

## Port Coquitlam Minor Lacrosse Return to Play - Phase 3

This document is meant to highlight and clarify protocols in place specifically to PCMLA. To read the complete BCLA Return to Lacrosse Guidelines [click here](#).

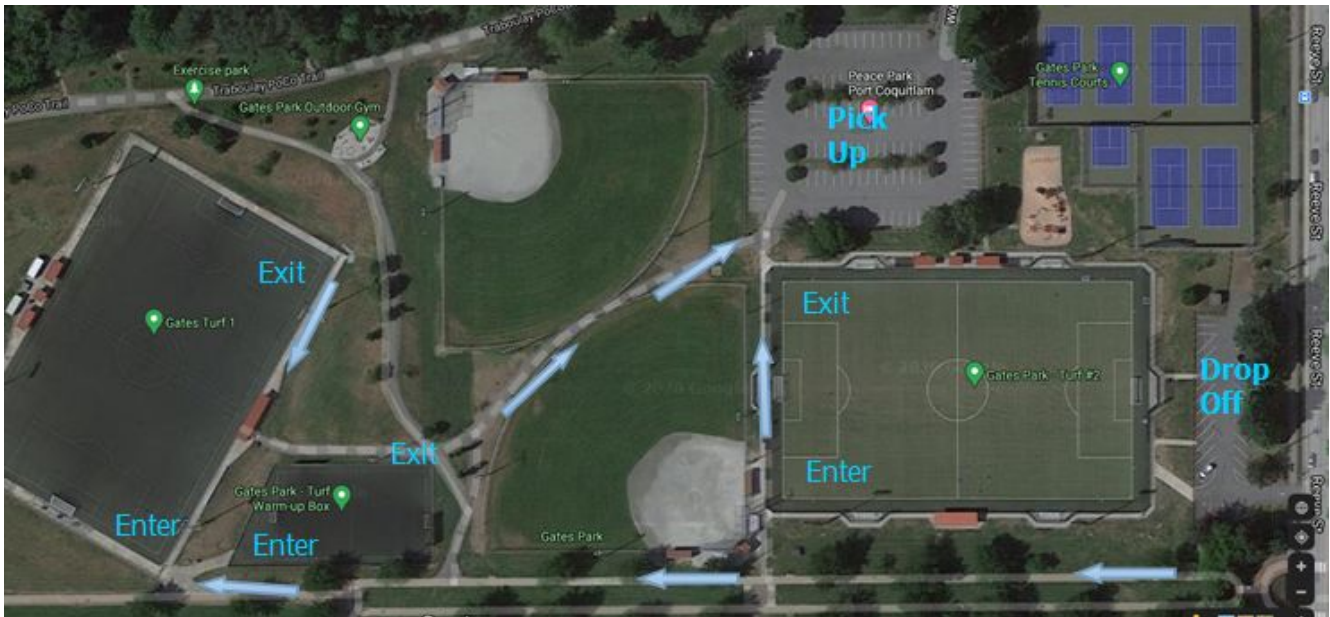
### **Athlete (Parent/Guardian) Responsibilities**

- Participants must adhere to 2-meter physical distancing at all times.
- 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.
- Each participant must arrive and depart from facility dressed, wearing all required protective equipment (dress at home, parking lot, or park).
- Parent/guardian and athlete arrive at facility and stay in vehicle until a set time (ie, 15 minutes) prior to the activity.
- Any additional Lacrosse sticks must be left on the sideline.
- Leave additional gear in your equipment bag in the car.
- 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 enter/exit the facility according to protocols set out
- Participants must sanitize/disinfect their equipment and clean clothing after every activity session.

### **Team Personnel – Coaches, Trainers, Team Managers Responsibilities**

- 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.
- Participants must adhere to 2-meter physical distancing at all times (pre & post activities).
- Group sizes should be minimized when possible. Maintain athlete to coach spacing to adhere to the 2-meter physical distancing.
- Coaches and staff are recommended to wear a mask and gloves during activities.
- Coaches and staff to confirm participant names and numbers attending prior to each session.
- Coaches and staff/team managers must record attendance (names & numbers) for every activity.
- 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 don't touch other participants' equipment or Lacrosse sticks.
- Activities must only include participants from your team and game play in teams cohort.

## Entering and Exiting the Field



To help space out players and encourage physical distancing please follow the above routes in and out of the park during practices and games. Players are not to arrive more than 10 minutes in advance of their session and must leave immediately after their session.

ITEM	ATHLETES	COACHES / MANAGERS	PARENTS/GUARDIANS/SPECTATORS
<b>Balls</b>	Only touch the ball with your stick. If need to touch <b>MUST</b> wear gloves.	Only touch the ball with your stick. If need to touch <b>MUST</b> 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.
<b>Stick</b>	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.
<b>Documents</b>	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. If coaches want players to have drills, email documents to parents.	All documents should be completely electronic. If a document needs to be signed, place in a plastic Ziploc bag and wipe prior to submitting. Disinfect pen before/after use.
<b>Tablets / Phones</b>	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.	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.

<p><b>Personal Equipment</b></p> <p><b>DO NOT SHARE ANY Equipment</b></p>	<p>Put gear on at home or dress near your own vehicle, prior to proceeding to the facility.</p> <p>Do not remove any equipment in the activity area.</p> <p>On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms).</p> <p>A clean plastic bag should be used to separate cleaned and soiled equipment.</p> <p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p> <p>Equipment (jersey, shorts, socks, t-shirts, etc.) should be washed after each session.</p> <p>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.</p> <p><b>*Keep your Lacrosse gloves on at all times!</b></p>	<p>All gear should be put on near your own vehicle, prior to proceeding to the facility.</p> <p>Do not remove any equipment in the activity area.</p> <p>On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms).</p> <p>A clean plastic bag should be used to separate cleaned and soiled equipment.</p> <p>Wipe down and disinfect equipment when at home.</p> <p>Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off.</p> <p><b>*Keep your Lacrosse gloves on at all times!</b></p>	<p>Assist/remind your child with putting on their equipment at your vehicle, prior to going to the facility.</p> <p>Remind them to leave it on once the event is completed and return to vehicle to take off equipment.</p> <p>For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian.</p> <p>Remind player to bring a clean plastic bag to separate cleaned and soiled equipment.</p> <p>Help players wipe down and disinfect equipment when at home.</p>
<p><b>Helmets</b></p>	<p>Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. As above.</p>	<p>Wear gloves when touching any equipment.</p> <p>For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian.</p>	<p>Watch for signals from coach who may send your child out for assistance.</p> <p>For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet with the parent/guardian.</p>
<p><b>Goaltender Equipment</b></p>	<p>No sharing of any goaltender equipment.</p> <p>Do not use any goaltender equipment unless someone has confirmed it has been disinfected.</p> <p>Help wipe down/disinfect equipment after use.</p>	<p>Each goaltender should have their own goaltender gear per session. Goaltender gear must be wiped down/disinfected between users.</p>	<p>Help player wipe down/disinfect equipment after use.</p>
<p><b>Water Bottles</b></p> <p><b>NEVER SHARE</b></p>	<p>Each player must have their <b>OWN</b> clearly marked water bottle with their first and last name (must be filled at home).</p> <p>Must have spout or straw in order to aim into mouth while still wearing helmet.</p> <p>Only move your own water bottle with your Lacrosse gloves on.</p>	<p>Remind players to <b>NEVER</b> 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).</p> <p>Must have spout or straw in order to aim into mouth, while still wearing helmet.</p>	<p>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.</p> <p>Remind them to never use anyone else's water bottle.</p> <p>Must have spout or straw in order to aim into mouth while still wearing helmet.</p> <p>Wash with disinfectant before and after use (sanitize hands after).</p>

<b>Equipment Bags</b>	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.
<b>Spectator Seating (if not removed) or Standing</b>	Not Applicable	Try to limit the number of spectators to only people that need to be present. Group gathering size limits must be adhered to.	Always maintain a 2-meter distance between other spectators. Number will be limited to the maximum allowed to gather. Spectators should try to watch from vehicle if applicable.
<b>Enter / Exit</b>	Follow instructions/arrows for all facility entrances and exits. If using a door/gate handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.	Have players enter and exit one at a time in order to maintain 2-meter distance. If using handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.	Remind your child to enter / exit per direction of arrows and to keep 2-meter (or length of extended Lacrosse stick) away from the person in front of them. If using door/gate handle, wipe with disinfectant prior to opening and if possible, leave it open so no other person needs to touch.
<b>Bench / Other Surfaces</b>	Don't touch surfaces; keep your Lacrosse gloves on.	Disinfect surfaces before players arrive and after players have left. Don't touch surfaces and 'bag' your gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.	Don't touch surfaces and 'bag' your child's gloves prior to placing in equipment bag. When you get home, disinfect everything thoroughly.