

BMLC Covid-19 Return to Play Safety Plan

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BCLA Return to Lacrosse Phase 3 Guidelines FULL COPY
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BMLC Covid-19 Return to Play Safety Plan – For Submission to the City of Burnaby

Introduction

The safety of all our participants and their families is our top priority and key to the planning and carrying out the 2021 season plan.

We are in Phase 2 with practice, skill and player development only, no compete or body contact.

Regulatory Authorities

BMLC will observe and maintain compliance with the current Provincial Health Orders, BCLA Return to Lacrosse Guidelines, viaSport Return to Sport Guidelines and City of Burnaby facility rules and protocols. (BCLA Return to Lacrosse Guidelines & viaSport Return to Sport Guidelines are attached as part of the submission)

Communications

Ongoing monitoring of updates from the BC Public Health Authority, viaSport, the BCLA and the City of Burnaby will be maintained by the BMLC executive. The BMLC executive will communicate changes and updates to the membership.

Members Volunteers Coaches and Officials

Coaches: Coaches are required to attend mandatory online meetings to review the Return-to-Play plan including all safety protocols and procedures along with roles and responsibilities. As requirements continue to change, information meetings will be convened and updates provided.

Parents: All parents are informed by email the BMLC Return-to-Play plan including all safety protocols and procedures; this will be posted on the BMLC Website. Once teams are formed, every Head Coach will hold a Parent Meeting to cover BMLC, BCLA, viaSport procedures and team policies.

BMLC Requirements

Any individual who is sick should stay home, please see the illness protocols. Each player, coach and volunteer must update their availability and complete the Team Snap Health Check prior to each floor time or provide a completed BMLC COVID-19 Check-in Questionnaire

Completion of this health check will generate a contact tracing sheet accessible to the Team Manager and the BMLC Executive Team Snap Administrator

Volunteers/Officials required for each floor time:

- Coaches - Responsible for running practices, ensuring programs are being delivered as per phase 2 guidelines or the current protocols as dictated by the Provincial Health Authority
- Team Manager to oversee all volunteer roles are fulfilled, ensure Covid-19 cleaning is completed, confirm completion of COVID-19 health check by all participants and generate a contact tracing sheet
- 1st Aid/Concussion Protocol will be in attendance for each floor time as per BCLA Policy
- Covid Helpers, or designated team individual; must follow the cleaning procedure requirements outlined by the City of Burnaby. This volunteer is to sanitize the bench area and high touch surfaces of the bench area (gate handles). One volunteer is to open and close gates and arena doors, to minimize the number of individuals who touch handles.

Players are to enter the arena wearing masks, fully dressed with personal water bottles filled and clearly labeled with the player's name. A "personal items" bag is permitted in the arena however change rooms are not available for practice sessions. Players are to carry a personal hygiene kit containing hand sanitizer, facial tissue, and a mask to use if or when necessary

No Spectators are permitted at this time. Parents and Guardians are to remain on the arena grounds. If your player shows symptoms of illness, you will be contacted to enter the arena and take them home immediately. If a player needs to use the washroom and needs assistance, the parent will be called into the arena to assist their child in the washroom and will need to leave after the player is returned to the floor.

For BLA and BCSC, players are to access the floor using the end gates, according to signage and at the direction of the Covid Volunteers. For Kensington, players are to access the floor from the players' benches. Masks are to be worn at all times, when not on the floor. There continues to be a total maximum allowed of 24 individuals on the floor.

While players are "active" they are to remain 3-5 square meters apart from others on the floor.

When lining up to take turns for drills, players are to stand 3 meters apart (use two glass partitions as a guide).

Coaches are to adapt drills and timing of player participation, so that 3-5 square meters of physical distancing is maintained between all individuals on the floor.

Coaches and Covid volunteers are to alert individuals on the floor if they are not adhering to physical distance.

Parents or guardians may be called into the arena to collect their player, and the participant may be asked to leave the floor/arena if physical distancing is not maintained.

Players are to leave the floor immediately at their session

A coach or volunteer must close and properly secure the end gates at the start of practice and again at the end of practice.

A Covid volunteer is to wipe down and disinfect the bench and bench area (including high touch surfaces) immediately after all individuals have left the floor and bench area, using the supplies provided by the City of Burnaby.

The second Covid volunteer is to disinfect and wipe down the seats that were used in the skate tying area.

Players, volunteers and coaches are to vacate the premises within a maximum of 15 minutes of the floor time ending.

The Head Coach or Team Manager is to give an "all clear" signal to next user group so they may begin entry.

If any individual appears to be or becomes ill during an floor time, follow the BMLC Illness Protocols

Emergency Action Plan

- Each team will have their own Emergency Action Plan for the facility in use
- Each team must have a Safety Kit that contains masks and gloves in addition to the usual first aid supplies
- Team Safety Persons are responsible to ensure that an adequate supply of masks and gloves is maintained in the Safety Kit.
- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- Gloves should be worn when handling equipment and when treating a player.
- Hands must be washed, and gloves changed between each player contact.
- If illness is suspected, the player must be separated and their parent or guardian contacted immediately to collect their player.

Outbreak Plan

An “outbreak” is two or more COVID-19 positive cases. A “case”, is a single case of COVID-19.

- The Association President/1st VP have the authority to modify, restrict, postpone or cancel activities if a case or outbreak is reported.
- If an individual tests positive for Covid-19, the Provincial Health Authority will engage in contact tracing and reach out to individuals deemed to have been in close contact with the infected individual. BMLC may be required to provide the Health Authority with the BMLC collected Contact Tracing sheets for BMLC activities.
- Affected individuals are required to:
 1. Self-isolate;
 2. Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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;
 3. Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed;
 4. Contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

BMLC Illness Policy

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

1. Reporting

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.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

2. Assessment

a) Team members 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) If team members are unsure, please have them use the self-assessment tool.

c) Managers/coaches will visually monitor team members 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.

<https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

3. If a team member 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 further guidance.

c) No team member may participate in an activity if they are symptomatic.

4. If a team member tests positive for COVID-19

a) Follow the directions of the health officials.

5. Quarantine or Self-Isolate if:

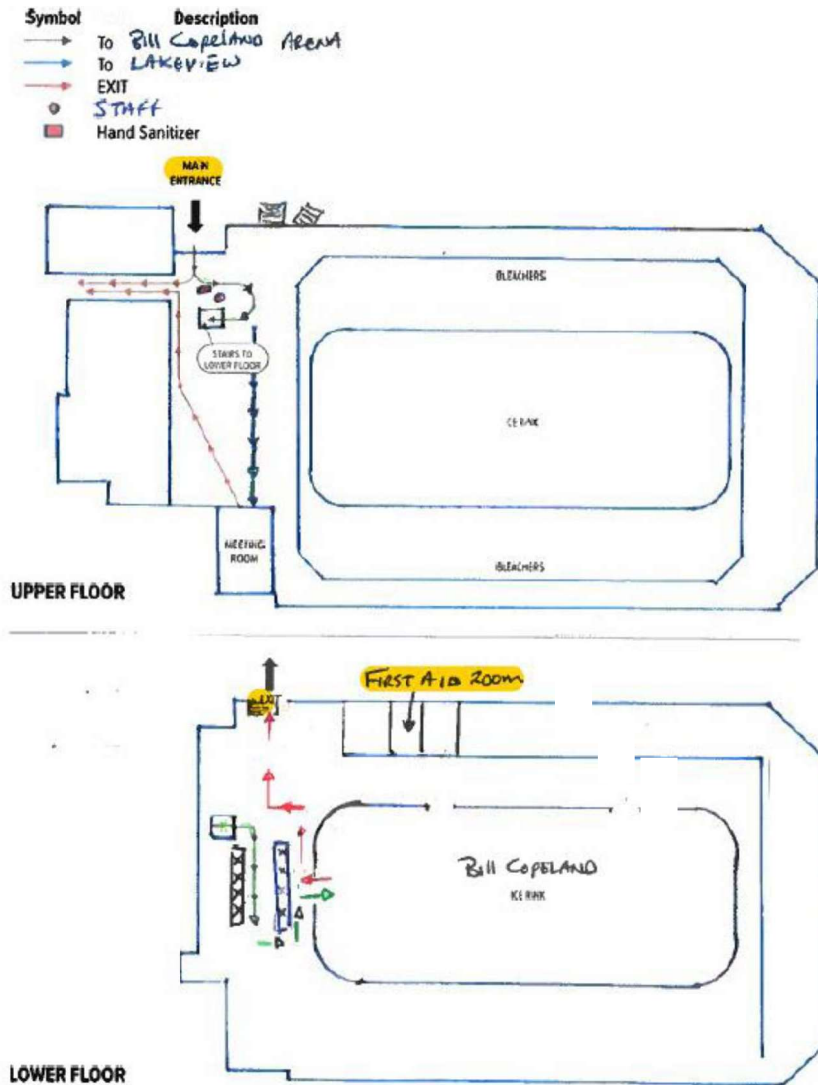
a) You have travelled outside of Canada or the province within the last 14 days.

b) You have come into close contact with someone who has tested positive for COVID-19.

c) You have been advised to do so by health officials.

Procedures for Practice Sessions - Bill Copeland Arena

Once you have your cleared health check and given permission by the Covid volunteer or Head Coach to enter, players, volunteers and coaches enter wearing masks through the Bill Copeland Sports Centre Main Entrance. Players will enter with full gear on. Anyone who has not completed or submitted their health check will not be permitted entry. Note the elevator has an occupancy limit of one. Proceed down the staircase and enter onto the floor through the end gates (do not use the changeroom tunnels). Proceed to the designated player's bench. At the end of the session exit the floor through the end gates (do not use the changeroom tunnels). Follow the arrows on the map below and onsite signage. You will exit from the lower-level main doors. Should your user group need access to the First Aid Room, please call the ASW at 604-320-2212 or 2214.

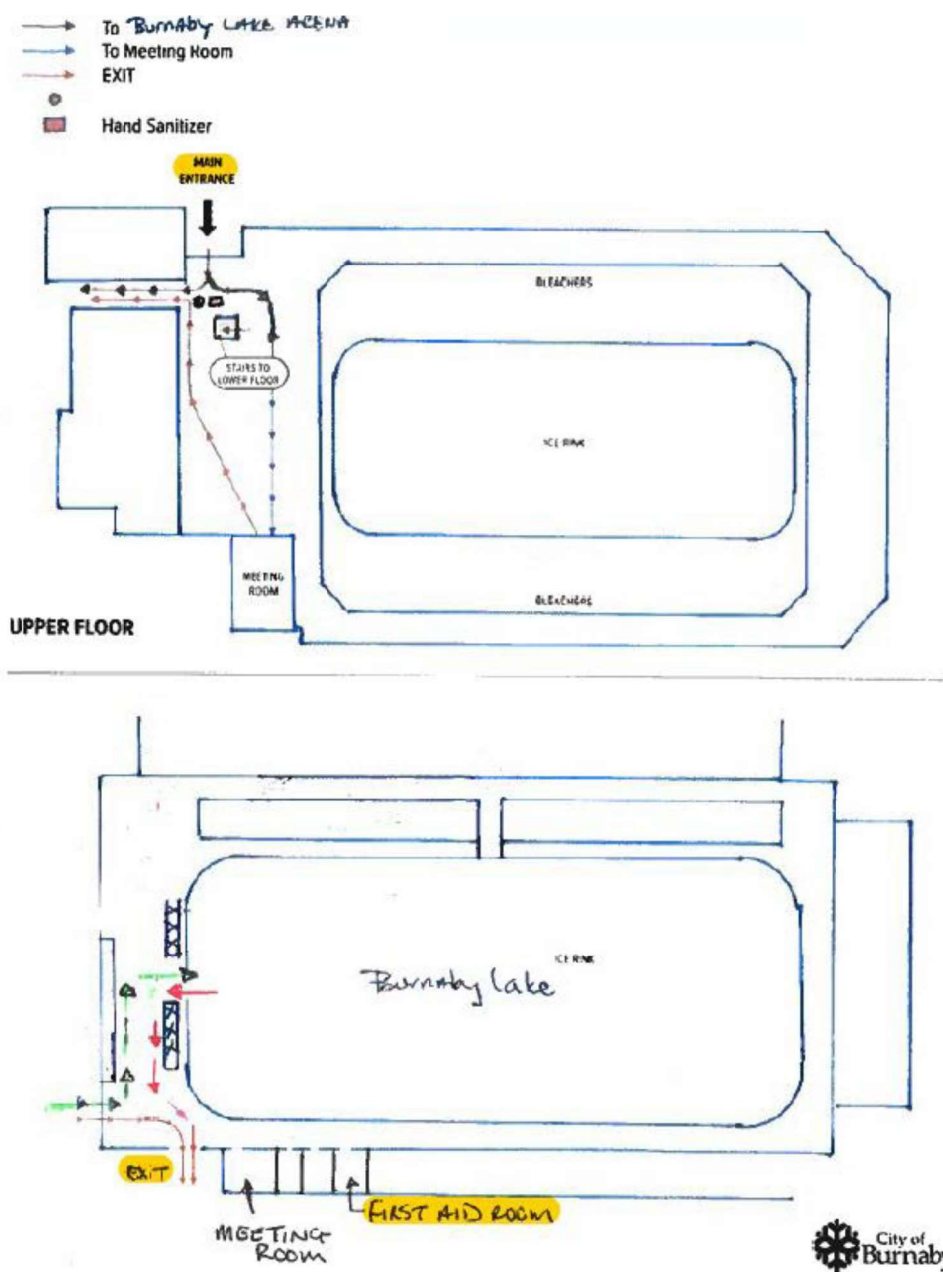


Bill Copeland Sports Centre



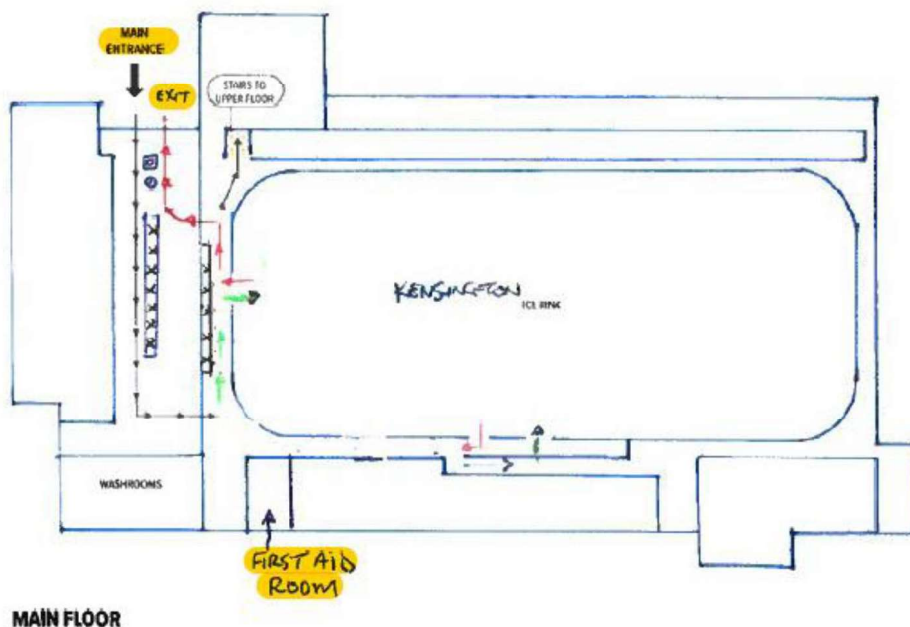
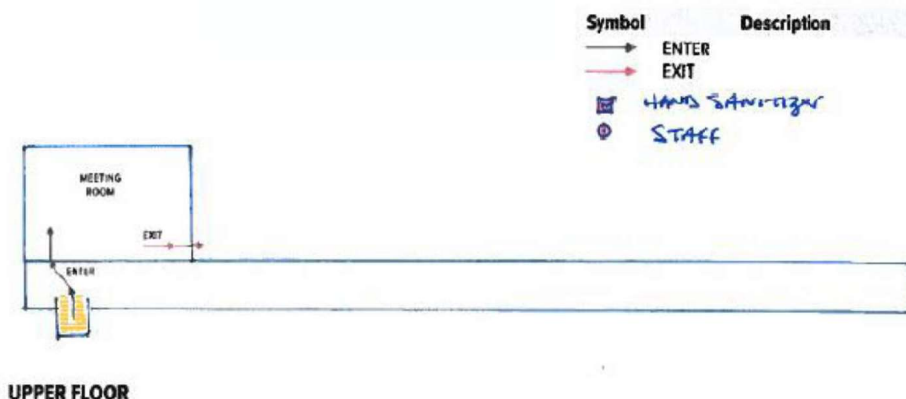
Procedures for Practice Sessions at Burnaby Lake Arena

Once you have your cleared health check and given permission by the Covid volunteer or Head Coach to enter, players, volunteers and coaches enter wearing masks through the Bill Copeland Sports Centre Main Entrance. Players will enter with full gear on. Anyone without who has not completed or submitted their health check will not be permitted entry. Proceed to BLA lobby and enter onto the floor through the end gates (do not use the changeroom tunnels). Proceed to the designated player's bench. At the end of the session exit the floor through the end gates, follow the arrows on the map below and onsite signage to exit the building from the left hand BLA doors. Should your user group need access to the First Aid Room, please call the ASW at 604-320-2212 or 2214.



Procedures for Practice Sessions - Kensington Arena

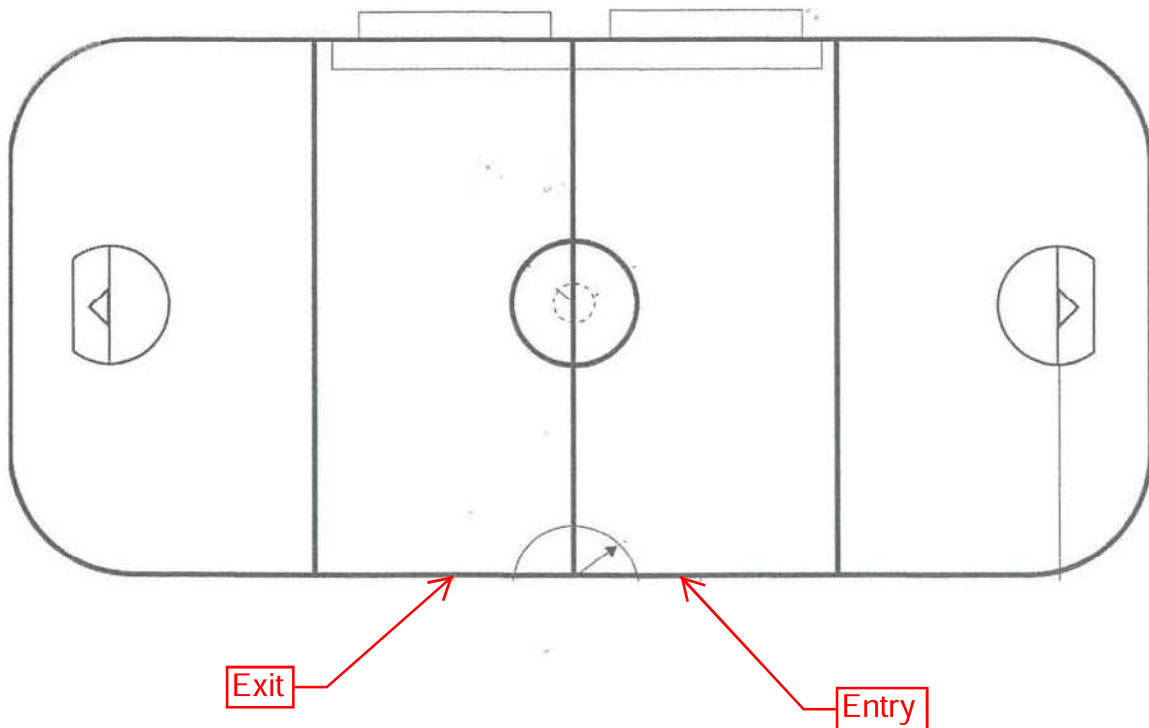
Once you have your cleared health check and given permission by the Covid volunteer or Head Coach to enter, players, volunteers and coaches enter wearing masks through your right side set of doors of the Kensington Main Doors/Entrance. Players will enter with full gear on. Anyone who has not completed or submitted their health check will not be permitted entry. Proceed to the designated player's bench. At the end of the session exit the floor through designated players bench. Follow the arrows on the map below and onsite signage and exit through your right side set of doors of the Kensington Main Doors/ Entrance. Should your user group need access to the First Aid Room, please call the ASW at 604-220-2583.



Kensington Arena

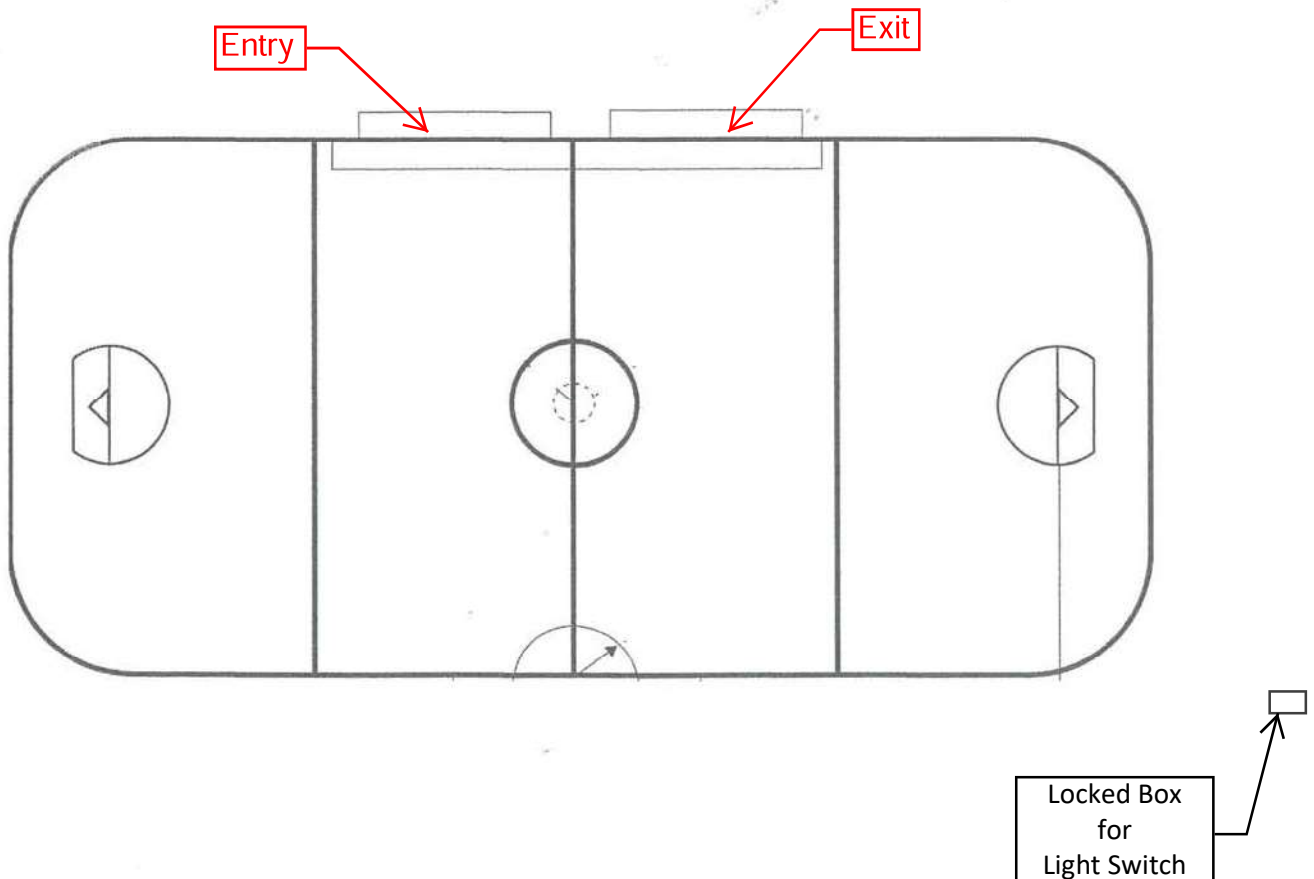
Procedures for Practice Sessions at Jack Crosby Outdoor Lacrosse Box

Prior to the practice session a Covid volunteer will wipe down all touch points and wipe down the designated player area. Once you have your cleared health check and given permission by the Covid volunteer or Head Coach to enter, players, volunteers and coaches may enter the box through the designated entry. Players will enter with full gear on. Anyone without who has not completed or submitted their health check will not be permitted entry. Players are to go to the designated player's bench and onto the floor. At the end of the session exit the floor through the designated exit.



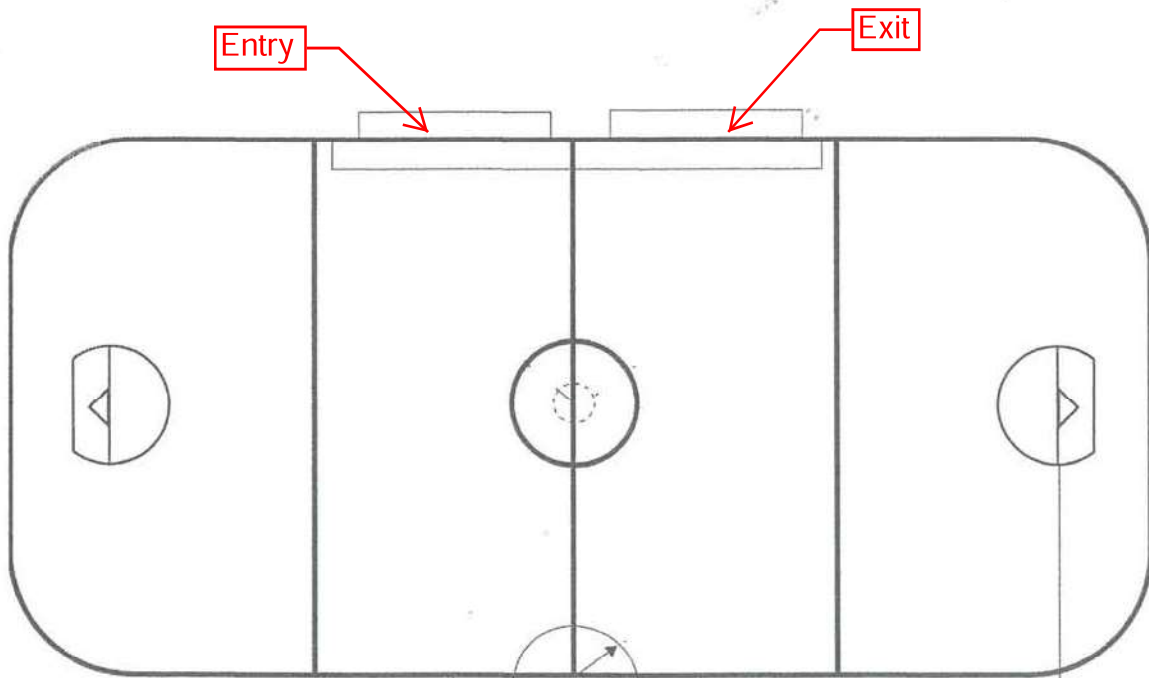
Procedures for Practice Sessions at Confed Outdoor Lacrosse Box

Prior to the practice session a Covid volunteer will wipe down all touch points and wipe down the designated player area. Once you have your cleared health check and given permission by the Covid volunteer or Head Coach to enter, players, volunteers and coaches may enter the box through the designated entry. Players will enter with full gear on. Anyone without who has not completed or submitted their health check will not be permitted entry. Players are to go to the designated player's bench and onto the floor. At the end of the session exit the floor through the designated exit.



Procedures for Practice Sessions at Cariboo Outdoor Lacrosse Box

Prior to the practice session a Covid volunteer will wipe down all touch points and wipe down the designated player area. Once you have your cleared health check and given permission by the Covid volunteer or Head Coach to enter, players, volunteers and coaches may enter the box through the designated entry. Players will enter with full gear on. Anyone without who has not completed or submitted their health check will not be permitted entry. Players are to go to the designated player's bench and onto the floor. At the end of the session exit the floor through the designated exit.





APPENDIX H: Return to Lacrosse Activities DECLARATION OF COMPLIANCE - UPDATED

Government has created a Ministerial Order that protects amateur sport organizations and their representatives from damages resulting, directly or indirectly, from COVID-19 for amateur sports. For example, a sport organization or its representatives will not be liable for a participant in their sports program being exposed to COVID-19 as a result of participation. That liability protection would be in place as long as sport organizations and their members, follow applicable guidance, such as viaSport's Return to Sport protocols, public-health guidance on how to prevent the spread of the virus and BCLA's Return to Lacrosse Guidelines. The Province of BC passed the COVID-19 *Related Measures Act*, which extends sport liability protection 90 days past the provincial state of emergency. This Order may be extended by up to one year after the state of emergency is declared over. [Read here to review the Province of BC's announcement](#). Therefore, the BC Lacrosse Association requires a Declaration of Compliance from all of its Member Leagues/Associations/Clubs:

President/Senior Officer Name: Tom Kellett

On behalf of Burnaby Minor Lacrosse Club

Name of League/Association/Club

E-Mail: tek.thomas@gmail.com

Phone: (604) 202-0038

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 current BC Lacrosse Association Return to Lacrosse Guidelines, which adhere to the current permitted activities and restrictions throughout the season(s), as directed by the BC Ministry of Health, the PHO, viaSport BC and the BCLA. The most current information is circulated and posted on the BCLA Website – direct link to page: <http://www.bclacrosse.com/return-to-lacrosse.php>.
2. BCLA Association/Club members understand that BC Ministry of Health restrictions may change at any time and adaptations must be implemented and adhered to.
3. 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.
4. 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.
5. In BCLA's current Return to Lacrosse Guidelines, in conjunction with the most current Ministry of Health Order and restrictions, we agree to establish permitted Lacrosse activities and offer the safest environment for all participants. Once Lacrosse activities and safety protocols has/have been established, our Board will pass a motion supporting these activities and protocols that we will offer under the terms of the current permitted activities and restrictions.
6. All athletes must be currently registered in their respective season(s) (Box Lacrosse season & Field Lacrosse season).
7. All participants (athletes, coaches, officials, volunteers) must sign and the current BCLA Waiver (UNDER the Age of Majority or OVER the Age of Majority Waiver) before participating in any lacrosse activity. Athletes agree to the BCLA Waiver using the online registration system. Athletes not registering online sign a hard copy BCLA Waiver.

Signature:

A handwritten signature in black ink, appearing to read 'Tom Kellett'.

Digitally signed by Tom Kellett
DN: cn=Tom Kellett, o=North Stream Contracting
Ltd., ou, email=tomk@northstream.ca, c=CA
Date: 2021.03.06 20:56:06 -0800

Date: March 6, 2021