

PGMLA Update

March 18, 2021

Dear PGMLA Members,

On Feb.5, 2021, the Ministry of Health and Provincial Health Office (PHO) addressed the current COVID-19 restrictions and announced these restrictions will be extended without a specific deadline date.

We are continuing to actively plan for the 2021 box lacrosse season and are excited to continue the tradition of minor box lacrosse in Prince George. We are currently in the process of creating contingency plans to address potential changes in ViaSport restrictions, and ensure that all our players can play lacrosse in a safe environment.

Registration will open March 18th through our website www.pgposselax.com . Due to the limited floor space available, we have decided to **limit the number of players in each division to 48**. If a division reaches the max, names can be added to a waitlist and additional teams may be created based on enrolment and club discretion.

As the COVID-19 situation continues, we will adapt to the PHO restrictions with direction from ViaSport. Since the recent announcement did not include any updates to the restrictions related to sports, this means that the following **key items** remain in place:

- Lacrosse activities (practices) can occur as per the BCLA Return to Lacrosse Phase 2 Guidelines reverting to Skills & Drills training ONLY.
- Individuals can travel to **their home club** for the purpose of sport, while following all restrictions in the current public health order; however, individuals should not carpool with other participants who are not in their household.
- Participants can only travel to their home club/association.
- Games and tournaments are temporarily suspended.
- Participants must maintain a physical distance of three metres from one another and do not engage in handshaking, high fives, hugging, etc.

RETURN TO PLAY - PHASED APPROACH

- A safe return to Lacrosse will take place in phases that align with public health authorities and ViaSport BC Guidelines regarding the safe resumption of activity.
- As public health guidance directs, we may move between phases. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the region/province. See <https://www.viasport.ca/>

SPORT ACTIVITY CHART

PHO Orders supersede the guidance in this chart.

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (3m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.

HEALTH AND SAFETY PROCEDURES

- Personal Hygiene
 - Avoid touching any surface
 - Keep your equipment clean and sanitized before and after use
 - Do not share with coaches or other players ie water bottle
 - Bring your water bottle full and clearly marked with your name
 - It is recommended the water bottle have a spout or straw so you can drink without removing your helmet
 - While waiting for your floor time keep 3m physical separation at all times.
 - No wrestling, high fives or hugs with others
 - Food and snacks are to be left in your vehicle
 - Store personal equipment not in use in your vehicle

- A Self-assessment is required prior to attending any lacrosse activity
 - Use the [BC COVID-19 Self-Assessment tool](#) prior to coming to any lacrosse events.
 - Stay home if you (or anyone in your household) are sick or have been advised to self-isolate.

- Player equipment
 - Players come to practice fully dressed carrying: helmet; indoor shoes; stick; and clearly labeled, pre-filled water bottle.
 - Goalies can bring equipment and dress in designated area at the arena.
 - No player equipment can be shared.

- Upon arrival
 - Arrive no more than 5 minutes before your scheduled time, and leave immediately after it has concluded.
 - Follow directional signage throughout the facilities.
 - Players will be required to check-in with the Team Manager and verbally confirm that they are healthy and symptom free before participating.

- Late arrival
 - Players who are late will need to wait off the floor until the Team Manager can verify their self-assessment before proceeding to the area of play.

- Dressing rooms and showers are not available for use at this time.

- Non-Medical Mask/Facial Coverings
 - A non-medical mask/facial covering over the chin, mouth and nose is required in all facilities.
 - Masks can be removed by participants once entering the area of play.

- Spectators
 - Spectators are not permitted at this time (including parents)
 - No younger or older siblings are to be in attendance

Read the [full details](#) around what these updates to the Order mean for sport: (viaSport page).

Thank you for your patience through this challenging situation. If you have any additional questions, please e-mail me at pgmlaposse@gmail.com

Sincerely Yours,
Scott Brown
President PGMLA