



England Lacrosse Return to Play: Mitigating Risk



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Assessment process for a return to play for Lacrosse

This plan provides measures that should be taken by players, clubs, officials, coaches and others associated with playing lacrosse, before, during and after all outdoor Lacrosse activity. It should be read in conjunction with the latest UK Government guidance and EL guidance

This document refers to current UK Government guidance for England only and is subject to change in response to the current Covid-19 Alert Level, community prevalence of Covid-19 and to reflect additional or updated Government guidance.

Identify-

- Lacrosse is a game played by people carrying a 1 metre length stick. This in itself helps to maintain some element of social distancing. Whilst it is recognised there will be contact along the way it will rarely be for longer than the 3 sec time frame and rarely be face to face.
- No one will handle the ball as all can use their sticks removing a handling potential transfer of the virus
- The key elements of the game where this is more likely to happen are the starts and restarts. (Face Off and Draw)
- There is also an element of risk in the pre match officials tasks



Use

- The game will have an adapted start to make sure there is no close contact between players and officials.

Clean and Protect

- Non-Contact thermometer to be able to take temperature on arrival at the site
- Anyone recording a high temperature (over 37c) to return home immediately
- Keep a record of the temperatures on the check in register
- Hygiene standards will be heightened and enforced
- Sanitiser should be carried by **each player** and antibacterial wipes for equipment
- The club or venue should also provide sanitiser
- Equipment to be cleaned before and after use



Mitigating Risk Framework

Mitigating Risk Framework -		
Area of risk	Risk identified	Mitigation/Adaptation
Facilities		
Venue and Car parks	Space for parking Socialising in parking area	<p>All venues must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained.</p> <p>Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.</p> <p>Venues will implement traffic flow systems where possible and appropriate.</p> <p>Venues will outline socially distanced areas for teams, officials and spectators.</p> <p>Venues will ensure that all accessible provision within the site and the facility are available.</p>



Changing rooms	Space available for changing if not possible to arrive/depart changed. Changing room cleaning	<p>Arrive changed at all times.</p> <p>If changing facilities required use social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks).</p> <p>Hand sanitiser available on entry</p> <p>Clear use and cleaning guidance for toilets, with increased frequency of cleaning in line with usage. Use normal cleaning products, paying attention to frequently hand touched surfaces, and consider use of disposable cloths or paper roll to clean all hard surfaces.</p>
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		<p>Display a visible cleaning schedule can keep it up to date and visible.</p> <p>Keep the facilities well ventilated, for example by fixing doors open and opening windows where appropriate.</p>
Toilets	Toilet etiquette and cleaning	<p>Use signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely.</p> <p>Use of social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks).</p> <p>Hand sanitiser available on entry to toilets where</p>



		<p>safe and practical, handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.</p> <p>0.</p> <p>1. Clear use and cleaning guidance for toilets, with increased frequency of cleaning in line with usage. Use normal cleaning products, paying attention to frequently hand touched surfaces, and consider use of disposable cloths or paper roll to clean all hard surfaces.</p> <p>Display a visible cleaning schedule can keep it up to date and visible.</p> <p>2.</p> <p>3. Keep the facilities well ventilated, for example by fixing doors open and opening</p>
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		<p>windows where appropriate.</p> <p>Special care should be taken for cleaning of portable toilets and larger toilet blocks.</p> <p>Providing more waste facilities and more frequent rubbish collection. Toilets capacity should be managed via entry and exit as per <u>government guidelines</u>.</p>
Clubhouses	Socialising post game	<p>2 m signage visible and government guidelines adhered to</p> <p>Groups in clubhouses and hospitality facilities restricted to six person and spread out, in line with wider government guidance.</p> <p>keep the facilities well ventilated, for example by fixing doors open and</p>



		<p>opening windows where appropriate.</p> <p>If facilities remain closed, exceptions must be made for essential activity such as provision of first-aid or access to essential equipment for the match. Exceptions may be made where safety and safeguarding measures require their use, e.g. supporting disability athletes, a child needs a change of clothing etc.</p>
Travel	<p>Travel in cars</p> <p>Travel on public transport</p>	<p>Car travel only with family bubble</p> <p>Minimise use of public transport</p> <p>Walk or cycle where possible</p>
Arrival and departure from playing area	Social distancing	Signed and separate entry and exit points from playing area
Temperature Checks on arrival	High temperature that people may be unaware of	Temperatures to be taken with a non-contact thermometer and recorded on the check in



		register Anyone over 37.5c to be sent home immediately
Social distancing pregame	Warmups and group gatherings	Social distancing to be maintained in these situations of 1+ metre
Pregame players tasks	Preparing to play, wearing correct kit	All players to arrive in correct playing uniform and to add other equipment by their own car, put boots on and men's protective equipment, women's goggles etc
Pregame officials' tasks	Sticks are checked to make sure they fit within the guidelines specified by World Lacrosse – gum shields are also checked in line with world Lacrosse regulations	Pre play test Stick checks, gum shield checking to be discontinued
Pregame coaches' tasks	Team briefings, game plan setting targets	To be done outside in the open whilst recognising social distancing of 1+m



Pregame medical tasks	All players to carry out self-symptom check	Not to arrive at the venue if showing any symptoms
Social distancing in play/Playing lacrosse		
Players	Starts and Re starts 2 players and an official come together to take the face off or draw. The ball is placed against the sticks by the official. The heads of both players are close together and face to face	To adapt the game plan and to remove the face-off and draw and start with a player having possession. Then to follow Association Football rule.
Officials	Whistle and previous game processes of start and restarts and other game incidences where the official handles the ball	Use adapted game play rules and therefore not handle the ball at any stage No stick checks so no contact with players equipment Sanitise the whistle before and after use
Coaches	Interaction with players	To be done outside in the open whilst



		recognising social distancing of 1+m
Medical	Treatment of players	Wear PPE (mask, goggles gloves) and where possible direct self-treatment- i.e. ice pack available for a bruise which can be self-administered
Social distancing breaks and post-game		To be taken at the end of every quarter
Players	Social interaction	To be done outside in the open whilst recognising social distancing of 1+m Make sure they only drink out of their own named bottle
Officials	Social interaction	To be done outside in the open whilst recognising social distancing of 1+m Make sure they drink out of their own m=named bottle
Coaches	Social interaction	To be done outside in the open whilst recognising social distancing of 1+m



		Make sure they only drink out of their own named bottle
Medical	Social interaction	To be done outside in the open whilst recognising social distancing of 1+m Make sure they only drink out of their own named bottle When treating players, they wear PPE and encourage self-treatment where possible
Use of Equipment	Most players have their own equipment but sometimes would share bottles	All players to have own equipment and own named water bottle
The Ball	Shared by all players and officials	To be sanitised before play and after play. Not to be handled by anyone – if accidentally handled play to be suspended and ball sanitised
Spectators	Groups of spectators	To be in groups of no more than 6 people and maintaining social distancing of 1+m, clubs to set a maximum number of spectators



		depending on the space they have available
Code of Behaviour	Covid Code of Behaviour distributed to all participants, players, coaches and officials	To adhere to the code of behaviour, any lack of adherence results in the miscreant being removed from the venue