

PHASE 4 GUIDELINES



During all lacrosse activity:

- Lacrosse activity must take place outdoors only
- Lacrosse can return as long as groups are limited to a maximum of 30 participants, including coaches and officials
- Participants should enter the site and prepare their personal equipment whilst maintaining social distancing
- Players should use their own equipment
- No one should handle the ball use your sticks to pick up the ball. If anyone does handle the ball they should sanitise their hand and the ball immediately
- All participants should sanitise their hands prior to the start of the activity
- Hand sanitiser should be used at all breaks in activity and prior to consuming any food or drinks. If a player is wearing gloves there is no need to remove them in the breaks and gloves should be sanitised
- Players should refrain from spitting or rinsing out their mouths
- Players, officials and coaches should refrain from shouting
- In line with current UK Government guidance. Individuals should bring their own food and drink for practice. Water bottles or other refreshment containers should not be shared, and should be clearly named

After all lacrosse activity:

- All participants should sanitise their hands after the completion of activity.
- Participants should exit whilst maintaining social distancing.
- Social gathering after the activity will be allowed in line with current UK Government guidelines on hospitality and, social distancing must be maintained.
- One club representative/volunteer/Covid Club Co-ordinator should be responsible for collecting and disinfecting any shared equipment (Balls, Goals)

- Regular cleaning of equipment and the facility should take place, particularly between one group finishing, and the next group starting
- Clubs should encourage all participants to report any infection of their household to the NHS Test and Trace system

Clubs should support NHS Test and Trace efforts by keeping a record of all participants in any lacrosse activity for 21 days and support NHS requests for data if needed.

Additional advice for socially distanced aware game adaptations:

- Players to be temperature checked on arrival – anyone over 37.5c should return home immediately
- There will be no draw or faceoff in games. The game will start with possession by one team, and then follow Association Football rule for restarts following goals
- A 'hygiene break' should take place at the end of each quarter.(after a maximum of 20 mins) the ball should be cleaned with an anti-bacterial wipe (conforming to BS EN 14476) and all participants' hands are cleaned using a suitable sanitiser. This routine should also be followed at the start of any drinks break. The responsibility for sanitising the ball during the match will lie with the coach/organiser, not the officials.
- Players to sanitise their stick and personal equipment when leaving the pitch.
- Social distancing must always be maintained including during goal celebrations, drinks breaks and tactical discussions.
- Spectators should remain socially distanced at all times and refrain from all contact with the ball e.g. returning it to the field of play. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider UK Government guidance. Each club should set a maximum number dependent on the space that they have, in order to maintain social distancing. There should be no spectator shouting
- Umpires/Referees should refrain from any contact with the ball.
- Use of the clubhouse, changing rooms and toilets should adhere to the latest Government advice and be prepared in accordance with the ELs guidance on Getting your Clubhouse and Ground Ready for Step 4.

Additional Advice for Clubs & Covid Club Co-ordinators:

- Clubs should appoint a COVID Club-Coordinator
- Prior to reaching Step 4 of the EL Roadmap and subsequently re-opening, club representatives should ensure that their facility is compliant with current UK Government legislation including legislation and guidance related to COVID-19. A risk assessment should have been completed and risk mitigation measures put in place and monitored.
- On any day of the activity, club representatives and volunteers should ensure that all COVID-19 measures are in place according to the club operating and safety plans, whilst maintaining social distancing – developing your own ‘opening up checklist’ is helpful for this. This should include:
 - Non Contact thermometer to be able to take temperature on arrival at the site
 - Anyone recording a high temperature (over 37.5c) to return home immediately
 - Keep a record of the temperatures on the check in register
 - Set-up of public health operating procedures and access signage.
 - Set-up of lacrosse facility including all ground safety requirements.
 - The duty of care which the club already owed remains and therefore other matters such as First Aid must continue to be provided. First Aid equipment (including AEDs where available) and suitable PPE for First Aid must be made available. (Face masks, shields, gloves, aprons) Advice on First Aid during the COVID pandemic is available from St John Ambulance.
- Clubs should make hand washing facilities and/or hand sanitiser available for all site users.
- Clubs must have entry and exit, and parking arrangements to venues that ensures social distancing can be maintained and implement traffic flow systems where possible and appropriate.
- Clubs must outline socially distanced areas for teams, officials, and spectators.
- Clubs must ensure that all accessible provision within the site and the facility are available.

Additional Advice for Children's Activity:

- For children, maximum groups sizes of 30 should include at least one qualified coach All groups are to be self-sufficient e.g. a coach cannot oversee two separate groups.
- Parents should drop off and collect participants via a protocol that maintains social distancing.
- Parents should remain socially distanced on the side-line

- Where participants cannot provide their own individual equipment, we recommend numbering equipment such as balls, so that each participant has a specific numbered ball and/or cone and uses that for the entirety of the session to minimise sharing of equipment where possible.

Additional Advice for Coaches:

These measures cannot cover every eventuality and coaches must conduct a risk assessment, ensuring appropriate measures are put in place to keep participants and coaches safe.

Playing and coaching lacrosse in itself carries some degree of risk and whilst being mindful of the guidelines regarding COVID-19, coaches should not lose sight of the normal safety rules or safeguarding standards relating to playing and coaching lacrosse which continue to apply and must be complied with (DBS, safeguarding, First Aid etc).

- Coaches should make themselves aware of and abide by, all guidelines set out by the UK Government, the venue and EL regarding use of facilities.
- It is the coach's responsibility to ensure that they coach players in a safe environment and follow relevant guidelines.
- Coach should explain the safety guidelines of what is expected pre, during and post session including what the player is expected to do to maintain compliance with social distancing guidelines and all other health and safety guidelines.
- Abide by the Covid Code of Behaviour

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