



**Port Coquitlam
Saints Lacrosse**

Port Coquitlam Saints Lacrosse Return to Play Box Lacrosse 2021 (Updated June 15th, 2021)

Port Coquitlam Minor and Junior Lacrosse has implemented the following COVID- 19 Safety Plan to reduce the spread of Covid and safely return to lacrosse activities. These procedures are based on recommendations and guidelines issued by the Provincial Health Officer (PHO), ViaSport, the BC Lacrosse Association and the City of Port Coquitlam and must be followed by all participants including players, parents, spectators, volunteers, and team staff.

Please note that Port Coquitlam Minor and Junior Lacrosse will update and amend this COVID-19 Safety Plan whenever modifications to current recommendations made by the Provincial Health Officer (PHO), ViaSport, the BC Lacrosse Association and the City of Port Coquitlam.

The PHO has outlined six principles for every situation and these principles were incorporated into the development of this plan.

1. Staying informed, being prepared and following public health advice.
2. Practice good hygiene – hand washing or sanitizing, avoid touching your face and respiratory etiquette.
3. Stay at home and away from others if you are feeling ill.
4. Maintain physical distancing outside the household, no handshakes, or hugs, keeping your contacts low and maintain a safe distance.
5. Making necessary contacts safer with appropriate controls, non-medical face masks, physical barriers, etc.
6. Increase cleaning of frequent touch points.

COMMUNICATION

This COVID-19 Safety Plan and any amended plans will be distributed to our membership and posted on the PCMLA website for all members to access at any time.

TRAINING

All Head Coaches, Safety Managers and/or Team Managers will be briefed on our playing and safety guidelines, any changes that may be introduced through the season will be communicated in a timely manner. If any member or team personnel has questions regarding this safety plan the PCMLA Executive will be available to answer any queries.

GENERAL GUIDELINES

(Applicable at ALL outdoor boxes, arenas and fields)

SAFETY MANAGER

Every team will have a Team Safety Manager designated, this person will ensure that all sanitization needs are carried out, all required health checks are complete before allowing participation in any event and that contact tracing is done.

PHYSICAL DISTANCING

At all times, all users must adhere to the current physical distancing guidelines as per the PHO. All users must adhere to the occupancy limits posted in the facility and in the City of Port Coquitlam's COVID-19 Safety Plan.

HEALTH SCREENING

All participants will be required to complete the Teamsnap Health Check for each event before participating in any lacrosse activities.

If users answer 'yes' to any of the Health Check questions, display symptoms, or do not adhere to the safety protocols in place, they will be asked to leave the facility immediately and call 811 for assistance.

If a participant becomes ill, they will be escorted to a designated isolation area.

Parent/Guardian will be called immediately to pick up their child.

CONTACT TRACING/ATTENDANCE

Team Personnel will be required to maintain and confirm attendance at every lacrosse event and should include all players, volunteers, team personnel, parent/guardians, and any spectators when or if such are allowed.

SANITIZATION

Any area that participants have been in contact with must be cleaned after every session, this includes but is not limited to any doors, gates, boards, benches, and dressing areas. Pay special attention to areas that are touched often during sessions.

Lacrosse balls must not be used by multiple groups and need to be sanitized after each session.

Teams are required to clean before and/or after each session and must supply cleaning supplies at every location and event.

UPDATED June 15th, 2021

SITE SPECIFIC GUIDELINES – OUTDOOR BOXES

Rowland Park, Terry Fox Secondary, Minnekhada Middle School

ENTRANCE/EXIT/REST BREAKS

- Only players and designated team personnel will be inside the playing area.
- Each team will have named a Safety Manager named, this designated team personnel will verify health checks are completed by all team members before entrance to playing surface and will also verify sanitation measures have been completed.
- Players must arrive at each location/facility fully dressed in gear including helmet and gloves make sure water bottle is clearly marked with player name, leave any bags, personal items or extra gear in vehicles.
- Leave all valuables at home. Personal items if brought to the box will have to be left in the designated seating area on the player's bench as the participant takes the playing surface, PCMLA is not responsible for any lost or stolen items. There will be no lost and found collected.
- Players should enter and exit the playing space in single file.

SANITIZATION

- Any area that participants have been in contact with must be cleaned after every session, this includes but is not limited to any doors, gates, boards, benches, and dressing areas. Pay special attention to areas that are touched often during sessions. The Team Safety Manager and/or Head Coach will ensure that any sanitization needs are carried out.
- Lacrosse balls must not be used by multiple groups and need to be sanitized after each session.

GAME PLAY

- **Outdoor games will be allowed.**

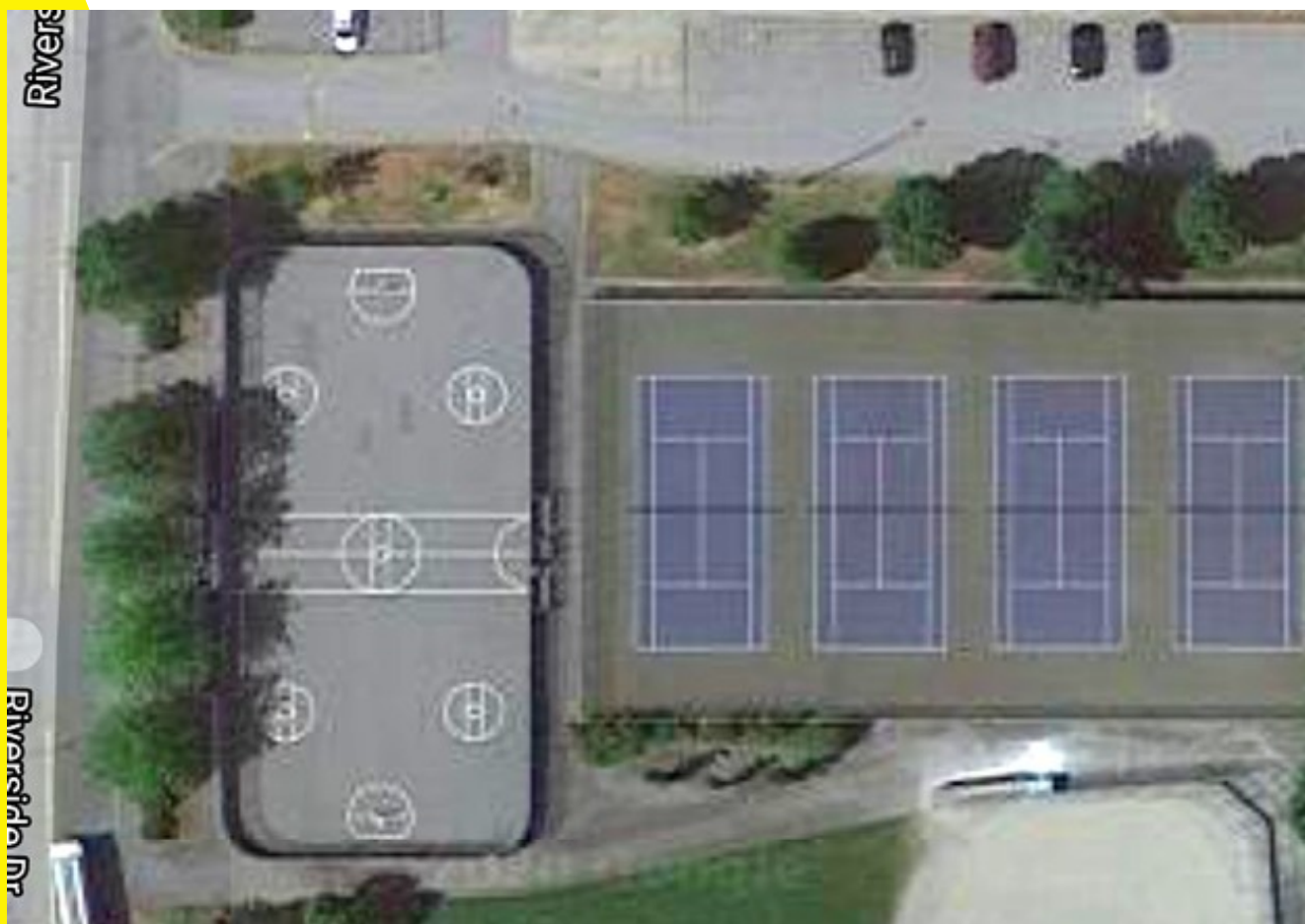
WASHROOMS

- There are no washrooms at this facility.

ILLNESS AND EMERGENCY PROTOCOL

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

Terry Fox Secondary



- Players and team personnel only inside play area.
- Sessions will have 15 min transition time to allow previous team to leave the play space.
- Players must line up single file dressed in full gear before entering or exiting the box to control physical distancing and allow Safety Manager to confirm health checks and attendance.
- **Outdoor games will be allowed.**
- **Up to 50 spectators will be allowed.**
- **Masks are always recommended and must be worn when physical distancing cannot be maintained.**
- Any players identified as ill will be asked to move to the grass field space until a family member/guardian arrives. Parents are expected to be sure contact information is up to date in case of emergency.

UPDATED June 15th, 2021

Minnehada Middle School



- Players and team personnel only inside play area.
- Sessions will have 15 min transition time to allow previous team to leave the play space.
- Players must line up single file dressed in full gear before entering or exiting the box to control physical distancing and allow Safety Manager to confirm health checks and attendance.
- **Outdoor games will be allowed**
- **Up to 50 spectators will be allowed**
- **Masks are always recommended and must be worn when physical distancing cannot be maintained.**
- Any players identified as ill will be asked to move to the grass field space until a family member/guardian arrives. Parents are expected to be sure contact information is up to date in case of emergency.

UPDATED June 15, 2021

Rowland Park Lacrosse Box



- Players and team personnel only inside play area.
- Sessions will have 15 min transition time to allow previous team to leave the play space.
- Players must line up single file dressed in full gear before entering or exiting the box to control physical distancing and allow Safety Manager to confirm health checks and attendance.
- **Outdoor games will be allowed.**
- **Up to 50 spectators will be allowed.**
- **Masks are always recommended and must be worn when physical distancing cannot be maintained.**
- Any players identified as ill will be asked to move to the grass field space until a family member/guardian arrives. Parents are expected to be sure contact information is up to date in case of emergency.

UPDATED June 15, 2021

SITE SPECIFIC GUIDELINES - INDOOR FACILITIES

Port Coquitlam Community Centre - Purple and Green Arenas

ENTRANCE / EXIT / REST BREAKS

- Only players and designated team personnel will be inside the playing area.
- Each team will have named a Safety Manager named, this designated team personnel will verify health checks are completed by all team members before entrance to playing surface and will also verify sanitation measures have been completed.
- Players must arrive at each location/facility fully dressed in gear including helmet and gloves make sure water bottle is clearly marked with player name, leave any bags, personal items, or extra gear in vehicles.
- Leave all valuables at home. Personal items if brought to the box will have to be left in the designated seating area on the player's bench as the participant takes the the playing surface, PCMLA is not responsible for any lost or stolen items. There will be no lost and found collected.
- No spectators are currently permitted unless needed to assist participant – in which case one (1) guardian will be allowed. Masks must be worn at all times inside facilities and physical distancing guidelines are to be adhered to.
- Players will enter and exit the playing space in single file.
- Teams will be required to vacate the facility within 5 minutes, no gathering after an event No handshakes or high fives, team cheers will only be allowed if physical distancing is also being adhered to
- Players taking rests will be spaced and not gather as a group in the team bench area. They can be spaced inside or 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

- The Team Safety Manager and/or Head Coach will ensure that any sanitization needs are carried out.
- Any area that participants have been in contact with must be cleaned after every session, this includes but is not limited to any doors, gates, boards, benches, and dressing areas. Pay special attention to areas that are touched often during sessions.
- Lacrosse balls must not be used by multiple groups and need to be sanitized after each session.

WASHROOMS

- Only the washrooms in the main lobby are accessible at this time.

ILLNESS & EMERGENCY PROTOCOL

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

Port Coquitlam Community Center



- No spectators are permitted unless needed to assist participant – in which case one (1) guardian will be allowed. Masks must be worn at all times inside facilities and physical distancing guidelines are to be adhered to.
- Only players and designated team personnel will be inside the playing area.
- Participants are to line up single file at the main entrance located on Wilson Avenue to wait for entrance to the arena and to ensure the Safety Manager can verify health checks and attendance, players will leave through the green and purple arena side exits as marked.
- No bags or extra equipment will be permitted, arrive in full gear with stick and clearly labeled water bottle, water fountains will not be accessible, leave all bags or extra gear in car.
- Leave all valuables at home. Personal items if brought to the box will have to be left in the designated seating area on the player's bench as the participant takes the the playing surface, PCMLA is not responsible for any lost or stolen items. There will be no lost and found collected.
- Games and training sessions will have 15 min transition time to allow previous team to leave the play space.
- If any player or team personnel is identified as ill, they will be asked to leave the playing area, dressing room #3 will be designated as an isolation area. Parents, if not already on-site, will be contacted immediately to pick up their child. If severe, team designate will call 911.

LINKS THAT HAVE MORE INFORMATION FOR YOU

Please see the BC Restart Plan: <https://www2.gov.bc.ca/gov/content/covid-19/info/restart#step-two>

viaSport BC Website

<https://www.viasport.ca/return-sport>

viaSport BC Frequently Asked Questions

https://www.viasport.ca/sites/default/files/FAQ_Restart_06-15.pdf

Provincial Health Officer Order on Gatherings and Events - Sports

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#sports>