



RETURN TO LACROSSE GUIDELINES

PHASE ONE



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RETURN TO LACROSSE PHASE 1 GUIDELINES – PHASE ONE

1. INTRODUCTION

The purpose of this document is to provide information, directives and guidance regarding the concerns associated with COVID-19 as we introduce participants back to Lacrosse activities. As the COVID-19 situation continues to evolve, it is imperative that all the BC Lacrosse Association and its members implement the COVID-19 physical distancing, disinfection and other procedures outlined in this document.

The health and safety for all participants in the BC Lacrosse community is of utmost importance for the BC Lacrosse Association and this is central to all of our decisions around COVID-19. All involved in our sport must take direction from the appropriate health authorities, including the Public Health Agency of Canada and the BC Ministry of Health.

viaSport BC has submitted provincial sport sector guidelines to the Sport Branch, Ministry of Health and WorkSafe BC. Provincial Sport Organizations (PSOs) have been asked to submit this document to viaSport BC who will review and offer their comments and guidance. We must all enforce and adhere to the guidelines within this document until restrictions are relaxed or removed.

The BC Lacrosse Association understands that participants (and parents/guardians of participants) may have concerns with participating in lacrosse activities during this time. We strongly recommend that a common sense approach be taken and if you have individual concerns, please speak to your local team and club staff and remove yourself and/or your child from lacrosse activity until you are comfortable to return. We know that the teams, associations and leagues will understand the concerns raised and will work with their members to ensure their concerns are handled appropriately.

2. RISK ASSESSMENT

- Active local transmission of COVID-19 in the last 14 days
- Facility access by multiple groups
- Consideration of vulnerable populations – over 65, underlying health conditions, at-risk populations
- Informed about the latest available guidance on the COVID-19 outbreak (official web resources – BCCDC, WHO, CDC, ECDC; federal/provincial/local health authorities).
- Understand the risks and transmission routes of COVID-19 and steps participants can take to limit spread – respiratory etiquette, hand hygiene, physical distancing, etc.) and travel restrictions (please see below).
- Health checks of athletes/team personnel – ask parent/guardian to test temperature prior to bringing athlete to venue. Do not attend if individual has a temperature or presents with any type of transmittable illness. If individual has travelled to another country, they must quarantine for 14 days.

The COVID-19 Self-Assessment Tool will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else. You can download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>. The app will also let you receive the latest updates, trusted resources, and alerts for B.C.

3. HEALTH AND SAFETY PROTOCOLS – GENERAL

Adhering to all health agencies and safety regulations:

- Please refer to **APPENDIX A: Illness Policy**.
- 14-day quarantine from International travel. .
- If you're sick stay home and quarantine.
- If you have a fever, stay home and quarantine.
- Maintain the 2-meter physical distancing measure at all times.
- Wash hands with soap and water, and if not available, use hand sanitizer. Frequent and proper handwashing is encouraged as the best way of preventing all viral respiratory infections and other illnesses.
 - Wash your hands with soap and water, ideally with water warmer than 25 degrees Celsius, for 20 seconds - <https://www.youtube.com/watch?v=o0P-0d1mJfA>
 - After washing your hands, use disinfectant spray on sink taps and surfaces.
 - If soap and water are not available, alcohol-based hand rubs (ABHR) / hand sanitizer can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- Cough and sneeze into your elbow or sleeve
- Reduce touch points (equipment, facility, etc.)
- Do not share food, drinks, utensils, etc.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- No spitting.
- No chewing tobacco, no sharing of vapes, or other tobacco products. Smoking and vaping are banned in BC from any enclosed public space, including restaurants, pubs, theatres, hospitals, common areas of hotels/condos/apartments, etc. *In addition, you may not smoke in playgrounds, community or municipal parks and playing fields.* You are also not permitted to smoke within three (3) metres/ten (10) feet of any doorway leading into any public places. This includes cigarettes, cigars, pipes & e-cigarettes and cannabis products. You must be 19 years or older to legally purchase tobacco and/or vaping products in B.C.
 - If you smoke or vape, also remember to maintain a safe physical distance. Stay at least two metres (six feet) apart if smoking or vaping in a group. Smoke or vape outside instead of inside.
 - COVID-19 spreads by droplets, including saliva, so it will spread by sharing cigarettes, joints, pipes (including pipes in pipe ceremonies), waterpipes, and vaping devices contaminated by the virus. Do not share your smoking, pipes or vaping materials.
 - Wash your hands well with soap and water before and after smoking or vaping.
 - Handling Cash and Documents

- The risk of COVID-19 transmission by cash and documents is low and is expected to be similar to other common surfaces such as doorknobs and handrails.
- It is safe to handle cash and documents. However, it would be advisable to wash your hands frequently, and always before eating, after using the washroom, and before touching your face.

4. CLEANING, SANITIZING AND DISINFECTING PROTOCOLS

COVID-19 is susceptible to disinfectants and sanitizers.

- Increase cleaning and disinfection frequency of high-touch surfaces and high traffic areas to reduce the risk of spreading COVID-19.
- Increase cleaning and sanitizing frequency contact surfaces.

a) Definitions

Cleaning refers to the removal of germs, dirt, and impurities from surfaces. It does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Sanitizing: Food grade sanitizers are used after cleaning to reduce the level of bacteria to a safe level when following the manufacturer's instruction for concentration and contact time.

Sanitizers are used on food contact surfaces. When sanitizers are used at the no-rinse concentration level it does not need to be rinsed off with clean potable water. Disinfectants are different from sanitizers in that they have a greater ability to destroy bacteria, viruses and molds. Disinfectants are used at a higher concentration and require a longer contact time than sanitizers. If a food grade disinfectant is used on a food contact surface, it may need to be rinsed off with potable water.

Disinfecting refers to using chemicals, for example, EPA-registered disinfectants, to kill bacteria and viruses on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

b) Hard (Non-Porous) Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, most common EPA-registered disinfectants should be effective.
- Use products that are EPA-approved for use against the virus that causes COVID-19 is available. Follow manufacturer's instructions for all cleaning and disinfection products for (concentration, application method and contact time).
- Additionally, diluted bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 10 minutes for disinfecting, 1 minute for sanitizing, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix bleach with ammonia or any other cleanser. Unexpired bleach will be effective against coronaviruses when properly diluted.

c) **Electronics**

- For electronics such as POS equipment, tablets, touch screens, remote controls, and keyboards, and telephones remove visible contamination if present.
- Follow the manufacturer’s instructions for all cleaning and disinfection products.
- Consider use of wipeable covers for electronics.
- If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
- Dry surfaces thoroughly to avoid pooling of liquids

d) **Product Guide For Disinfectants**

PRODUCT	DEFINITION	APPLICATION	PROTECTION LEVEL
Multi-Surface Cleaner	Use full-strength or dilute 250 mL per 4L of warm water apply to surface until thoroughly wet. Wipe with a clean cloth, sponge, or mop. To Sanitize/Disinfect: Pre-clean surface Apply to surface until thoroughly wet. To Sanitize: Leave for 1 minute before wiping. To Disinfect: Leave for 10 minutes before wiping. Rinse all food contact surfaces with water after using the product	Disinfectant that meet Health Canada's, requirements for emerging viral pathogens. These authorized disinfectants may be used against SARS-CoV-2	Advanced disinfectant and sanitizer for Hard surfaces
Bleach (6%) solution	100/1 dilution of sodium hypochlorite solution with water used to disinfect surfaces, 10mL bleach to 1 Litre of water. Minimum contact time of 10 minutes in a single application. Air dry.	Recommended by the BCCDC for disinfecting non-pours surfaces	General use disinfectant and sanitizer for Hard surfaces
Neutral Disinfectant cleaner	Use 3.9 mL per liter of water for a minimum contact time of 10 minutes in a single application. Can be applied with a mop, sponge, cloth, coarse spray or by soaking. The recommended use solution is prepared fresh for each use then discarded. Air Dry.	Approved for use against the coronavirus disinfecting non-pours surfaces	Advanced disinfectant and sanitizer for Hard surfaces, low acidity
Disinfecting Wet Wipes 70% Alcohol	To sanitize / disinfect: Pre-clean surface. Use 70% alcohol based fresh wipes to thoroughly wet surface. To sanitize: Allow surface to remain wet for 10 seconds. Air Dry.	Single use isopropyl alcohol wet wipes, disposable	Safe to use on electronics including Smartphones, Tablets and POS equipment
Touch Free Hand Sanitizer	Minimum 70% alcohol hand sanitizer solution, rub hands together until dry.	To clean hands if handwashing is not available	General use to kill bacteria and viruses

PLEASE NOTE: When using bleach on surfaces, allow the surface to air dry completely before using again. Dispose of any leftover bleach mixtures so people won't mistake them for something else or mix them with other products by mistake. If you pour your extra bleach solutions down the drain, run a lot of water down the drain at the same time.

5. TOUCH POINTS – Suggested Cleaning and Disinfecting Areas

a) High Touch and Heavily Soiled Areas

- Door knobs, door push bars, door handles
- Hand rails
- Light switches
- Phones/tablets
- Toilets, paper towel dispensers, sinks

b) All Other Surface Areas

- Tables
- Counters
- Chairs
- Floors

c) LACROSSE-SPECIFIC TOUCH POINTS

ITEM	ATHLETES	COACHES	PARENTS/GUARDIANS/SPECTATORS
Balls	Should not touch. Use stick to pick up/cradle.	Wipe down with disinfectant before and after use. Will touch but need to disinfect between uses. Wear gloves.	Should not touch. Encourage players to only touch with stick.
Stick	Only use your own stick. Wipe down with disinfectant before and after use.	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	No.	Yes, but do not share with other coaches. Individuals should have own copy.	No.
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 (other 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	Should all be put on near your own vehicle, prior to proceeding to area of participation. 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 to go home (No change rooms). **Make sure to keep your lacrosse gloves on at all times!	Should all be put on near your own vehicle, prior to proceeding to area of participation. 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 to go home (No change rooms). **Make sure to keep your lacrosse gloves or sanitary gloves on at all times!	Assist/remind your child with putting on their equipment at your vehicle, prior to going to the activity area. Remind them to leave it on once the event is completed and return to vehicle to take off equipment

Helmets	As above.	Wear gloves when touching any equipment; otherwise send player to parent.	Watch for signals from coach who may send your child out for assistance.
Water Bottles NEVER SHARE	Each player must have their OWN clearly marked water bottle. Must have spout or straw in order to aim into mouth while still wearing helmet.	Remind players to NEVER share water (if possible, have extra commercially sealed bottles available if hot out, but make sure you have disinfectant wipe available to clean off before giving to anyone). Use sharpie to mark name). Must have spout or straw in order to aim into mouth, while still wearing helmet.	Make sure your child's water bottle is clearly marked 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.
Equipment Bags	To be left in vehicle or in designated space within facility.	To be left in vehicle or in designated space within facility.	To be left in vehicle or in designated space within facility.
Spectator Seating (if not removed) or Standing			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).
Enter/Exit	Follow instructions/arrows if using a door/gate handle, wipe with disinfectant wipe 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 wipe 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 wipe prior to opening & 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 they 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.

d) SUPPLIES REQUIRED

Determine the individual(s) responsible to bring these additional supplies to the site (i.e., coach, team manager or designated association volunteer).

- Hand Sanitizer - if a hand washing facility is not close/open
- Gloves. Individuals should wash their hands thoroughly before putting on the gloves.
Medical and food service gloves are usually made from polymers such as latex, vinyl and nitrile, although you may find disposable gloves made of other materials, such as neoprene.
- Tape (for arrows)
- Sanitizer wipes or disinfectant spray & cloth
- Sharpie and Water Bottles (if you choose)
- Doubled plastic bag to safely dispose of any gloves, wipes, etc.
- Thermo Scanner (if possible) to test individuals' temperatures prior to activity.

6. HEALTH AND SAFETY PROTOCOLS – ATHLETES/TEAM PERSONNEL

a) Athletes (Parents/Guardians) Responsibilities

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- Must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities.
- All participants must be currently registered with the BC Lacrosse Association through their community associations/clubs.
- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Please see **APPENDIX B: BCLA Under and Over the Age of Majority Waivers**.
- Group sizes must not exceed the regional public health restrictions (maximum 50 individuals).
- Participants must adhere to 2-meter physical distancing at all times. Training only. No competition including scrimmages. Absolutely no contact.
- Participants must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Participants over 65 years, immune-compromised, or with underlying health conditions should not participate.
- Each participant must arrive and depart from facility dressed, wearing all required protective equipment (dress at home/parking lot/park).
- Parent and athlete arrive facility and stay in vehicle until a set time (i.e., 15 minutes) prior to the activity. Keep gear bags in vehicle or in a separate area within the facility.
- Participant only brings one lacrosse stick to the activity session. Leave additional gear and sticks in your equipment bag in the car.
- All participants must wear required protective equipment at all times as outlined by CLA rules and regulations (i.e., helmet, gloves, shoulder pads, elbow pads, etc.)
- Participants should use their own lacrosse equipment -- NO SHARING equipment, apparel, towels.
- If a participant forgets a piece of required protective equipment, they will not be permitted to participate that session.
- 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 a spout or straw in order to aim into mouth while still wearing helmet.
- Wearing protective masks should be considered - **APPENDIX C: Masks**
- Participants must focus on the coaches and their directions when waiting to perform drills; no fooling around in lines.
- Participants must clean their equipment and clothing after every activity session.

b) Association/Club/Team Volunteers Responsibilities

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.

- Must maintain the **Rule of Two**: No minor will be left alone with a single adult.
- Must adhere to all health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities.
- Everyone must adhere to 2-meter physical distancing at all times. Training only. No competition including scrimmages. Absolutely no contact
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Please see **APPENDIX B: BCLA Under and Over the Age of Majority Waivers**.
- Organizers must screen coaches and staff for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Keep detailed records of all participants in sessions. Details should include full contact information, date, time and location of activities.
- All participants should be currently registered with the BC Lacrosse Association through their community associations/clubs.
- Activities must only include participants from your home association.
- All activities must be focused on drill/skill development only – no competition.
- Ensure that participants are fully informed and consent to risks associated with participating in lacrosse activities.
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19, the Return to Lacrosse Guidelines and all associated procedures to minimize risk.
- Co-ordinate facility bookings and scheduling of teams/participants for safe activities.
- Schedule enough time between group activities for participants to enter and exit facilities safely.
- Designate personnel to overlook Field and Box facility preparations to co-ordinate and clearly mark facility section spacing requirements, with lines, markers or pylons to separate sections for activities.
- **Examples of facility zone spacing for drills and skills:**
APPENDIX D: Facility Sections – FIELD
APPENDIX E: Facility Sections – BOX
- Supply all activity groups with appropriate lacrosse activity equipment (balls, bucket for balls, pylons, etc.)
- Supply all participating groups with appropriate sanitizing products (i.e., wipes, hand sanitizer, gloves, masks, plastic waste bags, etc.).

c) **Team Personnel – Coaches, Trainers, Team Managers Responsibilities**

Adhering to all health agencies and safety regulations and guidelines:

- Participant safety is the top priority at all times.
- Must maintain the **Rule of Two**: No minor will be left alone with a single adult.
- Must be healthy with no signs or symptoms of illness. Individuals should be aware of the common symptoms of COVID-19 and stay away if displaying symptoms.

- Before stepping into the facility, all participants (parents/guardians) must sign a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by BCLA insurance. Please see **APPENDIX B: BCLA Under and Over the Age of Majority Waivers**.
- Participants must adhere to 2-meter physical distancing at all times. Training only. No competition including scrimmages. Absolutely no contact.
- Group sizes should be minimized when possible. Maintain athlete to coach ratios to adhere to the 2-meter physical distancing rule.
- Suggested Facility Zone Spacing (Sections on Field /Floor) and Ratios:
Field – ratio of ten (10) athletes to one (1) coach for every quadrant
APPENDIX D: Facility Sections – FIELD
Outside Box/On-Floor – ratio of eight (8) athletes to one (1) coach for every floor section (half floor).
APPENDIX E: Facility Sections – BOX
- Team personnel must be screened for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participant. If an individual is showing signs of cold, flu, or COVID-19 with fever, coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous fourteen (14) days.
- Coaches and staff who are over 65 years of age or who are immune-compromised, or with underlying health conditions should not participate.
- Coaches and staff should consider wearing a mask and gloves during activities.
- Coaches and staff to confirm the names and numbers of participants attending prior to the session.
- An accurate count of participants in advance will allow the team personnel to plan accordingly.
- Team personnel should lead and instruct without touching balls. Only touch balls with a stick.
- Team personnel use only one lacrosse stick during activities and don't touch other participants' equipment or lacrosse sticks.

TEAM PERSONNEL CHECKLIST

- **On-Site Preparation Meeting:** Conduct an on-site planning meeting prior to arrival of participants involving all team personnel who will be participating.
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (i.e., tissues, towels, sanitary products). Determine who will bring the additional supplies required (i.e., garbage bags, surgical (throw-away) rubber gloves, hand-sanitizer, paper towels, cleaning supplies). See **SUPPLIES REQUIRED** (page 6).
- Cleaning schedule developed to ensure the venue and equipment is clean; wiping surfaces and equipment regularly with disinfectant before and after training.
- **Review Activity Plan:** Review your activity plan against this document.
- **Designated Person:** Assign one coach or team manager to be designated as a first point of contact at the facility. This person is responsible for overall site management.

- **Reduce Touch Points:** Please refer to **TOUCH POINTS** (page 5).
- **Secure Confined Spaces:** Ensure all player benches, officials benches and other confined spaces are communicated as no entry areas, if municipalities have not already managed.
- Before entering any facility prior to activities, the group of participants must maintain a 2-meter physical distancing, and be clear of the entrance/exit points which should be separate. Wait until the facility/area is clear of other participants prior to their session.
- **Athlete Equipment:** Participants arrive and depart dressed and leave equipment bags in their car. If athletes need to arrive with a gear bag, you must ensure athlete equipment areas are set up and each athlete is assigned a spot, 2-meters or more from each other.
- **Drill Layout:** Lay out markers/pylons ahead of the activities indicating locations for athletes for drill/skill stations using your own pylons/markers.
- **Distribution of Balls:** Distribute balls to appropriate stations using a stick only; never touch balls with hands.
- **Collection of Cleaning Equipment:** All balls, pylons/markers and targets to be collected and put into a 5 gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use gloves and wash hands or hand sanitizer immediately afterward.
- **Equipment Transportation:** Recommend having a plastic container with a lid when transporting equipment to and from training activities.
- **First Aid:** In the event that first aid is to be administered, it is recommended that all persons attending to an athlete must first put on a mask and gloves.
- Coaches and staff to confirm facility preparations and facility section requirements, lines and place markers/pylons to separate zones for activities.

Examples of facility zone spacing/sections for drills/skills:

APPENDIX D: Facility Sections – FIELD

APPENDIX E: Facility Sections – BOX

d) Parents/Guardians/Spectators

Adhering to all health agencies and safety regulations:

- One (1) parent/guardian per participant
- Maintain 2-meter physical distancing (spacing) around arenas/boxes/fields
- Player/participant drop-off at field/facilities
- Health Authority restrictions on large gatherings (maximum 50)
- Only enough to manage activities
- Crowd self-monitoring ensuring the total maximum (including participants and spectators) of 50 people and 2-meter distancing rules are enforced.

7. FACILITY ACCESS – Fields/Outdoor Boxes/Indoor Boxes

- Follow municipal (facility) regulations
- Understand what cleaning, disinfecting and sanitizing protocols are in place by the facility and what protocols are the responsibility of the association/club; and implement those protocols.
- Cleaning schedule developed to ensure the venue and equipment is clean; wiping/sanitizing surfaces and equipment regularly with disinfectant before and after training.
- Separate entrance and exit to facility for arrivals and departures – require signage.

- Maintain 2-meter physical distancing measures.
- Number of people allowed to gather (based on BC Health Authority guidelines).
- Organizers and facility managers must have hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe deposit of hygienic materials (i.e., tissues, towels, sanitary products)
- Arrive and depart to and from facility dressed (dress at home/parking lot/park).
- No dressing rooms/no showering
- Common areas and facility equipment should allow for 2-meter physical distancing between participants.
- Outdoor - Benches and stands are closed. Spectators must remain outside the perimeter fence of the facility. Indoor – no spectators.
- Washrooms – based on facility regulations
- Reduce touch points
- Closed containers to allow for the safe disposal of all hygienic materials

8. LACROSSE PROGRAMMING

Please see **APPENDIX F: viaSport BC's Sport Activity Chart** and **APPENDIX K: Declaration Compliance**.

a) General Information

- BCLA currently registered athletes only (2019-20 Field Athletes; 2020 Box Athletes)
- BCLA currently registered coaches only with proper coach training (2019-20 Field Coaches; 2020 Box Coaches).
- **CLA Coaching Training** - Minimum Standards for Coaches to be on the floor/field: Community Development coaches who have never taken a clinic must have the following completed before they are able to step on the floor/field/bench:
 1. Criminal Background Record Check as per BCLA Policy (CRC)
 2. Community Development on-line modules/pre-clinic work
 3. Emergency Action Plan (EAP) - free online through CAC Locker
 4. Making Head Way (free online through CAC Locker)
 Competition Introduction and above -- ALL coaches will be granted the same status from 2019 again in 2020.
- Primary focus on skill development. No competition, no scrimmages, no games.
- Absolutely no contact – No stick to stick, stick to body or body to body contact is permitted.
- EVERYONE must maintain 2-meter physical distancing.
- Reduce touch points (equipment, facility, etc.)
- Community focused - remain within association's local community.
- **APPENDIX C: Masks**
- **APPENDIX D: Facility Sections – FIELD.** Suggested Facility Zone Spacing (Sections on Field) and Ratios
On-Field – ratio of ten (10) athletes to one (1) coach for every field quadrant (4). This appendix offers suggestions for participant and coach spacing for an outdoor field facility adhere to 2-meter physical distancing.
- **APPENDIX E: Facility Sections – BOX.** Suggested Facility Zone Spacing (Sections on Outside Box/Floor). Ratios - On-Floor – ratio of eight (8) athletes to one (1) coach for every floor section (half floor). This appendix offers suggestions for participant and coach spacing for an outdoor box lacrosse facility adhere to 2-meter physical distancing.

- **APPENDIX G: Drills and Skills – 12 YEARS AND UNDER** (Up to Pee Wee). This appendix offers suggestions of drills and skills for age appropriate participants with 2-meter physical distancing in mind. Coaches must manage a 2-meter physical distancing throughout drills and skills.
- **APPENDIX H: Drills and Skills – OVER 12 YEARS** and **APPENDIX I: Challenge Activities - OVER 12 YEARS** (Pee Wee & older). These appendices offers suggestions of drills, skills and challenge activities for age appropriate participants with 2-meter physical distancing in mind. Coaches must manage a 2-meter physical distancing throughout drills and skills.

b) Drills and Skills

- The Drill and Skills and Challenge Activities appendices in this document have been created as recommendations to assist coaches with participants of varying development stages and age appropriateness (i.e., **APPENDIX G: Drills and Skills – 12 YEARS AND UNDER** (up to Pee Wee age); **APPENDIX H: Drills and Skills – OVER 12 YEARS** and **APPENDIX I: Challenge Activities - OVER 12 YEARS** (Pee Wee age and older).
- Safety of participants in all drills/skills must maintain the 2-meter physical distancing of participants at all times. The 2-meter physical distancing of participants must be considered all times including waiting in lines, waiting for instruction and when moving within drills.
- Coaches can adapt and design drills/skills as long as they adhere to 2-meter physical distancing at all times.
- Any drills/skills that cannot adhere to 2-meter physical distancing must not be performed.
- Drills/skills are designed to build and enhance individual athlete skill development without competing in game situations (i.e., games, scrimmages) that could result in contact. No competition, including scrimmages, is allowed at this time.
- No stick to stick, stick to body or body to body contact is permitted.
- Participants must focus on the coaches and their instructions when waiting to perform drills and not fool around in lines.
- Goals should be used as targets without designated goaltenders.
- Goaltenders will take part in activities with all drills/skills with participants.
- Station work is recommended to assist coaches to offer drills/skills activity flow and variety to maintain the 2-meter physical distancing.
- Coaches must be cognizant that older, and a higher-skilled athletes may be more active and utilize more space when undertaking lacrosse activities so you may need to adjust the number of people allowed in the activity area.

9. SIGNAGE/INFORMATION RESOURCES

- Entrance and exit points (with arrows)
- Parking lot policies
- Hygiene requirements
- Washroom directions
- Spectator directions

EXAMPLES OF SIGNAGE/RESOURCES

- COVID-19 Protection: <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

- Physical Distancing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf
- Handwashing: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf
- Do not enter if you are sick: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf
- Vulnerable Populations: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>
- Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

10. COMMUNICATION

The BC Lacrosse Association Board and Staff will provide updated information through the BCLA's on-line community of practice and website – www.bclacrosse.com. Member Presidents should disseminate information to their members through their own communication methods. Please refer to **APPENDIX J: viaSport BC Member Communication Sample Template**.

11. RULES/PROTOCOL ENFORCEMENT/DISCIPLINARY ACTION.

Failing to comply with the BC Health Authority, viaSport BC, local municipalities and BCLA's Phase 1 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 will result in immediate suspension of lacrosse activities within the offending community.

12. EMERGENCY PREPAREDNESS AND RESPONSE

- Procedure for athletes/staff to clearly identify who to contact and how to do so if they or other participants feel unwell or show signs of an acute respiratory infection.
- Protocol re: medical staff to contact to report suspected cases, request testing and epidemiological investigations.
- Isolation area available on site until patient(s) are dealt with appropriately.
- Have contact numbers and procedures for designated medical facilities that manage patients with COVID-19 infection in the region
- Have contact information for transportation services with trained medical professionals available to support critically ill patients with severe acute respiratory infections to a hospital, if necessary.
- Established mechanism for collaboration and co-ordination with local public health and recreation/parks sectors in the instance that any new COVID-19 cases arise.
- Decision-making authority and an agreed procedure to modify, restrict, postpone, or cancel the return to training related to the evolving COVID-19 outbreak.
- Develop a risk communication strategy in regard to COVID-19.
- Designated person to lead media activities.

13. COVID-19 RESOURCES

HEALTH RESOURCES

- HealthLink BC – Contact 8-1-1 or your health care provider re: personal health situation.
- BC Centre for Disease Control – COVID-19 Symptoms - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>
- BC Centre for Disease Control – Emergent COVID-19 Situations - <http://www.bccdc.ca/>
- BC Centre for Disease Control – Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>
- PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- World Health Organization (WHO) – COVID-19 International News/Updates - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/news>
- BC Centre for Disease Control – Cleaning and Disinfecting- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>
- BC Centre for Disease Control – Cleaning and Disinfecting for Public Settings - http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- COVID-19 (B.C.) Provincial Support: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Health Canada Handwashing Guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>
- Health Canada Personal Protective Equipment against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>
- Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- BCCDC Cleaning and Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

REGIONAL HEALTH AUTHORITIES

- Fraser Health: <https://www.fraserhealth.ca/>
- Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>
- Island Health: <https://www.islandhealth.ca/>
- Northern Health: <https://www.northernhealth.ca/>
- Vancouver Coastal Health: <http://www.vch.ca/>

PROVINCE OF BC

- BC's Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-the-Pandemic#fullscreen&from_embed
- BC COVID-19 Go-Forward Management Strategy: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/bc_covid-19_go-forward_management_strategy_web.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATI ON_BCGOV_BCGOV_EN_BC_NOTIFICATION
- BC Go Forward Strategy Checklist: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf

SPORT AND RECREATION RESOURCES

- Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>
- BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>
- BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

WORKSAFE BC RESOURCES

- Returning To Safe Operations: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>
- COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

14. DISCLAIMER

The BC Lacrosse Association (BCLA) Return to Lacrosse Guidelines is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the BCLA Return to Lacrosse Guidelines.

It is important to note that the BCLA Return to Lacrosse Guidelines is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the BCLA Return to Lacrosse Guidelines and the Public Health Act, regulations or orders thereunder, the Act, Regulations and Orders prevail. Each Provincial Sport Organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party web sites. Links are provided for convenience only and the BCLA does not endorse the information contained in linked websites nor guarantee their accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your plan to return to lacrosse activity is up to date.

Anyone using the BCLA Return to Lacrosse Guidelines does so at their own risk. The BC Lacrosse Association shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the BCLA Return to Lacrosse Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.

APPENDIX A: Illness Policy

Sample Illness Policy taken from viaSport BC; adapted from Allied Golf Association of BC

In this policy, “Team member” includes an employee, volunteer, participant and/or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program co-ordinator) immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment
 - a) Participants must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
 - b) Managers/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their person safety throughout the activity.
 - c) If participants are unsure, please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a participant is feeling sick with COVID-19 symptoms
 - a) They should remain at home and contact Health Link BC at 8-1-1.
 - b) If they feel sick and/or are showing symptoms while at the activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c) No participant may participate in an activity if they are symptomatic.
4. If a participant tests positive for COVID-19
 - a) The participant will not be permitted to return until they are free of the COVID-19 virus.
 - b) Any participants who have interacted closely with the infected participant will also be removed from the activity, for at least 14 days to ensure the infection does not spread further.
 - c) Close off, clean and disinfect their facility area immediately and any surfaces that could have potentially been infected/touched.
5. If a participant has been tested and is awaiting the results of a COVID-19 test
 - a) As with the confirmed case, the participant must be removed from the activity.
 - b) The Public Health Agency of Canada advises that any person who has even mild symptoms should stay home and call the public health agency of BC.
 - c) Other participants who may have been exposed will be informed and removed from the activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d) The activity space will be closed off, cleaned and disinfected immediately as well as any other surfaces that could have potentially been touched/infected.
6. If a participant has come into contact with someone who is confirmed to have COVID-19
 - a) Participants must advise their coach and team manager if they reasonable believe they have been exposed to COVID-19.
 - b) Once the contact is confirmed, the participant will be removed from the activity for at least 14 days or as otherwise directed by public health authorities. Participants who may have come into close contact with the individual will also be removed from the activity for at least 14 days.
 - c) The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been touched/infected.
7. Quarantine or Self-Isolate
 - a) Any participant who has travelled outside of Canada or the province within the last 14 days I not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b) Any participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c) Any participant from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d) Any participant who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating is not permitted to enter any part of the facility.



British Columbia Lacrosse Association

Insurance Waiver – UNDER the Age of Majority

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**BY SIGNING THIS, YOU WILL WAIVE CERTAIN LEGAL
RIGHTS INCLUDING THE RIGHT TO SUE.**

PLEASE READ CAREFULLY.

TO: The British Columbia Lacrosse Association (the “Association”) and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Directorates, Technical Support Groups, Associations, Commissions, Leagues, Clubs, independent contractors, subcontractors, sponsors, successors and assigns (collectively the “RELEASEES”)

DEFINITIONS. In this Agreement, the term “lacrosse programs” shall include all activities, programs, events, courses, meetings, and services provided, sponsored or organized by the Association and/or its members, including but not limited to: games, tournaments, practices, camps, championships, conditioning programs and/or training, use of strength training and fitness conditioning, equipment, machines and facilities, orientational or instructional sessions or lessons.

ASSUMPTION OF RISKS. I am the parent/guardian of the player being registered and have full legal responsibility for the decisions of said player. I believe my child/ward is physically, emotionally and mentally able to participate in lacrosse programs, and is doing so voluntarily and willingly.

I am aware that my child’s/ward’s participation in lacrosse programs involves many risks, dangers and hazards, which could result in damage, loss, serious physical injury or death to my child/ward. Some of these risks, dangers and hazards include, but are not limited to:

- Health: overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, contagion, bacteria, parasites or other organisms or any mutation thereof.
- Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment,; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own or others’ ability
- Contact: I acknowledge that contact with lacrosse sticks, lacrosse balls, other equipment, or other persons, whether intentional or unintentional, is a common part of lacrosse programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- Advice: negligent advice regarding lacrosse programs and/or services
- My child’s/ward’s conduct and conduct of other persons including any physical altercation between lacrosse participants: I acknowledge that such conduct, including my child’s/ward’s negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death. I understand that the Releasees may fail to safeguard or protect my child/ward from the risks, dangers and hazards of lacrosse programs, some of which are referred to above.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing my child/ward to participate in lacrosse programs, use its equipment and facilities and providing its lacrosse services and consultation, I hereby agree as follows:

TO WAIVE ANY AND ALL CLAIMS that I, and/or my child/ward have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in lacrosse programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:

- **negligence on the part of the Releasees;**
- **breach of contract by the Releasees;**
- **breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of any equipment;**
- **breach of any statutory or other duty of care including any duty of care owed under the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303, on the part of the Releasees; and**
- **The failure on the part of the Releasees to safeguard or protect my child/ward from the risks, dangers and hazards of lacrosse programs, some of which are referred to in the Assumption of Risks section of this Agreement.**

TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expense or injury to any third party resulting from child's/ward's participation in lacrosse programs. Despite the risks, dangers and hazards of lacrosse programs, and fully understanding such risks, dangers and hazards, I wish my child/ward to participate in lacrosse programs with the Association, and I **FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and hazards and the possibility of personal injury, death, property damage and loss resulting therefrom.

This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns and representatives, in the event of my death or incapacity.

SAFETY. In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of lacrosse programs other than what is set forth in this Agreement.

INSURANCE: I am aware that the Association carries insurance and that should my child/ward become injured or cause personal injury or property damage to any third party while participating in lacrosse programs, my child/ward may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION: This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia, and I agree to attorn solely to the jurisdiction of the Courts of the Province of British Columbia. Any litigation involving the parties to this Agreement shall be brought solely with the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

By signing below, you agree that you are the parent/guardian of the player being registered and have full legal responsibility for the decisions of said player, and that you have read this Agreement and agree to be bound by this Agreement.

Dated this _____ day of _____, 20__.

PLAYER'S NAME: _____ **ASSOCIATION:** _____

PARENT/GUARDIAN - PRINT NAME

SIGNATURE



British Columbia Lacrosse Association

Insurance Waiver – OVER the Age of Majority

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**BY SIGNING THIS, YOU WILL WAIVE CERTAIN LEGAL
RIGHTS INCLUDING THE RIGHT TO SUE.**

PLEASE READ CAREFULLY.

TO: The British Columbia Lacrosse Association (the “Association”) and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Directorates, Technical Support Groups, Associations, Commissions, Leagues, Clubs, independent contractors, subcontractors, sponsors, successors and assigns (collectively the “RELEASEES”)

DEFINITIONS. In this Agreement, the term “lacrosse programs” shall include all activities, programs, events, courses, meetings, and services provided, sponsored or organized by the Association and/or its members, including but not limited to: games, tournaments, practices, camps, championships, conditioning programs and/or training, use of strength training and fitness conditioning, equipment, machines and facilities, orientational or instructional sessions or lessons.

ASSUMPTION OF RISKS. I am aware that my participation in lacrosse programs involves many risks, dangers and hazards, which could result in damage, loss, serious physical injury or death to me. Some of these risks, dangers and hazards include, but are not limited to:

- Health: overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, contagion, bacteria, parasites or other organisms or any mutation thereof.
- Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own or others’ ability
- Contact: I acknowledge that contact with lacrosse sticks, lacrosse balls, other equipment, or other persons, whether intentional or unintentional, is a common part of lacrosse programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- Advice: negligent advice regarding lacrosse programs and/or services
- My conduct and conduct of other persons including any physical altercation between lacrosse participants: I acknowledge that such conduct, including my negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death. I understand that the Releasees may fail to safeguard or protect me from the risks, dangers and hazards of lacrosse programs, some of which are referred to above.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing me to participate in lacrosse programs, use its equipment and facilities and providing its lacrosse services and consultation, I hereby agree as follows:

TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in lacrosse programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:

- **negligence on the part of the Releasees;**
- **breach of contract by the Releasees;**
- **breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of any equipment;**
- **breach of any statutory or other duty of care including any duty of care owed under the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303, on the part of the Releasees; and**
- **The failure on the part of the Releasees to safeguard or protect me from the risks, dangers and hazards of lacrosse programs, some of which are referred to in the Assumption of Risks section of this Agreement.**

TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in lacrosse programs. Despite the risks, dangers and hazards of lacrosse programs, and fully understanding such risks, dangers and hazards, I wish to participate in lacrosse programs with the Association, and I **FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and hazards and the possibility of personal injury, death, property damage and loss resulting therefrom.

This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns and representatives, in the event of my death or incapacity.

SAFETY. In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of lacrosse programs other than what is set forth in this Agreement.

INSURANCE: I am aware that the Association carries insurance and that should I become injured or cause personal injury or property damage to any third party while participating in lacrosse programs, I may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION: This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia, and I agree to attorn solely to the jurisdiction of the Courts of the Province of British Columbia. Any litigation involving the parties to this Agreement shall be brought solely with the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

By signing below, you agree that you are the player being registered, you have read this Agreement and agree to be bound by this Agreement.

Dated this ____ day of _____, 20__.

PLAYER'S TEAM/CLUB NAME: _____

PRINT NAME

SIGNATURE



APPENDIX C: Masks

Personal Protective Equipment should be broken down into the following 3 categories based on risk of exposure levels:

1. Low Risk: tasks where an individual is isolated.
2. Medium Risk: wear disposable gloves, paper/filter mask.
3. High Risk: tasks where individuals cannot maintain social distancing of 6 feet.

Wearing masks if you are healthy

- Medical masks and N95 respirators should be reserved for healthcare workers.
- Wearing a cloth mask is a matter of personal choice.
- Some people can spread the virus when they have very mild symptoms or may be unaware they are infected. In this case, wearing a mask can help in containing your own droplets and protect others but it will not protect you from COVID-19. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask). Any mask, no matter how efficient at filtration or how good the seal, will have minimal effect if it is not used together with other preventive measures, such as frequent hand washing and physical distancing.
- It is important to treat people wearing masks with respect.

Considering the use of homemade masks

- The use of a homemade mask should only be considered by members of the public who are symptomatic, or caring for someone who is symptomatic, as an interim measure if commercial masks are not available.
- If you are making a mask, here is some information to improve the effectiveness of homemade masks:
- Some materials are better than others. Use clean and stretchy 100% cotton t-shirts or pillowcases.
- Ensure the mask fits tightly around the nose and mouth; material that allows droplets to pass through will not work. **Hint - a twist tie at the top, will insure a snug fit over the bridge of the nose.*
- The mask should be comfortable, or you won't want to wear it consistently.
- If the mask makes it a lot harder to breathe, then the seal will not be as good, and the mask will be less effective.
- Clean or change the mask often.

Disposing of used (disposable) masks

- Masks need to be changed frequently. To dispose of masks after use:
 - Wash your hands with soap and water before taking off your mask.
 - Dispose of used masks in a wastebasket lined with the plastic bag.
 - After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.

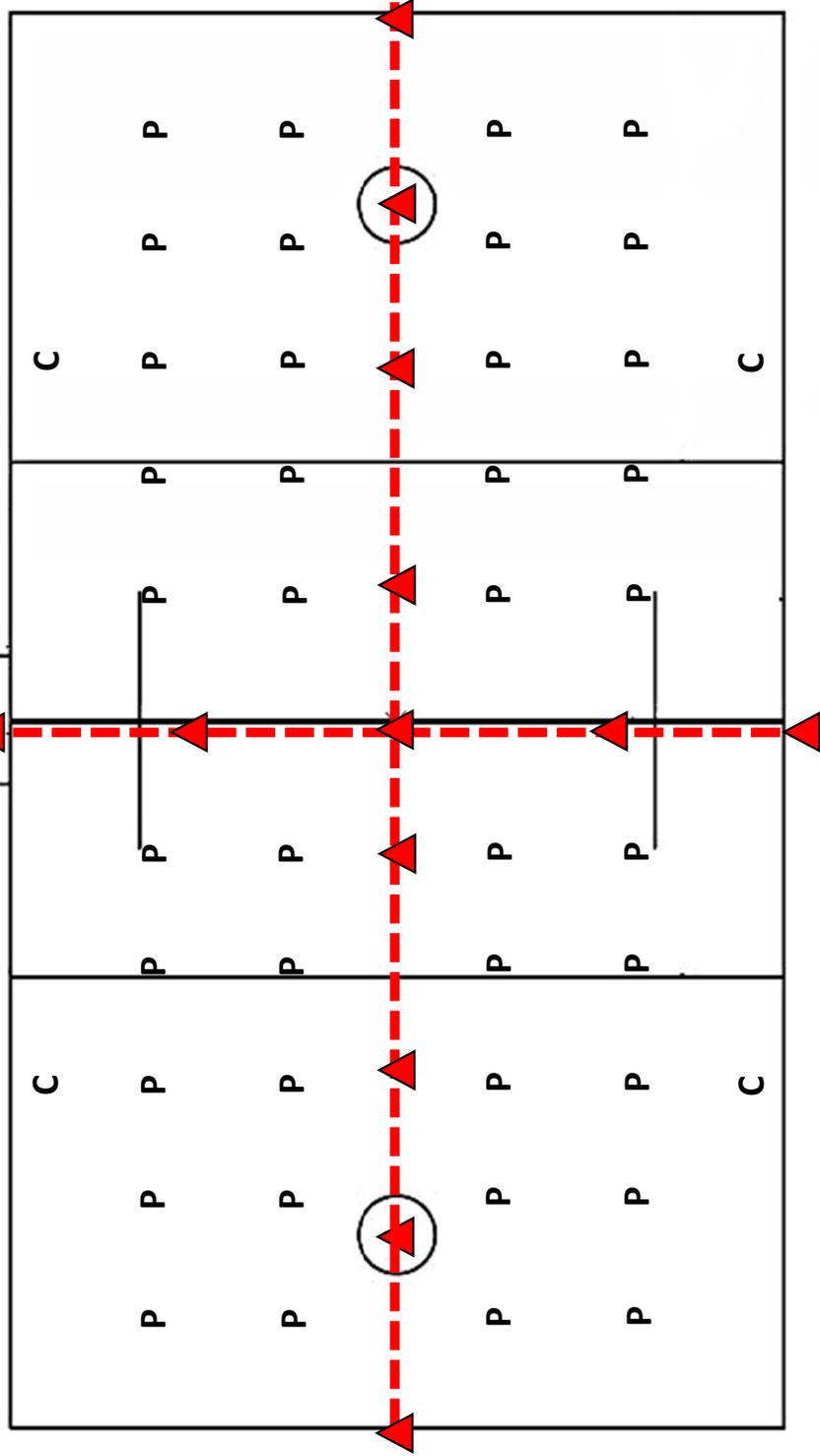
- When emptying wastebaskets, take care to not touch used masks or tissues with your hands. All waste can go into regular garbage bins.
- Clean your hands with soap and water after emptying the wastebasket.

Disinfecting

- If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have specific products that will work against the COVID-19 virus.
- If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) in specific ratios to disinfect areas in your home. Household bleach should be diluted. It comes in different concentrations so check your label first before you mix (see information in table below).
- Rinsing and drying recommendations are important parts of the disinfection process. For high-touch or heavily soiled areas such as toilets and sinks, leave 1000 ppm bleach solutions wet for one minute before wiping down the surface with a cloth soaked in clean water. Other bleach solutions of 500 ppm should be left wet for five minutes then air drying is fine.

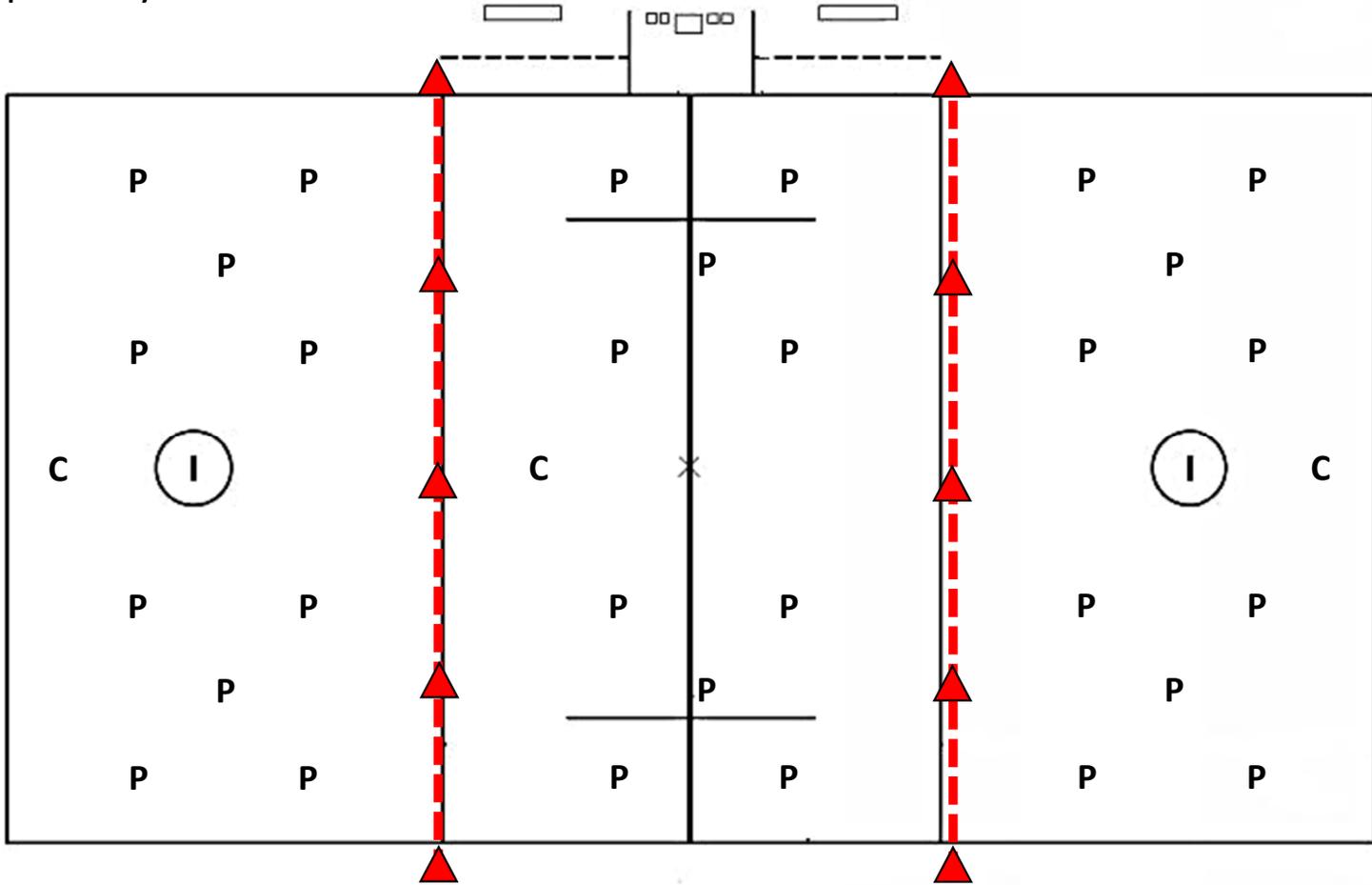
APPENDIX D: Facility Sections – Field

Four (4) Sections Activity Spacing – Outdoor Field
 Age: All ages (40 participants – – Player-Coach Ratio 10:1 per area maximum)



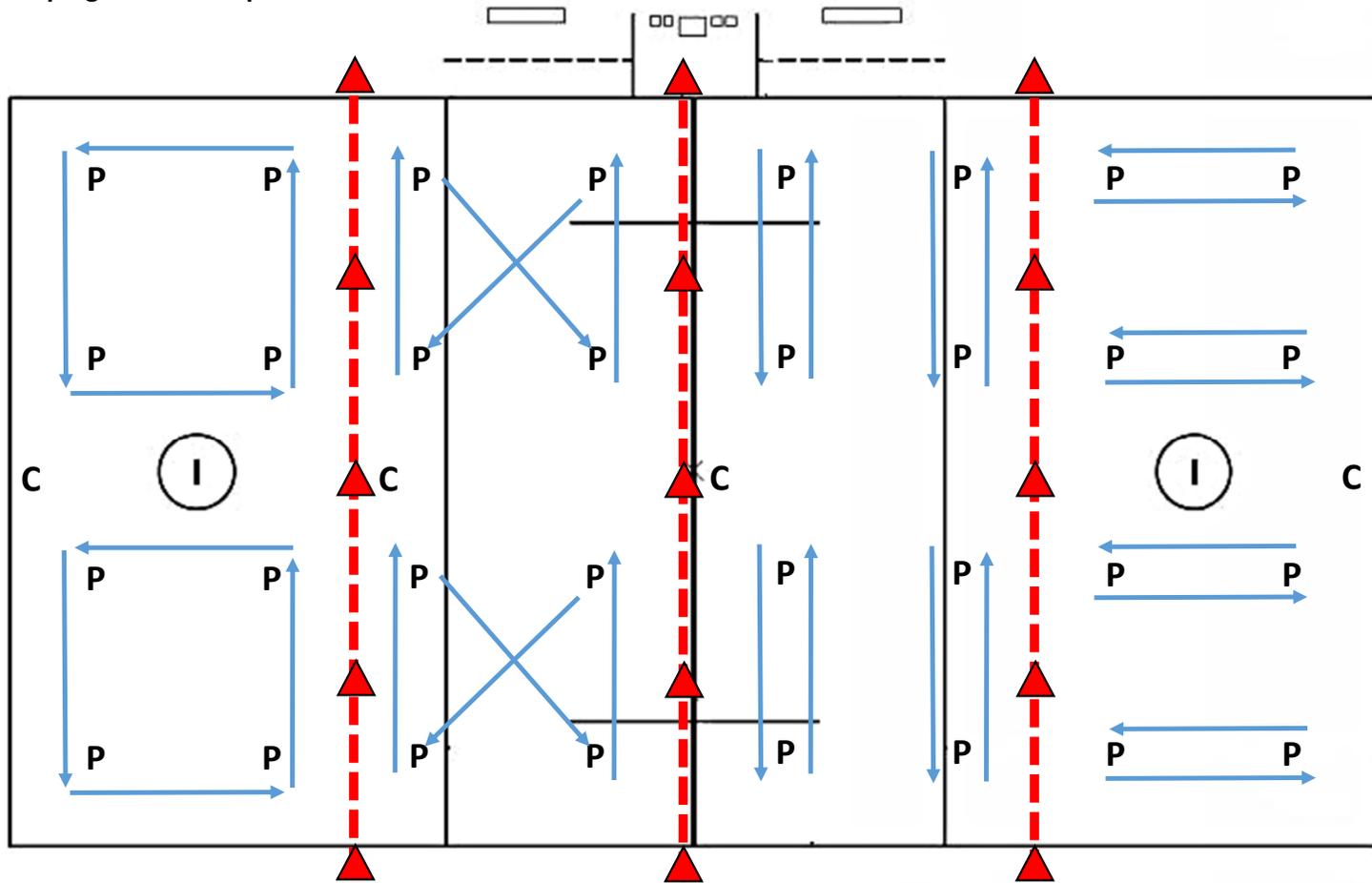
C - Coach
P - Player

Three (3) Sections Activity Spacing – Outdoor Field
 Age: All ages (30 participants – Player-Coach Ratio 10:1
 per area maximum)



C - Coach
 P - Player

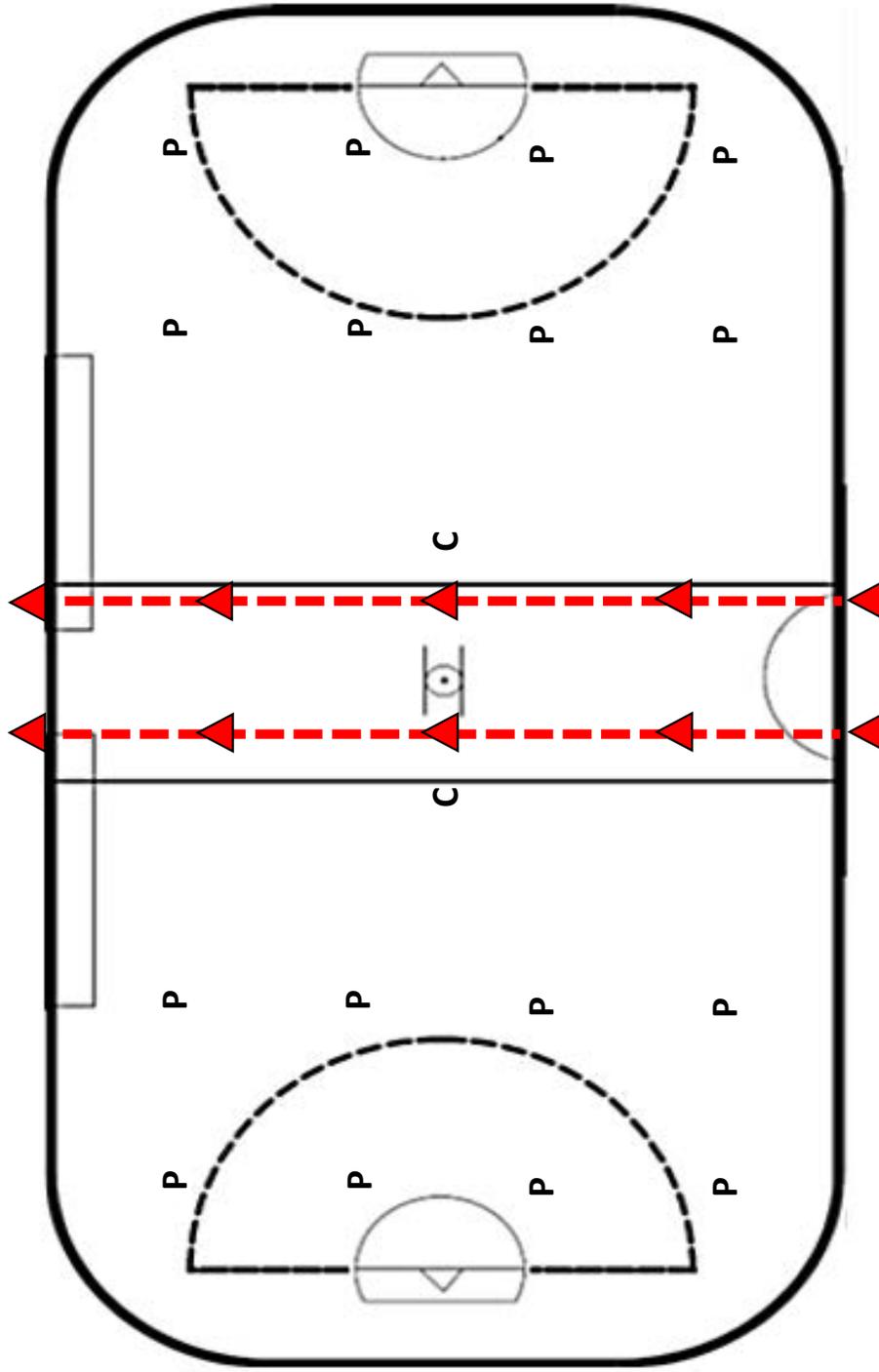
Four (4) Sections Activity Spacing Concepts – Outdoor Field
Passing, Catching and Scooping Skill Development



C - Coach
P - Player

APPENDIX E: Facility Sections – Box

Two (2) Sections Activity Spacing – Outdoor Box
Age: All ages (Up to 16 participants – – Player-Coach Ratio 8:1 per area)



C - Coach
P - Player

APPENDIX F: viaSport Sport Activity Chart

APPENDIX A – SPORT ACTIVITY CHART - Taken from viaSport BC's Return to Sport Guidelines

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	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 (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	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 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<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 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	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"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines



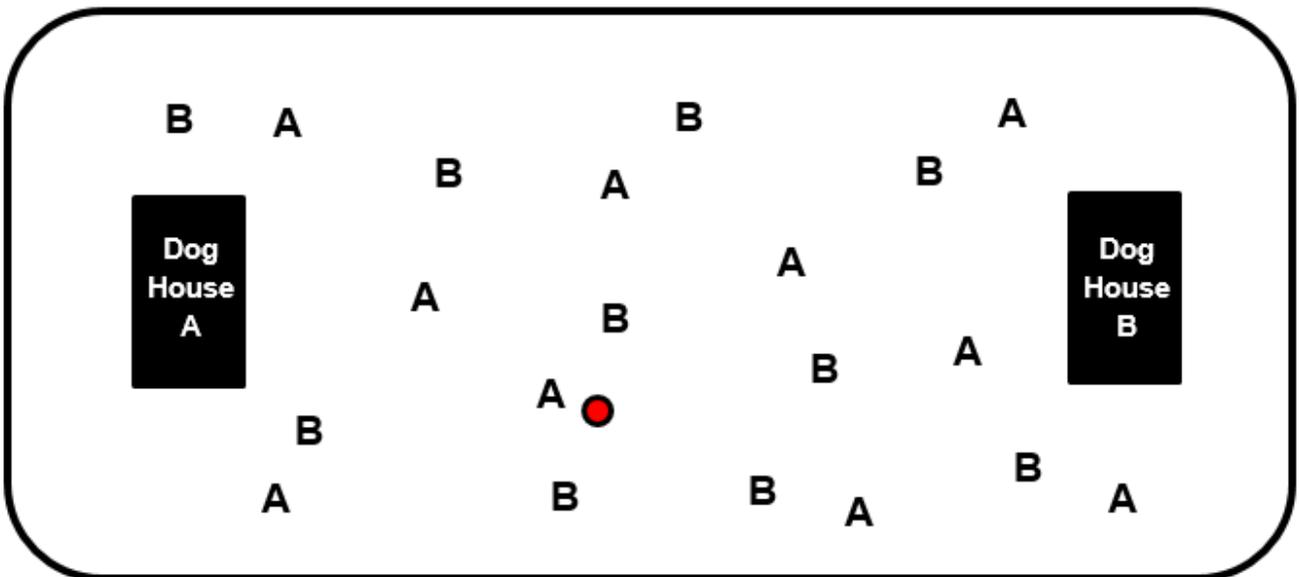
APPENDIX G:

DRILLS AND SKILLS 12 YEARS AND UNDER

APPENDIX G: DRILLS AND SKILLS – 12 YEARS AND UNDER

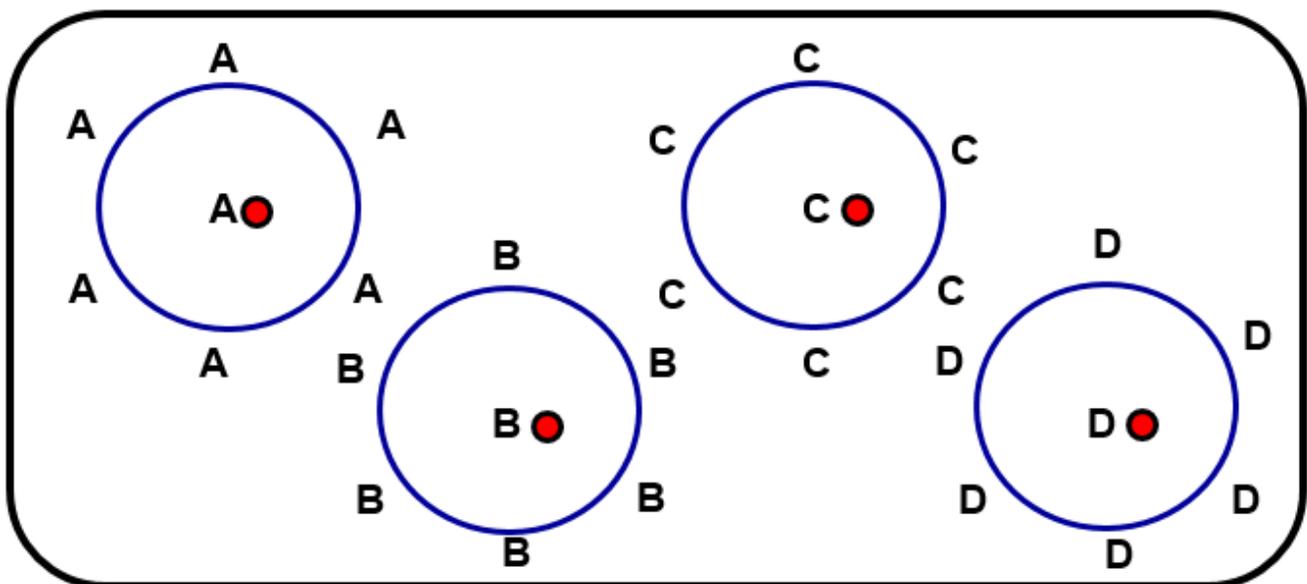
Drill Name: DOG HOUSE

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	One Ball, One Stick per Player, Two Gym Mats
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into two groups, putting one player per group in the “House”. • Objective is to pass the ball to your own player (The Dog) in the “House”. • Dogs may not leave the Dog House. • Score 1 point for each completed pass to the Dog. • Coach starts play by tossing the ball into the field of play. • After a point is scored, the ball is returned to the coach. • Change the “Dogs” after a set period of time or number of catches. <p><u>Rules</u></p> <ul style="list-style-type: none"> • No contact. • No running with the ball. • No interference with players attempting to pass. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Add more balls into the game. • All players are stationary. • Allow players to intercept passes.



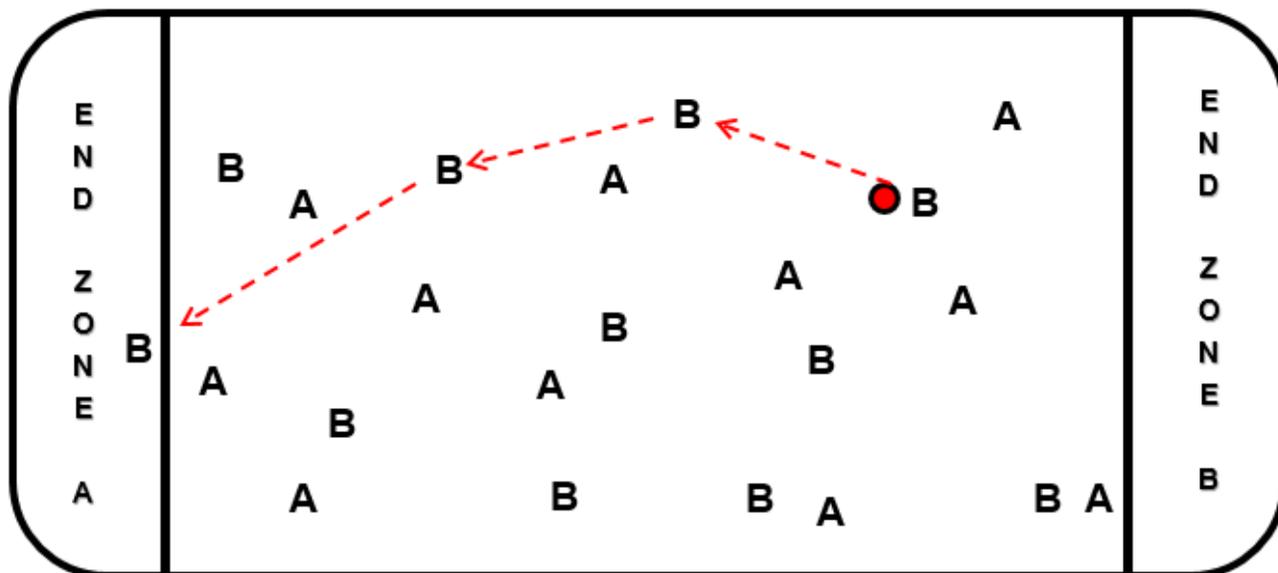
Drill Name: AROUND THE CLOCK

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	One Ball per Group, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into four groups. • Objective is to pass the ball between the players. • Each group forms a large circle with one player in the centre. • On the whistle, the player in the centre passes the ball to, and receives it back from each player in turn around the circle. • On completion of the “clock” the group sits down. • First group finished gets one point. • Change the centre player and repeat. • The game ends when each player has had a turn in the centre. • Most points wins. <p>Rules</p> <ul style="list-style-type: none"> • Ball must be handled with sticks only at all times. • No extra penalty for passes missed. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • With increasing skill, require the group to pass the ball around the clock two or three times to complete . • Reverse direction on each “clock”.



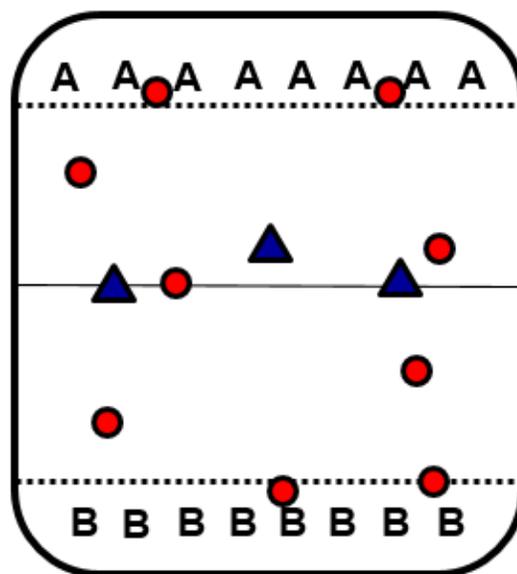
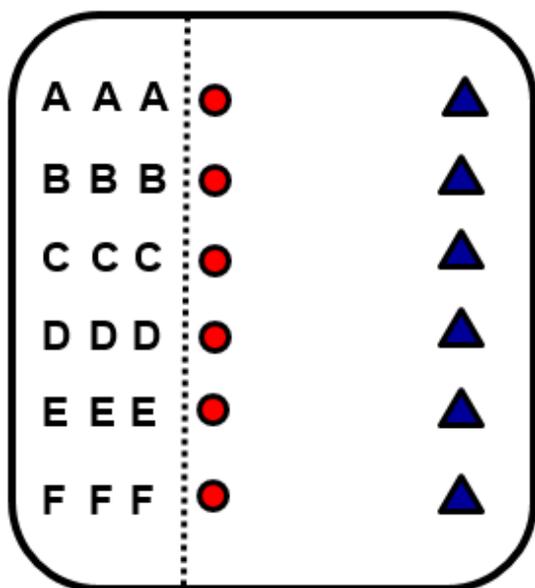
Drill Name: TOUCHDOWN

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	One Ball, One Stick per Player
Time	15 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into two groups and set goal lines. • Objective is to complete a pass across the goal line for a touchdown. • Players may not run with the ball. • To begin play, the coach throws the ball into the centre of the play area. • First player to cover a loose ball gains possession. • After a touchdown, group scored upon gets possession at their own goal line. • A ball trapped in opponent's end zone must be passed outside the end zone. <p>Rules</p> <ul style="list-style-type: none"> • No contact with either stick or body. • No interference with players attempting a pass.
Modifications	<ul style="list-style-type: none"> • Add more balls into the game.



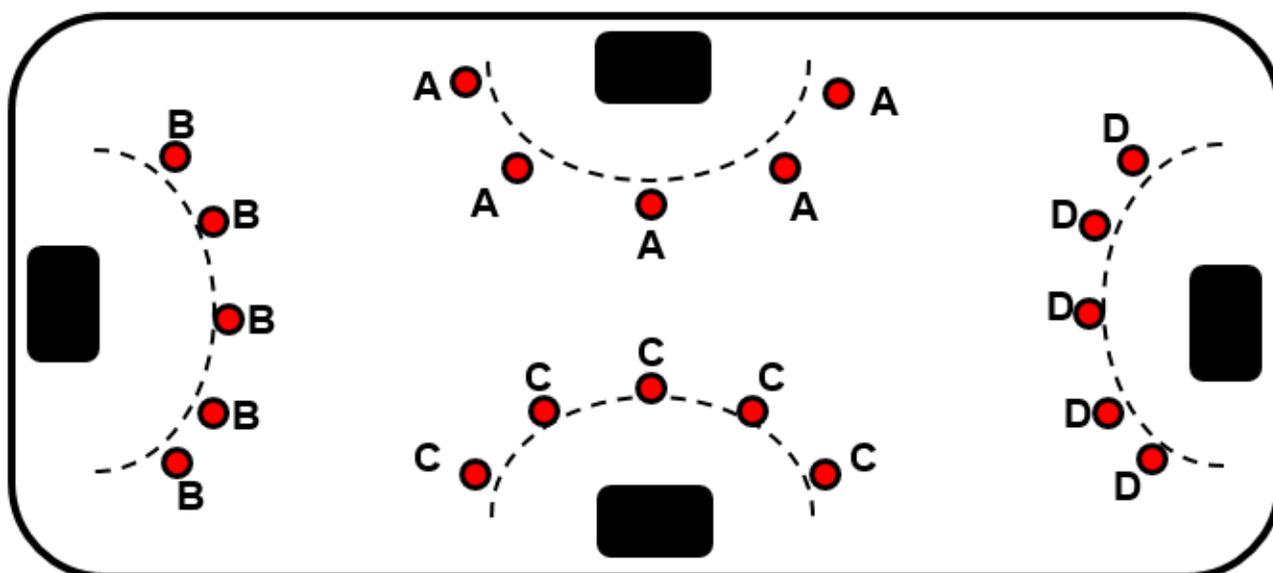
Drill Name: TARGET BALL

Stage of Activity	FUNDamentals
Skills	Passing and Shooting
Equipment	Balls, One Stick per Player, Target Ball, Pylon or something to act as a base for the target ball
Time	15 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into four groups. • Line up participants one behind the other, and place a target in front of each line. • Group players take turns shooting at the target and get a point for each hit or race the other groups to be the first to knock the target ball off its pedestal. <p>Rules</p> <ul style="list-style-type: none"> • Retrieving balls should be done carefully. You may use one ball per line and have the shooter retrieve the ball for the next in line or use one ball per player and have each retrieve their own ball. • Where the game is played to hit the target, stress the need to be accurate and not forceful in the shot. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • For a larger game, place two groups on opposite sides of one, two or three targets. Missed shots would serve as retrieved balls for the opposite side. Attempt to have the target ball roll onto the other group's side of centre.



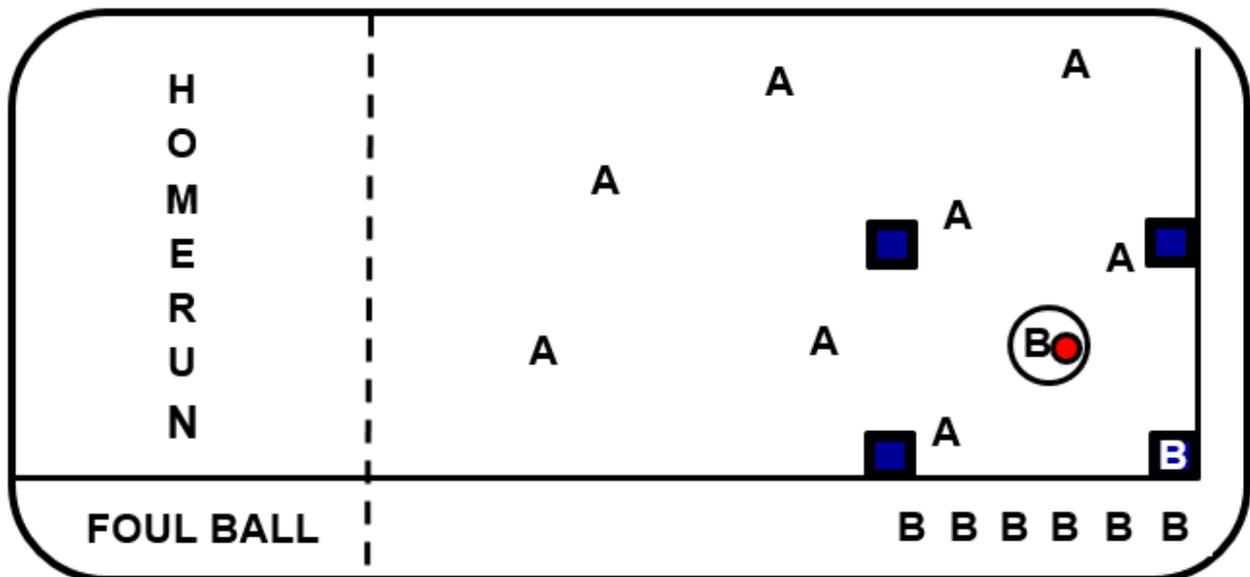
Drill Name: FIRING SQUAD

Stage of Activity	FUNDamentals
Skills	Shooting
Equipment	One Ball per Player, One Stick per Player, Goals (lacrosse or hockey goals), Obstacles to put in the goal (chairs)
Time	15 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into four groups. You'll need as many balls as participants. • Line up groups a designated distance from a goal of their own, each person with a ball. • Line the participants up so that they will all be able to shoot at once. • On the signal "FIRE" all participants shoot at the goal. Scoring shots count toward group score. • Groups then retrieve the balls quickly and set up, reporting the number of goals scored and awaiting the signal to "FIRE".
Modifications	<ul style="list-style-type: none"> • Accuracy can be highlighted by using targets or hitting the post/crossbar.



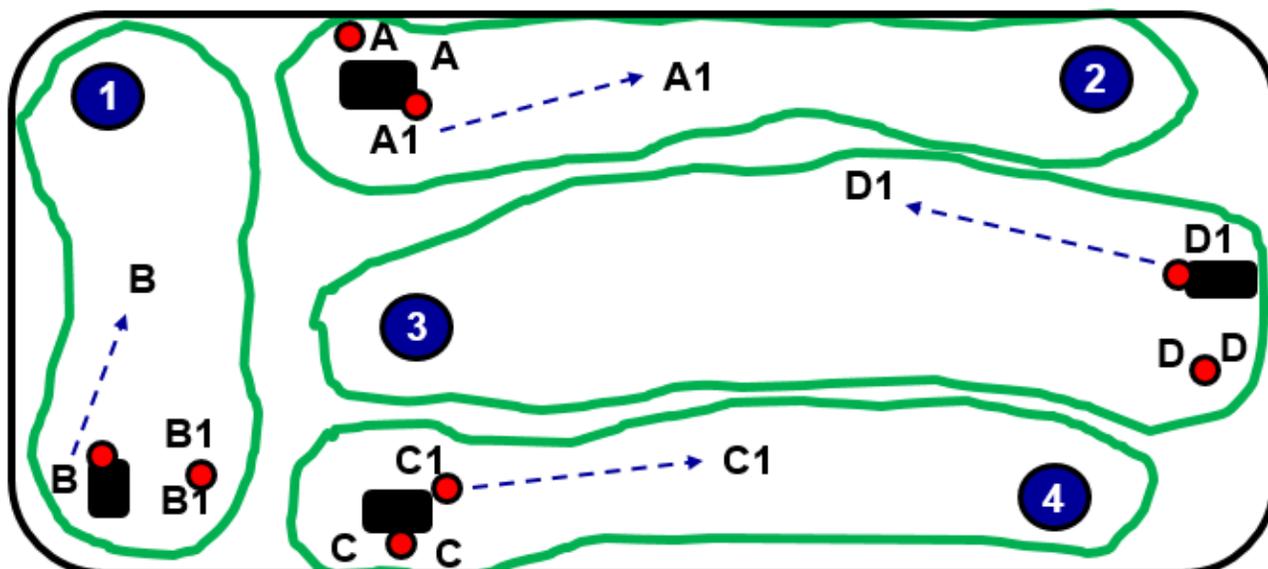
Drill Name: LACROSSE SOFTBALL

Stage of Activity	FUNdamentals
Skills	Passing, Catching and Cradling
Equipment	One Ball, One Stick per Player, Bases
Time	15 Minutes
Number of People	10+
How It Works	<p>Follow Softball rules with the following exceptions:</p> <ul style="list-style-type: none"> • Each group provides own pitcher, three pitches maximum per “batter”. • Batter must catch ball to put it in play. Three misses is a strikeout • Batter “hits” ball by throwing it into the field of play. • An OUT may be made by catching a pop fly. • Baserunners must continue to the next base allowing for forced outs.
Modifications	<ul style="list-style-type: none"> • Coach is pitcher, lobs ball by hand. • Throw back to the pitcher – baserunners not on a base are out



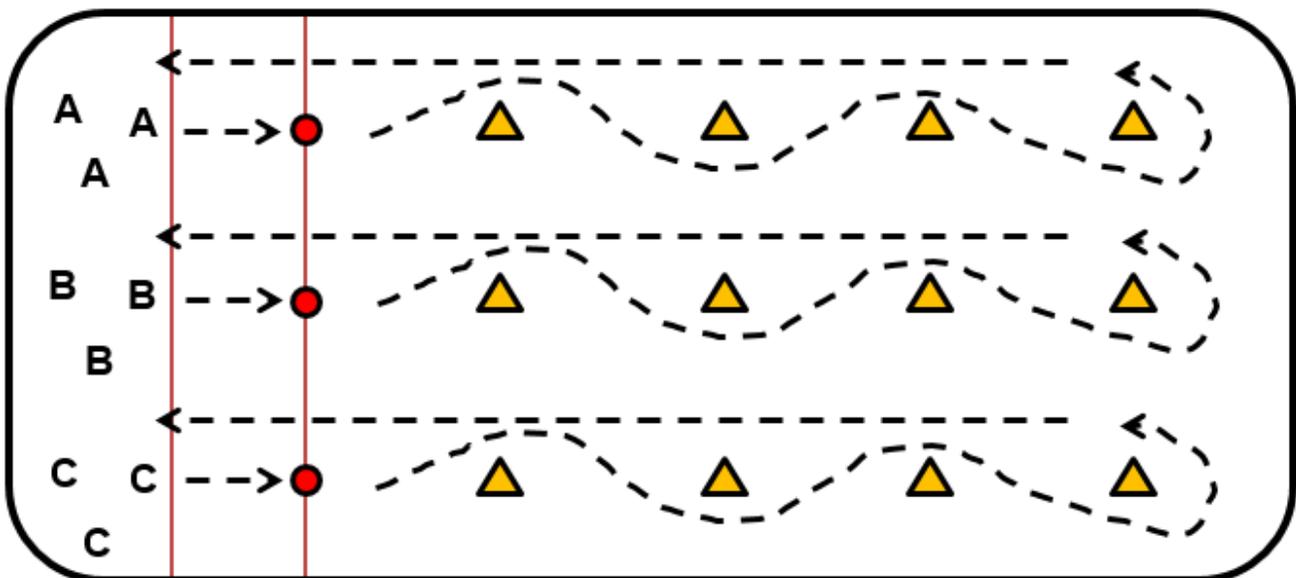
Drill Name: LACROSSE GOLF

Stage of Activity	FUNDamentals
Skills	Catching and Shooting
Equipment	One Ball per Group, One Stick per Player, Targets for "HOLES" (Chairs, Hoops)
Time	15 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of two and form foursomes for play. • Objective is to hit target to complete hole in as few strokes as possible. • Player A1 "Tees Off" by passing to other A1 who is in position towards the target. • If pass is completed then A1 (who just passed) moves closer to the hole, with A1 (how just caught the ball) passes to A1 who just moved. • On any incomplete pass, the ball is returned to the passer for another attempt. • Players "leap frog" until one player shoots at the target, then alternating until successful in hitting the target. • Each pass (shot) counts as one stroke. As if golf, groups score EAGLES, BIRDIES, PARS AND BOGEYS. <p>Rules</p> <ul style="list-style-type: none"> • Have foursomes start course at each "tee". • Vary lengths of holes, number of holes, size of targets. • A PAR 3 course works well for ease of scoring.
Modifications	<ul style="list-style-type: none"> • Players switch hands on certain holes.



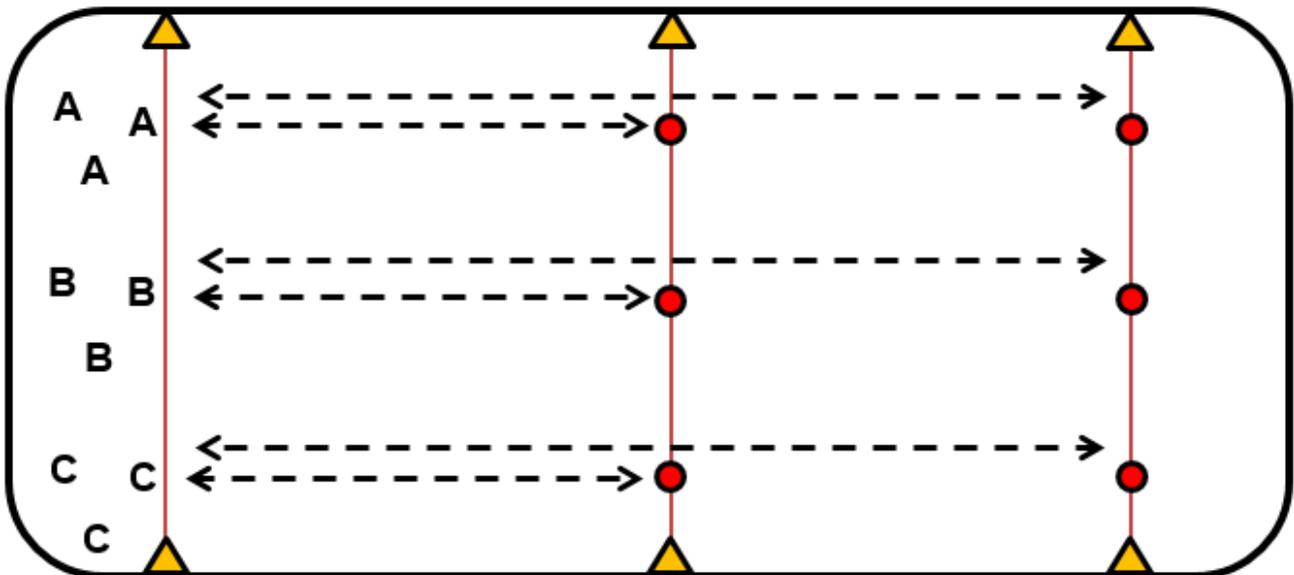
Drill Name: SCOOP, CRADLE AND SPRINT

Stage of Activity	FUNDamentals
Skills	Scooping and Cradling
Equipment	One Ball per Group, One Stick per Player, Cones
Time	15 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of three or four on the baseline/goal line • In front of each group, a ball is placed on the ground about 4 meters up the floor. • 4-6 cones spread up the floor about 2 metres apart. • Players scoop the ball and weave, while cradling the ball, through the cones to the end. • Once reaching the end, then players then sprint back placing the ball on the floor at the four metre line. • When the player passes the start line, the next player can go.



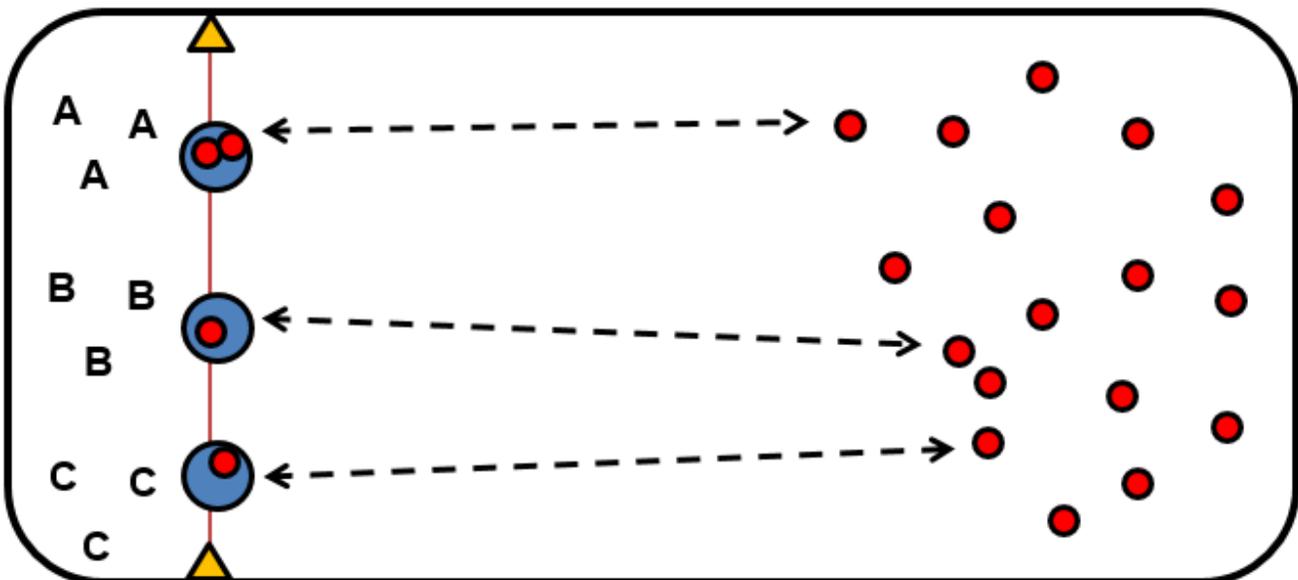
Drill Name: SCOOP SHUTTLE TAKE AND REPLACE

Stage of Activity	FUNDamentals
Skills	Scooping and Cradling
Equipment	Two Balls per Group, One Stick per Player, Cones
Time	15 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of four. • Two balls (for each group) are spread out down the floor/field at the centreline and far side of the playing area. • The first player runs out, scoops up the first ball and returns it to the starting line, placing it down by trapping it. • The player continues to the far ball, scooping it up and cradling it back to the starting line. • Ball is place down on the starting line by trapping it. • Second player in the lineup picks up a ball and carries it to the far side of the playing surface and placing it down by trapping it. • Second player runs back to the starting line and picks up the second ball. • This ball is brought back to the centreline and put down by trapping it. • First and Third players take balls away from the lines and the Second and Fourth players put the balls back on the lines. <p>Rules</p> <ul style="list-style-type: none"> • Dropped balls must be trapped and scooped. • Players stay 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Complete the cycle 1, 2 or 3 times.



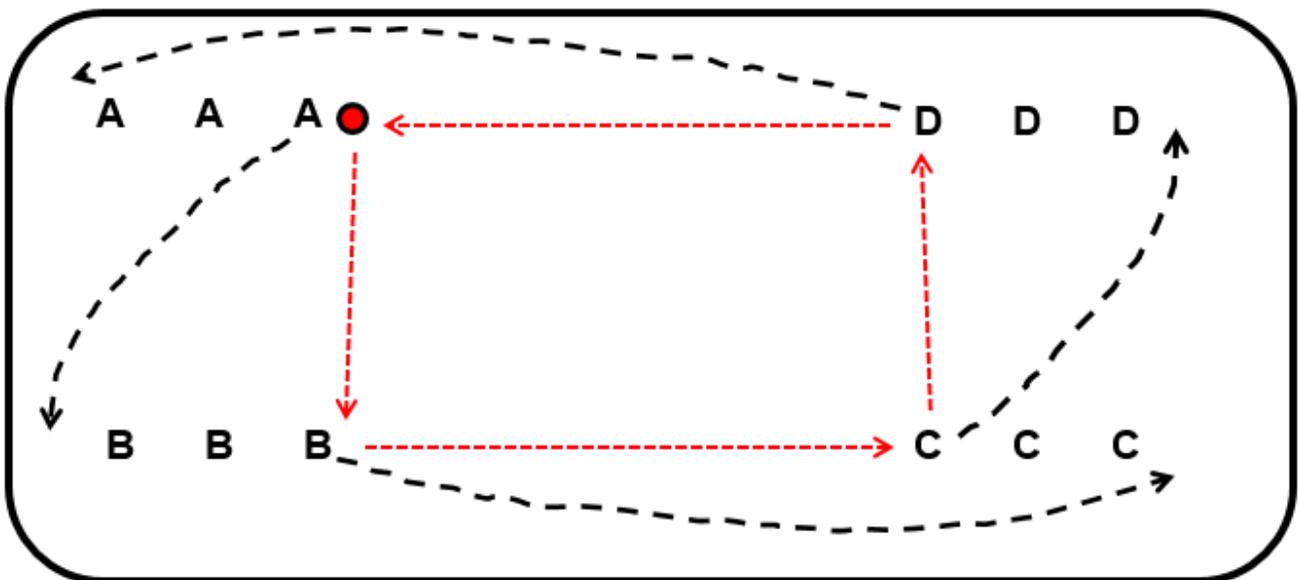
Drill Name: HUSTLE

Stage of Activity	FUNDamentals
Skills	Scooping and Cradling
Equipment	Balls, One Stick per Player, Garbage Cans/Buckets
Time	15 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of three to four. • First, the coach spreads all balls into the playing area. • First player on each group races out and scoops up a loose ball. This player then runs back and drops the ball into the garbage can/bucket. • The next player then goes to retrieve a ball. • Game continues until all the balls are picked up. The group with the most balls in the bucket wins. <p>Rules</p> <ul style="list-style-type: none"> • No hands allowed. • No stick checking. • Players stay 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Stick Checking allowed. • Use cards and when each ball is dropped into the bucket the player gets to pick a card. After everything is done, the group with the best poker hand wins



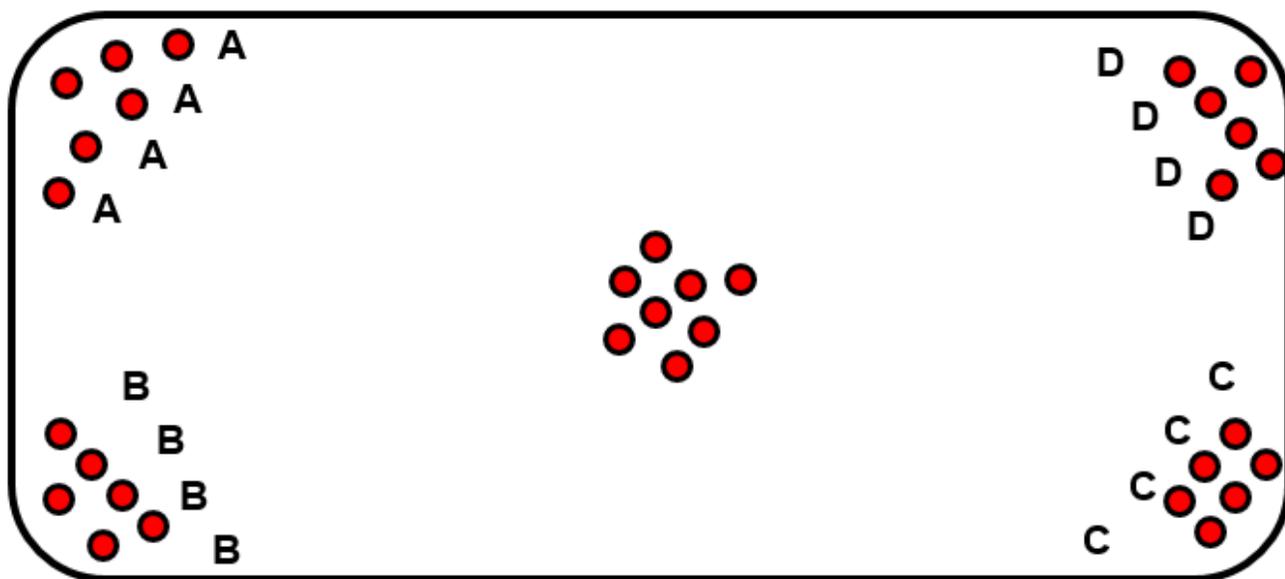
Drill Name: FOUR CORNERS

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Ball, One Stick per Player
Time	15 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none">• Divide group into four.• Each group becomes a corner of a square.• First player passes to the next corner and then runs to that corner and lines up behind a last player.• Players are passing around the square and changing corners after each pass. <p>Rules</p> <ul style="list-style-type: none">• No hands allowed.• Players lineup 2m away from each other.
Modifications	<ul style="list-style-type: none">• Add an extra ball or two.



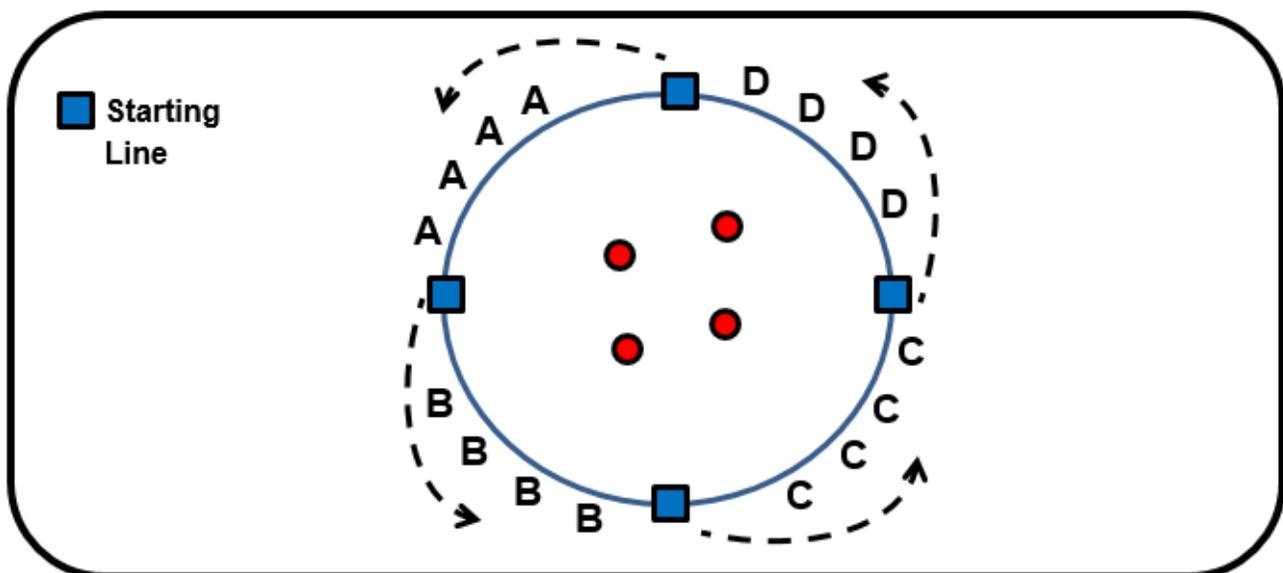
Drill Name: HIDEAWAY

Stage of Activity	FUNdamentals
Skills	Scooping and Cradling
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into four and assign a corner of the floor/field for each group as their hideaway. • Divide balls equally to each group and have them place the balls in the hideaway. Any extra balls can be left in the middle or neutral area. • On the whistle, <u>ALL</u> players rush out to capture balls from other hideaways. • Captured balls are brought back and dropped into the players own hideaway. • The players then venture out to capture more balls. • Play is timed and at the end, whichever group has the most balls in their hideaway wins. <p style="text-align: center;"><u>Rules</u></p> <ul style="list-style-type: none"> • No hands allowed. • Only 1 ball may be picked up at a time. • Passing is not allowed. • Hideaways MAY NOT be guarded.
Modifications	<ul style="list-style-type: none"> • Special balls may be marked with tape for extra points.



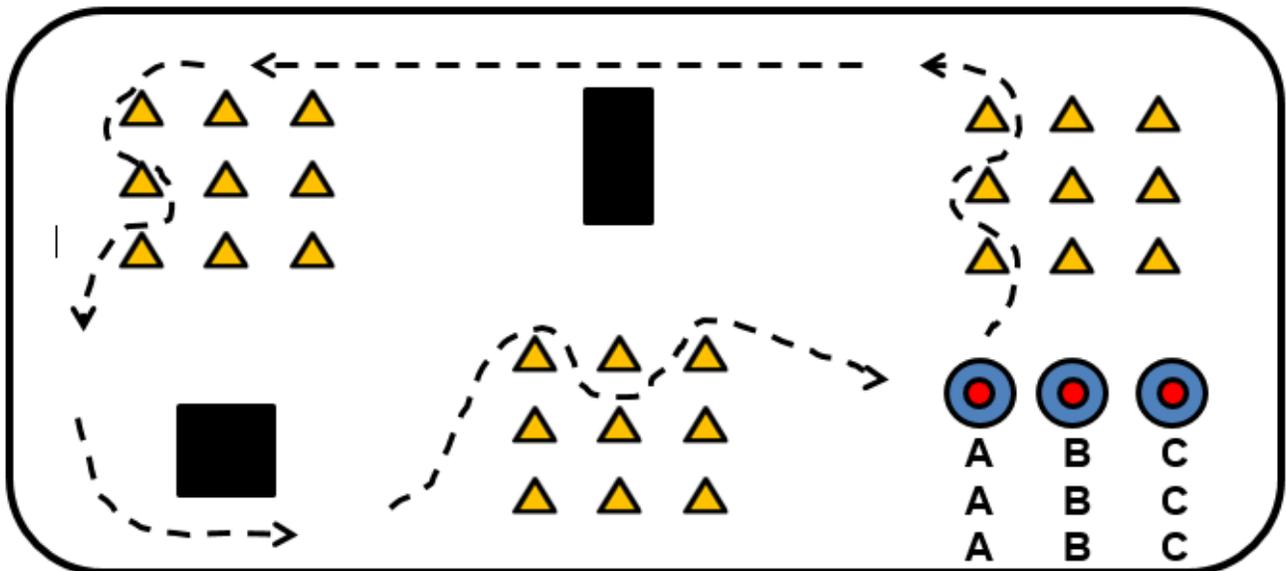
Drill Name: GRAND PRIX

Stage of Activity	FUNDamentals
Skills	Scooping and Cradling
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into 4-6 groups. • Assign car names to players so that each group has one of each model (i.e. Porsche, BMW, Lotus, Jaguar, etc.). • On the floor/field players form a large circle (allowing room for a “track” outside the circle). Once around the circle is a lap. • The Coach calls the number of laps and then the model of car. • Players with that name scoop a ball from the centre of the circle, and run the number of laps called. • The ball is then returned to the centre of the circle. • First one finished receives one point for their group. • Repeat with a new car name. <p><u>Rules</u></p> <ul style="list-style-type: none"> • Players must enter and exit circle at their starting position. • Two hands on the stick at all times.
Modifications	<ul style="list-style-type: none"> • Change rotation direction



Drill Name: OBSTACLE COURSE

Stage of Activity	FUNdamentals
Skills	Scooping and Cradling
Equipment	Balls, Cones, Hula Hoop, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups. • Set up one obstacle course, well spaced. Course should come full circle to the starting line. • Balls placed in a hoop to start. On whistle, first player picks up the ball with the stick and runs the obstacle course. • On completion of the course, player places the ball in the group's hoop and the next player goes. • First group finished course wins. <p>Rules</p> <ul style="list-style-type: none"> • Dropped balls must be picked up with stick only.
Modifications	<ul style="list-style-type: none"> • Add stations to obstacle course (i.e. throw ball against a wall and catch before proceeding).



Adapted Ampe

Stage of Activity	All
Equipment	None
Time	5-10 minutes
Number of People	2+
How it Works	<p>Children form pairs and stand facing each other two meters apart. Players decide who is the “same” winner, and who is the “different” winner.</p> <p>Game begins with players jumping in place 6 times. On the sixth jump, both players randomly stick one foot forward when they land. If the feet match on the same side, the “same” player wins, if the feet are on opposite sides, the “different” payer wins.</p> <p>Game continues with the players jumping 6 times again. Play best 3 out of 5 and then find someone new to challenge.</p> <p>*In another traditional version, the children clap, then jump one time, putting one foot out when they land (as above).</p>
Applications	Strength, endurance, problem solving, opponent-awareness, cooperation, speed of movement, reaction time
Modifications	<p>Athletes can jump right or left on the sixth jump to train lateral movement and “reading” the intended motion of an opponent. Athletes keep eyes closed during the jumping to increase chance component.</p> <p>Athletes switch roles (i.e. from “same” to “different”)</p>

Airplane

Stage of Activity	FUNDamentals, Learn to Train
Equipment	None
Time	5 - 10 minutes
Number of People	Teams of 5
How it Works	<p>The formation of the airplane uses all five runners and is similar to the way a coach might want the players to move up and down the floor (field/rink). It can be used to teach team work in picking up loose balls, as a break-out pattern or in getting back to the defensive zone. The formation is a Diamond and One in the middle (Nose, Wing, Tail, Wing, Pilot in the middle). All teammates must be two or more meters apart. The airplane can move in four different directions but must maintain shape. Pilot calls direction, the other players must relay and move accordingly.</p>
Applications	Spatial awareness, teamwork, communication
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Animal Stretching

Stage of Activity	Active Start, FUNdamentals
Equipment	None
Time	5-10 min
Number of People	Unlimited
How it Works	Players skate (jog) around perimeter and perform stretches led by coach: be a stork (one leg pulled up), be a frog (hopping), be an elephant (arms swinging like a trunk), be a giraffe (stretch up high), be a horse (gallop), be a bird (fly with arms out)
Applications	Warm-up
Modifications	Can be used in the following environments: field, court, gym, snow, ice.

Around the World

Stage of Activity	All
Equipment	Sport specific balls
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Have two teams of 3-5 players on opposite sides of the playing surface. First player must throw the lacrosse ball across the centre line into the other teams half of the surface. Once completed, that player must run to the other side of the playing surface. The other team must return the object back. Idea is to keep the object travelling back and forth for as long as possible. Can be used with lacrosse, tennis, badminton, footballs, basketballs, soccer balls, baseballs, rugby balls etc. Players on both sides must maintain a distance of at least two meters from all other players.
Applications	Warm-up, striking, kicking, catching, agility, balance, coordination
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Build the Ladder

Stage of Activity	All
Equipment	None
Time	5 - 15 minutes
Number of People	10+
How it Works	Participants divide into teams of 5 and each team lines up on a goal line or baseline and must remain two meters apart – identify a number of other lines (approx. 5 meters apart) across the field of play from the goal line (rungs on the ladder). The first player carries the ball to the first line, stops and passes the ball back to one of their team mates on the goal line. The second player carries the ball to the second line, stops, and passes the ball to the player on the first line who passes the ball back to one of their team mates on the goal line and so on. The first team to have a player on each available line and the ball passed back to the goal line, wins.
Applications	Agility, passing, skating/running
Modifications	Can be played in a variety of environments including on an ice pad using the hockey or ringette lines, on a field using soccer, rugby or football lines, or in a pool by identifying markers on the pool deck. Can keep the ball moving by reversing and “unbuilding” the ladder. Make the ladder larger or smaller to accommodate two equal teams.

Cat ‘n Mouse

Stage of Activity	Fundamentals
Equipment	Cones (optional) to make a start and finish line
Time	5 - 10 minutes
Number of People	2+
How it Works	Split the group in half. Line up half the group on the “start” line at least two meters apart. They are the cats. Line the other half 5 to 10 metres in front of them at least two meters apart. They are the mice. Create a finish line 40 to 50 meters in front of the mice. On “GO” everyone sprints across to the finish line. Cats are trying to PASS the mice (not tag them) by the time they reach the finish. Switch roles and repeat several times, varying distances between cats and mice.
Applications	Speed, reaction time
Modifications	Can be adapted to any type of locomotor activity: swimming, cycling, wheeling, hopping, crawling, sliding, skating, skiing, and so on.

Chuck the Ball

Stage of Activity	Learn to Train
Equipment	1 ball Cones* (optional – to mark course) *may also use natural boundaries or markers
Time	5 - 15 minutes
Number of People	3+
How it Works	Use cones to mark a course 100 metres to 300 metres in length. Athletes jog around the course in a single file line at least two meters apart. The athlete in front starts with the ball. At some point during the lap, they throw the as far away from the group as possible and continue around the course at the same pace. The last person in line sprints to pick up the ball, runs back to the group, then takes over the lead position. Once the new leader takes over, they set the pace and choose when to throw the ball during the next lap. *Note: participants must throw the duck before completing a full lap (measured from where they took over the lead). Continue the pattern until all athletes have had a chance to throw.
Applications	Speed-endurance, throwing, agility, interval training, recovery
Modifications	Can be adapted for any environment. With older athletes, using a backhand pass or similar will keep the ball in play.

Dicey Challenge

Stage of Activity	All
Equipment	Dice
Time	10-15 minutes or more
Number of People	Unlimited
How it Works	Create 6 exercises that correspond to each number on a die. Write exercises on a board or create posters. Athletes roll a die and complete the exercises for that number, then roll again and complete the next exercise. The goal is to complete as many dice rolls as possible in a specific time (e.g. 10 minutes). Athletes must maintain a distance of at least two meters from other participants during this exercise.
Applications	Skill development, core activation / strength, fundamental movement skills
Modifications	Adapt skills to fit the needs of individual sports and environments.

Dodge the Duck

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	1+
How it Works	<p>This game is excellent for training reaction time to stimulus. Set up a start line and finish line (50-150 metres apart depending on the sport).</p> <p>Place two different coloured rubber ducks (or other colored objects) about two thirds of the way down the track.</p> <p>The coach stands 1-2 metres from the ducks (toward the start line).</p> <p>On “GO” one athlete sprints toward the ducks.</p> <p>Just before the athlete approaches the ducks, the coach calls out one of the colours and the athlete tries to dodge to the side of the designated duck, then continue sprinting to the finish line.</p> <p>Call the colour earlier for novice athletes and later for more advanced athletes. Athletes awaiting their turn to run, must maintain a distance of at least two meters from other participants.</p>
Applications	Speed, agility, reaction time, lateral movement, dodging
Modifications	<p>Adaptable to many sports, particularly those involving gliding at fast speeds where reacting to external factors is a critical component of performance (e.g. cycling, skating, canoeing, kayaking).</p> <p>Use different animals or coloured “dodging tools” depending on the community.</p>

Down, Down, Down

Stage of Activity	All
Equipment	Lacrosse balls
Time	10 minutes
Number of People	3+
How it Works	<p>Everyone will get into small groups and start passing the ball back and forth (tossing the ball). If one person drops the ball another person will say “down”. The participants will have to go down on one knee. The players then continue to pass the ball; if the team drops the ball again they will have to go down on 2 knees. Players continue to pass the ball. If a player drops the ball a third time they all have to go down on one elbow. The fourth time a player drops the ball they go down on 2 elbows. This continues until athletes on one team or group are down on their stomach or time is exceeded.</p>
Applications	This develops the participant’s hand-eye coordination, throwing and catching skills.
Modifications	<p>This activity can be played with various balls depending on the sport. It can also be played on a court, or field using different sport equipment (for example: softball and gloves).</p> <p>The game can also be modified so that only the player responsible for dropping the ball has to drop down to the next level. A player is eliminated once they are on their stomach and the game continues on until only one player is remaining.</p>

Fire Feet

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	<p>Participants spread out around the playing area, at least two meters away from each other. Make sure each participant can see the coach clearly from where they are standing. The coach has five different instructions they will call out and the players will do the action as fast as possible. Begin by getting the participants to lightly jog on spot. They will call out: up, down, left, right, or fast feet.</p> <p>Instructions: Up: jump and reach high with their hands. Down: get down and touch the floor. Left: pivot or shuffle your body to the left. Right: pivot or shuffle your body to the right. Fast feet: pedal your feet very quickly while on your toes.</p>
Applications	Warm up, jumping, agility.
Modifications	Can be used in many environments by updating the agility activities associated with each instruction.

Follow your Leader

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	2+
How it Works	<p>Athletes make groups of 4 to 5 or complete activity as a full team. Each athlete takes a turn leading a 1 minute adventure through the playing facility.</p> <p>They must use a minimum of 3 different locomotor movements EXCEPT walking or running forward. All team members must copy whatever the leader does. Athletes must remain at least two meters apart throughout this activity.</p> <p>This activity works best when there is access to a playground or outdoor area with variable terrain, but can also be done inside gyms, rinks, or community centres if safety guidelines are followed.</p>
Applications	Multi-movement challenges, team work, warm-up or cool-down
Modifications	Use chorus as a marker of speed. E.g. move as quickly as possible during chorus then resume regular speed when song continues.

Follow your Pass

Stage of Activity	All
Equipment	1 Ball per group
Time	10 - 15 minutes
Number of People	5+
How it Works	Participants are divided into groups of 5 and stand in a zig zag pattern at least 5 meters apart. One participant will start with the ball and pass it to the next person across from them. That participant will then follow their pass and take the place of the person that they passed to. Once they get to the last person in line they will continue the pattern going back the other way. This can be continued until the coach calls the activity to an end.
Applications	This activity develops the participants' hand-eye coordination, passing, awareness and running skills.
Modifications	The equipment can vary depending on the sport. To make this activity more difficult make the space between the participants larger and then smaller to make it easier. This activity can be placed on a court, ice, field or gym. This activity can be done as a whole group as well.

Friends and Favs

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	2+
How it Works	<p>Athletes find a group of 2, 3, or 4 people. Coach designates a warm-up loop of 100 to 300m. Each loop the group must find out a different set of "fav's" from their partners. Athletes must be at least two meters apart as they jog around the loop.</p> <p>EXAMPLES: Loop 1: Favourite colour, favourite animal, favourite food Loop 2: Favourite vacation spot, favourite books to read, favourite video game Loop 3: Favourite sport to play, favourite subject at school, favourite TV show Repeat with the same group OR switch partners each loop to encourage team building.</p>
Applications	Warm-up, recovery, cool-down, team building, pacing
Modifications	To inspire more discussion, ask athletes to solve a riddle or create something as a group while they warm-up / cool down. E.g. invent a new Olympic sport that can be played or participated in by anyone from any country. Can be used in many environments (court, field, ice, pool, etc.).

Give andGo

Stage of Activity	All
Equipment	Balls
Time	10 - 15 minutes
Number of People	1+
How it Works	The participants will line up evenly at both ends of the playing field .There will be a coach ½ of the way to each end. Participants will then travel with the ball towards the far side. Once the participant nears the coach they will make a quick pass off to the coach and the coach will instantly pass the ball forward back to them. The participant will receive the pass and go in and pass to the next person in line. Once the participant has completed their pass the next person in line can goes in the opposite direction. Participants waiting on the ends must remain at least two meters apart as they await their turn.
Applications	This activity will develop the participants passing, shooting and hand-eye coordination skills.
Modifications	The equipment will vary depending on the sport. This activity can be played on a court, ice, field and gym.

Keep Up

Stage of Activity	All
Equipment	Balloons
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Hold your stick in one hand, and use the head of the stick to keep a balloon or lightweight ball in the air. Do this while walking along a line on the floor/field or along a bench. Do it while jumping, hopping, or performing any other locomotor skill. Use both the dominant and the non-dominant hand. Ensure participants can do it on the ground before they progress to a bench. Ensure the bench is secure.
Applications	Coordination, warm-up
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Ladder Races

Stage of Activity	Fundamentals, Learn to Train
Equipment	Ladder or lay sticks on ground to form a ladder
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	One line behind each ladder, first team that has all participants go through the exercise wins. Example patterns: 1 foot in each (rapid through), 2 feet in each, in-in-out-out, cross over)
Applications	Speed, agility, quickness, focus
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Line Jumping

Stage of Activity	All
Equipment	Chalk, tape
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Draw two lines on the floor with chalk or tape so that the lines are close together at one end and farther apart at the other. Children do a two-foot take-off jump across the lines, starting at the end where they are closer together, and if they are successful, they move farther along the lines and try again where the lines are farther apart. As a variant, children can estimate the widest point they think they can jump and then try to jump at that point.
Applications	Jumping, agility, balance, coordination
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Hoop and Pole Game

Stage of Activity	Learn to Train
Equipment	Hula Hoops (1 for every 2 athletes) Pool noodles cut in halves (2 per athlete)
Time	5 - 15 minutes
Number of People	2+
How it Works	<p><i>NOTE: Traditionally this game was played using poles or lances made of wood, sharpened on one end. Players would try and throw the lances through a hoop approximately 30cm in diameter. This version has been modified.</i></p> <p>Athletes find partners and one hula hoop. Designate a start line and a direction of travel (e.g. across a field, rink, or gym). Partners start 2 to 4 metres apart. One partner rolls the hula hoop across the designated playing area, while the other partner follows parallel to it (2 to 4 metres away) and tries to throw their “pool noodle lances” through the hoop. The team receives 1 point if the pool noodle is thrown through the hoop without knocking the hoop down. Once the hoop falls, partners run to the opposite side of the playing area and switch roles. Repeat in the opposite direction. Set a time (e.g. 8 minutes) during which athletes try and collect the maximum number of points as a team.</p>
Applications	Throwing, dynamic target practice, lateral movement, speed
Modifications	Movement of the thrower could include many movements such as skiing, skating, rolling, wheeling, and spinning. Sport-specific skills can be used in place of throwing.

Multiply Your Power

Stage of Activity	All
Equipment	Dice (1-2 per athlete)
Time	10 - 20 minutes
Number of People	2+
How it Works	<p>Write out a list of drills, core exercises, or other regular training activities.</p> <p>Athletes pair up and roll two dice.</p> <p>They multiply the numbers rolled and do that many reps of the first exercise.</p> <p>Repeat with the second exercise.</p> <p>E.g. if athletes rolled a 5 and a 3 they would both complete 15 reps each.</p> <p>Goal – try to complete all exercises in a certain amount of time.</p> <p>*If athletes finish early (e.g. if they roll low numbers) then have them choose 3 or 4 of their favourite exercises and repeat the activity until the time is up.</p>
Applications	Personal choice, core stability or sport specific skills; shorter athletic abilities (e.g. speed intervals)
Modifications	<p>Make groups of 3 and add dice or multiply 3 for higher totals.</p> <p>Record numbers and compare totals. Which teams did more?</p> <p>Which team is likely to improve based on the amount of practice they did on each skill?</p>

Owl Hop

Stage of Activity	All
Equipment	None
Time	5-10 Minutes
Number of People	2+
How it Works	<p>Everyone spreads out in the playing area, finding their own space at least two meters from other participants.</p> <p>On ‘Ready’, all players stand on one foot, hooking the other foot around their leg that is on the ground.</p> <p>On “GO!” athletes hop as long as possible on the one leg.</p> <p>When they put the other leg down, their time is up.</p> <p>Once everyone has stopped, switch legs and repeat.</p>
Applications	Strength, endurance, power, hopping
Modifications	<p>Alternatively, when they are done, they can assume a different strength exercise (e.g. plank position) until everyone is finished, in order to maximize “playing” time for all participants.</p> <p>Add music or a drum for players to maintain a jumping rhythm.</p>

Relay Races

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Relay Races: Races in which players have to stop and start rapidly and change direction. Have a small number of people on each team, with team members changing so that everyone has a chance to be on a winning team. Avoid relays where children run to a wall, touch it, and run back — there's too much danger of running into the wall with an arm out in front and injuring the arm or wrist. Relays in which players pick up a lacrosse ball and put it down in a small receptacle is excellent, as they force players to stop completely and very rapidly.
Applications	Agility, keeping athlete's head and eyes up, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Spider Ball

Stage of Activity	All
Equipment	One ball per pair
Time	5 - 10 minutes
Number of People	6+
How it Works	Have participants divide into pairs, assign each pair a number and give each pair a ball. Have the group stand in a circle where everyone is directly across from their partner and at least two meters from anyone adjacent. Identify the action that you'd like each pair to complete (throw the ball to your partner, roll the ball to your partner). The coach calls out a variety of numbers (the more numbers you call the harder the activity will be) and has the players move the ball to their partners as described. For example of you call 2 & 4 then pair 2 and pair 4 throws the ball to their partner at the same time.
Applications	Throwing, rolling, spatial awareness
Modifications	To make the activity harder have each player have a ball – when their number is called, they need to exchange balls as described. This game can be played in a variety of environments with a variety of sport-specific equipment and skills.

Spot Ball

Stage of Activity	All
Equipment	Balls, Spots on field of play
Time	10 - 15 minutes
Number of People	8+
How it Works	Split the participants into 2 teams and place them two meters apart in a straight line on opposite ends of a playing surface. Designate a marked “spot” at opposite sides of the playing field. One player from each team goes to the opposite side and stands on the “spot”. A center line is established in the middle of the playing field. All players have a ball in their stick Each player, in turn and from both sides, approaches the center line and throws the ball to their team mate on the “spot”. This player cannot move off the spot to catch the ball. If the player on the spot catches the ball, the player who threw the ball then goes and sits on the ground in line with their team mates. If the player on the spot misses the ball, the thrower must retrieve the ball and go back to their position in line to await another throwing opportunity. The first team to have all their players seated wins. The “spot” must be at least two meters from all other players.
Applications	Works on hand-eye coordination, balance, throwing, catching and awareness.
Modifications	This game can be played on a court, field, and gym.

Throwing and Catching – ULTIMATE

Stage of Activity	All
Equipment	Sport-specific balls
Time	5 - 10 minutes
Number of People	Unlimited - two teams
How it Works	ULTIMATE: Use a sport specific ball. Two teams of 3 players each, with a small end zone at each end of a marked out play area. End zone should be at least 2 meters x two meters. One team has the ball. The player with the ball is not allowed to run, walk, or move with the ball, but must throw it to a teammate. Team members pass the ball to one another, and the other team tries to intercept the passes. The aim is to catch the ball inside the other team’s end zone to score. If a team misses the target or is intercepted, the other team gets the ball and play continues.
Applications	Teaches FUNdamentals of throwing and catching, keeping athlete’s head and eyes up, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym. Play with one extra player on one team.

Tic-Tac-Toes Relay

Stage of Activity	All
Equipment	10 balls of different colors (2 colors)
Time	5 - 10 minutes
Number of People	3 per team x2 = 6 per game (up to 5 per team for a total of 10) Based on number of participants.
How it Works	Set up a tic tac toe grid using the hula hoops or the cones. Each team starts the same distance away from the grid. One player from each team runs to the grid and places a colored ball into a square. They return and tag the next person with their stick, to take the second ball of the same color and place it in the grid. This process repeats until one team gets 3 squares in a row. Once all nine squares are filled (and neither team has 3 in a row), the team with 5 colored balls wins the round.
Applications	Great for warm-up, keeping athlete's head and eyes up, agility, quickness, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Wepi Sakan

Stage of Activity	All
Equipment	Socks with intercrosse ball tied inside at the toe
Time	5 – 10 minutes
Number of People	2+
How it Works	Traditionally, this activity was played with rawhide, swung overhead and the thrown as far as possible. This version is modified. Athletes complete activity in pairs and all participants must remain at least 2 meters apart. Designate a starting line. One athlete lines up, swings sock overhead and then throws it as far as possible. Both athletes run to the sock, and the second athlete throws from the landing position. The goal is to complete a designated distance (e.g. length of a field) in the least number of throws. Once athletes reach the end of the goal line, they run back and repeat the activity, trying to reduce the number of throws.
Applications	Throwing, spinning, running, teamwork
Modifications	Line up players along the edge of the field and all throw at one time, trying to get their sock the furthest. https://www.sfu.ca/lovemotherearth/08classroom/papers/aboriginal_sports.pdf

Weaving

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	3+
How it Works	<p>All athletes line up single-file, with at least 3 meters between them.</p> <p>On “GO” the team starts moving jogging very slowly, maintaining the distance between each person. The last person moves faster, weaving in and out of the players ahead until they reach the front of the line.</p> <p>Once the back person is at the front, they slow the group down, decide on the direction, and resume the lead while the “new back person” weaves through the team.</p>
Applications	Teamwork, aerobic endurance, agility, body and space awareness, pacing
Modifications	<p>The back “weavers” start sooner, for example after the person has dodged through two or three people. This reduces time between each athlete’s turn to weave, therefore allowing for more repetitions per player.</p> <p>Pass an implement when weaving.</p>

Win the Prime

Stage of Activity	All
Equipment	None (unless sport specific equipment is required)
Time	5 - 10 minutes
Number of People	3+
How it Works	<p>Athletes start in a line along a field at least two meters apart. They close their eyes, as the coach walks behind the line and secretly taps one person on the shoulder. When ready, the coach will say begin.</p> <p>Athletes are instructed to stay together as a group during the interval until the person who was tapped decides to “kick” for the finish.</p> <p>When the athlete kicks, then everyone races them to the finish. The first one to the line gets a point.</p> <p>The person who was tapped must decide whether to sprint immediately or wait until closer to the finish, depending on their speed and the speed of others in the group. For endurance events, this activity can be done on a track or longer course (1 to 3 minutes long). For speed-based events, the distance can be very short (e.g. 10 to 30 seconds long).</p>
Applications	Speed, reaction time, decision making, energy conservation, strategy
Modifications	<p>Athletes can move in a pace line for sports that require drafting.</p> <p>Athletes can also be stagger started, to spread out the field.</p>

World Cup

Stage of Activity	All
Equipment	Variable (ball, net)
Time	5 - 25 minutes
Number of People	6+
How it Works	<p>Participants pair up and select a country for their team name (ie. Canada, Portugal, Germany).</p> <p>Identify a playing area in close vicinity of the net about the size of the attack zone. The coach throws balls into the identified playing area – a smaller number of balls than teams. Each pair works together to put the ball in the net. Every country is against every country. When someone shoots at the post, they must yell their country’s name for their shot to count. When a team hits the post or crossbar, they go off to the sideline as they have made it into the next round. The round is over when there is only one pair left and they are eliminated. To ensure that everyone continues to play, you can play the game where there is no elimination and you keep score instead.</p>
Applications	Passing, shooting, communication, spatial sense
Modifications	<p>If there is no keeper, you can play “post” where hitting a post or cross bar is considered a goal.</p> <p>The game can also be played where no one is eliminated for a set period of time, and team’s keep score of how many goals they score.</p> <p>By modifying the playing surface (larger) you can make the game easier, or smaller to make the game harder. You can also make the game harder by putting less balls into the field of play for the team’s to try and score with.</p> <p>This game can be modified to play in many different environments using different sport-specific skills and playing surfaces.</p>

Zim Zam Zoom

Stage of Activity	All
Equipment	None
Time	5 minutes
Number of People	Unlimited
How it Works	<p>Have athletes stand in a semi-circle around you (the coach) about 2 meters apart.</p> <p>Name game; throw a ball to someone in the group and say “zim”, “zam” or “zoom”. If you say “zim” they have to say the name of the person on their left, “zam” they have to tell their own name, “zoom” they have to say the name of the person on their right.</p> <p>Switch positions after a short time.</p>
Applications	Ice breaker, focus
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.



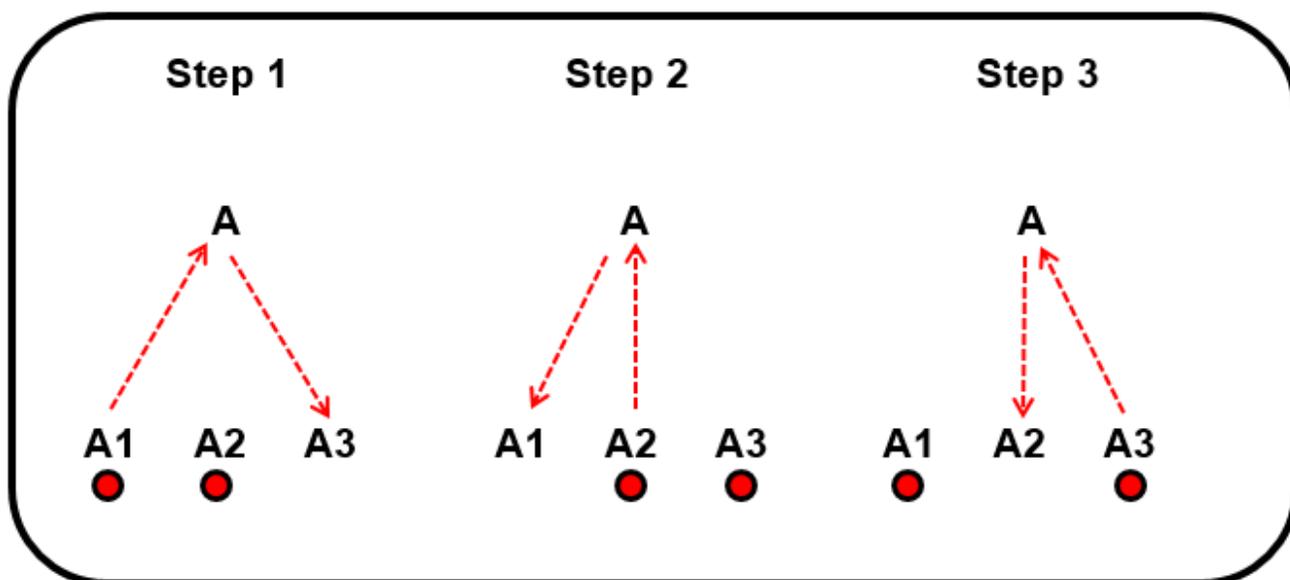
APPENDIX H:

DRILLS AND SKILLS OVER 12 YEARS

APPENDIX H: DRILLS AND SKILLS – OVER 12 YEARS

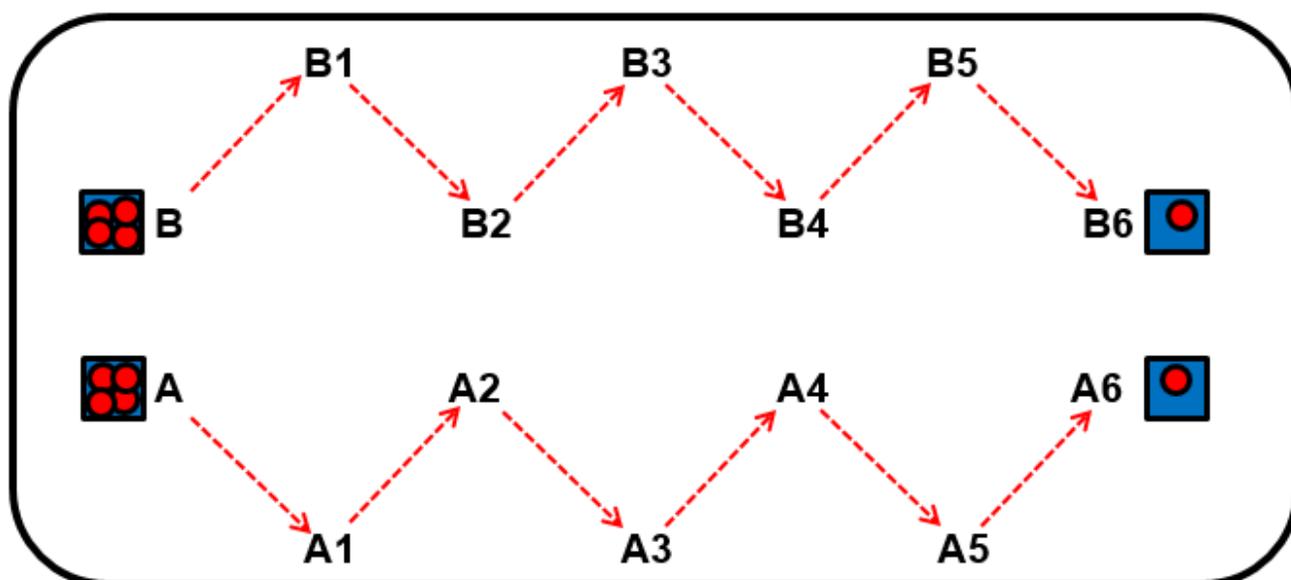
Drill Name: QUICK RELEASE PASS AND CATCH

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Two Ball per group, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of four, 2 balls per group. • Line three players on one line and one player (A4) in front of them on another line (at least 10 feet away). • Player A1 and A2 start with the balls. • Player A1 passes to A4, A4 then passes to A3. • Player A2 passes to A4, A4 then passes to A1. • Player A3 passes to A4, A4 then passes to A2. • Repeat <p style="text-align: center;"><u>Rules</u></p> <ul style="list-style-type: none"> • No using hands. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Time the groups. <p><u>Challenge</u> - number of completed passes and quickest time (3-5 times through).</p>



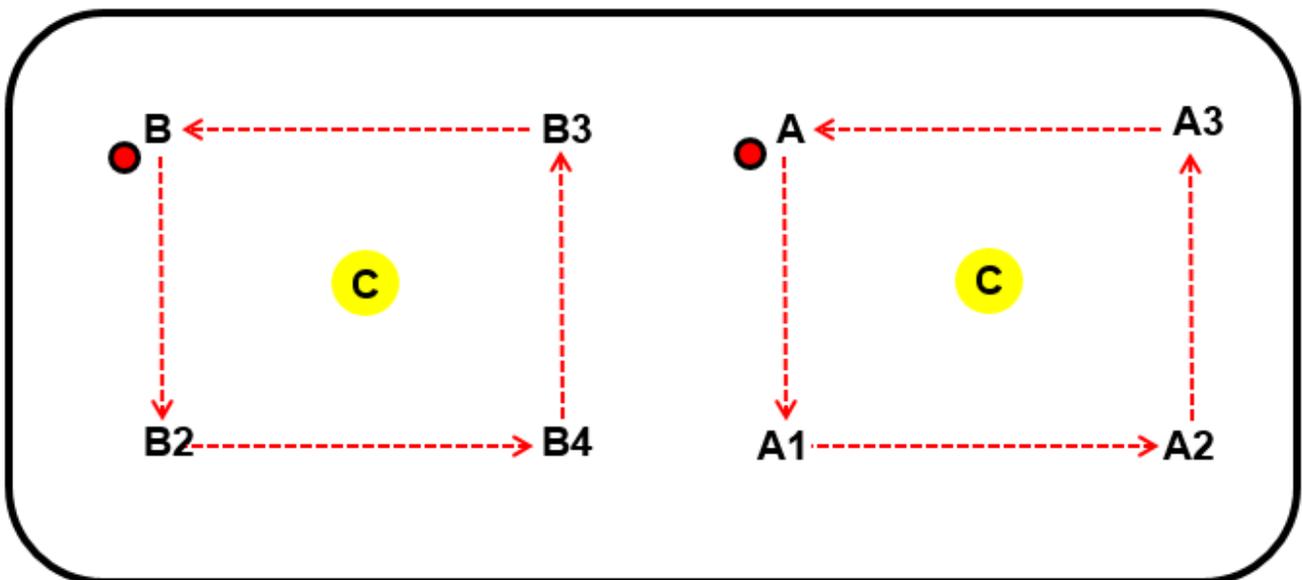
Drill Name: QUICK STICK

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Balls, One Stick per Player, Two Buckets per group
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into 2 to 3 groups. • Using the length of the floor/field, line the groups up in a zig zag fashion (standing in one spot). • First player scoops up a ball and passes to the next person in line. • Players pass down the zig zag line. • Last player catches the ball and places it into the bucket. • The most in the bucket wins. <p>Rules</p> <ul style="list-style-type: none"> • No using hands. • Any loose/dropped balls are counted as out. • All athletes are at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Time the groups. • When the first bucket is empty, reverse the drill. • Vary the distance of the players depending on the age and skill level. <p>Challenge - most balls in the bucket and quickest time.</p>



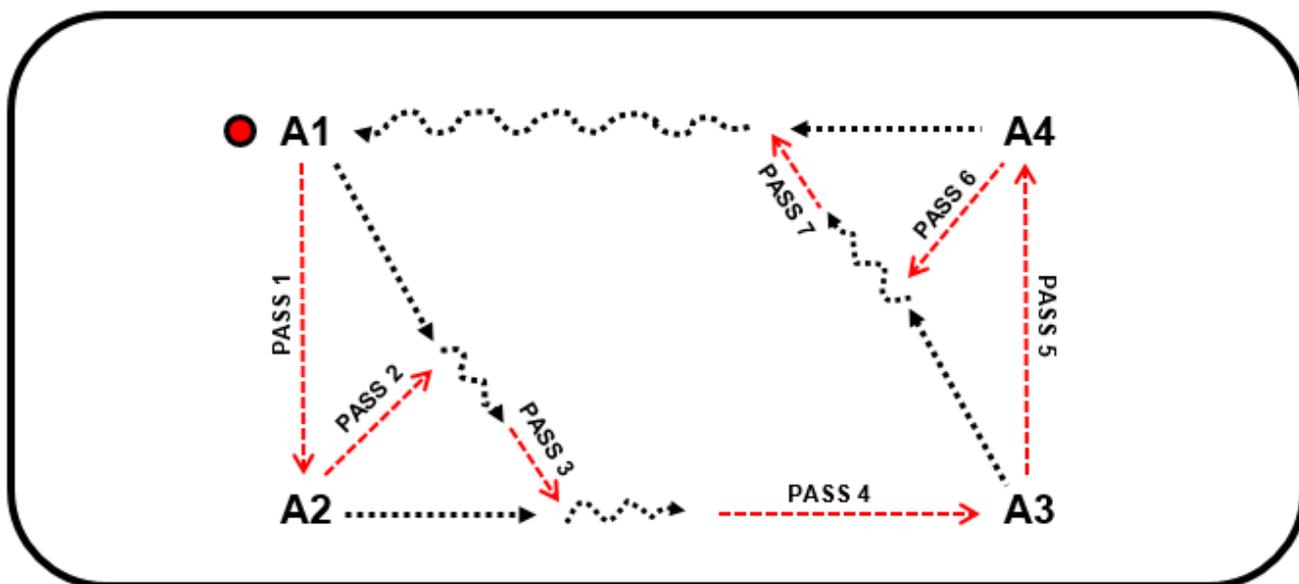
Drill Name: FOUR CORNER PASSING

Stage of Activity	FUNDamentals
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of 4. • Players form a rectangle. • One ball per group. • Players pass ball around the rectangle. • Ball should travel in both directions.
Modifications	<ul style="list-style-type: none"> • Time the groups on number of times around the rectangle. • Have players pass the ball to anyone in the drill WITHOUT looking at the player being passed to. • Vary the distance of the players depending on the age and skill level. <p>Challenge - number of completed passes and quickest around a select number of times.</p>



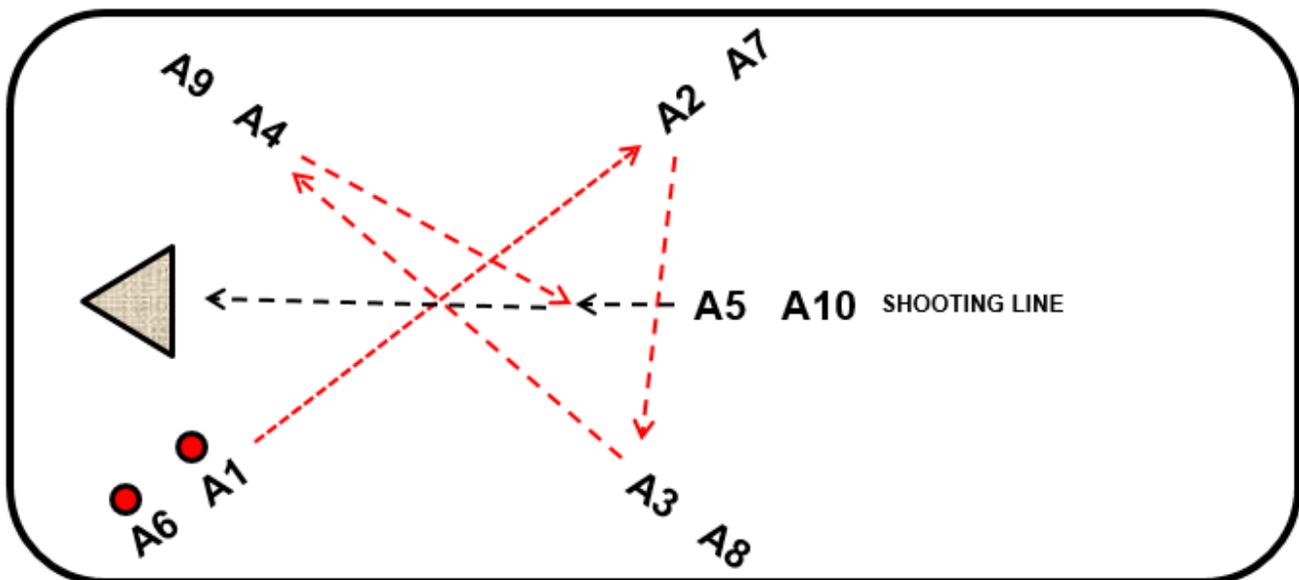
Drill Name: ADVANCED FOUR CORNER PASSING

Stage of Activity	Train to Train, Train to Compete
Skills	Passing, Catching and Cradling
Equipment	1 Ball, One Stick per Player
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of 4. • Players form a rectangle. • One ball per group. • Player A1 passes to player A2, breaks and receives a return pass • Player A2 breaks after the return pass to player A1 and in return receives a return pass from player A1 (Player A1 now takes A2's previous corner). • Player A2 passes to player A3 and takes A3's previous corner. • Player A3 passes to player A4, breaks and receives a return pass • Player A4 breaks and receives a return pass from player A3. • Player A4 continues on to player A1's previous corner and player A3 moves into player A4's previous corner.
Modifications	<ul style="list-style-type: none"> • Time the groups on number of times around the rectangle. • Reverse direction. • Vary the distance of the players depending on the age and skill level. <p>Challenge - number of completed passes and quickest around a select number of times.</p>



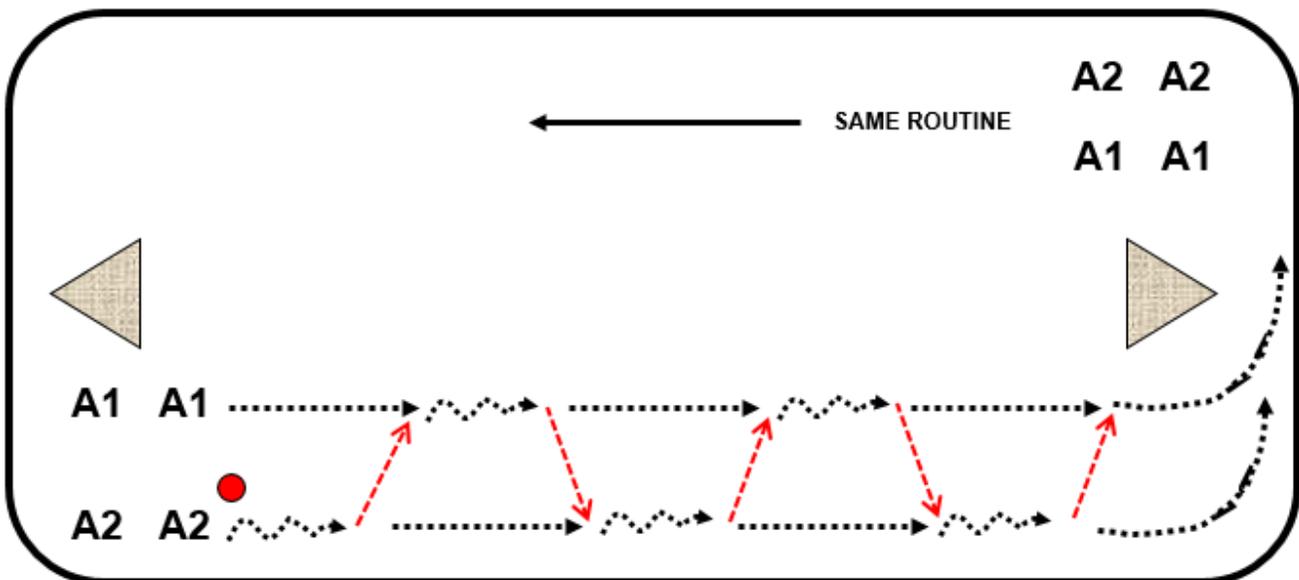
Drill Name: STAR DRILL

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Shooting
Equipment	Balls, One Stick per Player, Goal, Target
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players stand in 1 of 5 post positions. • Player A1 passes to player A2 and then follows the pass. • Player A2 passes to player A3 and then follows the pass. • Player A3 passes to player A4 and then follows the pass. • Player A4 passes to player A5 and then follows the pass. • Player A5 receives the pass and breaks towards the goal for a shot. After the shot Player A5 moves into Player A1's original position. • Player A6 starts the passing again.
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target. <p>Challenge - number of completed passes and quickest around so everyone shoots (group A, group B).</p>



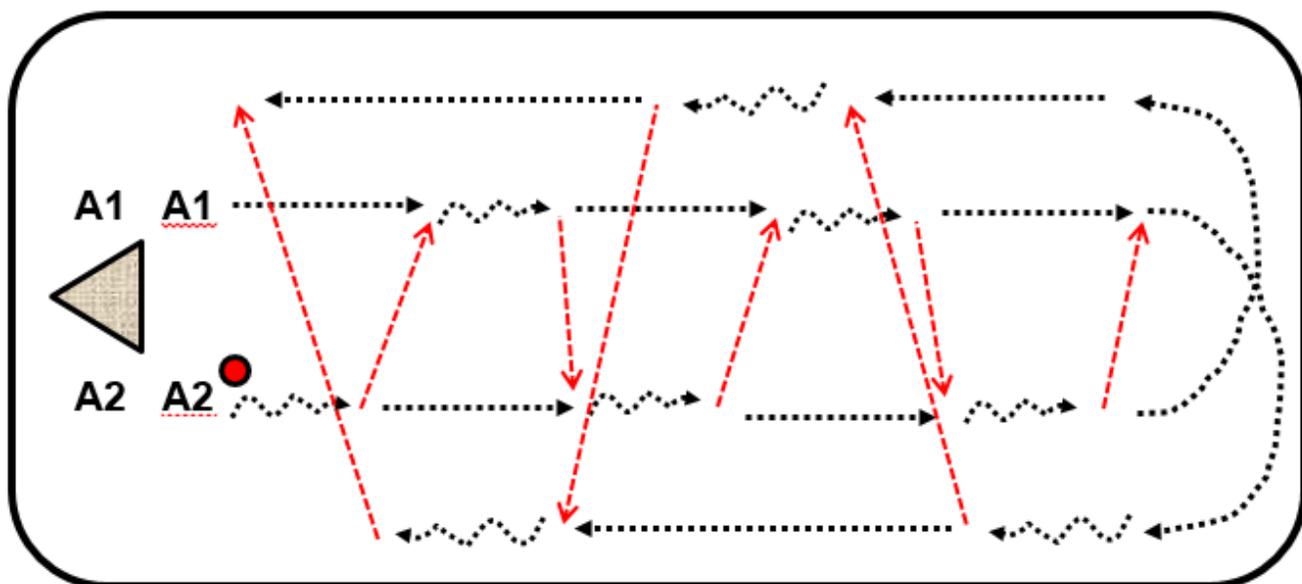
Drill Name: MOVING PAIRS

Stage of Activity	Learning to Train, Train to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players divide into Righties (A1) and Lefties (A2). • Have the righties and lefties line up beside each other at one end (both ends can be used in this drill). • One ball per pair (Righties (A1) and Lefties (A2)). • Players run up the floor/field passing back and forth. • After one length of the floor/field, lineup with the next group to come back.
Modifications	<ul style="list-style-type: none"> • Have the Players run at game speed, sprinting down the floor/field. <p>Challenge - number of completed passes and quickest time down the floor and/or back.</p>



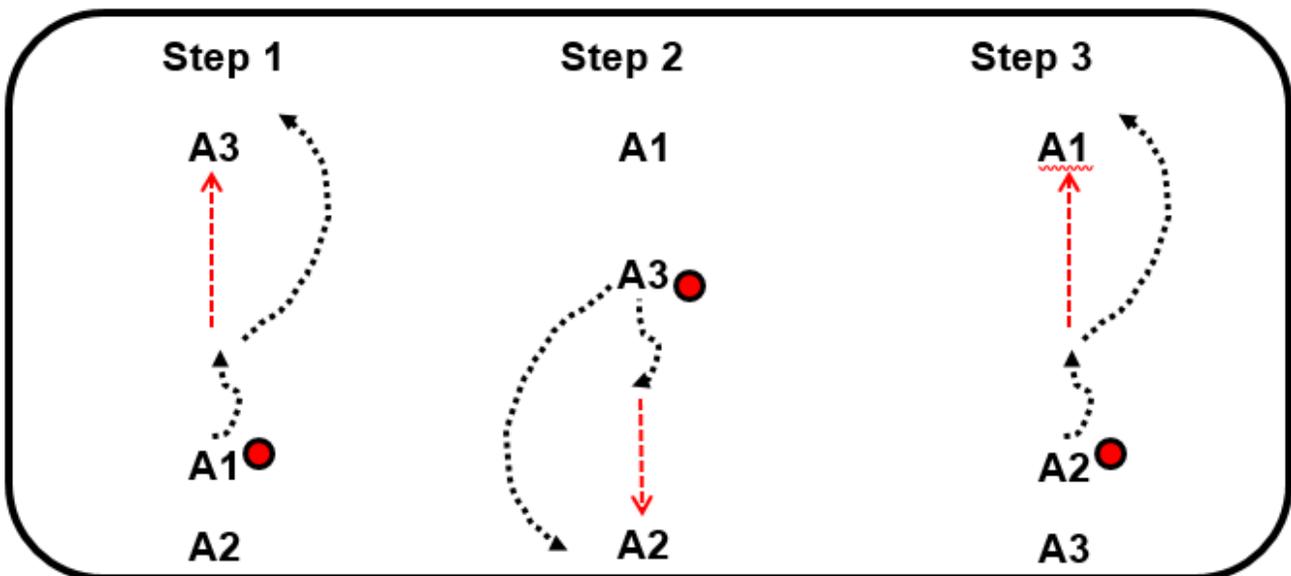
Drill Name: **ADVANCED MOVING PAIRS**

Stage of Activity	Train to Train, Train to Complete
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players divide into Righties (A1) and Lefties (A2). • Have the righties and lefties line up beside each other at one end (both ends can be used in this drill). • One ball per pair (Righties (A1) and Lefties (A2)). • Players run up the floor/field passing back and forth. • When the players arrive at the end of the floor/field, they cross over and continue passing back and forth out wide along the boards. • Crossover ensures players are on the correct side of the box.
Modifications	<ul style="list-style-type: none"> • Have the Players run at game speed, sprinting down the floor/field. <p><u>Challenge</u> - number of completed passes and quickest time.</p>



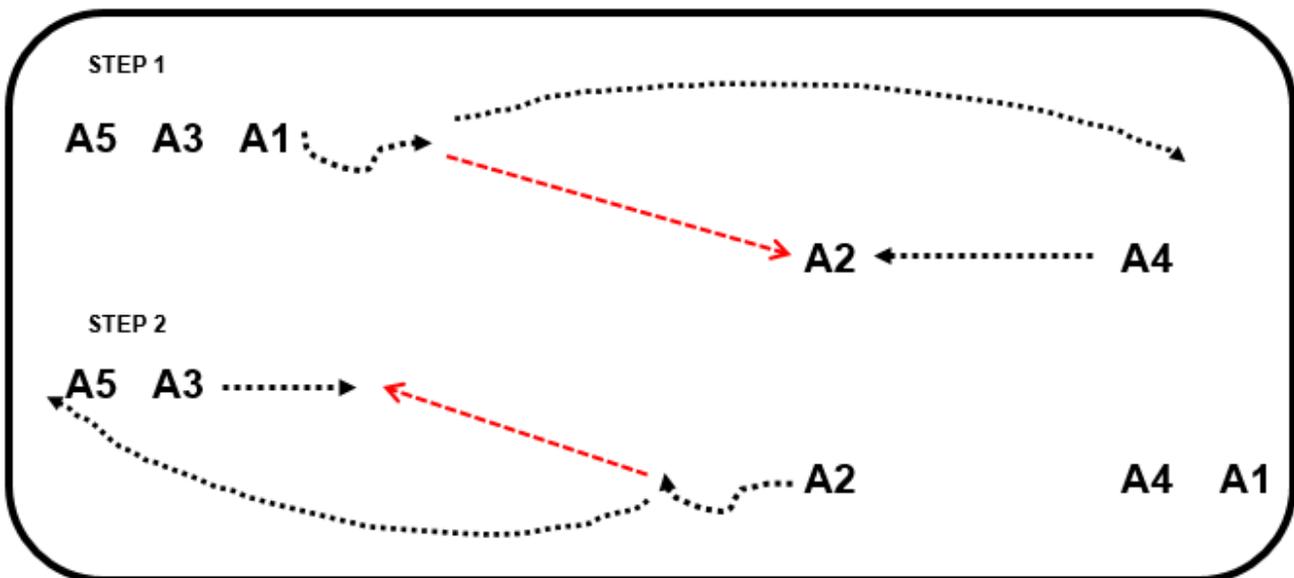
Drill Name: THREE PLAYER SHUTTLE PASSING

Stage of Activity	Learning to Train, Train to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of three. • One ball per group. • Player A1 runs forward a few steps and passes to A3. • Player A1 then sprints to the far boards. • Player A3 receives the pass on the run and passes to player A2. • Player A3 then sprints to the far boards. • Player A2 receives the pass on the run and passes to player A1. • Player A2 then sprints to the far boards. • Repeat for a designated time.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. <p>Challenge - number of completed passes during a chosen time limit.</p>



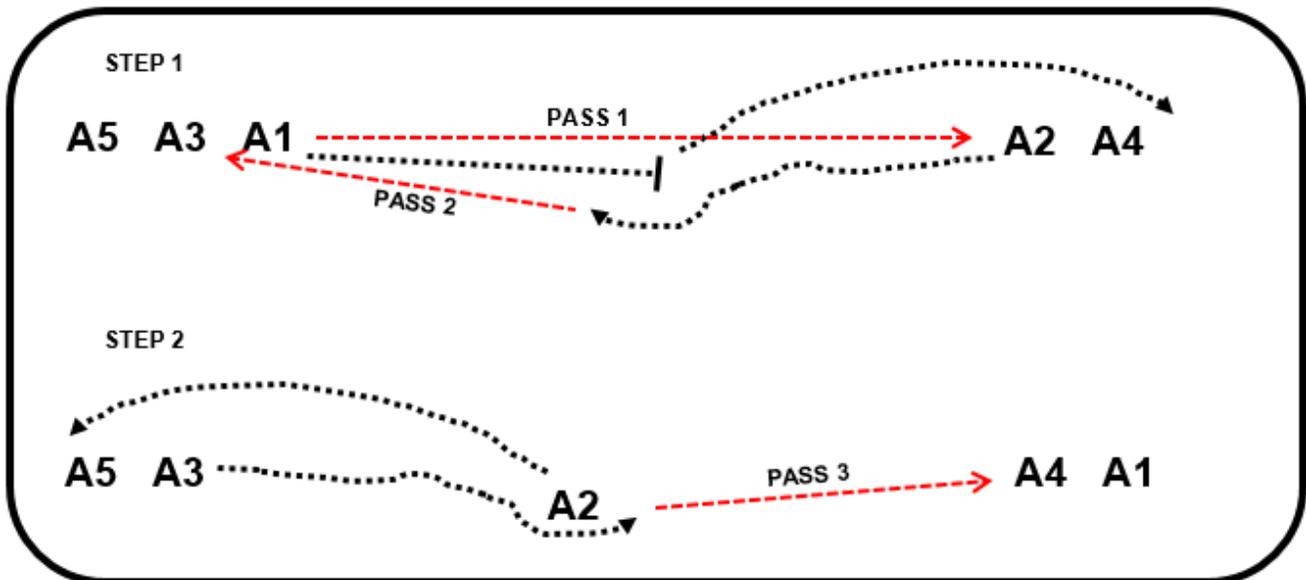
Drill Name: STAGGERED SHUTTLE PASS

Stage of Activity	Learning to Train, Train to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of five. • Two lines, not directly in front of each other, but staggered. • Player A1 runs a few steps and passes to player A2 who has run towards A1. • Player A1 sprints to the end of the line behind Player A4. • Player A2 then passes to player A3 who has run towards A2. • Player A2 sprints to the end of the line behind Player A5. • Keep shuttling until whistle.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. • Coach can encourage 5 group units to compete one against the other for most passes without an error. • Coach can introduce the “flip” pass to players. <p>Challenge - number of completed passes during a chosen time limit.</p>



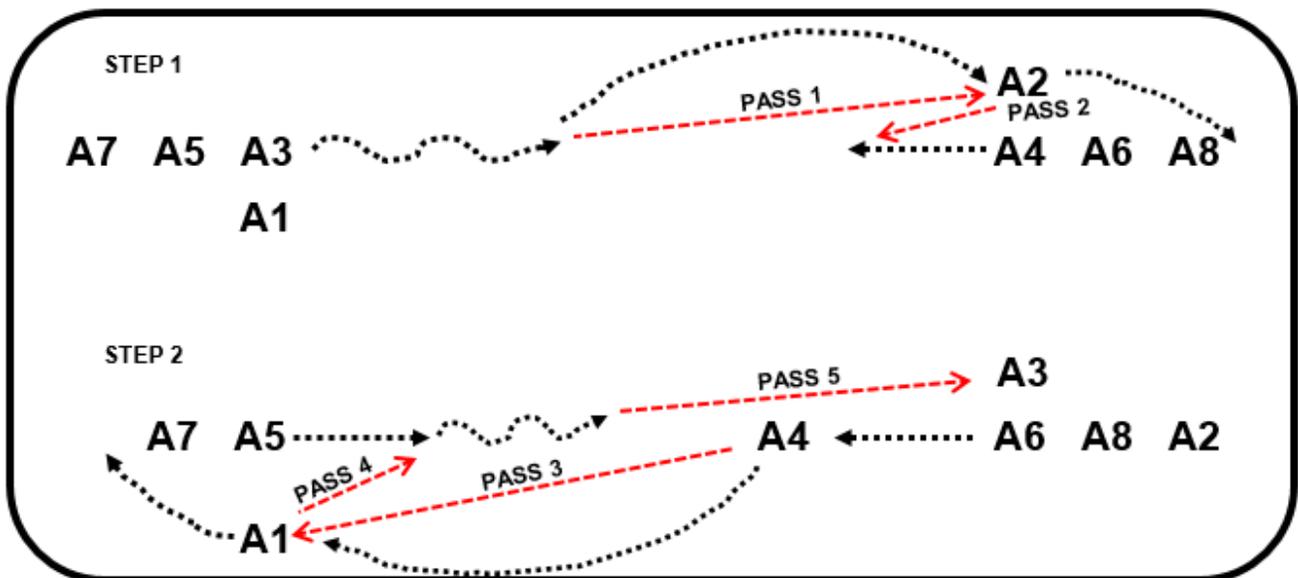
Drill Name: DODGE & ROLL SHUTTLE PASS

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Cradling
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of five. • Two lines, directly in front of each other. • Player A1 passes the ball to Player A2 and goes to the middle of the floor/field and becomes an obstacle that Player A2 need to roll or dodge around. • Player A2 then passes the ball to Player A3 and then Player A2 becomes the obstacle. • Player A3 moves around A2 and passes to Player A4 and Player A3 becomes the obstacle. • Keep shuttling until whistle.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. • Coach can encourage 5 group units to compete one against the other for most passes without an error. • Coach can introduce the “flip” pass to players. <p>Challenge - number of completed passes during a chosen time limit.</p>



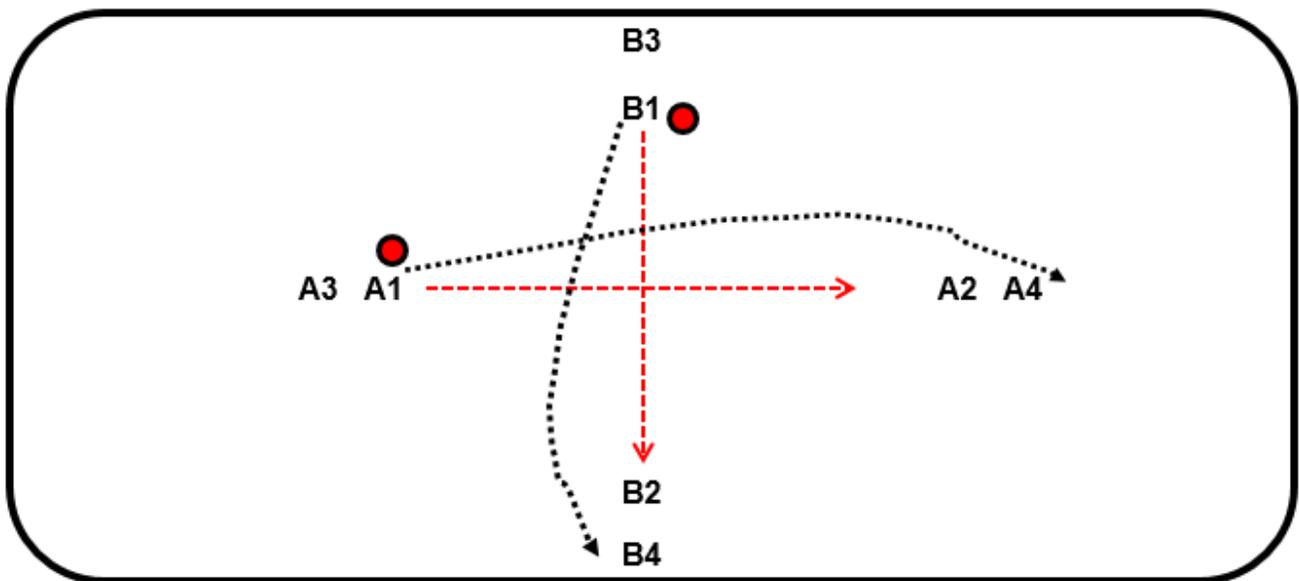
Drill Name: OVER THE SHOULDER SHUTTLE

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Cradling
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Players divide into groups of four or five. • Players A1 and A2 in opposite lines stand to the side of the lineup to receive the passes. • Player A3 starts the drill by moving up the floor/field with the ball, then passes to Player A2 then A3 sprints to the A2 position. • When Player A2 receives the ball, Player A4 breaks off and runs to receive the pass over the shoulder from Player A2. • Player A2 then moves to the end of the line. • Player A4 passes the ball to Player A1 and sprints to the A1 position. • When Player A1 receives the ball, Player A5 breaks off and runs to receive the pass over the shoulder from Player A1. • Player A1 then moves to the end of the line. • Keep shuttling until whistle.
Modifications	<ul style="list-style-type: none"> • Add more players in the lineup for the younger groups. • Coach can encourage 8 group units to compete one against the other for most passes without an error. <p>Challenge - number of completed passes during a chosen time limit.</p>



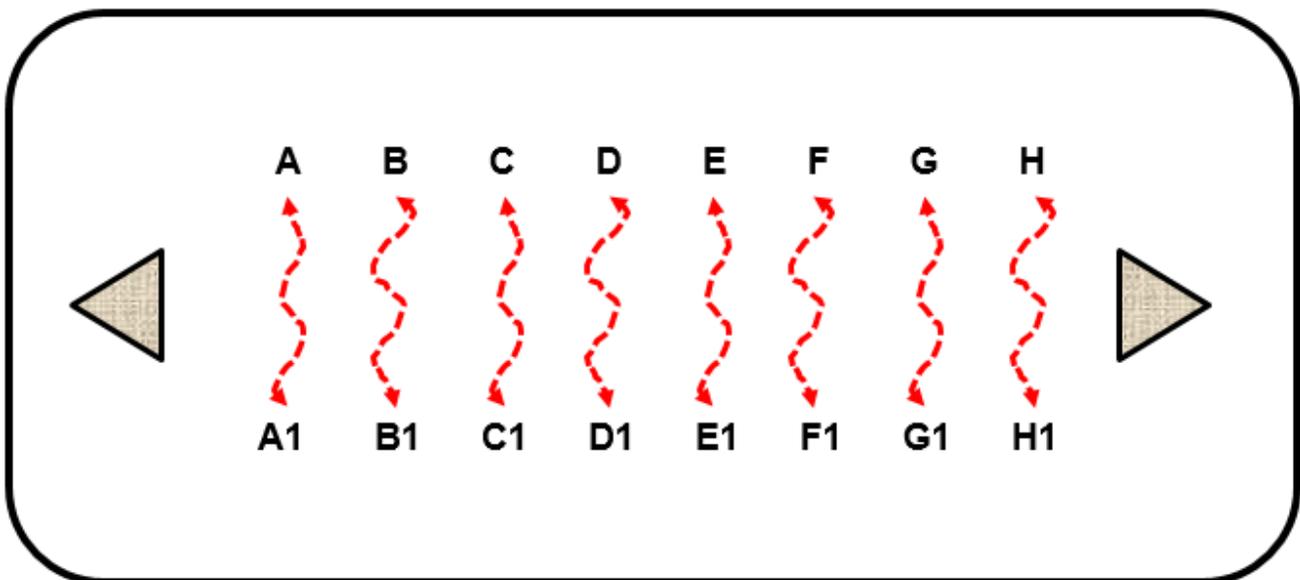
Drill Name: PASSING & CATCHING DRILL WITH TRAFFIC

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	8+
How It Works	<ul style="list-style-type: none"> • Players divide into two groups (each group divides and lines up on opposite ends from each other). • Player A1 passes to Player A2 in the opposite line and follows the pass and goes to the end of the opposite line. • Player B1 passes to Player B2 in the opposite line and follows the pass and goes to the end of the opposite line. • 1st time through, strong hand pass. • 2nd time through, weak hand pass. • 3rd time through, strong hand bounce pass. • 4th time through, roll the ball along the floor/field. • 5th time through, backhand pass.
Modifications	<ul style="list-style-type: none"> • To add a degree of difficulty, first player in each line passes to the second player in the opposite line, the first player in the opposite line breaks and takes an over the shoulder pass. This player then passes to the second player in the opposite line and the first player in this line breaks and takes an over the shoulder pass. <p>Challenge - number of completed passes during a chosen time limit.</p>



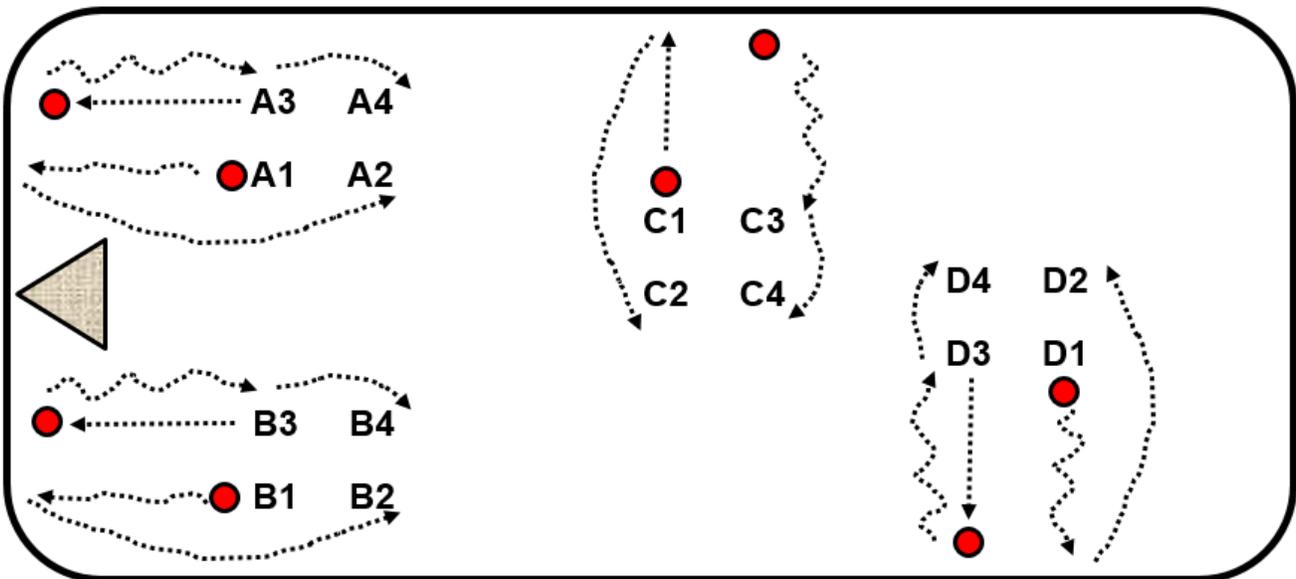
Drill Name: PARTNER ROLL

Stage of Activity	FUNDamentals
Skills	Scooping
Equipment	Balls, One Stick per Player
Time	5 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none"> Partners roll the ball back and forth to each other. Receiver scoops up the ball and then rolls it back. Ball may be rolled by hand if the players are not yet able to roll the ball accurately.
Modifications	<ul style="list-style-type: none"> Alter the distance between players for longer passes. One player rolls the ball, the other scoops and throws it back in the air – works on scoops, passes and catches. <p>Challenge - number of completed rolls and scoops during a chosen time limit.</p>



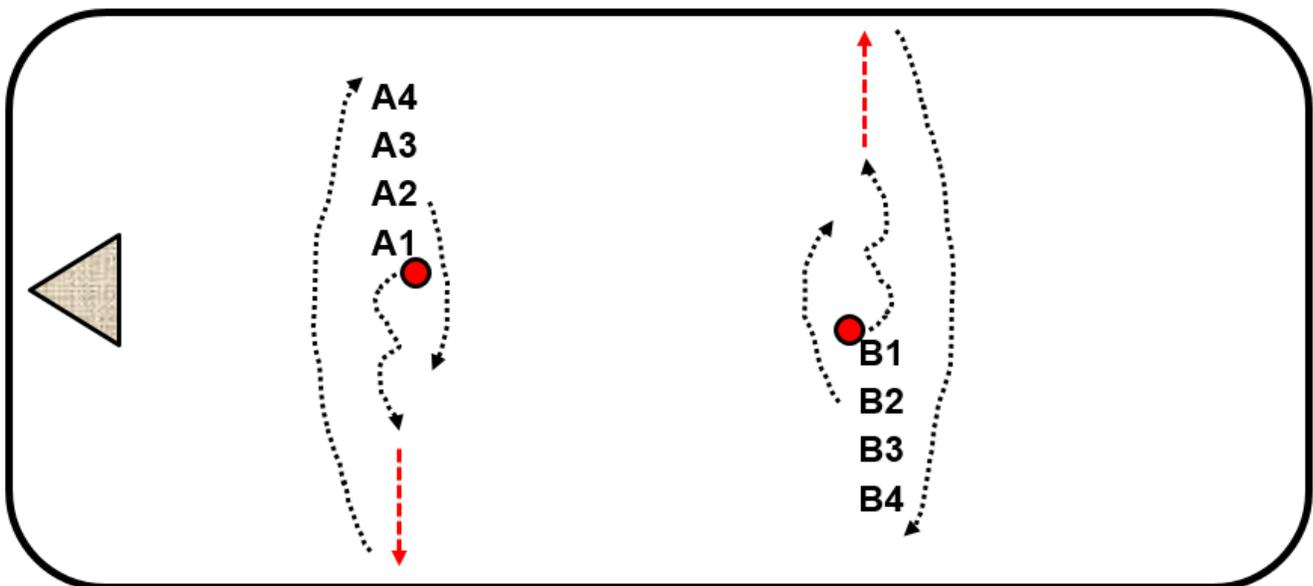
Drill Name: STATIONARY PICK-UP

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Ball is placed on the floor/field in front of player A1 and at the boards/sideline in front of player A3. • On the whistle, player A1 picks up the ball and runs to the boards/sideline and puts it down. Player A2 runs to the boards/sideline and picks up the ball and runs back and places it in front of player A1. • Player A3 at the same time, runs to the boards/sideline, picks up the ball and returns it to front of player A4, who picks up the ball and runs to the boards/sideline and places it down. • Repeat until whistle. • After a short time, switching the positions of the players. • This is an excellent method of “teaching” and “correcting” and “re-enforcing” new and young players.
Modifications	<ul style="list-style-type: none"> • Change the distances of each player. <p>Challenge - number of completed rotations during a chosen time limit.</p>



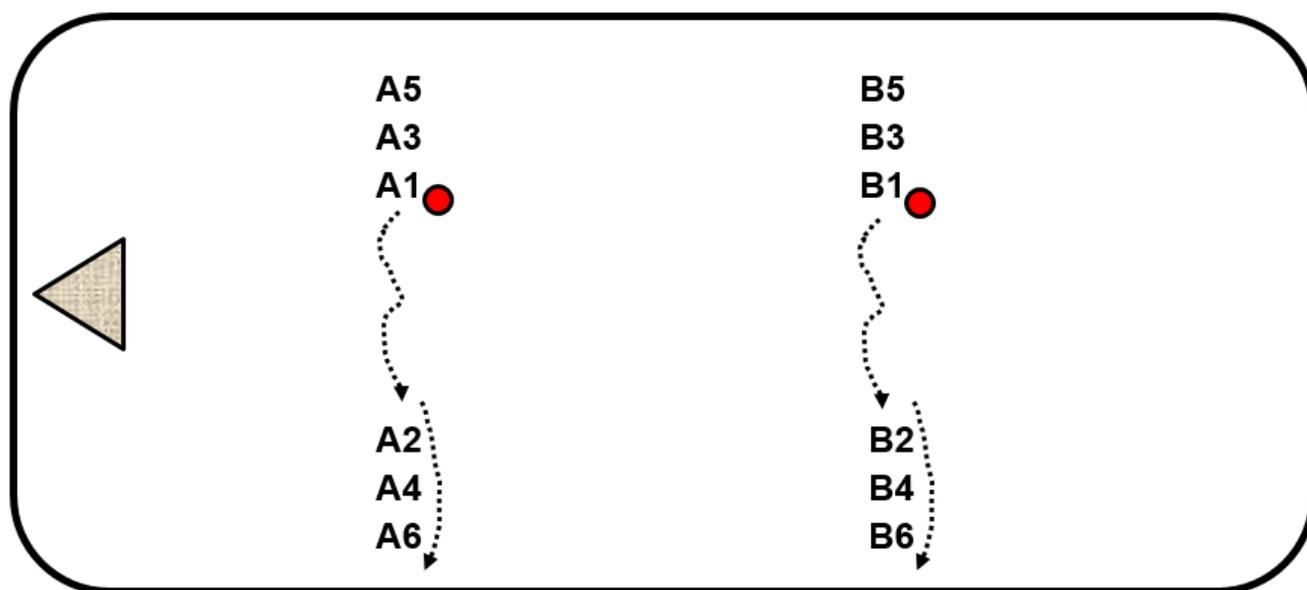
Drill Name: REBOUND DRILL

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player, Wall
Time	8 Minutes
Number of People	4+
How It Works	<ul style="list-style-type: none"> • Player A1 runs full out towards the boards/wall and rolls the ball out of the stick onto the boards/wall. • On completion, player A1 runs forward or backward to the end of the line. • Player A2 runs towards the boards and picks up the “loose ball” rebound and repeats the roll of the ball against the boards and returns to the end of the line. • Excellent pre-practice or pre-game “warm up”. • Ensure players position the body in such a manner as the shield the defensive players from the loose ball.
Modifications	<ul style="list-style-type: none"> • Change the distances of the players (closer harder). <p>Challenge - number of successful pickups and group rotations during a chosen time limit.</p>



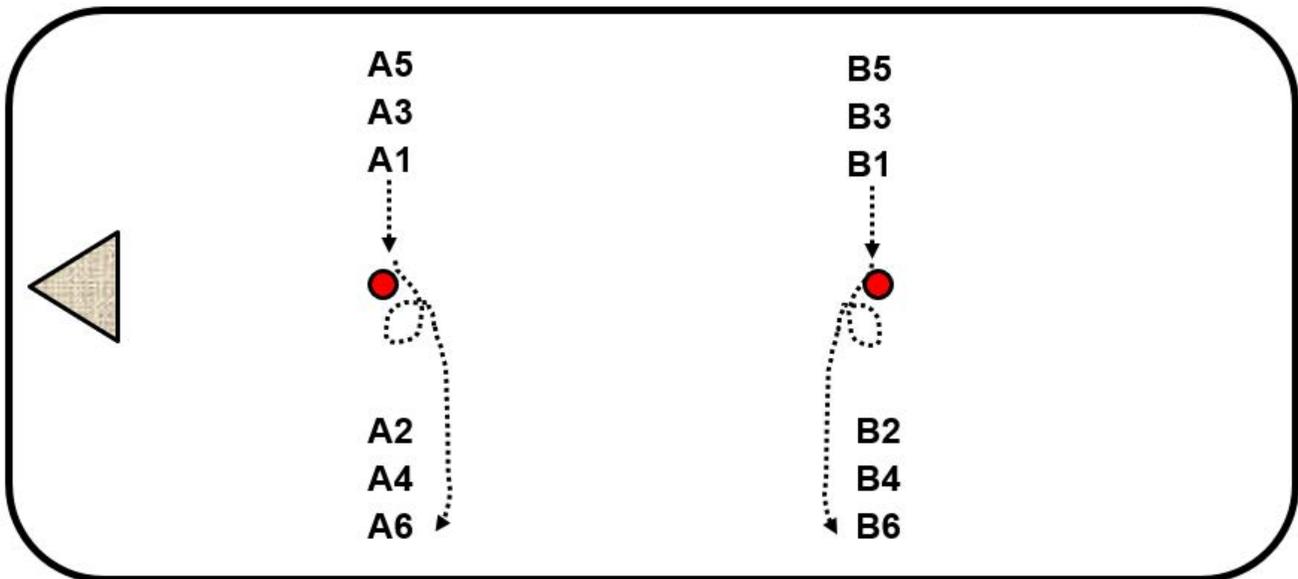
Drill Name: STATIONARY LOOSE BALL SHUTTLE

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> Place players in lines. Place ball on the floor/field in front of player A1. On the whistle, player A1 scoops up the ball and runs down and places the ball on the floor/field in front of player A2, then goes to the end of the line. Player A2 scoops up the ball and runs down and places the ball on the floor in front of player A3 and goes to end of the line. Keep repeating until the whistle. <p>Purpose</p> <ul style="list-style-type: none"> Good drill for new or young players to hone their skill of quick pick-up of loose balls and cradling of the ball. Stresses the position of placing the same foot as the top hand when scooping up the ball.
Modifications	<ul style="list-style-type: none"> Change the distances of the players. <p>Challenge - number of group rotations during a chosen time limit.</p>



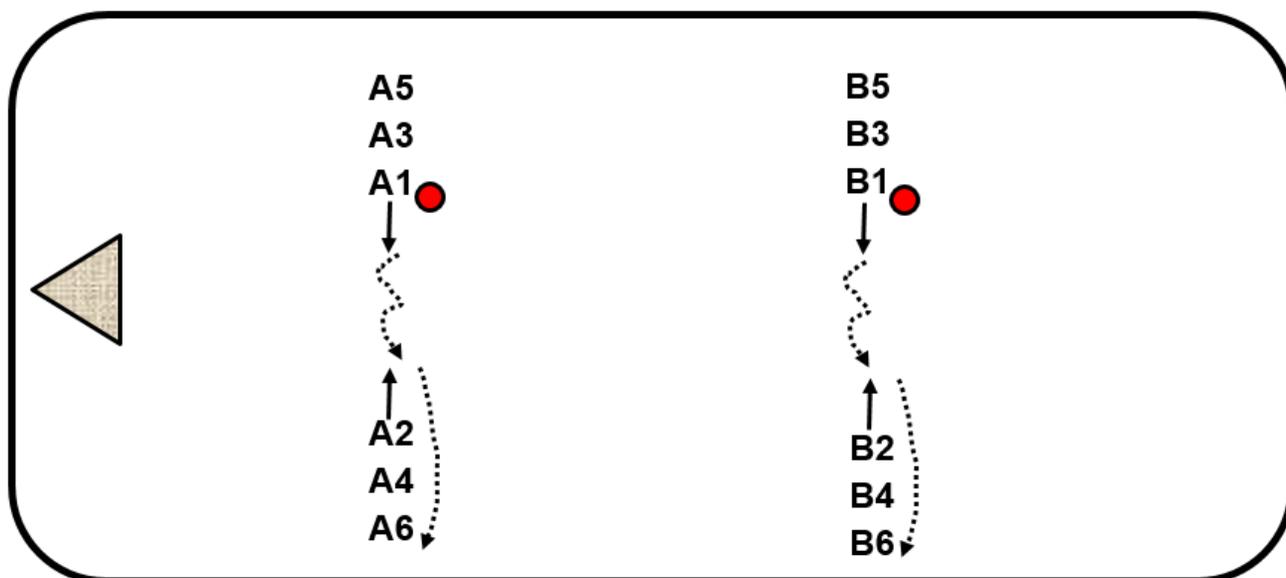
Drill Name: PIVOT SHUTTLE

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Place players in lines. • Place ball in middle of the floor/field between two lines. • On the whistle, player A1 runs to the ball, scoops it up and pivots around (360 degrees) and places the ball on the floor/field and continues to the end of the line. • Player A2 runs out and repeats this action, then player three, etc. • Keep repeating until the whistle. <p>Note: coaches must ensure right handers and left handers turn correctly around an object or player to ensure the stick and ball are to the outside.</p>
Modifications	<ul style="list-style-type: none"> • Change the distances of the players. • Add cones to pivot around. <p>Challenge - number of group rotations during a chosen time limit.</p>



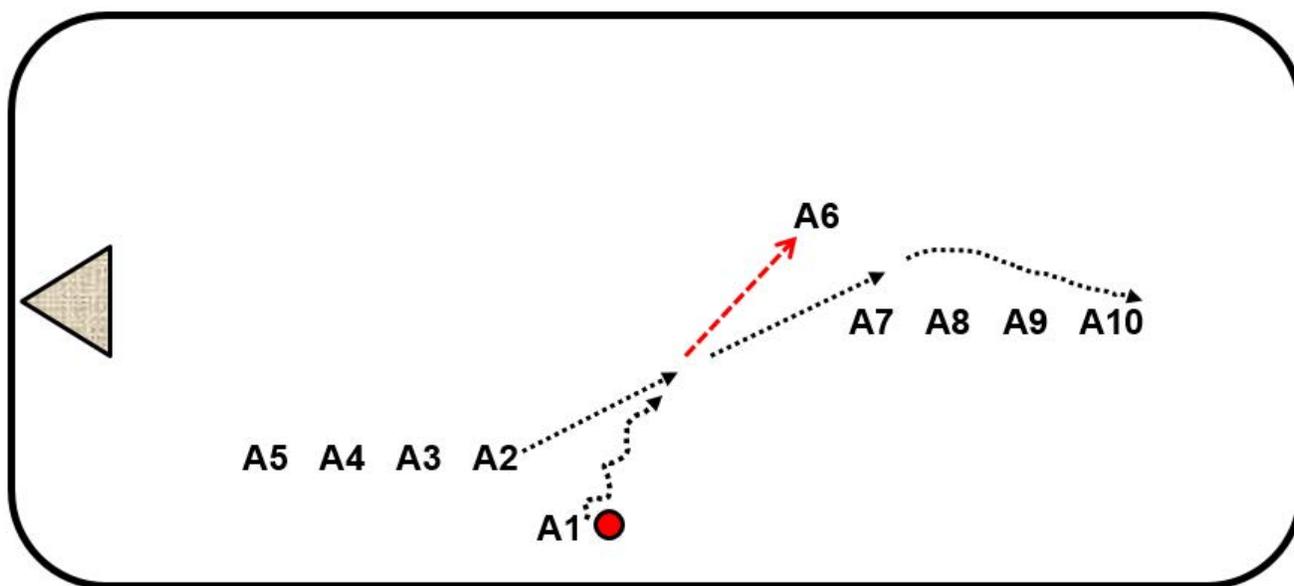
Drill Name: ROLLING SHUTTLE

Stage of Activity	FUNDamentals, Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> Place players in lines. Place ball on the floor/field in front of player A1. On the whistle, player A1 scoops up the ball and runs down and rolls the ball on the floor/field to player A2, then goes to the end of the line. Player A2 scoops up the ball and runs down and rolls the ball on the floor/field to player A3 and goes to end of the line. Keep repeating until the whistle. <p>Purpose</p> <ul style="list-style-type: none"> Good drill for new or young players to hone their skill of quick pick-up of loose balls and cradling of the ball. Ensure players scoop the ball up on the run. Show how loss of time occurs if players stop to trap the ball then attempt to pick it up.
Modifications	<ul style="list-style-type: none"> Change the distances of the players. <p>Challenge - number of group rotations during a chosen time limit.</p>



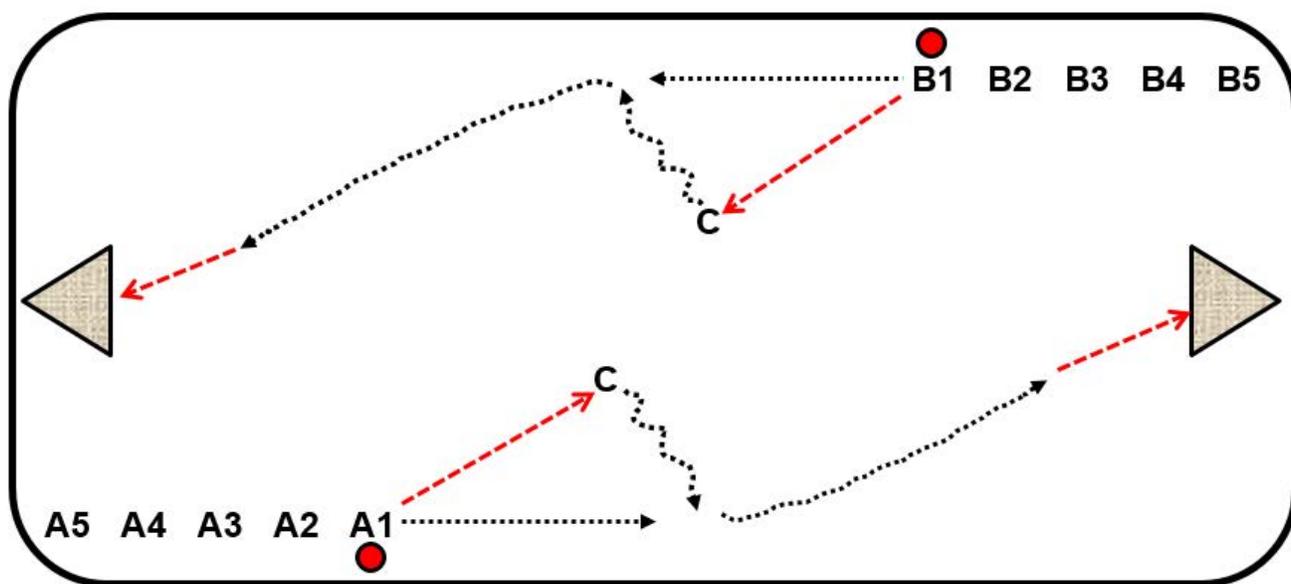
Drill Name: STAGGERED LOOSE BALL SHUTTLE

Stage of Activity	Learning to Train
Skills	Cradling, Scooping
Equipment	Balls, One Stick per Player
Time	8 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Two lines staggered across from each other. • Two other players or coaches stand to the side from each line. • Player A1 rolls the ball in front of player A2, who scoops up the ball on the run and in the same motion passes the ball to player A6 and goes to the end of the opposite line. • Player A6 then rolls the ball in front of player A7, who scoops up the ball on the run and in the same motion passes the ball to player A1 and goes to the end of the opposite line. • Ensure players A1 and A6 are rotated with other players often.
Modifications	<ul style="list-style-type: none"> • Change the distances of the players <p>Challenge - number of successful passes and group rotations during a chosen time limit.</p>



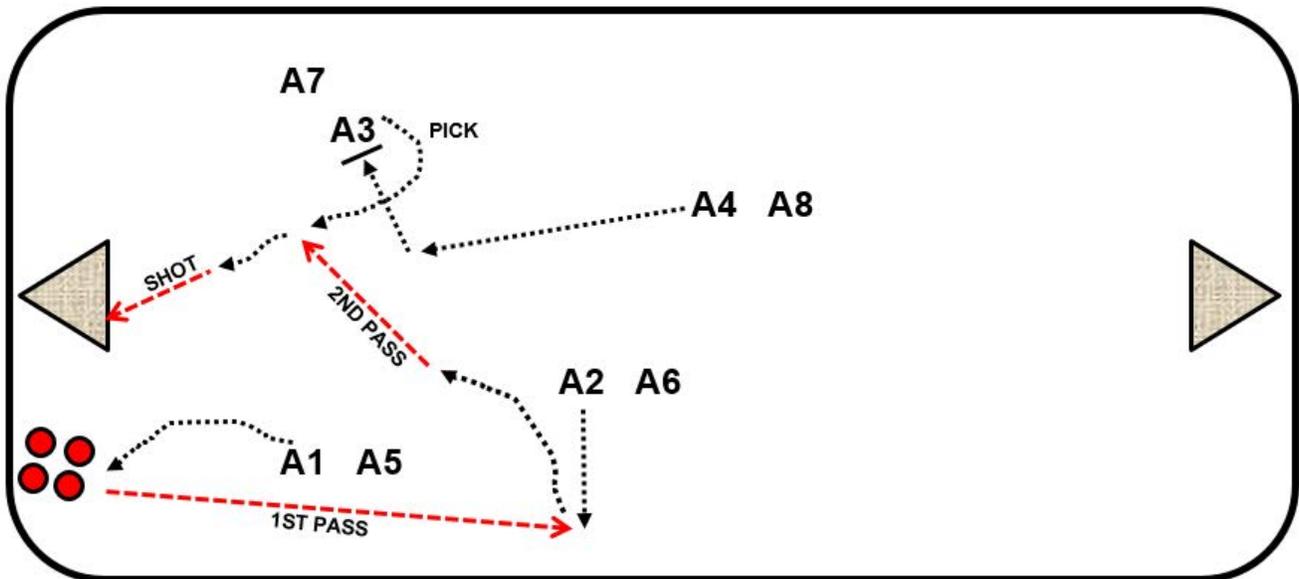
Drill Name: FULL FLOOR/FIELD LOOSE BALL DRILL

Stage of Activity	Learning to Train
Skills	Passing, Cradling, Scooping, Shooting
Equipment	Balls, One Stick per Player, Goal, Target
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Two lines lined up close to the boards/end line in each end. • Player A1 passes to the coach and runs full out towards the opposite end. • Coach rolls the ball in the pathway of player A1. • Player A1 scoops up the ball and runs in on goal for a shot. • Player A1 then lines up at the end of the opposite line.
Modifications	<ul style="list-style-type: none"> • Add defensive players • Add a target or aim for post/crossbar. <p>Challenge - number of successful passes and targets hit during a chosen time limit.</p>



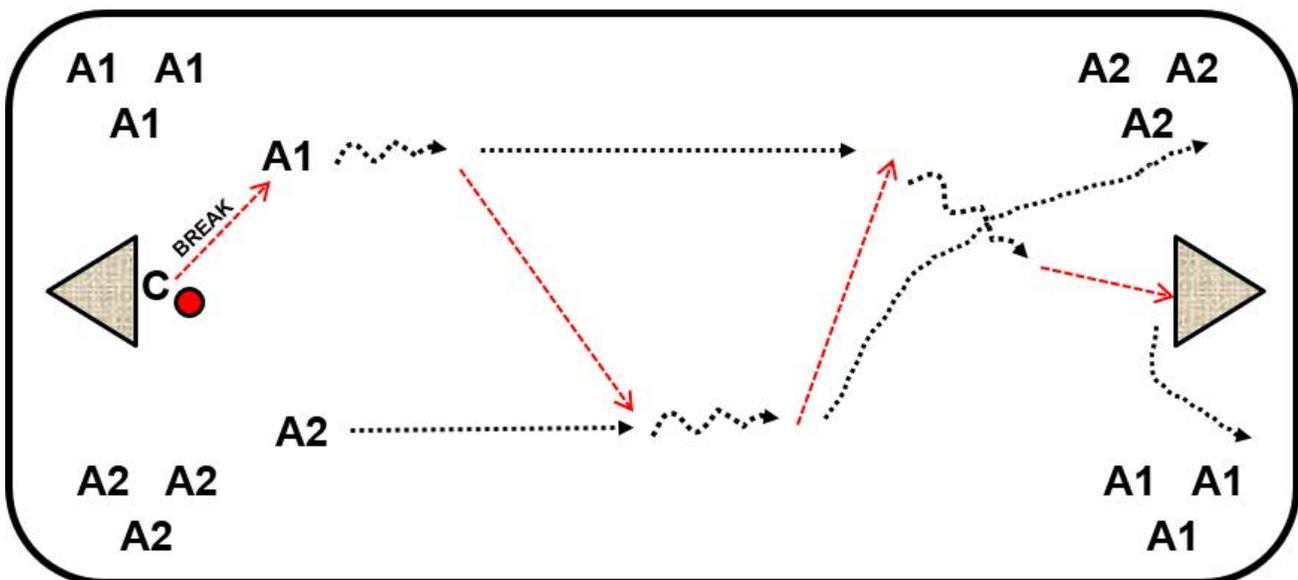
Drill Name: LOOSE BALL PICK & SHOOT DRILL

Stage of Activity	Learning to Train
Skills	Passing, Cradling, Scooping, Shooting
Equipment	Balls, One Stick per Player, Goal, Target
Time	10 Minutes
Number of People	5+
How It Works	<ul style="list-style-type: none"> • Four groups lined up as per the diagram. • Player A1 goes to the corner and scoops up a loose ball. • Player A1 then breaks up the boards and passes to player A2 • Player A2 breaks towards the boards/sideline to receive pass from player A1. • Once player A2 receives the pass, player A4 breaks into the passing lane and then out to set a pick for player A3. • Player A2 breaks towards the goal and passes to player A3 who has moved around the pick and is headed towards the goal • Player A3 shoots on the goal. • Players switch after each drill (A1 moves to where A2 started, etc.). • Part of Motion Offense.
Modifications	<ul style="list-style-type: none"> • Add targets or aim for post/crossbar. <p>Challenge - number of completed passes and quickest around so everyone shoots (group A, group B).</p>



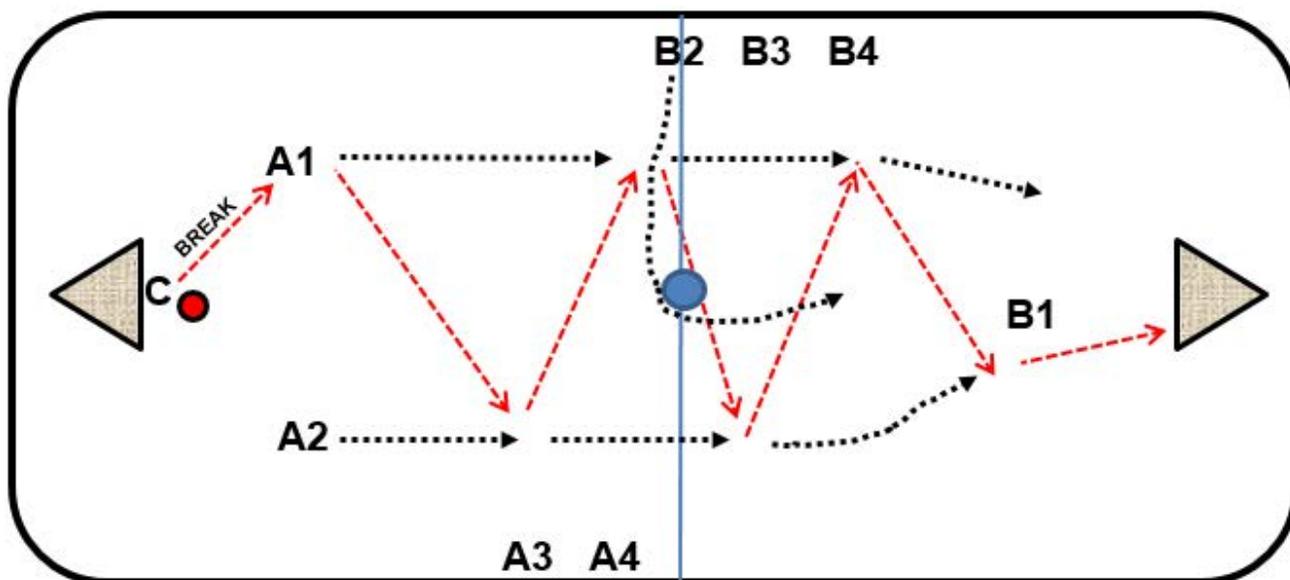
Drill Name: TWO ON ONE PREPARATION

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Fast Break
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Divide group into groups of four (righties and lefties together). • Groups go into each of the four corners of the floor/field. • First two up A1 (righty) and A2 (lefty). • Coach yells 'break'. • Coach sends a breakout pass to A1 (righty). • A2 (lefty) runs down the floor/field taking a pass from A1. • A1 runs down the floor/field and receives a return pass from A2 and goes in for a shot. • Play then starts with the next group in the end where the shot was taken. <p>Rules</p> <ul style="list-style-type: none"> • No using hands • Accurate passes or the next group goes. • All athletes line up at least 2m away from each other.
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target. • Aim for the post/crossbar.



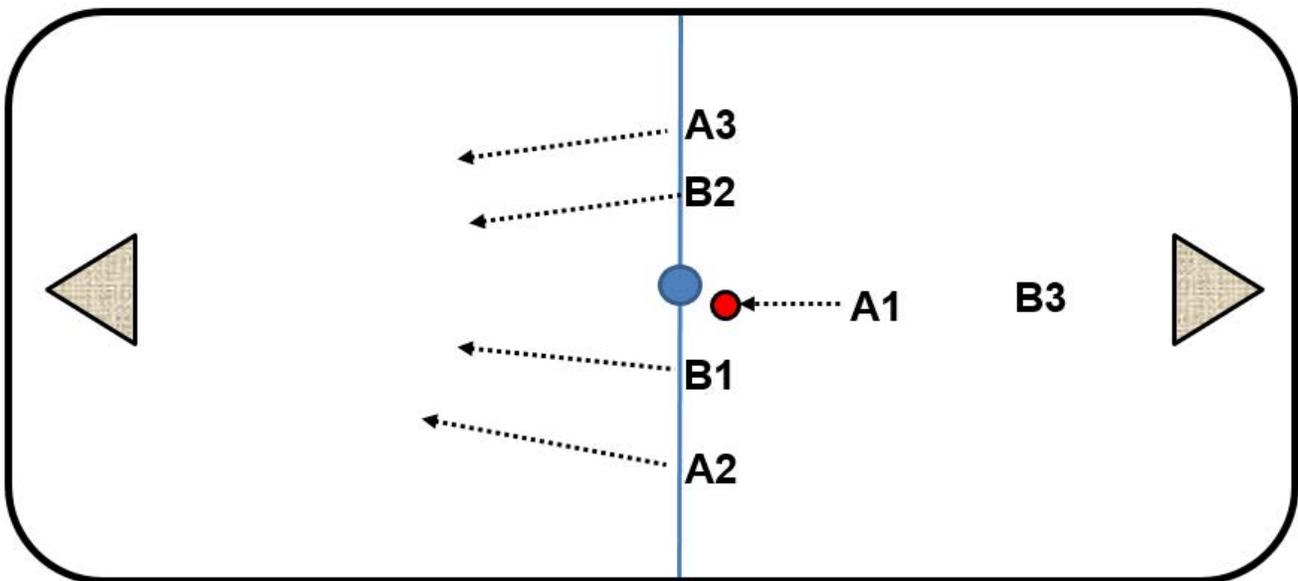
Drill Name: 2 ON 1 BREAKOUT DRILL WITH CHASER

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Fast Break and Defense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Coach sets up two breakout players at one end of the floor. • One defensive player waits in the defensive zone (B1). • One other defensive player is lined up by the boards/sideline and is the 'Chaser' (B2). • The rest of the players are lined up along the boards/sidelines on both sides ready to participate. • Coach yells 'break'. • Coach sends a breakout pass to A1. • A1 and A2 pass the ball down the floor/field. • As soon as the ball crosses over centre, the defensive player (B2) runs and touches the centre circle and then tries to catch up to the play to help the defensive partner (B1). • After a shot on goal, the defensive pair (B1 and B2) become the breakout group and the coach restarts the play. • The next player in line A3, becomes the defensive player and player A4 becomes the Chaser. <p>Rules</p> <ul style="list-style-type: none"> • No physical contact. • Breakout players must pass the ball 3 – 4 times before attempting a shot on goal. • Any loose/dropped balls are challenged for.



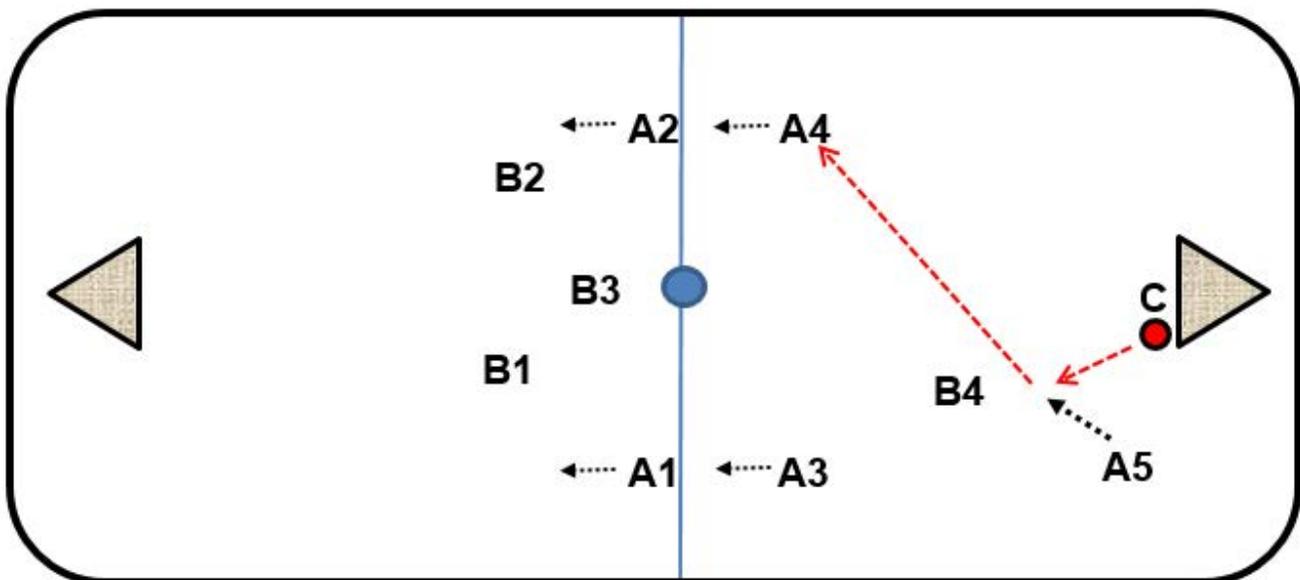
Drill Name: THREE ON TWO

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense and Defense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Coach sets up three lines of offensive and defensive players as in diagram. • On the first whistle, A1 breaks and scoops up the ball. • Players A2 and A3 join in to attack vs players B1 and B2. • On the second whistle, player B3 sprints into the play to help out defensive partners (simulates a game situation). <p>Rules</p> <ul style="list-style-type: none"> • No physical contact. • Any loose/dropped balls are challenged for.
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target for offense to shoot at.



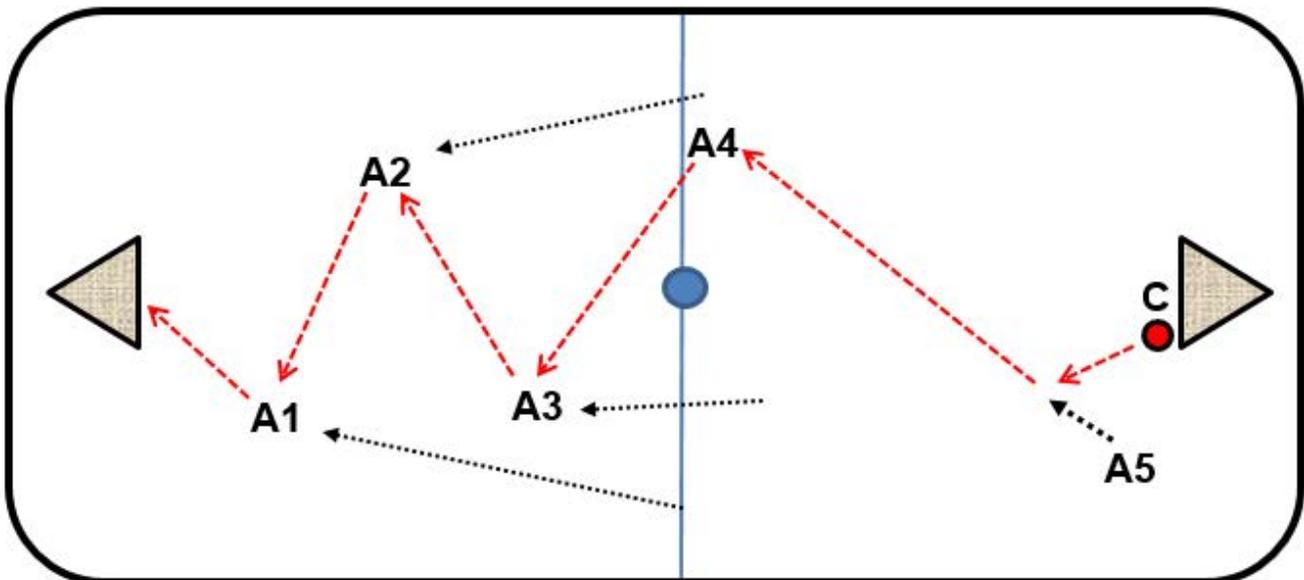
Drill Name: FOUR ON THREE SET-UP

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching and Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<p>It is very difficult to simulate 4 on 3 or 5 on 4 drills. Coaches should take the time and set up different scenarios so that players are mentally alert to react to any defensive positioning. The main theme however, must be emphasized “Fast Break” produces odd man situations. This diagram shows initial set up. Always work your drills around the five player unit concept. In this case the fifth player (A5) is starting the breakout to produce the necessary 4 on 3 situation.</p>
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target for offense to shoot at.



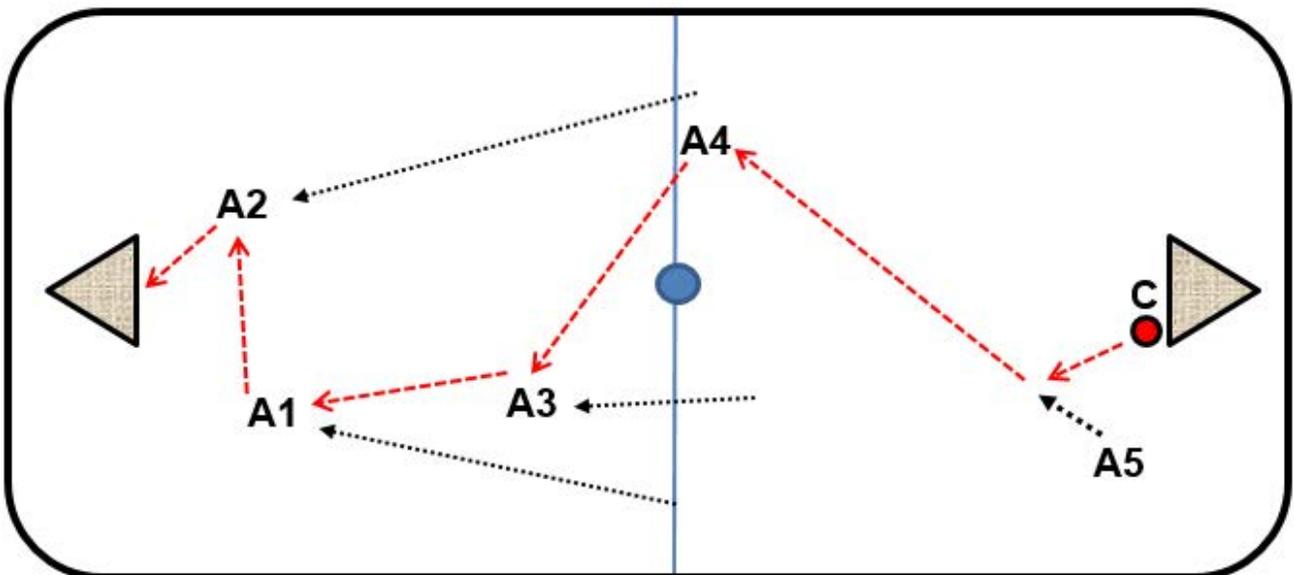
Drill Name: OFFENSIVE FOUR ON THREE – DRILL A

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • Coach starts off the drill by passing to player A5. • Player A4 receives fast break pass from player A5. • Player A4 passes to player A3. • Player A3 passes to player A2. • Player A2 passes to player A1 who attempts a shot. • Switch players around each time. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.



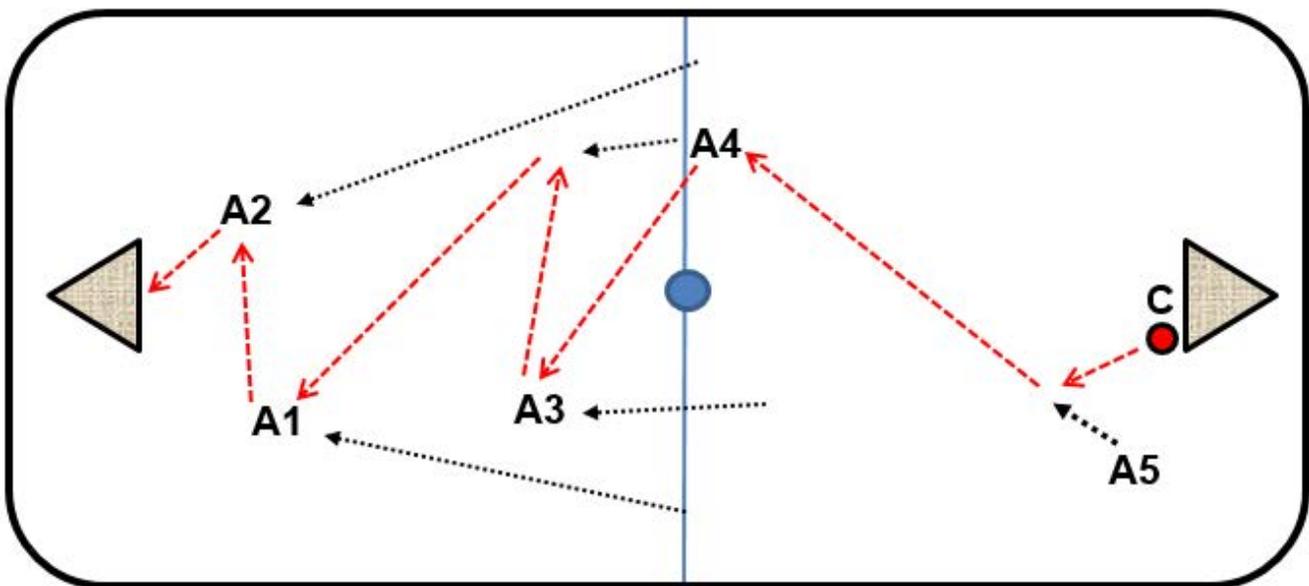
Drill Name: OFFENSIVE FOUR ON THREE – DRILL B

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • Coach starts off the drill by passing to player A5. • Player A4 receives fast break pass from player A5. • Player A4 passes to player A3. • Player A3 passes to player A1. • Player A1 passes to player A2 who attempts a shot. • Switch players around each time. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.



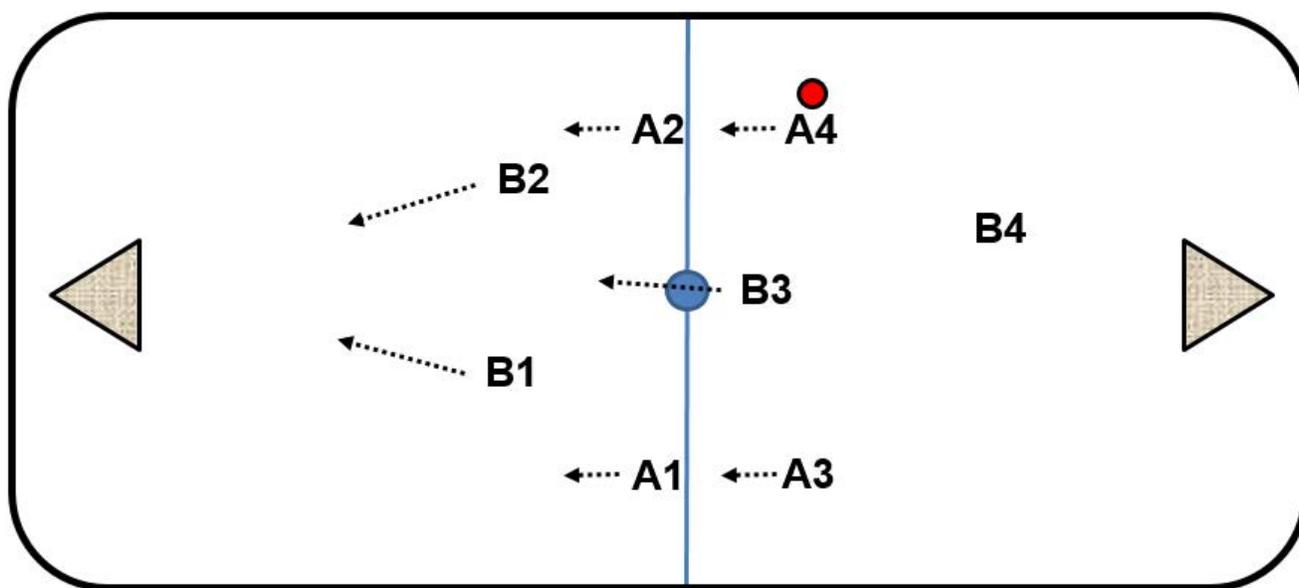
Drill Name: OFFENSIVE FOUR ON THREE – DRILL C

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • Player A4 receives fast break pass from player A5. • Player A4 passes to player A3. • A3 passes back to player A4 who is moving in. • Player A4 passes to player A1. • Player A1 passes to player A2 who attempts a shot. • Switch players around each time. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.



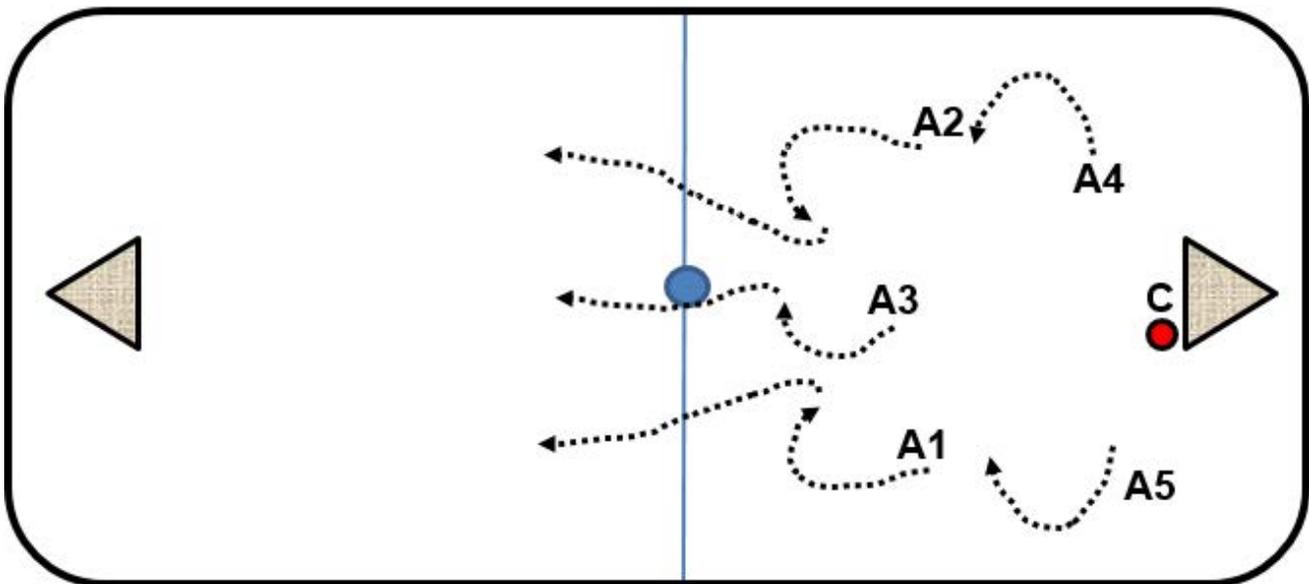
Drill Name: DEFENSE VS FOUR ON THREE

Stage of Activity	Learning to Train, Train to Train
Skills	Passing, Catching, Offense and Defense
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Position players as indicated in the “Set Up” diagram from 4 on 3 drills. • On the whistle, Player A4 scoops up the ball. • Player A1, A2, A3 and A4 attack players B1, B2 and B3 for a shot on goal. • On the second whistle, player B4 sprints into the play to simulate game situations. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Mentally prepare the players for automatic reaction to the 4 on 3 situation. • Simulates game situations. • Combines a number of skills.
Modifications	<ul style="list-style-type: none"> • Ball can start with a 5th player on attacking unit passing from back to the corner faceoff to player A3 or A4.



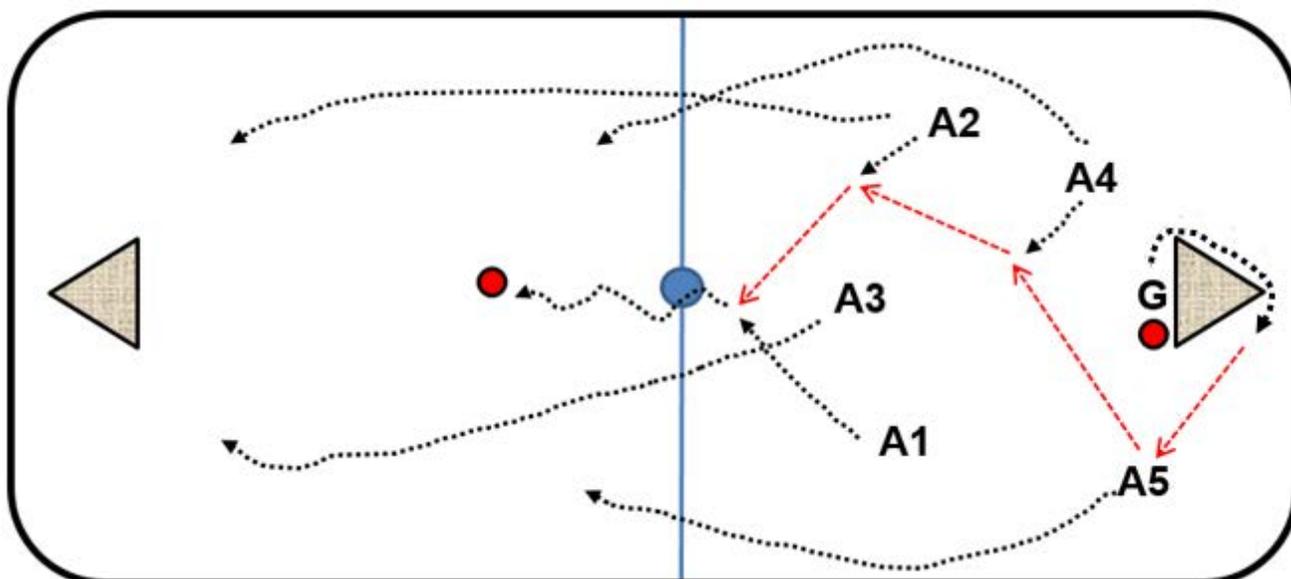
Drill Name: BREAKOUT DRILL

Stage of Activity	Learning to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • This drill is to introduce “breakout” to young or inexperienced groups. • This drill ensures that the ball is started up the floor/field from the goalie position (use coach to start the drill). • All players break down the floor/field then hook back to receive an outlet pass. • When the ball is passed and caught, the other teammates run full speed down the floor/field into the offensive zone to set up. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Ball control. • Positioning for a breakout pass. • Clearing passes from the crease. • Stress passing down the sides of the floor/field not across.
Modifications	<ul style="list-style-type: none"> • Switch outlet players each time.



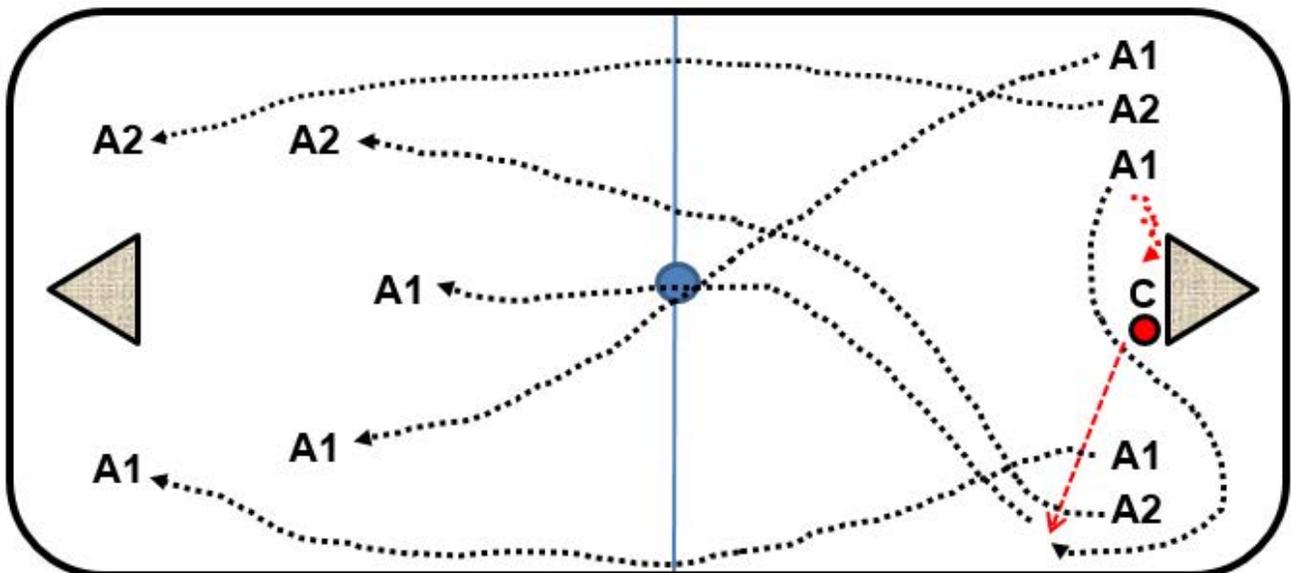
Drill Name: SIMPLE BREAKOUT DRILL

Stage of Activity	Learning to Train
Skills	Passing and Catching
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • After a shot, 30 second clock or turn over goalie yells “Break”. • The coach passes the ball to the deepest player (A5) or in younger groups, the player can pick up the ball in the crease and go. • Ensure player A4 stays back in case player A5 is covered. • If player A5 gets the ball, passes over to A4 who moves the ball up to player A2. • Player A2 then passes to A1 who takes the ball into the offensive zone. • Switch player positions each time the drill is run. <p><u>Purpose</u></p> <ul style="list-style-type: none"> • Ball control. • Positioning for a breakout pass. • Clearing passes from the crease. • Stress passing down the sides of the floor/field not across.



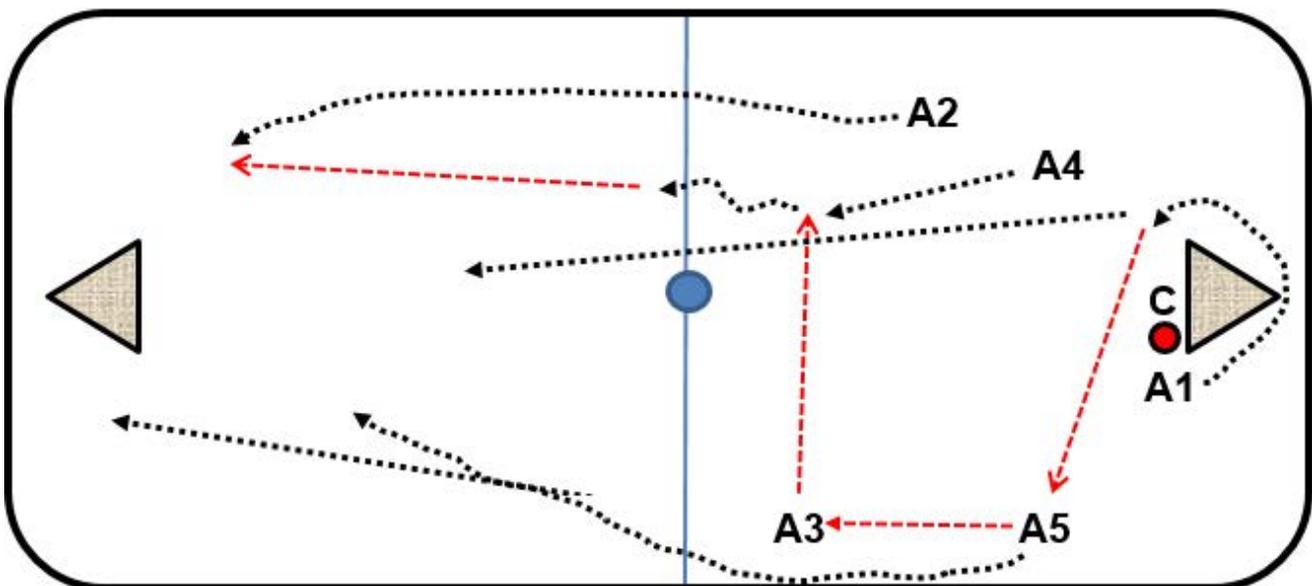
Drill Name: BREAKOUT FROM THE SHUTTLE

Stage of Activity	Learning to Train
Skills	Positioning and Conditioning
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Groups could be 3 righties (A1) and 2 lefties (A2) or 3 lefties and 2 righties. • Break out is an excellent drill to enforce correct side of the floor for right and left handed players. • Simulates game situation because players doing the shuttle drill could be on either side when the “break” is called. • Coach blows the whistle, A1 rolls the ball into the coach. A1 is a right hander, so A1 goes to the other side of the floor to receive an outlet pass. • Other players cut down the floor looking back for pass or to help outlet pass being. <p>Note</p> <ul style="list-style-type: none"> • During a game, if A1 is trapped then the next close player peels back to help. • First down the floor on each side is “Creasemen”, next two are the shooters and 5th player is up top. • On the way down, the unit captain yells out which number will shoot off the motion offense.



Drill Name: MINOR LACROSSE BREAKOUT

Stage of Activity	Learning to Train
Skills	Passing, Catching, Positioning and Conditioning
Equipment	Balls, One Stick per Player, Goals, Target
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Player A1 takes the ball from the coach or goal crease and runs out back behind the goal. • Player A1 then passes to player A5 who headman's the ball to player A3. • Player A4 moves towards the middle of the floor/field and receives a pass from player A3. • Player A3 passes across to player A4, who takes it over centre and passes down to player A2. • Get into Motion Offense positioning.



Adapted Ampe

Stage of Activity	All
Equipment	None
Time	5-10 minutes
Number of People	2+
How it Works	<p>Children form pairs and stand facing each other two meters apart. Players decide who is the “same” winner, and who is the “different” winner.</p> <p>Game begins with players jumping in place 6 times. On the sixth jump, both players randomly stick one foot forward when they land. If the feet match on the same side, the “same” player wins, if the feet are on opposite sides, the “different” payer wins.</p> <p>Game continues with the players jumping 6 times again. Play best 3 out of 5 and then find someone new to challenge.</p> <p>*In another traditional version, the children clap, then jump one time, putting one foot out when they land (as above).</p>
Applications	Strength, endurance, problem solving, opponent-awareness, cooperation, speed of movement, reaction time
Modifications	<p>Athletes can jump right or left on the sixth jump to train lateral movement and “reading” the intended motion of an opponent.</p> <p>Athletes keep eyes closed during the jumping to increase chance component.</p> <p>Athletes switch roles (i.e. from “same” to “different”)</p>

Build the Ladder

Stage of Activity	All
Equipment	None
Time	5 - 15 minutes
Number of People	10+
How it Works	<p>Participants divide into teams of 5 and each team lines up on a goal line or baseline and must remain two meters apart – identify a number of other lines (approx. 5 meters apart) across the field of play from the goal line (rungs on the ladder). The first player carries the ball to the first line, stops and passes the ball back to one of their team mates on the goal line. The second player carries the ball to the second line, stops, and passes the ball to the player on the first line who passes the ball back to one of their team mates on the goal line and so on. First team to have a player on each available line and the ball passed back to the goal line wins.</p>
Applications	Agility, passing, skating/running
Modifications	<p>Can be played in a variety of environments including on an ice pad using the hockey or ringette lines, on a field using soccer, rugby or football lines, or in a pool by identifying markers on the pool deck.</p> <p>Can keep the ball moving by reversing and “unbuilding” the ladder.</p> <p>Make the ladder larger or smaller to accommodate two equal teams.</p>

Dicey Challenge

Stage of Activity	All
Equipment	Dice
Time	10-15 minutes or more
Number of People	Unlimited
How it Works	<p>Create 6 exercises that correspond to each number on a die.</p> <p>Write exercises on a board or create posters.</p> <p>Athletes roll a die and complete the exercises for that number, then roll again and complete the next exercise. The goal is to complete as many dice rolls as possible in a specific time (e.g. 10 minutes). Athletes must maintain a distance of at least two meters from other participants during this exercise.</p>
Applications	Skill development, core activation / strength, fundamental movement skills
Modifications	Adapt skills to fit the needs of individual sports and environments.

Dodge the Duck

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	1+
How it Works	<p>This game is excellent for training reaction time to stimulus. Set up a start line and finish line (50-150 metres apart depending on the sport).</p> <p>Place two different coloured rubber ducks (or other colored objects) about two thirds of the way down the track.</p> <p>The coach stands 1-2 metres from the ducks (toward the start line).</p> <p>On “GO” one athlete sprints toward the ducks.</p> <p>Just before the athlete approaches the ducks, the coach calls out one of the colours and the athlete tries to dodge to the side of the designated duck, then continue sprinting to the finish line.</p> <p>Call the colour earlier for novice athletes and later for more advanced athletes. Athletes awaiting their turn to run, must maintain a distance of at least two meters from other participants.</p>
Applications	Speed, agility, reaction time, lateral movement, dodging
Modifications	<p>Adaptable to many sports, particularly those involving gliding at fast speeds where reacting to external factors is a critical component of performance (e.g. cycling, skating, canoeing, kayaking).</p> <p>Use different animals or coloured “dodging tools” depending on the community.</p>

Fire Feet

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	<p>Participants spread out around the playing area, at least two meters away from each other. Make sure each participant can see the coach clearly from where they are standing. The coach has five different instructions they will call out and the players will do the action as fast as possible. Begin by getting the participants to lightly jog on spot. They will call out: up, down, left, right, or fast feet.</p> <p>Instructions: Up: jump and reach high with their hands. Down: get down and touch the floor. Left: pivot or shuffle your body to the left. Right: pivot or shuffle your body to the right. Fast feet: pedal your feet very quickly while on your toes.</p>
Applications	Warm up, jumping, agility.
Modifications	Can be used in many environments by updating the agility activities associated with each instruction.

Follow your Leader

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	2+
How it Works	<p>Athletes make groups of 4 to 5 or complete activity as a full team. Each athlete takes a turn leading a 1 minute adventure through the playing facility.</p> <p>They must use a minimum of 3 different locomotor movements EXCEPT walking or running forward. All team members must copy whatever the leader does. Athletes must remain at least two meters apart throughout this activity.</p> <p>This activity works best when there is access to a playground or outdoor area with variable terrain, but can also be done inside gyms, rinks, or community centres if safety guidelines are followed.</p>
Applications	Multi-movement challenges, team work, warm-up or cool-down
Modifications	Use chorus as a marker of speed. E.g. move as quickly as possible during chorus then resume regular speed when song continues.

Follow Your Pass

Stage of Activity	All
Equipment	1 Ball per group
Time	10 - 15 minutes
Number of People	5+
How it Works	Participants are divided into groups of 5 and stand in a zig zag pattern at least 5 meters apart. One participant will start with the ball and pass it to the next person across from them. That participant will then follow their pass and take the place of the person that they passed to. Once they get to the last person in line they will continue the pattern going back the other way. This can be continued until the coach calls the activity to an end.
Applications	This activity develops the participants' hand-eye coordination, passing, awareness and running skills.
Modifications	The equipment can vary depending on the sport. To make this activity more difficult make the space between the participants larger and then smaller to make it easier. This activity can be placed on a court, ice, field or gym. This activity can be done as a whole group as well.

Friends and Favs

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	2+
How it Works	<p>Athletes find a group of 2, 3, or 4 people. Coach designates a warm-up loop of 100 to 300m. Each loop the group must find out a different set of "fav's" from their partners. Athletes must be at least two meters apart as they jog around the loop.</p> <p>EXAMPLES: Loop 1: Favourite colour, favourite animal, favourite food Loop 2: Favourite vacation spot, favourite books to read, favourite video game Loop 3: Favourite sport to play, favourite subject at school, favourite TV show Repeat with the same group OR switch partners each loop to encourage team building.</p>
Applications	Warm-up, recovery, cool-down, team building, pacing
Modifications	To inspire more discussion, ask athletes to solve a riddle or create something as a group while they warm-up / cool down. E.g. invent a new Olympic sport that can be played or participated in by anyone from any country. Can be used in many environments (court, field, ice, pool, etc.).

Give and Go

Stage of Activity	All
Equipment	Balls
Time	10 - 15 minutes
Number of People	1+
How it Works	The participants will line up evenly at both ends of the playing field. There will be a coach $\frac{1}{2}$ of the way to each end. Participants will then travel with the ball towards the far side. Once the participant nears the coach they will make a quick pass off to the coach and the coach will instantly pass the ball forward back to them. The participant will receive the pass and go in and pass to the next person in line. Once the participant has completed their pass the next person in line can go in the opposite direction. Participants waiting on the ends must remain at least two meters apart as they await their turn.
Applications	This activity will develop the participants passing, shooting and hand-eye coordination skills.
Modifications	The equipment will vary depending on the sport. This activity can be played on a court, ice, field and gym.

Line Jumping

Stage of Activity	All
Equipment	Chalk, tape
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Draw two lines on the floor with chalk or tape so that the lines are close together at one end and farther apart at the other. Children do a two-foot take-off jump across the lines, starting at the end where they are closer together, and if they are successful, they move farther along the lines and try again where the lines are farther apart. As a variant, children can estimate the widest point they think they can jump and then try to jump at that point.
Applications	Jumping, agility, balance, coordination
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Multiply Your Power

Stage of Activity	All
Equipment	Dice (1-2 per athlete)
Time	10 - 20 minutes
Number of People	2+
How it Works	<p>Write out a list of drills, core exercises, or other regular training activities.</p> <p>Athletes pair up and roll two dice.</p> <p>They multiply the numbers rolled and do that many reps of the first exercise.</p> <p>Repeat with the second exercise.</p> <p>E.g. if athletes rolled a 5 and a 3 they would both complete 15 reps each.</p> <p>Goal – try to complete all exercises in a certain amount of time.</p> <p>*If athletes finish early (e.g. if they roll low numbers) then have them choose 3 or 4 of their favourite exercises and repeat the activity until the time is up.</p>
Applications	Personal choice, core stability or sport specific skills; shorter athletic abilities (e.g. speed intervals)
Modifications	<p>Make groups of 3 and add dice or multiply 3 for higher totals.</p> <p>Record numbers and compare totals. Which teams did more?</p> <p>Which team is likely to improve based on the amount of practice they did on each skill?</p>

Owl Hop

Stage of Activity	All
Equipment	None
Time	5-10 Minutes
Number of People	2+
How it Works	<p>Everyone spreads out in the playing area, finding their own space at least two meters from other participants.</p> <p>On ‘Ready’, all players stand on one foot, hooking the other foot around their leg that is on the ground.</p> <p>On “GO!” athletes hop as long as possible on the one leg.</p> <p>When they put the other leg down, their time is up.</p> <p>Once everyone has stopped, switch legs and repeat.</p>
Applications	Strength, endurance, power, hopping
Modifications	<p>Alternatively, when they are done, they can assume a different strength exercise (e.g. plank position) until everyone is finished, in order to maximize “playing” time for all participants.</p> <p>Add music or a drum for players to maintain a jumping rhythm.</p>

Relay Races

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	Unlimited
How it Works	Relay Races: Races in which players have to stop and start rapidly and change direction. Have a small number of people on each team, with team members changing so that everyone has a chance to be on a winning team. Avoid relays where children run to a wall, touch it, and run back — there's too much danger of running into the wall with an arm out in front and injuring the arm or wrist. Relays in which players pick up a lacrosse ball and put it down in a small receptacle is excellent, as they force players to stop completely and very rapidly.
Applications	Agility, keeping athlete's head and eyes up, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Spider Ball

Stage of Activity	All
Equipment	One ball per pair
Time	5 - 10 minutes
Number of People	6+
How it Works	Have participants divide into pairs, assign each pair a number and give each pair a ball. Have the group stand in a circle where everyone is directly across from their partner and at least two meters from anyone adjacent. Identify the action that you'd like each pair to complete (throw the ball to your partner, roll the ball to your partner). The coach calls out a variety of numbers (the more numbers you call the harder the activity will be) and has the players move the ball to their partners as described. For example of you call 2 & 4 then pair 2 and pair 4 throws the ball to their partner at the same time.
Applications	Throwing, rolling, spatial awareness
Modifications	To make the activity harder have each player have a ball – when their number is called, they need to exchange balls as described. This game can be played in a variety of environments with a variety of sport-specific equipment and skills.

Spot Ball

Stage of Activity	All
Equipment	Balls, Spots on field of play
Time	10 - 15 minutes
Number of People	8+
How it Works	Split the participants into 2 teams and place them two meters apart in a straight line on opposite ends of a playing surface. Designate a marked “spot” at opposite sides of the playing field. One player from each team goes to the opposite side and stands on the “spot”. A center line is established in the middle of the playing field. All players have a ball in their stick. Each player, in turn and from both sides, approaches the center line and throws the ball to their team mate on the “spot”. This player cannot move off the spot to catch the ball. If the player on the spot catches the ball, the player who threw the ball then goes and sits on the ground in line with their team mates. If the player on the spot misses the ball, the thrower must retrieve the ball and go back to their position in line to await another throwing opportunity. The first team to have all their players seated wins. The “spot” must be at least two meters from all other players.
Applications	Works on hand-eye coordination, balance, throwing, catching and awareness.
Modifications	This game can be played on a court, field, and gym.

Throwing and Catching – ULTIMATE

Stage of Activity	All
Equipment	Sport-specific balls
Time	5 - 10 minutes
Number of People	Unlimited - two teams
How it Works	ULTIMATE: Use a sport specific ball. Two teams of 3 players each, with a small end zone at each end of a marked out play area. End zone should be at least 2 meters x two meters. One team has the ball. The player with the ball is not allowed to run, walk, or move with the ball, but must throw it to a teammate. Team members pass the ball to one another, and the other team tries to intercept the passes. The aim is to catch the ball inside the other team’s end zone to score. If a team misses the target or is intercepted, the other team gets the ball and play continues.
Applications	Teaches FUNdamentals of throwing and catching, keeping athlete’s head and eyes up, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym. Play with one extra player on one team.

Tic-Tac-Toes Relay

Stage of Activity	All
Equipment	10 balls of different colors (2 colors)
Time	5 - 10 minutes
Number of People	3 per team x2 = 6 per game (up to 5 per team for a total of 10) Based on number of participants.
How it Works	Set up a tic tac toe grid using the hula hoops or the cones. Each team starts the same distance away from the grid. One player from each team runs to the grid and places a colored ball into a square. They return and tag the next person with their stick, to take the second ball of the same color and place it in the grid. This process repeats until one team gets 3 squares in a row. Once all nine squares are filled (and neither team has 3 in a row), the team with 5 colored balls wins the round.
Applications	Great for warm-up, keeping athlete's head and eyes up, agility, quickness, decision-making.
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.

Wepi Sakan

Stage of Activity	All
Equipment	Socks with intercrosse ball tied inside at the toe
Time	5 – 10 minutes
Number of People	2+
How it Works	Traditionally, this activity was played with rawhide, swung overhead and the thrown as far as possible. This version is modified. Athletes complete activity in pairs and all participants must remain at least 2 meters apart. Designate a starting line. One athlete lines up, swings sock overhead and then throws it as far as possible. Both athletes run to the sock, and the second athlete throws from the landing position. The goal is to complete a designated distance (e.g. length of a field) in the least number of throws. Once athletes reach the end of the goal line, they run back and repeat the activity, trying to reduce the number of throws.
Applications	Throwing, spinning, running, teamwork
Modifications	Line up players along the edge of the field and all throw at one time, trying to get their sock the furthest. https://www.sfu.ca/lovemotherearth/08classroom/papers/aboriginal_sports.pdf

Weaving

Stage of Activity	All
Equipment	None
Time	5 - 10 minutes
Number of People	3+
How it Works	<p>All athletes line up single-file, with at least 3 meters between them.</p> <p>On “GO” the team starts moving jogging very slowly, maintaining the distance between each person. The last person moves faster, weaving in and out of the players ahead until they reach the front of the line.</p> <p>Once the back person is at the front, they slow the group down, decide on the direction, and resume the lead while the “new back person” weaves through the team.</p>
Applications	Teamwork, aerobic endurance, agility, body and space awareness, pacing
Modifications	<p>The back “weavers” start sooner, for example after the person has dodged through two or three people. This reduces time between each athlete’s turn to weave, therefore allowing for more repetitions per player.</p> <p>Pass an implement when weaving.</p>

Win the Prime

Stage of Activity	All
Equipment	None (unless sport specific equipment is required)
Time	5 - 10 minutes
Number of People	3+
How it Works	<p>Athletes start in a line along a field at least two meters apart. They close their eyes, as the coach walks behind the line and secretly taps one person on the shoulder. When ready, the coach will say begin.</p> <p>Athletes are instructed to stay together as a group during the interval until the person who was tapped decides to “kick” for the finish.</p> <p>When the athlete kicks, then everyone races them to the finish. The first one to the line gets a point.</p> <p>The person who was tapped must decide whether to sprint immediately or wait until closer to the finish, depending on their speed and the speed of others in the group. For endurance events, this activity can be done on a track or longer course (1 to 3 minutes long). For speed-based events, the distance can be very short (e.g. 10 to 30 seconds long).</p>
Applications	Speed, reaction time, decision making, energy conservation, strategy
Modifications	<p>Athletes can move in a pace line for sports that require drafting.</p> <p>Athletes can also be stagger started, to spread out the field.</p>

World Cup

Stage of Activity	All
Equipment	Variable (ball, net)
Time	5 - 25 minutes
Number of People	6+
How it Works	<p>Participants pair up and select a country for their team name (ie. Canada, Portugal, Germany).</p> <p>Identify a playing area in close vicinity of the net about the size of the attack zone. The coach throws balls into the identified playing area – a smaller number of balls than teams. Each pair works together to put the ball in the net. Every country is against every country. When someone shoots at the post, they must yell their country’s name for their shot to count. When a team hits the post or crossbar, they go off to the sideline as they have made it into the next round. The round is over when there is only one pair left and they are eliminated. To ensure that everyone continues to play, you can play the game where there is no elimination and you keep score instead.</p>
Applications	Passing, shooting, communication, spatial sense
Modifications	<p>If there is no keeper, you can play “post” where hitting a post or cross bar is considered a goal.</p> <p>The game can also be played where no one is eliminated for a set period of time, and team’s keep score of how many goals they score.</p> <p>By modifying the playing surface (larger) you can make the game easier, or smaller to make the game harder. You can also make the game harder by putting less balls into the field of play for the team’s to try and score with.</p> <p>This game can be modified to play in many different environments using different sport-specific skills and playing surfaces.</p>

Zim Zam Zoom

Stage of Activity	All
Equipment	None
Time	5 minutes
Number of People	Unlimited
How it Works	<p>Have athletes stand in a semi-circle around you (the coach) about 2 meters apart.</p> <p>Name game; throw a ball to someone in the group and say “zim”, “zam” or “zoom”. If you say “zim” they have to say the name of the person on their left, “zam” they have to tell their own name, “zoom” they have to say the name of the person on their right.</p> <p>Switch positions after a short time.</p>
Applications	Ice breaker, focus
Modifications	Can be used in all environments: field, court, pool, snow, ice, gym.



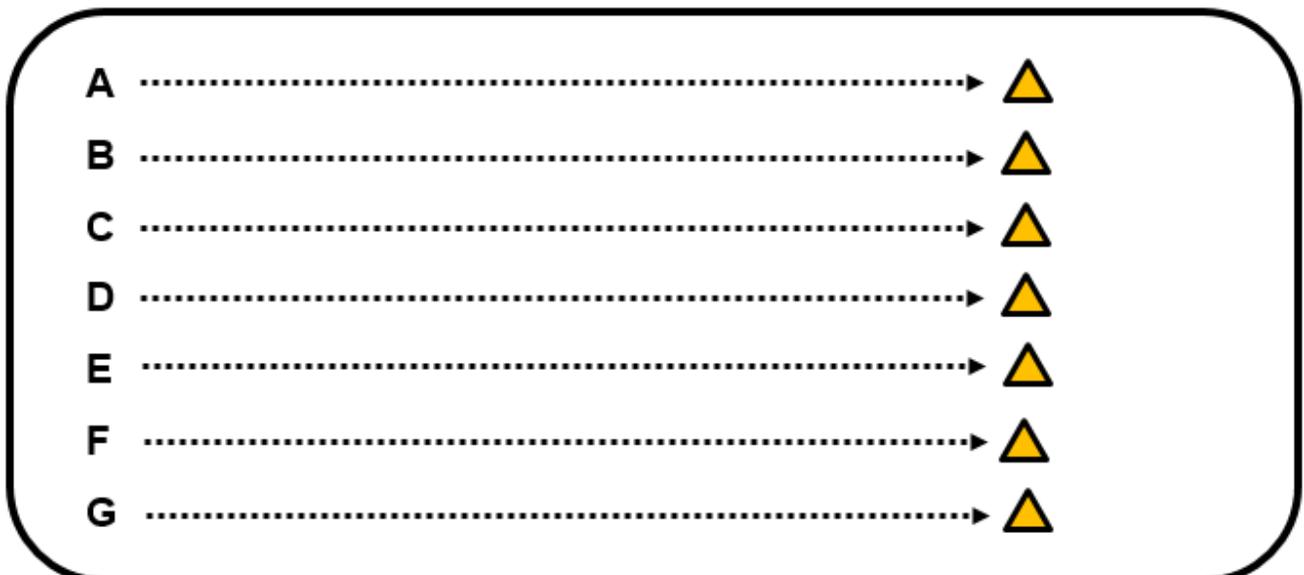
APPENDIX I:

CHALLENGE ACTIVITIES OVER 12 YEARS

APPENDIX I: CHALLENGE ACTIVITIES – OVER 12 YEARS

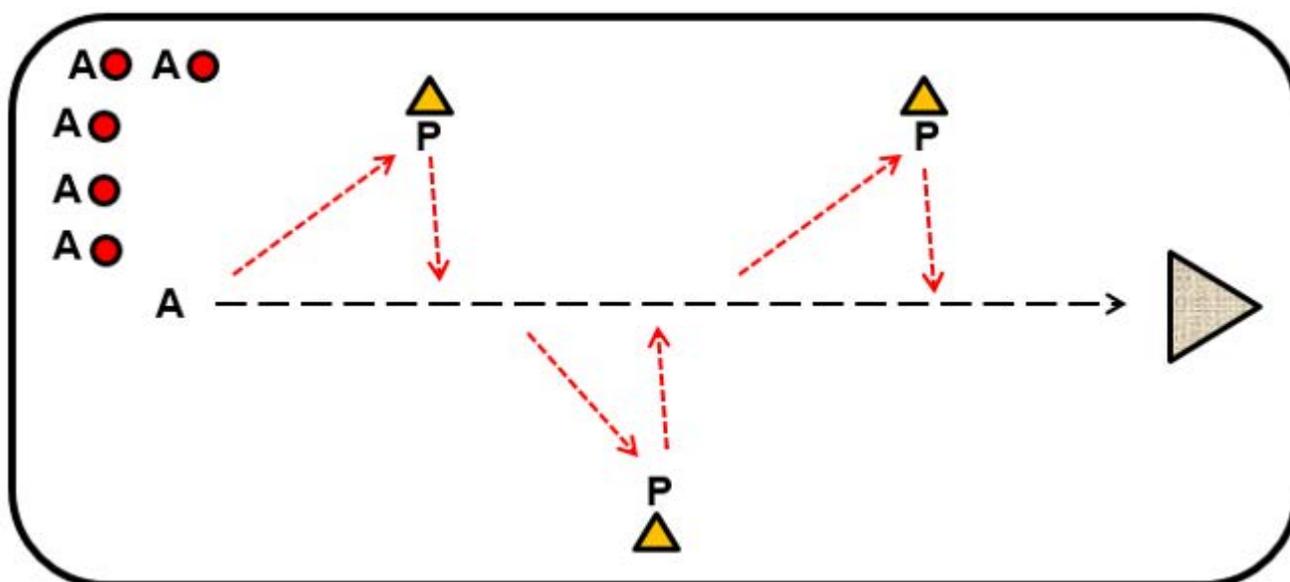
Drill Name: 40 YARD DASH

Stage of Activity	ALL
Skills	Cardio and Speed
Equipment	Cones
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none">• 40 Yard Dash <p><u>Rules</u></p> <ul style="list-style-type: none">• All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none">• Vary the distances of the cones• Put cones in zig zags <p><u>Challenge</u> – Quickest time</p>



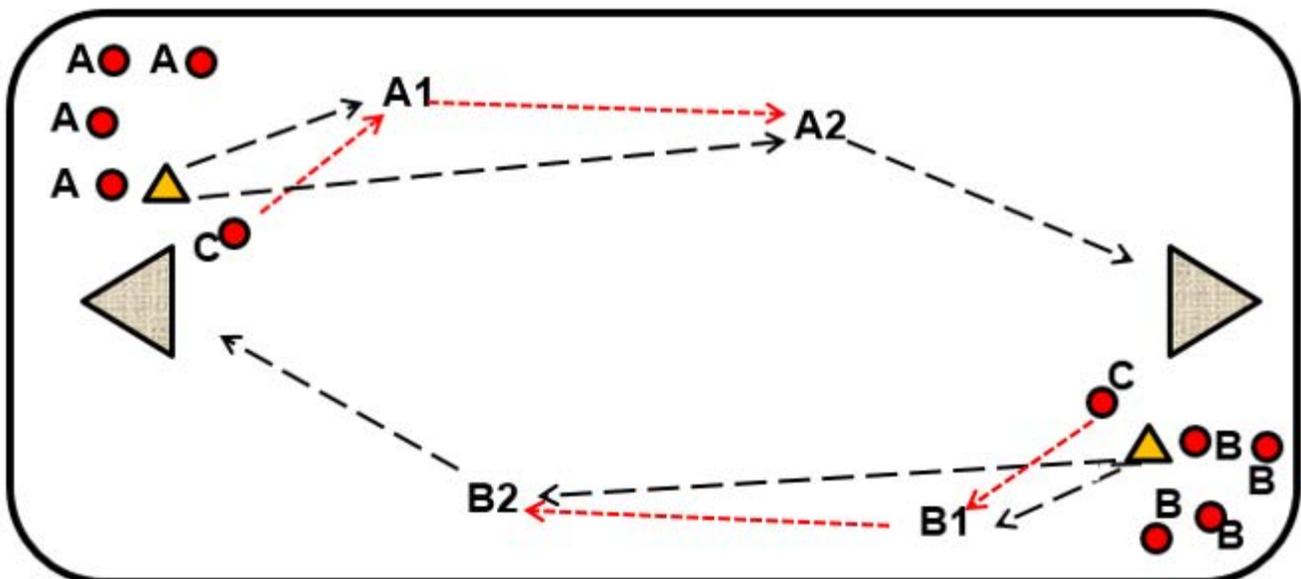
Drill Name: THREE PASSES

Stage of Activity	Learning to Train, Training to Train
Skills	Passing and Catching
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Group lines up behind a designated area. • Three 'Passers' set up staggered down the length of the field across from each other (locations can be marked off with a cone). • First player in line, with a ball, runs down the middle of the field, throwing and receiving passes from the 'Passers'. • After the third pass is complete, the player shoots on the goals at a target or at the post/crossbar. • Once all at group has completed the drill, switch direction and go the opposite way down the field. <p>Rules</p> <ul style="list-style-type: none"> • Ball must successfully be passed before a shot on goal • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Switch up the 'Passers' after a fix amount of passes. • Add a goal and/or target <p>Challenge – number of completed passes and quickest time</p>



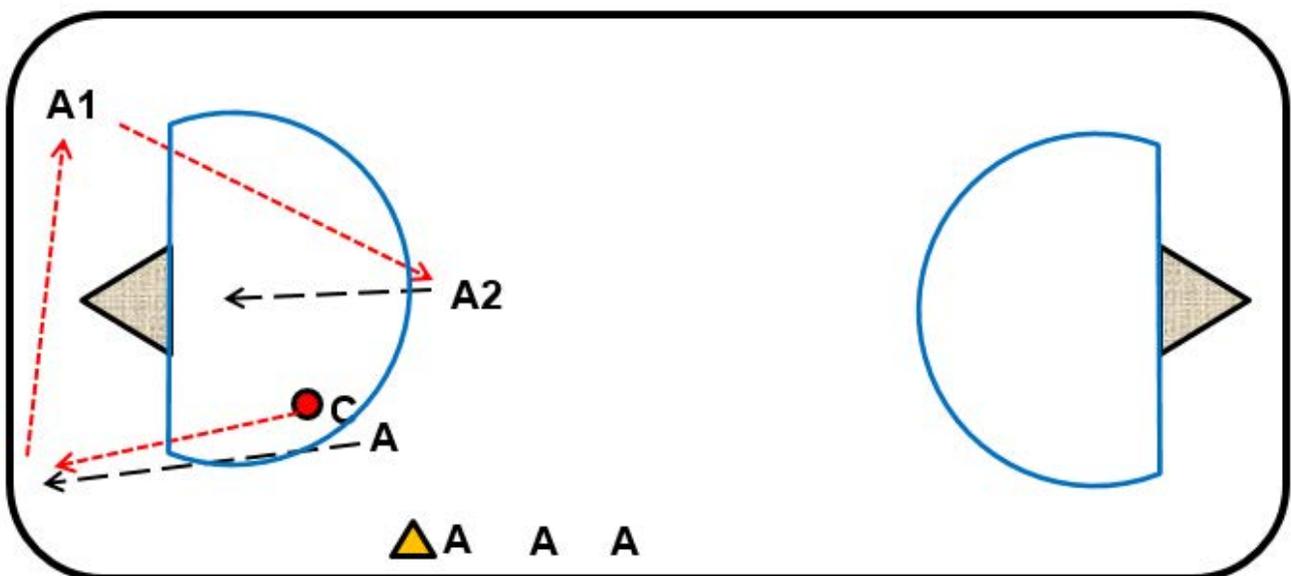
Drill Name: TWO PLAYER BREAKOUT

Stage of Activity	Learning to Train, Training to Train
Skills	Passing and Catching
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	10+
How It Works	<ul style="list-style-type: none"> • Divide group into two groups on both sides of the playing surface behind a designated area • Ball is rolled to the coach near the goal crease • Coach passes the ball to the 'Outlet' player who then passes to the teammate breaking up the floor/field. • The teammate shoots on the goal at the target • The two then lineup in the designated area in the end they just shot at. • Players switch roles the next time down the floor/field (Shooter becomes 'Outlet', etc.).
Modifications	<ul style="list-style-type: none"> • Teammate who receives the pass from the 'Outlet', takes the ball out wide and then returns the pass to the 'Outlet' who is running down the floor/field towards the goal. • Add a goal and/or target <p>Challenge – number of completed passes and quickest time</p>



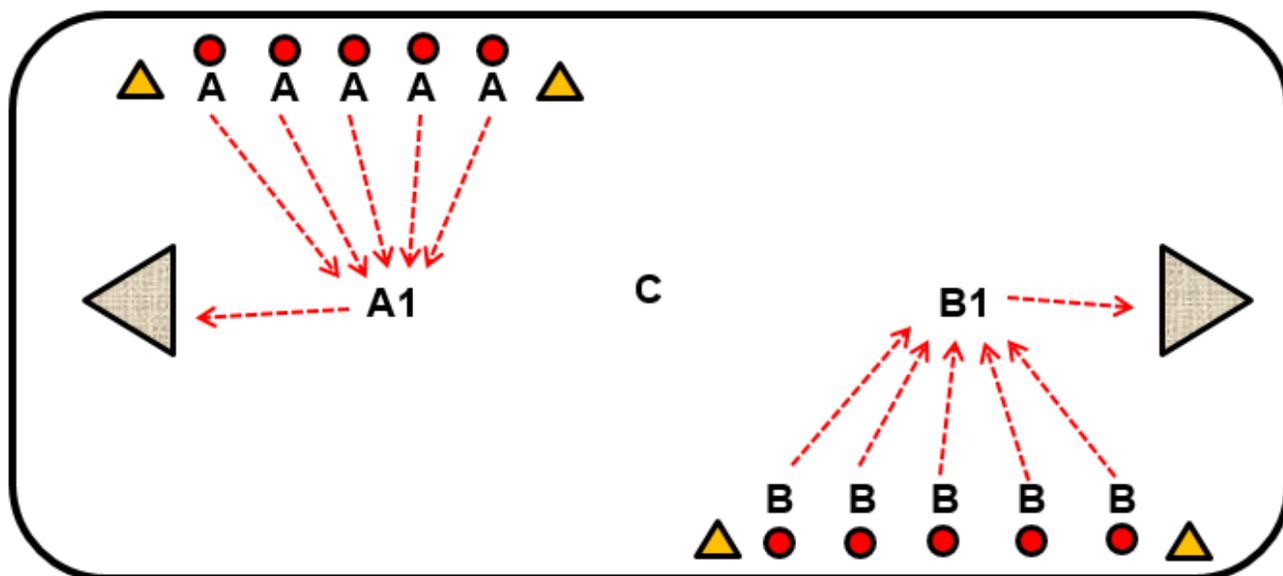
Drill Name: LOOSE BALL

Stage of Activity	Learning to Train, Training to Train
Skills	Scooping, Passing, Catching and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Three players participate, while others line up in the designated area • Coach stands in the dotted line in the offensive zone, First player (A) starts off beside the coach. • Second player (A1) is lined up on the opposite side of the goal on the goal line. • Third player (A2) is lined up on the top of the dotted line. • Coach rolls ball into the corner, First player (A) picks up the ball and passes behind the goal to the Second player (A1). • Second player (A1) then passes to the Third player (A2) who breaks towards the net for a shot. • Players rotate positions <p style="text-align: center;">Rules</p> <ul style="list-style-type: none"> • Ball must successfully be passed before a shot on goal • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Add a goal and/or targets <p>Challenge – number of completed passes, quickest time and accuracy</p>



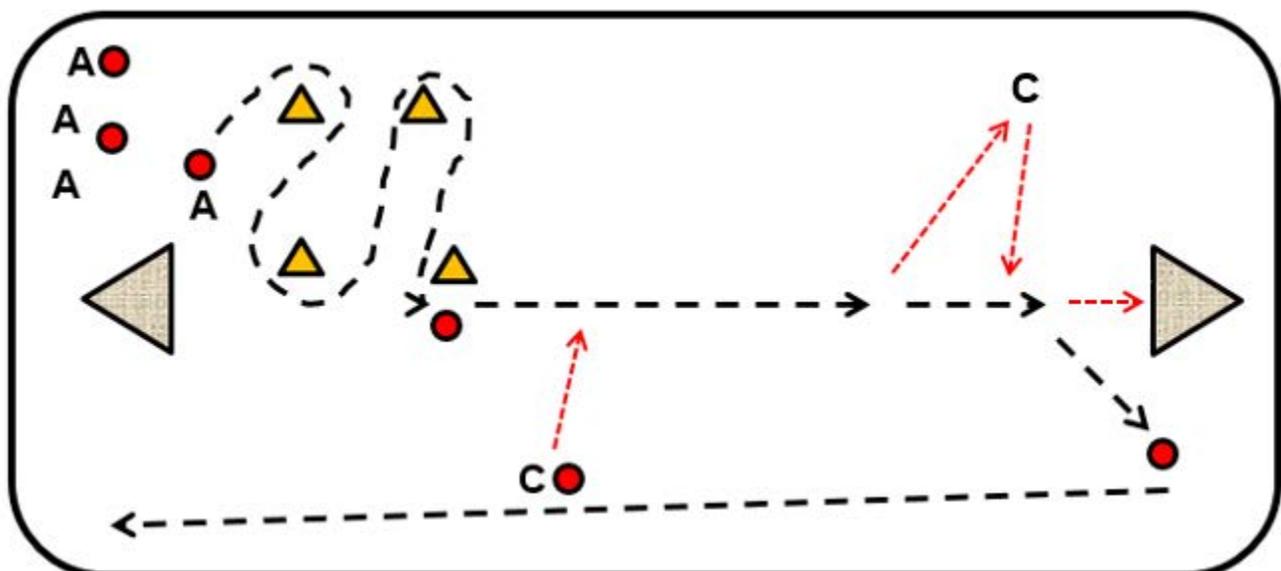
Drill Name: RECEIVE AND SHOOT

Stage of Activity	Learning to Train, Training to Train
Skills	Catching and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • All players line up on one side of the floor/field with a ball • One player lines up across from teammates in a good shooting position. • Each player passes their ball to the shooter, who then shoots on the goal. • Rotate positions once everyone has passed the ball.
Modifications	<ul style="list-style-type: none"> • Put a target in each corner of the goal • Aim to hit post/crossbar • Progress this drill into quick stick drills. <p>Challenge – number of completed passes, quickest time and accuracy</p>



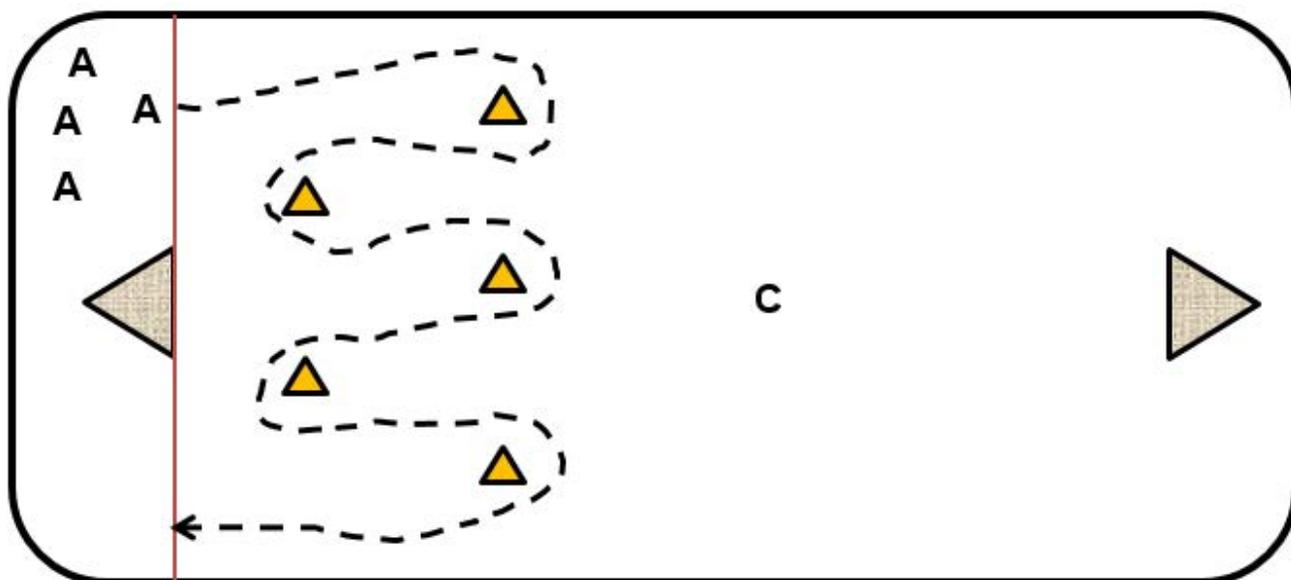
Drill Name: BALL CONTROL SCRAMBLE

Stage of Activity	Learning to Train, Training to Train
Skills	Ball Control, Passing, Catching and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Players start on goal line • First player scoops up a ball and moves through a series of cones • After the final cone, player places the ball on the ground and then receives a pass on the run from the coach • Player runs down the floor/field and then passes to a 2nd coach or player in the corner of the offensive zone • Player receives the pass back and shoots on goal or target • Player then scoops a loose ball on the goal line and sprints down the floor/field to the starting line. <p>Rules</p> <ul style="list-style-type: none"> • If player misses the first shot, he/she will receive another pass from the 2nd coach in the offensive zone • Drill continues once a goal is scored • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Add a goal and/or target <p>Challenge - quickest time and accuracy</p>



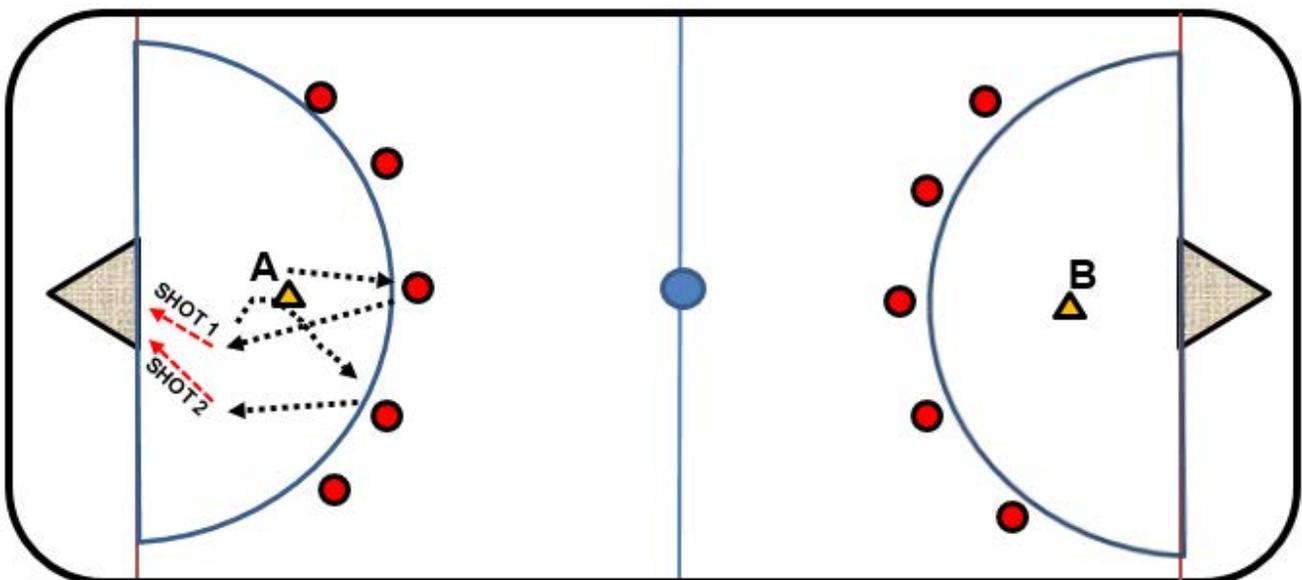
Drill Name: TIMED 'W' AGILITY TEST

Stage of Activity	Learning to Train, Training to Train
Skills	Agility
Equipment	6 Cones
Time	10 Minutes
Number of People	Unlimited
How It Works	<ul style="list-style-type: none"> • 6 Cones setup in a 'W' formation • Player runs forward through the first cone and then backwards to the next cone. • Alternating forward and backwards through all the cones and then finally sprint across the goal line. <p>Rules</p> <ul style="list-style-type: none"> • Cones must cleanly be passed • All athletes are at least 2m away from each other
Modifications	<ul style="list-style-type: none"> • Add side to sides or crossovers in sections • Add a ball and a stick to help with cradling and stick control <p>Challenge – Quickest time</p>



Drill Name: SCOOP AND SHOOT

Stage of Activity	Learning to Train, Training to Train
Skills	Scooping, Cradling and Shooting
Equipment	Balls, Cones, One Stick per Player, Goal, Targets, Stopwatch
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> • Divide group into two groups on both sides of the playing surface behind a designated area • Line up 5 balls equally spread out on the dotted line on a lacrosse floor, 3-point arc in a gym or a similar measure on a field (approx.. 24ft arc). • Two players go at a time on each side of the floor/field. More can participate if space and equipment is available • Player A and B start off in the middle of the arc area between the goal and top of the arc. This can be marked off using a cone or something similar • On the whistle, the stopwatch begins and both players run out from the start area, scoop up a ball, turn, cradling towards the goal/target and shoot • After each shot, the player must touch the start point, then process to scoop up another ball and shoot, until all five balls have been scooped and shot on the goal. • The stopwatch stops after the last ball (#5) is shot and enters or misses the goal/target • Athletes are timed for quickness and recorded for the number of successful goals/targets hit for accuracy.



APPENDIX J: viaSport BC's Member Communication Template

Date

Dear <<PARTICIPANT, COACH, PARENT>>:

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the BC Lacrosse Association has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached BC Lacrosse Association's Return to Sport Guidelines document has been developed for our sport in order to ensure:

- health and safety of all individuals is a priority
- activities are in alignment with provincial health recommendations
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Guidelines document will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Guidelines are based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk.

Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,



Return to Lacrosse Activities DECLARATION OF COMPLIANCE

A Ministerial Order has been issued during BC's State of Emergency, extending liability protection to not-for-profit amateur sport organizations for damages resulting from exposure to COVID-19. This liability protection applies as long as sport organizations and their members are complying with orders from the provincial health officer and following the BCLA's Return to Lacrosse Guidelines. This protects the directors, officers, staff and volunteers of not-for-profit sport organizations recognized under the BC Societies Act. We have been informed that this Order is in effect immediately and until the state of emergency is lifted. To review the Province of BC's announcement, please [click here](#). Therefore, the BC Lacrosse Association requires a Declaration of Compliance from all of its Member Leagues/Associations/Clubs:

President/Senior Officer Name: _____

On behalf of _____
Name of League/Association/Club

E-Mail: _____ **Phone:** (____) _____

I, the undersigned hereby acknowledge and agree to the terms outlined in this document on behalf of the League/Association/Club:

1. BCLA Association/Club members have read, understand and agree to abide by the BC Lacrosse Association Return to Lacrosse Phase 1 Guidelines as circulated and posted on the BCLA Website – direct link to page: <http://www.bclacrosse.com/return-to-lacrosse.php>.
2. Before returning to activity, the League/Association/Club President or Senior Officer must submit this completed **BCLA Return to Lacrosse Guidelines DECLARATION OF COMPLIANCE** to Debbie Heard - deb@bclacrosse.com.
3. The League/Association/Club is in good standing with the BC Lacrosse Association. This includes being current with payments of all BCLA invoices to date.
4. While there are suggested drills and skills within the BCLA's Return to Lacrosse Phase 1 Guidelines, we agree to establish the training program(s) and offer the safest possible environment for all participants that choose to participate. Once the training program(s) has/have been established, our Board will pass a motion supporting the lacrosse activities that we choose to offer under the terms of the Return to Lacrosse Phase 1 Guidelines.
5. All athletes will be currently registered (Box Lacrosse – 2020 season; Field Lacrosse – 2020-2021 season).
6. All participants (athletes, coaches, officials, volunteers) will sign and submit the revised (at June 11/20) BCLA Waiver (UNDER the Age of Majority or OVER the Age of Majority Waiver) before participating in any lacrosse activity.

Signature: _____ **Date:** _____