

**Prince George Minor Lacrosse  
Association Return to Play & Safety Plan  
for COVID-19**

**\*SUBJECT TO CHANGE\***

Note: This is a fluid document and will be updated as changes are announced by governing bodies (Via Sport, British Columbia Lacrosse Association, BCCDC, City of Prince George, PGMLA, BC Provincial Health Office, Northern Health)

Prince George Minor Lacrosse Members must adhere to all safety procedures and facility guidelines in order to participate

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## PURPOSE OF THE DOCUMENT

This document will outline the steps Prince George Minor Lacrosse is taking to maximize the safety of the players, coaches, and other volunteers who take part in our program.

The information in this document reflects the guidance in place by ViaSport, BCCDC, BCCLA, and the City of Prince George. As new information becomes available changes to our procedures will be made.

## RISK ASSESSMENT & MANAGEMENT

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

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

## HEALTH AND SAFETY PROCEDURES

- Personal Hygiene
  - Wash your hands as often as possible. At minimum, when you arrive at the facility and as soon as you leave. Hand Sanitizer will be made available at the facilities, please bring your own as well.
  - Avoid touching any surface
  - Bring your own tissues, and discard used tissues in the garbage immediately after use
  - Absolutely no spitting
  - Keep your equipment clean and sanitized before and after use. Do not share equipment (including sticks) with other players or coaches
  - Bring your water bottle full and clearly marked with your name. **DO NOT SHARE WATER BOTTLES.**
  - It is recommended the water bottle have a spout or straw so you can drink without removing your helmet. Sanitize your bottle before and after your lacrosse session.
  - 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 will sign out equipment to be used for the season.
  - Goalies can bring equipment and dress in designated area at the arena.
  - No player equipment can be shared.
- Lost and Found
  - Items left behind are not the responsibility of PGMLA and will be turned over to the facilities staff
- Upon arrival
  - Arrive no more than 5 minutes before your scheduled time, and leave no more than 5 minutes after it has concluded. An exception will be made for goalies, however they must remain in the designated dressing area until 5 minutes prior to their floor time.
  - Follow directional signage throughout the facilities.
    - See section “facility access” for further directions

- Players will be required to check-in with the designated safety person at all programming and verbally confirm that they are healthy and symptom free before participating.
- If the team member begins to feel unwell, or shows symptoms, while in attendance inform the coach or safety person. Replace face mask and leave the facility as soon as possible. Contact 8-1-1 or the Northern Health COVID-19 online clinic at 1-844-645-7811 for further direction.
- Late arrival
  - Players who are late will need to wait off the floor until the designated safety person 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.
  - After your session, mask must be worn when existing the facility
  - **RULE OF THUMB:** On the floor, Helmet on - Mask off  
Off the floor, Helmet off - Mask on
- Spectators
  - Spectators are not permitted at this time (including parents)
  - No younger or older siblings are to be in attendance
- First Aid
  - Each team will have a designated Safety Person who will initiate first aid following public health guidelines and PGMLA policies. Only very minor first aid will be applied, in the event of a potential injury 9-1-1 will be called.
  - Safety kits will be assigned to each team and include the following items: masks, gloves, disposable bag for used items and hygiene cleaner.
- Cohorts (Applicable when in phase 3 of Via Sport Guidelines)
  - Will not exceed 50 individuals or 4 teams (whichever is deemed most appropriate by the Provincial Sport Organization)
    - This will allow for a mini league and game play between the 4 teams when public health restrictions allow.

- Will be made up of individuals of similar age and skill level.
- Once determined, the cohort will remain together for the duration of the season.
- If there is a need to change cohorts a 2 week break between activities is recommended.
- Coaches and officials are not considered part of the cohort.

## **CLEANING, SANITIZING AND DISINFECTING PROTOCOLS**

- All training equipment (balls, cones, goal posts etc) will be sanitized before and after use.
- Athletes and Coaches are to only touch the balls with their sticks. If required to touch the balls **MUST** wear gloves.
- Athletes and Coaches are to **NOT** share their stick or personal equipment.

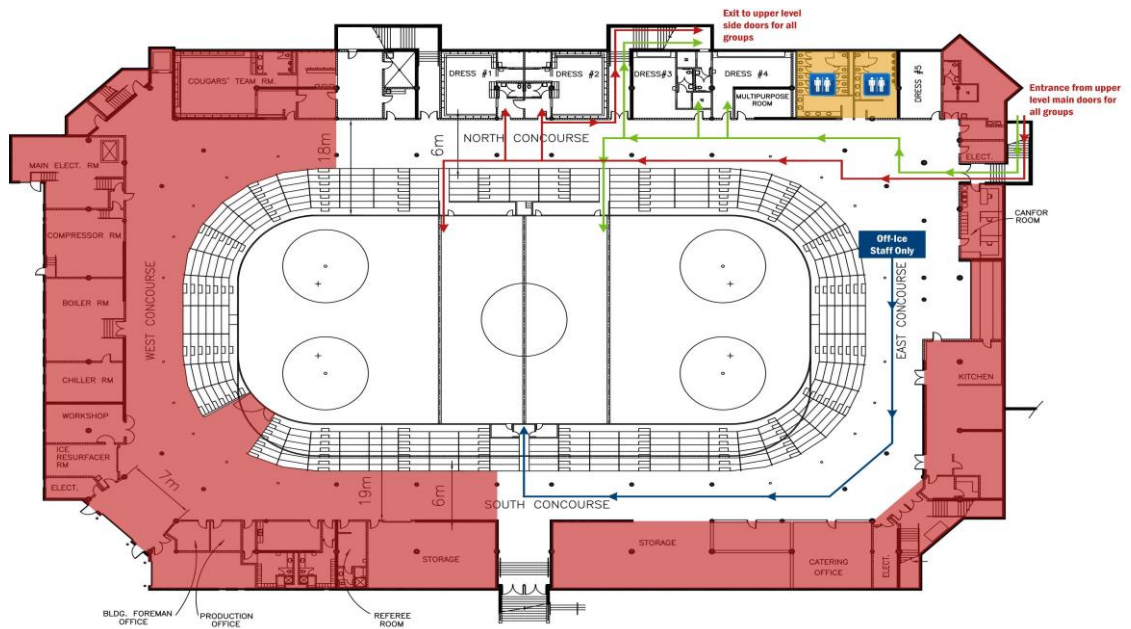
## **FACILITY ACCESS**

- See map for directional flow of each facility
- Dressing rooms are closed.
- Washrooms
  - Line up outside of washroom entrance if full.
  - Loitering in washroom is discouraged, if not using a stall or sink please vacate washroom.
- Directional signage and capacity limits must be followed at all times while accessing the facility.
- Loitering in the lobby, hallways, and stairwells is not allowed. Don't socialize, and exit the facility immediately following your session.
- You can view the City of Prince George arena's COVID-19 Safety Plan at [https://www.princegeorge.ca/City%20Services/Documents/Emergency%20Response%20and%20Safety/PGDOCS-560721-v2-CN\\_CentreCommunity\\_Arenas\\_Safety\\_Plan.pdf](https://www.princegeorge.ca/City%20Services/Documents/Emergency%20Response%20and%20Safety/PGDOCS-560721-v2-CN_CentreCommunity_Arenas_Safety_Plan.pdf)
- **City Staff or PGMLA volunteers may ask users to move along or follow safety guidelines. Please be courteous and treat these people with respect. They are working to keep you safe, and allow us to keep playing lacrosse.**

# ROLLING MIX CONCRETE ARENA



# CN CENTRE

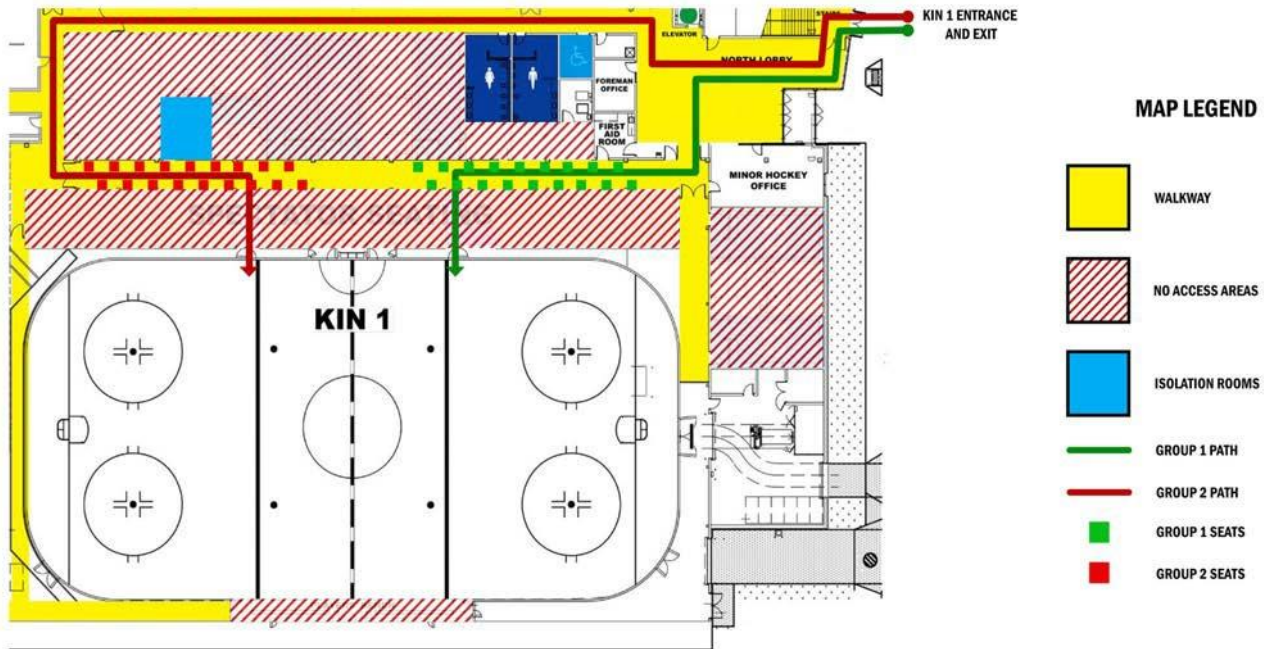


LOWER CONCOURSE ( ARENA LEVEL )





# KIN 1 ARENA MAP AND ACCESS INSTRUCTIONS



## KIN 1 ARENA ACCESS INSTRUCTIONS

- Enter the Arena through the North Lobby door (sliding doors are closed to the public).
- If you are in Group 1, follow the signs on the left. If you are in Group 2, follow the signs on the right.
- Seats located in hallway beside the ice surface are for tying skates, fastening helmets, and removing skate guards.
- You may leave your seat for later retrieval.
- Enter the ice for your group's designated seating area.
- Once your session over, exit the arena using the same North Lobby door.



The seating area for Kin 1 is located in the hallway beside the ice surface. Seats are spaced two metres apart.



## RESOURCES

Via Sport - Return to Play <https://www.viasport.ca/return-sport>

British Columbia Lacrosse Association - <http://www.bclacrosse.com/return-to-lacrosse.php>

City of Prince George - [https://www.princegeorge.ca/City%20Services/Documents/Emergency%20Response%20and%20Safety/PGDOCS-560721-v2-CN\\_CentreCommunity\\_Arenas\\_Safety\\_Plan.pdf](https://www.princegeorge.ca/City%20Services/Documents/Emergency%20Response%20and%20Safety/PGDOCS-560721-v2-CN_CentreCommunity_Arenas_Safety_Plan.pdf)