**Barrie Minor Box Lacrosse – Return to Play Protocol for Winter Clinics**

**Bombers,**

Outlined in this document is an overview of our return to play measures. Please review this document carefully with your son/daughter and accompanying parent prior to arriving. The details outlined in this document are as of October 7th, 2020 and under the guidance and recommendations of Ontario Public Health and Government Officials. As we receive more updates, we will adapt and modify our training plans and protocols as needed. Player’s participation in our small group training and return to play is strictly voluntary.

**RETURN TO PLAY PROTOCOLS.**

The club is responsible for:

* The club administrator should connect with the facility staff prior to the first session so that the rules and expectations are clear
* With the help of the facility staff, map, and plan how the players, coaches, support staff and parents can arrive and depart safely, following physical distancing guidelines
* Clear signage with direction arrows should be displayed for participants to follow
* Communicate the specific arrival and departure plan with the players and their families
* Plan, provide, and map a separate location for player and participant drop-off and pick-up zones
* Stagger start and end times of groups for arrival and departure if separate entrance areas are not possible
* Communicate the rules and regulations at the facility and what services will or will not be provided
* The head coach and club administrator should be aware of facility access to hand washing stations, alcohol-based hand sanitizer, and tissues for personal sanitization (if applicable)
* The head coach and club administrator should be aware of the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place by the facility or municipality
* The head coach and club administrator should ensure that the facility provides containers for the safe disposal of all wipes and/or hygienic materials
* Limiting group sizes to the current Phase guidelines. As of October 7th 2020, Phase 2 Level 3 allows for group max sixes of 50 people

The coaches are responsible for:

* Sign the OLA waiver to acknowledge understanding that COVID-19 and other infectious

diseases are not covered by OLA insurance

* Be informed on and follow all public health authority advisories and guidelines (see Section 10),

as well as applicable municipal facility advisories

* Ensure that participant safety is the top priority at all times
* Attend the club’s pre-activity online meeting to ensure that everyone is clear on what to expect

from each session, and what everyone’s responsibilities are to ensure a safe environment

* Talk to all players about the importance of preventing COVID-19 in the lacrosse environment,

including physical distancing measures and safe participation

* Create a detailed training plan with drills that follow physical distancing expectations and do not

reuse the same equipment where contact is made

* Dispose of soiled face masks, disposable gloves, disinfectant wipes inside of a garbage bag
* Review the club’s emergency action plan, ensure that important phone numbers and addresses

are up-to-date, and share digitally with other bench personnel

* Use personal protective equipment (face mask, gloves, face-shield, etc.) when attending to an

injured player, and follow proper hand hygiene after contact is made with any participant

* Review the club’s detailed arrival and departure plan to ensure that it allows for no-contact

check-in, physical distancing between participants and confirms contact tracing information

* Adhere to the “Rule of 2” at all times: a minimum of two coaches and a maximum number of

players according to regional guidelines on social gatherings

* Coaches must wear a face-mask when physical distancing with players is not possible (it is

recommended that coaches wear a mask at all times during a session)

* Maintain and respect the privacy of all participants in accordance of the OLA’s Privacy Policy,

unless requested by the Public Health Agency

* Mental health is important! Encourage all players with positive feedback, but do not force

anyone to participate in a drill or session if they show anxiety or distress

The parents are responsible for:

* Sign the OLA waiver to acknowledge understanding that COVID-19 and other infectious

diseases are not covered by OLA insurance

* Be informed on and follow all public health authority advisories and guidelines, including the

use of face masks when indoors or on shared pathways

* Be informed on and follow all municipal facility advisories and guidelines
* Be informed on and follow all team expectations for safe arrival and departure
* Attend all pre-activity online meetings with your child, and ask questions when unsure about

expectations

* Talk to your child about the importance of preventing COVID-19 in the lacrosse environment,

including physical distancing measures and safe participation

* Talk to your child about the importance of washing their hands before entering the facility, after using the washroom, and after leaving the facility
* Make sure that your child knows to talk to an adult if they are feeling unwell, and to remove

themselves from lacrosse activity immediately

* Only one parent should be involved in bringing a player to and from the facility, and ridesharing between families should not occur under any circumstances
* Make sure that your child has their own clean water bottle clearly and permanently marked with their first and last name (no communal supplies will be provided)
* All players must arrive to the facility dressed in their equipment. Dressing rooms will not be available.
* Encourage your child to only touch the ball with their stick, not with their hands
* Store equipment bags outside the facility. Ice packs, snacks, and any other personal belongings

should be left in your vehicle and not brought into the facility.

* Remain outside the facility (away from the field) during any sessions, and respect

physical distancing guidelines between other families during arrival and departure

* Assist your child with equipment adjustments only prior to entering the facility, and thoroughly clean all used equipment following each session
* Acknowledge the role you will play in your child’s activity (players are the priority, and parents

are obligated to consider and respect the health and safety of everyone involved)

* Monitor your child for any symptoms of illness before and after the session
* Mental health is important! Encourage your child with positive feedback, but do not force your

child to attend a session if they show anxiety or distress about participating at any time

The players are responsible for:

* Be informed about and follow all public health authority advisories and guidelines (pursuant to

the player’s age and comprehension)

* Be informed on and follow all municipal facility advisories and guidelines (pursuant to the

player’s age and comprehension)

* Respect physical distancing guidelines between other players during arrival and departure

(wear a facemask when entering and exiting an indoor facility)

* Attend all pre-activity online meetings with your parent / guardian, and ask questions when

unsure about expectations

* Talk to your parent / guardian about the importance of preventing COVID-19 in the lacrosse

environment, including physical distancing measures and safe participation

* Talk to your parent about the importance of washing your hands before entering the facility, after using the washroom, and after leaving the facility
* Understand the importance of talking to an adult if you are feeling unwell, and to remove

yourself from lacrosse activity immediately

* Make sure that your own clean water bottle is clearly and permanently marked with your first

and last name (no communal supplies will be provided)

* Be prepared to arrive at the field / facility dressed in your equipment (it is unlikely that dressing

rooms will be provided – facemasks should be worn when entering and exiting an indoor facility)

* Ask your parent or guardian for help with equipment adjustments only when necessary and

away from the field / facility, and thoroughly clean all used equipment following each session

* Store equipment bags outside the facility. Ice packs, snacks, and any other personal belongings

should be left in your vehicle and not brought into the facility.

* Avoid touching high-contact surfaces (door handles, faucets, railings, etc.)
* Mental health is important! Be open with your parent / guardian about your comfort level when

participating

**GENERAL DETAILS**

**A few general guidelines for everyone to ensure a safe and enjoyable experience.**

* **ALL PLAYERS MUST COMPLETE THE ONLINE WAIVER** –
* If you are not feeling 100% and/or have come into contact with anyone showing symptoms of

COVID-19 or illness. **PLEASE DO NOT ATTEND**.

* Players and parents must ALWAYS maintain 6 feet of social distancing
* Simcoe County Health Unit requires anyone entering a building to be wearing a MASK
* Pack hand sanitizer/wipes for your own needs
* There should be no waste or garbage left behind

**CHECK LIST**

It is the responsibility of each player to have the following items with them at every training session. There is to be no sharing of the following items:

* Helmet
* Gloves
* Sticks
* Appropriate indoor shoes
* Protective gear
* GOALIES – FULL GEAR
* We encourage you to apply a piece of tape with your son’s name on it to the top of the helmet, so they can be addressed by name
* Water (LABELLED)
* Hand Sanitizer

**CHECK-IN / ARRIVAL**

**To limit crowding, we will not have a central check-in table. Please review the following check-in and arrival details:**

* **Registration and payment: Will be done online, NO walks-ins!** If you are not pre-registered, you will not be permitted to participate until you are registered online and put into a training group.
* Registration link: https://www.barrieminorlacrosse.com/page/show/1014999-barrie-bombers-minor-lacrosse
* Payments will be completed online. NO cash payments!
* Payment in full must be received BY ALL participants prior to participating
* You will receive your Group assignment before your scheduled time. You are required to remain and train with this group only for all on-floor activities and fitness.
* Please do not arrive any earlier than 15 minutes prior to your scheduled time.
* Players and coaching staff will enter the facility as a group and late arrivals will not be permitted to enter the facility. Please be on time.
* Players only need to bring helmets/gloves/protective gear/sticks/water with them to the floor. Players are not going back and forth to their car.
* Change rooms will not be used
* An area for coats and boots will be assigned to each group

**\*Note:** Viewing areas are prohibited from use. No parents, visitors, or spectators will be permitted to enter the facility.

**Sample Schedule and Floor assignment**



**Facility entry and exit Map**

**![Map

Description automatically generated]()**

**Social Distancing, Preventative Safety Measures and Post Training Behaviours**

**Before and During Training:**

Through Phase 2 and 3 players should observe 6 feet of distance between themselves and any teammates or coaches during the entire duration of training. Prior to training sessions, players are to arrive dressed (Helmets, gloves, jock, other protective gear). Players should gather outside prior to their training time and enter the facility as a group via the designated entrance and head directly to their assigned area at their training time.

**Post Training:**

Players should clean and disinfect themselves before returning to their car. Where available, hand sanitizer will be provided at the facility, as an additional precaution, players should pack their own hand sanitizer and wipes if possible. Players should wash and clean masks, clothing and wipe down equipment as soon as possible following each training session. Coaches will review the departure protocols with their group and ensure that each player follows the guidelines of the association, the health unit, and the facility.

**Symptomatic Persons**:

During Phase 2 and 3, anyone who develops symptoms shall notify the club directors immediately. Persons will be required to self isolate and remain home from training for 14 days and are encouraged to see a medical professional for further testing.

All Players and Club personnel shall immediately notify Club medical staff if he or she suspects meeting someone that has COVID-19. The following are common symptoms of COVID-19:

* Cough
* Shortness of breath
* Chest pain - Feeling feverish/chills
* Muscle pain (not exercise-related) - New loss of smell or taste
* Gastrointestinal symptoms (nausea, vomiting and/or diarrhea)
* Sinus or cold-like symptoms (headache, congestion/runny nose, sore throat)
* Fever (temperature > 99.5°F or > 37.5°C)