

NOMLA

COVID-19 Return to Play Guidelines

Our top priority is the health and safety of our players. As such, the following social distancing protocols will be in place at any North Okanagan Minor Lacrosse Association event:

- 1. Parents/Players are asked to enter the field through the upper parking lot at Okanagan College. Parents/Players will be required to sign a waiver and complete a pre-screening safety checklist at the designated check-in table. Names, numbers, and/or emails will also be required for purposes of contact tracing at each session.**
 2. Players will be required to stay home and not attend a NOMLA event should they feel sick or have a family member who they are living with that is not feeling well, regardless of whether the player is experiencing symptoms themselves. **If a child complains of not feeling well, or symptoms have been observed by coaches/volunteers, the child will be sent home.**
 3. Players will not be allowed to attend a NOMLA event if they have been out of the country within the past 14 days.
 4. Players and coaches will not be allowed common physical greetings, such as handshakes or hugs.
 5. Players and coaches will always maintain 2 meters apart. There will be no physical contact between players in any form.
 6. Players will not be allowed to share equipment.
 - 7. Players are required to bring their own water bottles, filled prior to the session.**
 8. No food is allowed at the fields.
 9. NOMLA will be responsible for bringing balls, nets, cones, and any other equipment not worn or used by the players to the field.
 10. Coaches/Volunteers will make sure disinfectant is used before and after the session on all items used during the camp (ex. balls, nets, cones, etc.).
 11. Coaches will be advised of our communication and training plans to ensure everyone is trained in policies and procedures.
 12. Parents are not allowed on the field and/or track to spectate. Parents are required to remain at their vehicle or in the stands. If we have more than 50 people, parents/spectators will be asked to wait at their vehicles or pick up after the session has concluded.
 13. Parents are not allowed to congregate in the designated player drop off area.
 14. Players and coaches must use proper coughing/sneezing etiquette by covering their nose and mouth and/or using their inner elbow.
 15. At all NOMLA events, masks/face shields/coverings for volunteers and coaches are required.
 - 16. Players need to arrive at sessions promptly, DRESSED AND PREPPARED. Please do not arrive more than 10 minutes early.** In addition, we are also limiting the number of players, coaches, and spectators at the field at one time to 50 people in total, as per B.C. Center for Disease Control guidelines. We will utilize the entire field to ensure physical distancing measures are in place.
- Change rooms will be unavailable. If hand washing facilities are not available, we will provide hand sanitizer for players and coaches to be used before and after practice.