



North Okanagan Minor Lacrosse Return to Play Plan

OVERVIEW

North Okanagan Minor Lacrosse is a not-for-profit minor youth lacrosse association, based in Vernon BC. We are a member of the BC Lacrosse Association. Our association serves the North Okanagan region including Vernon, Armstrong, and Lumby.

We provide Box and Field lacrosse programs for players from 5 years of age to 18 years of age and participate in the Thompson Okanagan Minor Box Lacrosse Commission (TOMBLC) and the Interior Field Lacrosse Commission (IFLC) Leagues. This Safe Return to Play Plan (RTPP) is in alignment with BC Lacrosse's Return to Play Plan Phase 1, which was released on June 11th, 2020 and aligned with ViaSport's Return to Sport Guidelines for BC released May 28th, 2020. You can reference these important guidelines in the links below:

Viasport Return to Sport Guidelines:

<http://www.bclacrosse.com/BCLA%20Return%20to%20Lacrosse/Return%20to%20Lacrosse%20at%202020June11/viaSport%20Return%20to%20Sport%20Guidelines.pdf>

BC Lacrosse Return to Play:

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

PURPOSE

NOMLA's RTPP will facilitate a very gradual and phased approach to the return to lacrosse training activities within our association in alignment with Provincial health authorities' guidelines. We will continue to be guided by BCLA and the Provincial Health authorities as the process evolves and will be prepared and ready to implement new measures when required. As a member of BCLA, we operate our programs at a high level both on and off the field and in and out of the box, and we pride ourselves in the fact that the health and safety of our staff, players, and supporters are, and always will be, our number one priority.

OUR COMMITMENT TO PROVIDING A CLEAN, SAFE ENVIRONMENT

Box Lacrosse Season – April to June (July = Provincials)

Field Lacrosse Season – August to November (February = Provincials)

The Field Lacrosse program is predominantly an outdoor sport in British Columbia and therefore, our fields are one of the safer environments for sports activity. And this RTPP will focus on our Field program at this time. We have completed a WorkSafeBC BC COVID-19 Safety Plan to ensure the environment in which we are all participating is safe for players, technical

staff, and volunteers. Note: Box Lacrosse arenas and or environments will be added to our RTPP in the late Fall of 2020. The Association has implemented the following health and safety precautions in providing a clean and safe environment.

GREATER VERNON ATHLETIC PARK (GVAP)

CHANGE ROOMS

- All change rooms will be unavailable to all players.

EQUIPMENT

- Equipment will be sanitized by the Association after every session with recommended sanitization products.
- Equipment may not be handled / touched by an individual other than the session coach at any time.
- Equipment will be stored in the same, secure location after the final session of each day.

FIELDS

- Fields will have one entrance and one exit only.
- Session start and end times will be staggered to permit coaches and players the opportunity to attend training sessions within appropriate physical distancing requirements and guidelines of health authorities.
- Player backpacks will be placed in designated spaces only, physically distanced from any other player's bag in adherence to the requirements and guidelines of health authorities.
- Sanitizing stations will be available prior to entering the field of play space.

FACILITY MANAGEMENT

- Only GVAP will be used for all NOMLA Field Lacrosse programming in the early stages of these Return to Play guidelines.
- Facilities are defined as all areas, from the parking lot, to the spectator areas, to the fields of play.
- Parking lots, sidewalks, and getting to/from the fields of play—the expectation is that people:
 - Do not congregate
 - Maintain physical distancing at all times
- If a player is at an age that they will not be able to manage the above two points, they should be accompanied by an adult.
- Spectator areas will be around the fields of play. Our expectation is:
 - A maximum of one spectator per family is allowed
 - Masks are optional but recommended per the health authority's guidance
 - Spectators are to stay on the grandstands and not move between or into other casual areas.
 - Spectators are expected to remain a minimum of 10m away from any playing area.
 - Spectators are always expected to maintain respectful physical distancing with individuals not from their household.
 - Spectators are not to enter the area of play or the space between fields at any time unless asked to do so by a program leader.

NOMLA executive members, team managers and or coaches will be breaking up any congregation of people and reminding anyone who is not practising social distancing. Anyone not in compliance will be asked to leave the facility. Anyone found repeatedly defying this protocol, after having been informed, will be removed from the facilities for the duration of the program.

WORKING TIMELINE (Phase One Only)

We will be ready to commence programming as outlined in this document in accordance with return to play guidelines inclusive of all safety measures and protocols in place starting from September 1st, 2020.

Note: A Box Lacrosse return to play date will be given in advance of commencement.

PROGRAM DETAILS

- Modified, training only training camp style programs will be offered. Skill development activities in line with Phase One...Return to Modified Training guidelines. We will continue to be guided by BCLA as we move through their phased Return to Play approach. Initially, training sessions will focus on individual technical skills & development.

Session plans will include training in the following areas:

- o Ball mastery & control
 - o Technical skills and drills (cradling & passing)
 - o Shooting on net
 - o Fitness & conditioning (age-specific)
 - o Speed & quickness training
 - o Body weight resistance/core work
- All activities will comply with the physical distancing measures and recommendations.
 - Player arrival and departure will be controlled via protocols. Sessions start times shall be staggered to ensure minimal occupancy.
 - Lacrosse activities with registered players only and restricted group sizes will take place.
 - Hygiene and sanitization measures and protocols in place.
 - Covid-19 pre-screening symptom monitoring for volunteer coaches/managers/trainers and players in place.

The Association will be following BCLA's Return to Play plan set out here:

GUIDELINES

The Association will not tolerate any symptoms of illness during any NOMLA programming or events. If a participant has verbalized feeling unwell or has been observed exhibiting symptoms they will be expected to leave immediately with their parent/guardian.

All parents/guardians of youth players must complete a Youth Participant Waiver before they will be permitted to participate in any NOMLA program or event. Failure to complete this waiver will restrict players from participation in any NOMLA or NOMLA affiliated program or event. Players are asked to use the Pre-Session Player Checklist to remind themselves of the steps they must take to participate in the association's programs before, during and after every session. This checklist includes the requirement for players to dress at home and arrive in their

gear and cleats. This checklist also includes the requirement for all players to have their belongings in a single bag/backpack with a personal water bottle and their own hand sanitizer/cleaner clearly labelled with their name for all training sessions to avoid use by any other individual.

COACHES/VOLUNTEERS

All Coaches and Volunteers must complete a Return to Play Participant Agreement before they will be permitted to participate in any NOMLA program or event. Coaches and Managers are asked to use the Pre-Session Coach/Manager Checklist to remind themselves of the steps they must take to participate in NOMLA programs before, during and after every session. This includes the requirement for a self-assessment prior to attending any NOMLA program or event. Coaches and Volunteers will be educated on all sanitization requirements. Personal Protective Equipment kits have been assembled for any instance a Coach or Volunteers find themselves unable to socially distance in an emergency (i.e., an injury on the field).

All our coaches at NOMLA are experienced and qualified in accordance with BCLA coaching requirements. Coaches will be responsible for a maximum group size of 10 players, assigned to one quarter of a full-size 11x11 field. The field is to be clearly marked and all equipment required for the session will be contained within. Coaches will be responsible for creating and running session plans that adhere to distancing restrictions and that can always be contained within their field quarter. It will be the coach's responsibility to position players for appropriate drills and training exercises that maintain distancing measures throughout the session. Coaches will be responsible for set up and collection of all equipment, with players not allowed to touch the equipment. Players will not be allowed to touch the ball with bare hands, and it will be the coach's responsibility to enforce this rule.

PHYSICAL DISTANCING

All activities will comply with the physical distancing measures and recommendations (currently 2 meters between players) with a maximum outdoor gathering size of 50 people per a 11v11 full size field (100mx64m).

EQUIPMENT

All equipment will be sanitized before and after every session...there will be a 30-minute buffer between sessions to allow for this. Player jerseys/pinnies will not be distributed during sessions. Players will be asked not to touch any equipment with their bare hands. No equipment will be shared between groups and it will be placed in the appropriate section of the field where it will remain for the session, to be sanitized at the end of the session.

ARRIVAL and DEPARTURE PROTOCOL

Players will be checked in on arrival with accurate records kept of exactly which players attended which session, and which group they were assigned to. All players will need to be pre-registered for the program, with full contact details and confirmation that players have read and understood the Return to Safe Play Plan. We will ask for only one parent to accompany each player to the check-in area.

Players must review the self-assessment signage located throughout the facility / park before their participation in any activity to confirm that they are not feeling any COVID 19 symptoms.

- Managers/coaches will visually monitor player health throughout the activity.
- If players are unsure of any symptoms, they should use the self-assessment tool COVID Self-Assessment Tool to confirm their readiness to participate in the activity.
- If a player is considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems) the Club must be notified of this vulnerability and the player is requested to seek written doctor's approval.

FIRST AID

As there will be no contact, we expect the risk of injury to be extremely low. Should a minor injury occur, here is our protocol for managing:

- The session head coach will communicate with the player to assess the injury verbally, at the minimum 2M physical distance
- Depending on the injury, the following may occur:
 - the player will sit out until they feel better to re-join
 - the player will walk to their parent for attention
 - the player will receive first aid treatment from volunteer coach and or trainer(s)

All fields will have a first aid kit on site. If a volunteer coach/ member provides first aid support, they will always do so with a mask and gloves on as physical distancing will no longer be possible. In the event of an unforeseen serious injury, 911 will be called.

PERSONAL HYGIENE

- Hand sanitizer/cleaner will be available at the field and participants are asked to also bring their own.
- Participants will refrain from physical contact with all other individuals (who do not live in their household) while at the field.
- Participants are expected to cough / sneeze into their elbow and not their hands.
- **Stay Home If You Are Sick.**

Participants must assess their own state of health before leaving home to attend programming. Players will be required to check-in with the designated official upon arrival at all programming and verbally confirm that they are healthy and symptom free before participating. Parents will be required to sign a checklist prior to their child participating.

PERSONAL PROTECTIVE EQUIPMENT

PPE will be available to be worn by coaches/trainers/managers if required.

OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, early detection will facilitate enhanced cleaning measures which is an important measure in limiting the size and length of an outbreak. An outbreak is detection of two or more cases. Roles of staff will be clearly outlined if a single case or an outbreak is reported. Every session will have a Head Coach in attendance, who will be responsible for the modification, restriction, postponement, or cancellation of a session. In the event of a Covid-19

case being reported, enhanced cleaning will immediately take place. Health Authority reporting will include a full and detailed listing of possible contacts taken place, based on individual session role calls and record keeping. Contact information will also be provided. Players will be told to go home and self-isolate, monitoring their symptoms daily and seeking further medical assistance by contacting 8-1-1 if required.

DISCLAIMER

This Return to Play Plan is intended to be used for the purposes set in this document. While we have written this RTPP with relevant and timely information, information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to completeness of any information provided in this RTPP. In the event of an ambiguity or conflict between this RTPP, its referenced documents and the Public Health Act, regulations, or orders thereunder, the Public Health Act, regulations and orders prevail. Nothing in this document is intended to provide legal advice. This document contains links to third party web sites. Links are provided for convenience only and the NOMLA does not guarantee its accuracy, timeliness, or fitness for a particular purpose. The information in those links may be updated from time to time. Anyone choosing to participate in any NOMLA program does so at their voluntary and sole risk. Choosing to participate is a personal decision that must be made with full information. Where a participant is identified as a “high risk” individual doctor’s permission is strongly recommended before participation in any North Okanagan Minor Lacrosse activities.