



SLA - COVID-19 SAFETY PLAN



This plan must be posted on our website in accordance with the order of the PHO.

This COVID-19 Safety Plan draft is adapted from WorkSafe BC to align with the sport sector with the assistance of viaSport and their guidelines.

This SLA – COVID-19 Safety Plan is in combination with the following documents that lay the foundation for this plan.

- BCLA Return to Lacrosse Guidelines
- SLA Return to Play Plan Chart - Mitigation Strategy
- SLA Facility Access Plan

Step 1: Confirm Assessments of the risks in boxes / floors / fields

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have identified areas where people gather
See: SLA Return to Play Plan Chart - Mitigation Strategy
- We have identified situations and processes where individuals are close to one another or members of the public.
See: SLA Return to Play Plan Chart - Mitigation Strategy
- We have identified the equipment that may be shared by individuals
See: SLA Return to Play Plan Chart - Mitigation Strategy
- We have identified surfaces that people touch often
See: SLA Return to Play Plan Chart - Mitigation Strategy

Step 2: Implement protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission.

Look to the following for information, input, and guidance:

- WHO / Provincial Health Officer recommendations and Guidelines
- viaSport sector guidelines and your sport-specific guidelines.
- BCLA Return to Lacrosse Guidelines
- SLA Return to Play Plan Chart - Mitigation Strategy
- City of Surrey - Municipality or facility guidelines

Primary level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- We have established maximum program numbers for our program that meets facility requirements
- We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.

Measures in place

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document here.

- SLA Return to Play Plan Chart - Mitigation Strategy – *separate document*
- BCLA Return to Lacrosse Guidelines – *separate document*
- SLA - Facility Access plan – *separate document*

Secondary level protection (administrative): Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- We have clearly communicated these rules and guidelines through a combination of communications streams (Website / Email / Coach talks).

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

- SLA Return to Play Plan Chart - Mitigation Strategy
 - All Membership to review
- SLA - Facility Access plan
 - All Membership to review
- BCLA Return to Lacrosse Guidelines
 - All Coaching staff to review

Cleaning measures to reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- We have implemented cleaning protocols for all common areas and surfaces.
- Workers who are cleaning have adequate training and materials.
- We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc). If this information is in another document, identify that document here.

- SLA Return to Play Plan Chart - Mitigation Strategy
- BCLA Return to Lacrosse Guidelines

Step 3: COVID Policy

This policy ensures that players, coaches, parents/guardians, spectators and others showing symptoms of COVID-19 are prohibited from participating in any sport activities

- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, vomiting or diarrhea, and new muscle aches or headache.
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- Our policy addresses individuals who may start to feel ill while participating. It includes the following: Sick individuals should report to first aid (or designated individual), even with mild symptoms.
- Sick members should be asked to wash or sanitize their hands, asked to leave the activity area and isolate until a

parent can pick them up. Ask the member to go straight home. [Consult the BC COVID-19 Self-Assessment Tool or call 811 for further guidance related to testing and self-isolation.] and advise outcome of any COVID testing to allow for risk measures to be put into place

- If the member is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill member has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- We have a communication and training plan to ensure everyone is trained in policies and procedures.
 - All Members are to review this plan and sign waivers as required prior to participation.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated SLA representatives as required

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's health care, educational, financial, criminal or employment history. Visit <https://www.oipc.bc.ca/about/legislation/> for more information.



Surrey Lacrosse - Facility Access plan



- All facilities shall follow the same general guidelines
 - Arena's - Box lacrosse (many guidelines will need to be established closer to the following season starting up January 2021)
 - Additional Facility Guidelines to be established by the City of Surrey & the Surrey School district.
 - All other guidelines must still be followed in accordance with WHO, PHO, PSO, & NSO
 - Fields – Field Lacrosse
 - All Players to change in vehicles and fully equipped to play with helmet, gloves, cleats and all other required equipment shall always be equipped
 - No player shall remove their Helmet (male)/ Goggles (female) / Gloves / or mouth guards while in the activity area, if it is unavoidable player must leave the activity area and physical distance as required.
 - Players shall have water bottle staging locations on the sidelines ensuring physical distancing as required with cones as beacons of distance required
 - Players must do their absolute best to follow physical distancing measures until such time as this restriction is lifted, this includes
 - While in line ups
 - While on sidelines
 - While coming to and leaving from the activity area
 - While in activity
 - Fields shall be set up in a way to ensure the requirements for physical distancing is achieved.
 - Spectators must also adhere to the physical distancing measures as required by the WHO & Provincial Health Officer.
 - There shall be a 10min buffer between each time slot of players to allow for players to leave and enter the activity zones safely.
 - Coaches shall have a supply of the following
 - Hand sanitizer
 - Gloves
 - Coaches shall have their own personal nonmedical face covering (mask)
- All other guidelines must be followed in accordance with WHO, PHO, PSO, & NSO. SLA reserve the right to make adjustment to this plan as may be required.
- There will be an expectation that everyone in attendance will adhere to the requirements as laid out. Failure to do so will lead to removal from activity area and environment as may be required.



SLA Return to Play Chart - Mitigation Strategy (Draft)



		Phase 1	Phase 2	Phase 3	Phase 4
Time Frame		March - May 18th	May 18th -	TBD	TBD
		No play - Complete Shutdown	No Play - planning processes and evaluating risk (if plan accepted there may be possible play to resume in Phase 3)	Adjusted play as per WHO and NSO/PSO recommendations	The new normal
Identify Where People gather together		Mitigation strategy	Mitigation strategy	Mitigation strategy	Mitigation strategy
	Sidelines	NA	Physical Distance	Physical Distance	TBD
	Boxes / Floors	NA	Potentially Open with Physical distancing measures in place - Occupancy restrictions (10 or less) - awaiting Guidelines from NSO/ PSO	Open with Physical distancing measures in place - Occupancy restrictions (under 50) * 5 square meter rule	TBD
	Change rooms	NA	Closed All players to get changed at their vehicle or away from the playing area and with distance from others. Players are not to remove any equipment in the activity area (including gloves, helmet and cleats/shoes)	Closed All players to get changed at their vehicle or away from the playing area and with distance from others. Players are not to remove any equipment in the activity area (including gloves, helmet and cleats/shoes)	TBD
	on Field	NA	Potentially Open with Physical distancing measures in place - Occupancy restrictions (10 or less) - awaiting Guidelines from NSO/ PSO	Open with Physical distancing measures in place - Occupancy restrictions (under 50) * 5 square meter rule	TBD
	Spectator area	NA	Closed	Closed - may be allowed with Physical distancing measures in place based on WHO / PSO / NSO recommendations	TBD
	Meetings	Virtual	Virtual	Virtual	TBD
	Games	NA	NA	Modified to meet WHO / PSO / NSO Guidelines - adhere to Physical distancing measures as required	TBD
	Practices	NA	Modified to meet WHO / PSO / NSO Guidelines - adhere to Physical distancing measures as required	Modified to meet WHO / PSO / NSO Guidelines - adhere to Physical distancing measures as required	TBD
Identify Equipment that may be touched					
	Equipment & Bags	NA	Coaches: Equipment to be handled with gloved hands only Players: To leave equipment bags and non essential equipment at their vehicle Goalie Equipment (Potentially shared): All players to only use their own equipment with no sharing at all even in between activities. Cleaning and Care: Wipe down with disinfectant before and after use.	Coaches: Equipment to be handled with gloved hands only Players: To leave equipment bags and non essential equipment at their vehicle Goalie Equipment (Potentially shared): Assigned for durations of activity with no sharing during activity. Cleaned and disinfected between uses and prior to any one else using between activities scheduled. Cleaning and Care: Wipe down with disinfectant before and after use.	TBD
	Sticks	NA	Coaches: Participate and provide demo with your own stick. Do not touch player sticks Players: Only use your own stick. Cleaning and Care: Wipe down with disinfectant before and after use.	Coaches: Participate and provide demo with your own stick. Do not touch player sticks Players: Only use your own stick or one assigned to the player and cleaned and disinfected prior. Cleaning and Care: Wipe down with disinfectant before and after use.	TBD
	Water bottles	NA	No Sharing allowed	No Sharing allowed	TBD
	Balls	NA	Coaches: Gloved hands only Players: not to use hands at all and only use sticks to pick up and touch balls. Parents Guardians/Spectators: Should not touch Cleaning and Care: Shall be cleaned before and after use using a soap and water solution in a bucket.	Coaches: Gloved hands only Players: not to use hands at all and only use sticks to pick up and touch balls. Parents Guardians/Spectators: Should not touch Cleaning and Care: Shall be cleaned before and after use using a soap and water solution in a bucket.	TBD
	Pinnies	NA	No Sharing allowed	No Sharing allowed	TBD
Identify areas surfaces that people touch					
	Balls	NA	Coaches: Gloved hands only Players: not to use hands at all and only use sticks to pick up and touch balls. Parents Guardians/Spectators: Should not touch Cleaning and Care: Shall be cleaned before and after use using a soap and water solution in a bucket.	Coaches: Gloved hands only Players: not to use hands at all and only use sticks to pick up and touch balls. Parents Guardians/Spectators: Should not touch Cleaning and Care: Shall be cleaned before and after use using a soap and water solution in a bucket.	TBD
	Goal	NA	Gloved hands only	Gloved hands only	TBD
	Bench	NA	Gloved hands only	Gloved hands only	TBD
	Door handles	NA	Gloved hands only	Gloved hands only	TBD
People					
	Parents	NA	Physical Distance	Physical Distance	TBD
	Coaches	NA	Mask & Physical Distance	Physical Distance	TBD
	Players	NA	Fully equipped & Physical Distance Contact play: Not allowed	Fully equipped & Physical Distance Contact play: TBD	TBD

*Any and all areas not covered within this SLA Return to Play guideline, players, parents/guardians, spectators & coaches must and are expected to follow the WHO & Provincial Health Officers restrictions and guidelines. PSO (BCLA) and or NSO (CLA) restrictions and or guidelines may go into further details and are used as reference to our Surrey Lacrosse Return to play plan. SLA reserve the right to make adjustments to this play as required under the guidelines of the above.