### **Step 5: Monitor and update your plans as necessary**

- ✓ We have a plan in place to monitor risks. **Yes**
- ✓ We will make changes to our policies and procedures as necessary, pending phase declared by Ministry. **Yes**

#### **Step 6: Assess and address risks from resuming operations**

- ✓ We have a posted communication plan for coaches, players, parents, & volunteers. **Yes, posted on our club web-site**



## **Saints Lacrosse – Box Plan**

Saints Lacrosse will be following the approved BC Lacrosse Guidelines:

<http://www.bclacrosse.com/return-to-lacrosse.php>

### **Boxes for play:**

- Rowland
- Terry Fox
- Minnekhada

### **Communication & Training Plan:**

- President and all team leaders have reviewed the BC Lacrosse Guidelines. These are also being shared with all member families and posted on our website. Each lead coach and manager has been individually briefed on our playing procedures.

### **Entrance / Exit / Rest Breaks**

- Parking for each of these locations is primarily on the street, with some school parking at Terry Fox and Minnekhada.
- On arrival; parents directed to view from outside the caged areas and/or from their vehicles. Only players and designate coach(s) will be inside the playing area.
- Each team designate will do a health check for each player in advance. Please see appendix.
- Players will exit the playing space in single file
- The caged area provides good distance from spectators and general public
- Players taking rests will be spaced and not gather as a group in the team bench area. They can be spaced either inside of outside of the caged area depending on length of rest. During warmer weather may be appropriate to rest outside the concrete play surface.
- Teams will be keeping to the recommended # of players as per BC Lacrosse Guidelines

**Sanitization:**

- Team members enter the playing area with their equipment on. This includes both gloves and helmets.

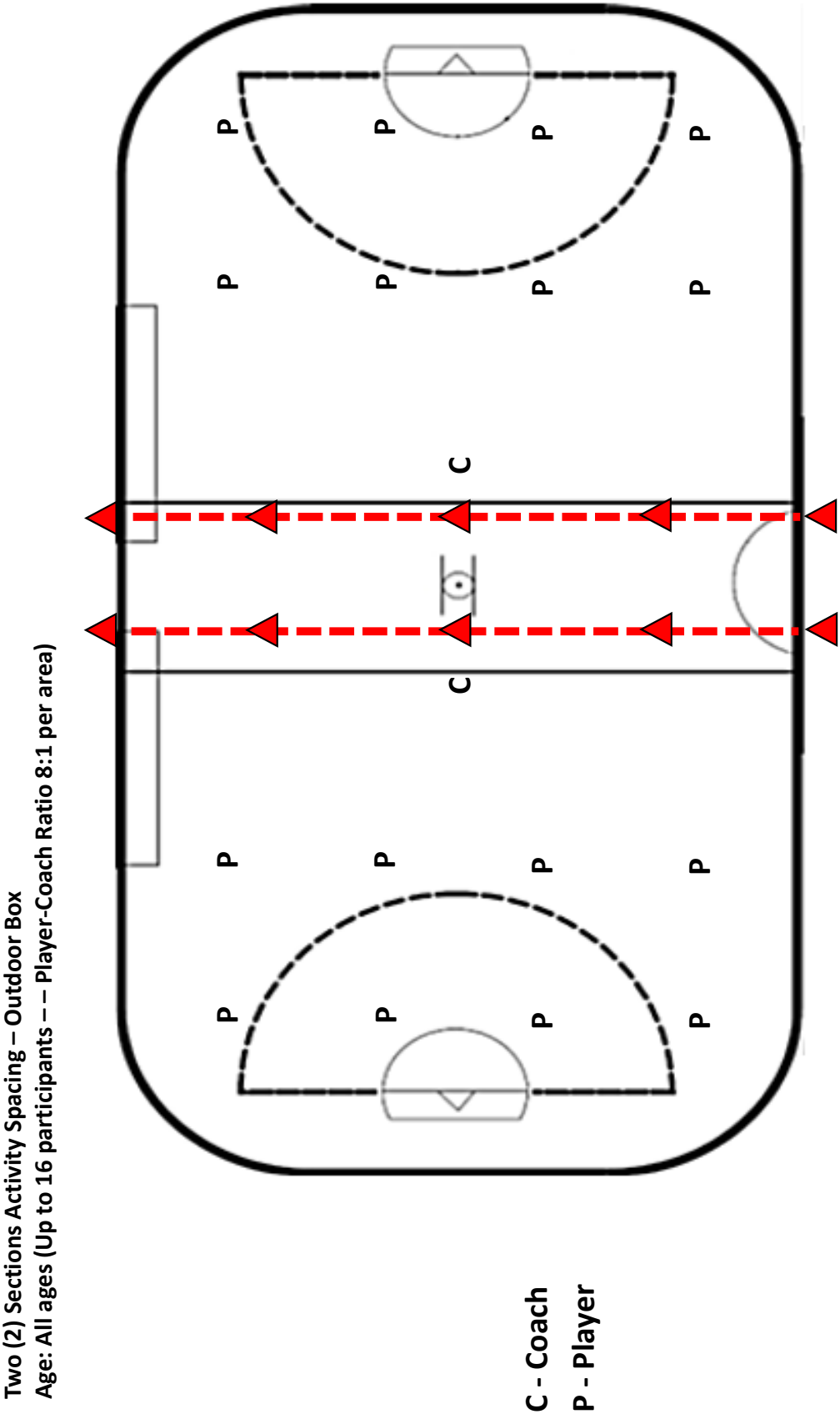
**Washrooms:**

- There are no public washrooms at these locations

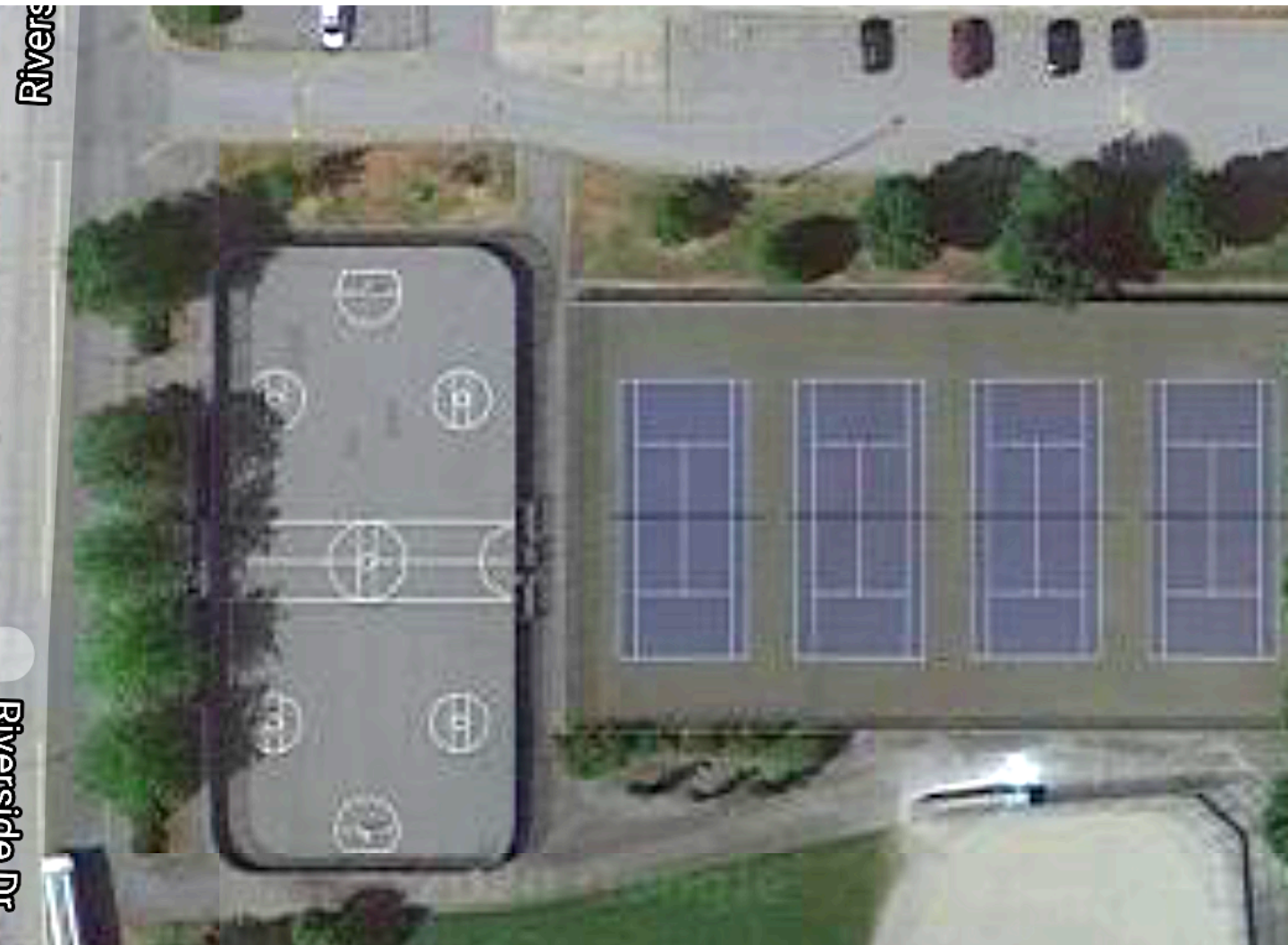
**Illness & emergency protocol:**

- If any player or coach is states or is identified as ill, they will be asked to leave the playing caged area. Parents, if not already on-site, will be contacted immediately to pick up their child. If severe, team designate will call 911.

APPENDIX E: Facility Sections – Box



## Terry Fox Lacrosse Box



- Players only inside play area
- Family spectators can be distanced around the full area of the box. If family spectators spacing area, they will be asked to move to a 2<sup>nd</sup> distanced row or view from the parking areas.
- Entrance and exit: two main entrances that allows control of the play space.
- Trainings sessions will have 15 min transition time to allow previous team to leave the play space.
- Any players exhibiting symptoms will be asked to move to the grass space until a family member / guardian arrives.



## Rowland Lacrosse Box



- Players only inside play area.
- Family spectators can be distanced around the northside & eastside of the boxed area. If the spectator area becomes full, family members will be asked to move closer to sidewalk or to their vehicle.
- Entrance and exit: two main entrances that allows control of the play space.
- Trainings sessions will have 15 min transition time to allow previous team to leave the play space.
- Any players exhibiting symptoms will be asked to move to the grass & treed space until a family member / guardian arrives.

## Minnekhada Lacrosse Box



- Players only inside play area.
- Family spectators can be distanced around the northside & eastside of the boxed area. If the spectator area becomes full, family members will be asked to move back toward track and grass spaces.
- Entrance and exit: two main entrances that allows control of the play space.
- Trainings sessions will have 15 min transition time to allow previous team to leave the play space.
- Any players exhibiting symptoms will be asked to move to the grass field space until a family member / guardian arrives.



## APPENDIX J: viaSport BC's Member Communication Template

Date

Dear <<PARTICIPANT, COACH, PARENT>>:

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the BC Lacrosse Association has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached BC Lacrosse Association's Return to Sport Guidelines document has been developed for our sport in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Guidelines document will be the new normal until we are advised otherwise by public health authorities.

**If you choose to participate, you must follow these rules:**

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Guidelines are based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk.

Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,



## APPENDIX C: Masks

Personal Protective Equipment should be broken down into the following 3 categories based on risk of exposure levels:

1. Low Risk: tasks where an individual is isolated.
2. Medium Risk: wear disposable gloves, paper/filter mask.
3. High Risk: tasks where individuals cannot maintain social distancing of 6 feet.

### Wearing masks if you are healthy

- Medical masks and N95 respirators should be reserved for healthcare workers.
- Wearing a cloth mask is a matter of personal choice.
- Some people can spread the virus when they have very mild symptoms or may be unaware they are infected. In this case, wearing a mask can help in containing your own droplets and protect others but it will not protect you from COVID-19. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask). Any mask, no matter how efficient at filtration or how good the seal, will have minimal effect if it is not used together with other preventive measures, such as frequent hand washing and physical distancing.
- It is important to treat people wearing masks with respect.

### Considering the use of homemade masks

- The use of a homemade mask should only be considered by members of the public who are symptomatic, or caring for someone who is symptomatic, as an interim measure if commercial masks are not available.
- If you are making a mask, here is some information to improve the effectiveness of homemade masks:
- Some materials are better than others. Use clean and stretchy 100% cotton t-shirts or pillowcases.
- Ensure the mask fits tightly around the nose and mouth; material that allows droplets to pass through will not work. *\*Hint - a twist tie at the top, will insure a snug fit over the bridge of the nose.*
- The mask should be comfortable, or you won't want to wear it consistently.
- If the mask makes it a lot harder to breathe, then the seal will not be as good, and the mask will be less effective.
- Clean or change the mask often.

### Disposing of used (disposable) masks

- Masks need to be changed frequently. To dispose of masks after use:
  - Wash your hands with soap and water before taking off your mask.
  - Dispose of used masks in a wastebasket lined with the plastic bag.
  - After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.

- When emptying wastebaskets, take care to not touch used masks or tissues with your hands. All waste can go into regular garbage bins.
- Clean your hands with soap and water after emptying the wastebasket.

### **Disinfecting**

- If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have specific products that will work against the COVID-19 virus.
- If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) in specific ratios to disinfect areas in your home. Household bleach should be diluted. It comes in different concentrations so check your label first before you mix (see information in table below).
- Rinsing and drying recommendations are important parts of the disinfection process. For high-touch or heavily soiled areas such as toilets and sinks, leave 1000 ppm bleach solutions wet for one minute before wiping down the surface with a cloth soaked in clean water. Other bleach solutions of 500 ppm should be left wet for five minutes then air drying is fine.