

Alberta Lacrosse Association Framework for Relaunch

Lacrosse is an integral part of Alberta's society. Lacrosse at all levels and abilities makes an important contribution to the physical, psychological and emotional well-being of individuals. At a population level, benefits of sport include direct economic benefits; healthcare benefits; educational benefits; and contribution to social capital through connectivity, resilience and creating stronger, cohesive communities,

The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. COVID-19 has impacted people in varying ways with many experiencing deterioration in their mental health and financial wellbeing. Resumption of sport can significantly contribute to the re-establishment of normality in Alberta, in a COVID-19 environment.

This framework is a timely tool of minimum baseline of standards, for "how" reintroduction of lacrosse activity will occur in a cautious and methodical manner, based on the best available evidence to optimise athlete and community safety. The principles outlined in this document apply equally to high performance/professional level, community competitive and individual passive (non-contact) sport. Decisions regarding the timing of resumption of lacrosse activity must be made in close consultation with the Provincial and/or Local Public Health Authorities. The priority at all times must be to preserve public health, minimising the risk of community transmission.

Conditions for Relaunch

Provide education material for lacrosse members to promote required behaviours (ie. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing).

Suggested educational information:

- Good hygiene for coronavirus (COVID-19)
- Hand washing guidance
- Keep that cough under cover
- Self-isolation (self-quarantine) for coronavirus (COVID-19)
- Advice for people at risk of coronavirus (COVID-19)
- Social Distancing

Display appropriate education material within sporting environments and facilities. Suggested educational information:

- Good hygiene practices poster for businesses
- Good hygiene is in your hands
- Hand washing guidance
- Keep that cough under cover
- Education of community sport members on hygiene practices and promote required behaviours relevant to lacrosse:
 - No sharing of drink bottles and towels.
 - No sharing of equipment without an appropriate cleaning protocol, in between training sessions
 - Come dressed and ready to play; leave immediately when done
 - In early stages parents drop kids off

To prepare for the first stage of relaunch, we will have the following elements in place:

Booking of Outdoor Facilities
Establishment of Guidelines
Health Pre-Screening prior to event
Selection of Competitive Introduction Coaches

**With these foundational elements in place, we will ensure a safer reopening.*

Key Measures and Timing (From the Government of Alberta)

Percentage of tests that are positive
Hospitalizations and intensive care unit rates

**Confirmed cases will be monitored in real-time to inform proactive responses in localized areas of the province.*

***We need to learn as we go and evaluate as we take careful, considered steps from one stage to the next. There may be times we need to take a step back, but in time, we will adjust and move forward together.*

****Continuous evaluation of health triggers could result in restrictions being removed or reapplied in some localized areas of the province.*

Stage One—Return-to-Activity

Stage One
Outdoor Recreation *as early as May 14th
Group Size: 50 (Max)
Social Distancing: Maintain distance of 2m; parents drop kids off at facility and pick up when completed; kids come ready to play as no dressing rooms will be supplied
Equipment: Players must supply all equipment with the exception of balls and nets. Balls and nets will follow directives of the government. Masks Optional.
Global Physical Preparation: Strength, plyometrics, aerobic conditioning, stretching, neuromuscular work.
Technical Skill Development: Passing, Catching, Ground Balls, Shooting, Stick Control.
Tactical Development: None
Competition: None

Other Stage One Requirements:

- A responsible person over 18 must oversee the activity to ensure public health guidelines are adhered to.
- In the event that a participant requires first aid, consider having a family member attend to the injured. If not possible, the first aider should use appropriate Personal Protective Equipment, including medical mask and gloves.
- Limit the number of contacts between different participants by playing within set cohorts or having a fixed group of participants that do not exceed 50 people, including the responsible person(s).
- When considering size of the group, a responsible person must be able to provide adequate supervision so as to maintain the principles, recommendations and public health orders from Alberta Health.
- No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.
- Spectators are not allowed to enter designated participant only spaces.
- Only guardians and/or families of a participant can spectate in a designated area. No public spectators allowed.

- Set limits on the number of spectators to ensure overall attendance including participants, coaches and spectators does not exceed gathering guidelines of 50 individuals.

Some considerations should be made with regards to specifying that drills should be modified to ensure the following:

- Groups that share a single space (e.g. soccer field) should be separated at least 2 metres with a clear demarcation between groups (such as use a rope, a line of colored flags, or a chalk line to establish clear boundaries) to restrict mixing.
- The 2-meter physical distancing rule can be relaxed for participants from the same household.
- Where possible space should establish one-way flow patterns where possible to avoid multiple groups from inadvertently interacting.

Reference:

- <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

Stage Two—Return-to-Sport

Stage Two
Outdoor and Indoor
Group Size: 50 (Max) *Dependant on Government Restrictions
Social Distancing: Maintain distance of 2m. Social distancing not required in cohort groups.
Equipment: Players must supply all equipment with the exception of balls and nets. Balls and nets will follow directives of the government. Masks Optional.
Global Physical Preparation: Strength, plyometrics, aerobic conditioning, stretching, neuromuscular work.
Technical Skill Development: Passing, Catching, Ground Balls, Shooting, Stick Control.
Tactical Development: Offense, Defense, Transition, Special Teams, etc..
Competition: Within Cohort Groups

All aspects of organized sport, physical activity and recreation may proceed (programming, training, practice and competition) if physical distancing is possible. If those not participating in physical activity are unable to maintain safe physical distancing, masks should be worn.

In sports and activities that generally involve interaction between participants at a distance of less than two-metres, it is recommended that:

- Where sports and activities cannot be moved outdoors or modified to maintain distance, it is essential to limit the number of contacts between different participants. This is done by playing within set cohorts (e.g., mini-leagues or bubbles with a fixed number of participants).
- Mini-leagues and bubbles cannot exceed 50 people. This number includes those participants, officials, coaches and
- Each mini-league can be comprised of multiple teams, to a maximum of 50 people. Game play between teams must be limited to teams within the same cohort/mini-league.
- Teams in different mini-leagues cannot play each other.
- The 50 person maximum includes coaches/staff, instructors, participants from multiple teams, officials, and volunteers who cannot maintain two metres of distance from others at all times. Within each mini league, game play can resume between teams. At least two-metres distancing should be maintained between all when off the field of play (e.g., on benches, during intermission).
- The two-metre physical distancing rule can be relaxed for participants from the same household.

Stage Three—Return-to-Lacrosse

Stage Three
Outdoor and Indoor *timing to be determined based on health indicators with gradual implementation
Group Size: No Restrictions
Social Distancing: Not Required
Equipment: No restrictions
Global Physical Preparation: Strength, plyometrics, aerobic conditioning, stretching, neuromuscular work.
Technical Skill Development: Passing, Catching, Ground Balls, Shooting, Stick Control.
Tactical Development: Offense, Defense, Transition, Special Teams, etc...
Competition: Full

Minimum Requirements

1. Self-Assessment

- a. Encourage participants with symptoms such as cough, fever, shortness of breath, runny nose, or sore throat symptoms to complete the self-assessment and get tested for COVID-19. Order 05-2020 legally obligates individuals who have a cough, fever, shortness of breath, runny nose, or sore throat (that is not related to a pre-existing illness or health condition) to be in isolation for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer

2. Hygiene

- a. Promote and facilitate frequent and proper hand hygiene for employees and participants through providing a means to sanitize hands at points of entry. Encourage respiratory etiquette
- b. Use of posters that remind staff and participant to practice respiratory etiquette and hand hygiene is strongly encouraged

3. Screening

- a. Implement active daily screening of staff, volunteers and patrons for symptoms of fever, sore throat, cough, runny nose or difficulty breathing
- b. Pre-Screening of participants prior to activity
- c. Emphasize that anyone who is sick with cold-like symptoms such as cough, fever, runny nose, sore throat or shortness of breath, MUST NOT be in the event

4. Cleaning and Disinfecting

- a. Cleaning refers to the removal of visible soil. Cleaning does not kill germs but is highly effective at removing them from a surface. Disinfecting refers to using a chemical to kill germs on a surface. Disinfecting is only effective after surfaces have been cleaned.
- b. Use a “wipe-twice” method to clean and disinfect. Wipe surfaces with a cleaning agent to clean off soil and wipe again with a disinfectant.
- c. Frequently clean and disinfect equipment
- d. Remove all communal items that cannot be easily cleaned

5. Tracking Presence

- a. For the purposes of tracing Alberta Lacrosse will be able to indicate roles and positions of persons in attendance and who was participating onsite at any given time
- b. At each event session, Alberta Lacrosse will keep track of the first name, last name, email address, and phone number of each participant.
- c. Encourage use of AB tracking app when parents permitted to attend

6. Infrastructure

- a. Alberta Lacrosse will work with our local municipalities to ensure their infrastructure is adequately adapted to the requirements of the government in each stage of return to activity
- b. No change rooms or showers will be available for players. Players must come already changed for training and shower at home afterwards;

7. Transportation

- a. Participants should walk, bike, or use private transport whenever possible. If public transportation is needed, peak times should be avoided whenever possible

8. Player Safety

- a. As always, player safety must remain at the Center of each activity in training and competition

Conclusion

COVID-19 has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including lacrosse. In a COVID-19 environment, lacrosse has an important role to play in restoring normality. Alberta Lacrosse and our athletes will be faced with complex decisions regarding resumption of training activities in the current circumstances. This Framework for Rebooting Sport in a COVID-19 Environment' is based on current available evidence, extrapolated into the lacrosse context by specialists in athletics. Decisions regarding resumption of lacrosse must be based on objective medical information regarding the transmission of COVID-19.

2020 COVID Season 'Return To Play'

Starting June 12, 2020: "Sports teams can participate in region-only cohorts with up to 50 players (mini leagues)"

STATEMENT OF INTENT:

Fort Saskatchewan Lacrosse will move forward with a modified 2020 season- so long as it is in accordance with provincial and municipal guidance surrounding COVID-19. To ensure the safety of our players, coaches, officials, and the community; it is our intention to review the 2020 league format and mitigations in this document with the City of Fort Saskatchewan to ensure we are both adequately interpreting and complying with current provincial and municipal COVID-19 mitigations.

Lacrosse will follow all government health regulations and mandates. A responsible person over 18 must oversee the activity to ensure public health guidelines are adhered to.

COHORT TEAM COMPLIANCE:

- Maximum 50 people per cohort league. The cohort league includes coaches/staff, instructors, participants from multiple teams, officials, and volunteers that are unable to social distance.
- ALA has adopted a cohort model (up to 50 people who cannot maintain local distance during play) - Regulation 38.05. Because of the close proximity of players and the interlocking nature of play among cohort members, sanitization is not required between mini-games. It is believed that getting the sessions completed in as timely a fashion as possible (note the 30 minute games) will do more to limit potential exposure than extending the sessions for sanitation among mini-games. Each team will have at least two games during an evening session.
- No affiliate players. Individual players may play on more than one team within the cohort.
- Per the cohort model, physical distancing will not occur during play, physical distancing will be required before and after competition.
- At their first game of the evening, they will be issued a jersey as they step on the floor for warmup. After their last game, jerseys will be collected in a similar fashion.
- Player and spectator entrances and exits are controlled to limit cross over exposure. (See attached map). One washroom will be available for the players at the lower level. The two small washrooms on the main floor will be open for spectators.
- Contact tracing for players, volunteers, and coaches is mandated by the ALA through Regulation 38.03.1. They will be releasing a tracing app integrated with the registration system on Monday, June 29th. As a redundancy, coaches will be managing paper-based attendance lists for players. Records will be kept for 14 days.
- Spectators will be asked to sign in for contact tracing. Hand sanitizer will be available after using the pen to sign in.
- At the end of an evenings play, Lacrosse will be required to clean and disinfect the players' boxes and the scorekeeper's box. The City of Fort Saskatchewan will clean and disinfect the floor, boards, nets and stands.
- Following the night's activities jerseys will be collected in sealed bins and washed. All balls will be disinfected as well. Both of these procedures will be conducted by a volunteer equipped with mask and gloves.
- As can be seen in Regulation 38.05, players must arrive dressed and ready to play. There is no provision for warm up other than the 3 minute on-floor warmup, provided for under Regulation 38.06.3.3 (this is for 3 on 3 play registration numbers will determine if we will play 3 on 3 or 4 on

4. ALA Regulation 16 governs 4 on 4 play and the same provision for warm up is provided in Regulation 16.01.3.)

- It will be the same ref or refs for all of our games and sessions. They will be included in our cohort. As there will be no penalties served during competition and only one timekeeper required we will assign each either the home or visitors penalty box. If multiple timekeepers are required, Lacrosse will clean and disinfect the box in between shifts.
- Players and spectators will be asked to come to the arena 5 – 15 minutes before game time. They will not be permitted into the building before that time.
- As the players will be playing a minimum of two games per night, they will have two options between games - stay outside of the arena at least 10 m from any entrance or in their car; or they can sit in the stands where their numbers count as spectators. When in the stands they must adhere to physical distancing and will be recommended to wear a mask.
- It is recommended that the spectators wear masks. Cheering in not permitted.
- Handshakes or high fiving is discouraged.
- Players and spectators are asked to leave the arena immediately following the game.
- Players are reminded to practice hand hygiene, respiratory etiquette, and not to touch their face.
- Players are required to use hand sanitizer before and after each game and when they remove their gloves.
- Spitting is prohibited.

COMMUNICATIONS

- As part of registration, players and coaches will be required to electronically sign a waiver stating they have reviewed the procedures provided as part of the registration process.
- Individual briefings on procedure will be conducted with all coaches, officials and volunteers.
- Signage in the arena and social media postings will be provided by the Rebels for event specific procedures.

SCREENING

- Self screening signs are located at the entrances for the spectators.
- All players, coaches, officials, and volunteers will be screened for symptoms of fever, sore throat, cough, runny nose or difficulty breathing prior to playing.
- Operators will use the Alberta Health Daily Checklist.

If an individual answer yes to any of the questions, they must not be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

If you have answered “yes” to any of the above questions do not participate. Go home and use the AHS Online Assessment Tool to determine if testing is recommended

1.	Does the person attending the activity, have any of the below symptoms:	YES	NO
	<ul style="list-style-type: none"> • Fever 	<input type="checkbox"/>	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Cough 	<input type="checkbox"/>	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Shortness of Breath / Difficulty Breathing 	<input type="checkbox"/>	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Sore throat 	<input type="checkbox"/>	<input type="checkbox"/>

	<ul style="list-style-type: none"> • Chills • Painful swallowing • Runny Nose / Nasal Congestion • Feeling unwell / Fatigued • Nausea / Vomiting / Diarrhea • Unexplained loss of appetite • Loss of sense of taste or smell • Muscle/ Joint aches • Headache • Conjunctivitis 	<input type="checkbox"/>	<input type="checkbox"/>
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days	<input type="checkbox"/>	<input type="checkbox"/>
3.	Have you or your children attending the program had close unprotected* contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>

RAPID RESPONSE PLAN

- Any player, coach, referee or volunteer who displays symptoms will be ineligible for participation for 10 days and will be recommended to participate in COVID-19 testing.
- Any player, coach, referee or volunteer who tests positive for COVID-19 will be ineligible for participation until they have received clearance from Alberta Health Services officials.
- Team management will alert Alberta Health Services immediately upon a participant disclosing a positive test result.
- The league representative and liaison with the City of Fort Saskatchewan will notify the City contact should a participant become symptomatic with COVID-19, or if a COVID-19 is suspected or confirmed.

FIRST AID

- In the event that a participant requires first aid, consider having a family member attend to the injured. If not possible, the first aider should use appropriate Personal Protective Equipment, including medical mask and gloves.

____David McGarva_____
Printed Name

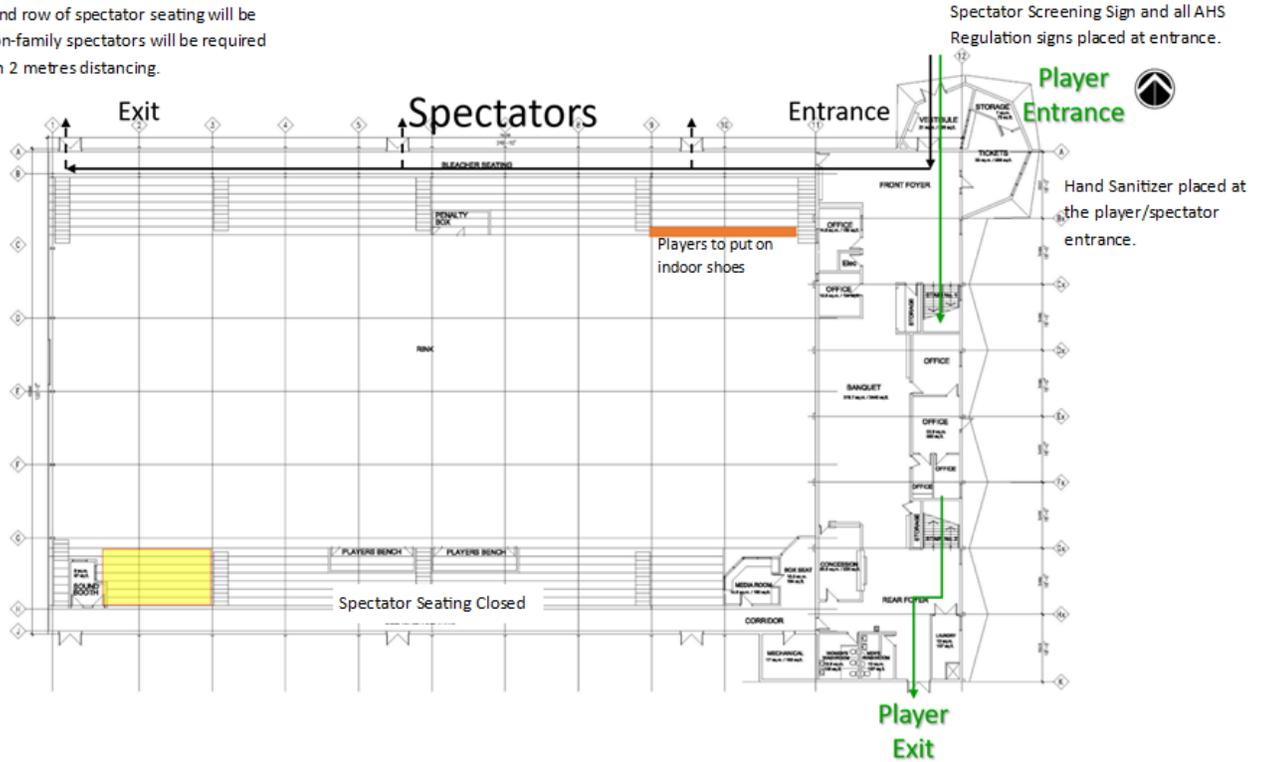


Signature Fort Saskatchewan Lacrosse

____July 2, 2020_____
Date

SITE MAP

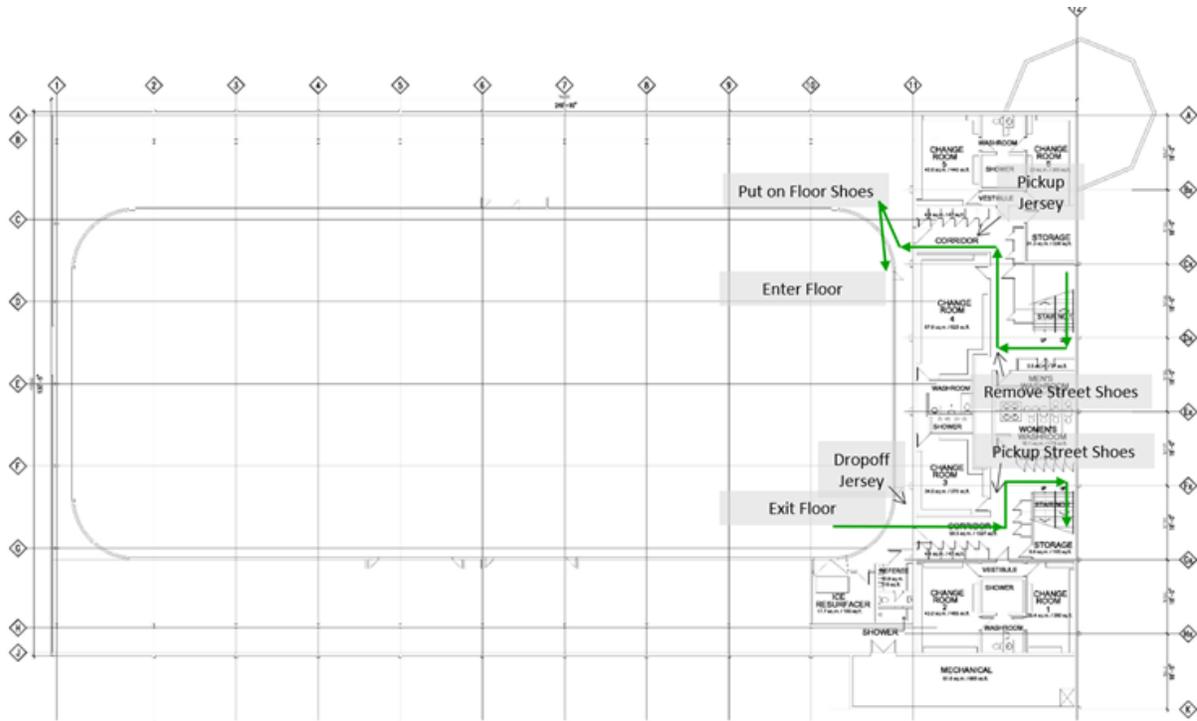
Every second row of spectator seating will be closed. Non-family spectators will be required to maintain 2 metres distancing.



FORT SASKATCHEWAN- JRC REDEVELOPMENT

EXISTING MAIN FLOOR PLAN

SEPTEMBER 26, 2010
SCALE 1:250



FORT SASKATCHEWAN- JRC REDEVELOPMENT

EXISTING LOWER FLOOR PLAN

SEPTEMBER 26, 2010

SCALE 1:250

Rebels Team Emergency Action Plan (EAP)

Each team is required to have one EAP which includes the info for their home arena or home arenas if they have more than one home arena. The home team (Trainer) should be sharing this info with the away team (Trainer) prior to the start of the game.

Arena/Communications

The Team Trainer (or Head Coach) is responsible for:

- Knowing the location of entrances and exists at all arenas
- Ensuring, there is a means of communication in case of emergency i.e. cell phone
- Knowing, the emergency numbers, such as ambulance and hospital, nearest all arenas

Charge Person: Head Trainer, Trainer or Designate

- Check with arena personnel for locations and access procedures of arena emergency equipment (AEDs, spinal immobilization equipment, first aid equipment, medically trained personnel, phones, ice, etc)
- Inform opposing team of available services (Ice, call person, splints, blankets, signals, etc).
- Inspect arena floor, home & visitors benches prior to games for possible hazards.
- Ensure all first aid equipment is present and in working order.

Assistant Charge Person: Trainer or Designate

- Assist Head Trainer when signaled onto floor. Duties may include:
 - o Head and neck stabilization.
 - o Assist in transporting patient to the bench, change room, stretcher or vehicle.
- Take over from Head Trainer if required.
- Crowd control in case of serious injury. This may include:
 - o Keeping players, referees, coaches and/or parents away from patient.

**** A second assistant may be required for crowd control in the event of head/neck/spinal injuries.****

- Calming the patient in the event of a serious injury.

Call Person: As assigned by the Head Trainer/Trainer

- Watch for and respond to signals from the Head Trainer and/or trainer/coach from the opposing team
- Call for EMS (911) and provide them with calm and precise information (as given by the Head Trainer and requested by the 911 dispatcher).
- Meet EMS and direct them to the injured patient.
- Contact patient's parent(s) or emergency contact(s), as per the emergency contact information sheet in the Trainer's Manual.