



OCEANSIDE MINOR LACROSSE ASSOCIATION



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OMLA Return to Play Participant Safety Guidelines for Field Lacrosse Participants (excerpted from BCLA Phase 3 Guidelines and Safety Plan posted at www.oceansidelacrosse.com)

Thank you for choosing to practice your field lacrosse skills and drills with OMLA this season. IN order to ensure this is a safe and fun activity for all participants, we need you to review and acknowledge some ground rule (these can be thought of along the lines of a player/spectator contract). We acknowledge and appreciate these are new routines and habits, and we are all learning together.

These guidelines are founded in the principles of mutual respect for the safety and well-being of all participants; particularly at this time the principles of maintaining 2 meter distancing, frequent hand washing, and staying home if showing any, even mild COVID or flu like symptoms. Failure to observe these guidelines that or engaging in behaviours that are harmful to any other sport participants will result in an immediate suspension of participation. Failing to comply with the BC Health Authority, viaSport BC, local municipalities and BCLA's Phase 3 Return to Lacrosse Guidelines could put the entire BCLA Membership under suspension by the BC Health Authority or member associations/clubs respective municipalities. Therefore, failure to comply with the laws, rules, and protocols set out by the Federal and Provincial governments, the BC Lacrosse Association, facilities, municipalities, and all health agencies/authorities may result in disciplinary action.

Athlete/Parent considerations around equipment and preparation (refer to [Appendix A](#) in this document for a touch-point management matrix; [Appendix B](#) for Field arrival /departure and play modification considerations) :

- ✓ Please arrive at the location dressed in full gear (per coach direction) 15 minutes prior to the activity.
- ✓ Coaches/managers will take attendance, confirm current contact information, and direct player and gear bag to their designated, distanced space on the field.
- ✓ Participants should use their own Lacrosse equipment -- NO SHARING equipment, apparel, etc.
- ✓ All participants must always wear required protective equipment 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 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 sanitize/disinfect their equipment and clean clothing after every activity session.

Appendix A: Lacrosse Specific Touch Points Matrix

ITEM	ATHLETES	COACHES / MANAGERS	PARENTS/GUARDIANS/SPECTATORS
Balls	Only touch the ball with your stick. If need to touch MUST wear gloves.	Only touch the ball with your stick. If need to touch MUST 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.
Stick	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.
Documents	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.
Tablets / Phones	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.	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.
Personal Equipment DO NOT Share ANY Equipment	Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms). 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. Equipment (jersey, shorts, socks, t-shirts, etc.) should be washed after each session. 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. *Keep your Lacrosse gloves on at all times!	All gear should be put on near your own vehicle, prior to proceeding to the facility. Do not remove any equipment in the activity area. On conclusion of event, proceed to your vehicle and remove your equipment before getting in vehicle. (No change rooms). A clean plastic bag should be used to separate cleaned and soiled equipment. Wipe down and disinfect equipment when at home. Have a small bottle of hand sanitizer in equipment bag to sanitize hands after taking gear off. *Keep your Lacrosse gloves on at all times!	Assist/remind your child with putting on their equipment at your vehicle, prior to going to the facility. Remind them to leave it on once the event is completed and return to vehicle to take off equipment. 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. Remind player to bring a clean plastic bag to separate cleaned and soiled equipment. Help players wipe down and disinfect equipment when at home.
Helmets	Put gear on at home or dress near your own vehicle, prior to proceeding to the facility. As above.	Wear gloves when touching any equipment. For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility	Watch for signals from coach who may send your child out for assistance. For age groups where parents/guardians may need to assist with equipment adjustments, the player should leave the facility to meet the parent/guardian

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Goaltender Equipment	No sharing of any goaltender equipment. Do not use any goaltender equipment unless someone has confirmed it has been disinfected. Help wipe down/disinfect equipment after use.	Each goaltender should have their own goaltender gear per session. Goaltender gear must be wiped down/disinfected between users.	Help player wipe down/disinfect equipment after use.
Water Bottles NEVER SHARE	Each player must have their OWN clearly marked water bottle with their first and last name (must be filled at home). Must have spout or straw in order to aim into mouth while still wearing helmet. Only move your own water bottle with your Lacrosse gloves on.	Remind players to NEVER 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). Must have spout or straw in order to aim into mouth, while still wearing helmet. Only move someone's water bottle with your Lacrosse gloves on.	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. Remind them to never use anyone else's water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet. Wash with disinfectant before and after use (sanitize hands after).
Equipment Bags	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.
Spectator Seating (if not removed) or Standing	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 (i.e., total including participants and spectators is currently 50 people). Spectators should try to watch from vehicle if applicable.

Enter / Exit	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.	Use tape to create arrows to enter and exit - 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.
Bench / Other Surfaces	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.

Appendix B : Field Specific Entry Exit procedures and Play modifications



On-Field Session Arrival Process:

1. A team manager/personnel will take attendance at the check-in area as each player enters the field. The attendance area should be clearly marked, and it must provide physical distancing pylons/cones or markers for those waiting to check in.
2. After a player is checked in, they will be assigned to a pylon/cone on the sideline. The pylon/cone will allow for ample physical distancing, and will serve as the player's personal station and water bottle location. Players will be required to wait at their pylon/cone until the coach is ready to begin the session. It will be important to carefully explain and adhere to the routine and model it for the players.

Note: Bench areas and viewing areas may be limited or closed by municipal guidelines. Parents/guardians may be able to view the session while practicing social distancing if permitted by the municipality. Masks should be worn by all non-participating persons when moving throughout shared pathways.

On-Field Session Departure Process:

3. The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss each player one by one from their pylon to prevent gathering. Players are expected to exit the field and proceed directly to their car.

Play Modifications:

Youth Field/Men's Field:

- ✓ **Games** are 6v6 (U7 & U9: 6 players) and 10v10 (U11 & Older).
- ✓ **U7 & U9:** two attackers, two midfielders, two defenders and no goaltenders.
- ✓ **Game duration** - U7 & U9 consist of 2 x 20-minute halves running time; U11 & Older consists of 4 x 12-minute quarters (or 24 min. halves). All games include a half time break.
- ✓ **Goals** are the appropriate size to the division being played. U7 & U9 use drop downs on goals.
- ✓ **No Face-offs** - Each game will start with a coin flip that will determine first possession of the game with possession alternating to begin each period. The team that wins possession starts with a "free clear" at center.
- ✓ **Restarts** - After a goal is scored, the team scored upon begins play once the goaltender retrieves the ball from the goal. Play restarts once the ball is 20 yards laterally from the goal crease before play is blown in (like a crease violation restart).
- ✓ **Loose balls** The nearest player who makes clear advancement towards a ball will be awarded possession. The opposing player(s) must reposition themselves to avoid contact. The official will call out the jersey colour of the player nearest to the ball.
- ✓ **Contact** - Close proximity and contact should be minimized as much as possible. Regular Men's Field contact rules apply in sport cohorts scrimmages and games. All deliberate offensive contact anywhere on the field will be a change of possession except contact covered in the rule book (ie, picks & screens). Attempt to avoid incidental contact whenever possible. All deliberate defensive contact anywhere on the field will be penalized as a personal foul.
- ✓ **Player substitutions** can be on the fly from the player exchange area. Changing players must be given the right of way when entering the field.