

# Oceanside Minor Lacrosse

## OMLA Safety Protocols

As per our community Public Health Authority and viaSport orders, we are currently in Phase 2 restrictions. Here is a current breakdown of what this means:

### Youth indoor and outdoor team sports:

All organized indoor and outdoor sports for people under 22 years of age must follow [viaSport's Return to Sport Phase 2](#) guidance with respect to maintaining physical distance for participants.

- ***Participants must maintain a physical distance of 3 meters from one another while on the field of play;***
- ***Individual drills and modified training activities can continue.***
- ***Activities should be low risk of transmitting the virus (i.e., - individual activities, group training that maintains physical distance).***
- ***Games, tournaments, and competitions are temporarily suspended for teams.***
- ***Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants.***
- ***Travel restrictions are in place for sport; individuals can only travel to their home club at which they train regularly.***
- ***No spectators are allowed at any sport activities unless to provide care for the participant.***
- ***Lacrosse activities (practices) CAN occur as per [the BCLA Return to Lacrosse Phase 1 Guidelines](#) reverting back to Skills & Drills training ONLY.***

These orders have been in effect since January 5, 2021.

**\* This is a living document and is subject to change – Last updated March 1, 2021.**

## Instructions for participants when entering the Facility:

- **Entry to Facility for purpose of Practice/Development Sessions:**

All participants must enter and exit through the side entrance of Kraatz area wearing masks and will be required to immediately sanitize hands. The distance of 3 meters apart is always to be kept on and off the field of play. Masks are mandatory throughout the facility when not on the field of play.

Entry to the facility will be allowed 15 minutes prior to start time. An Activity Leader (OMLA Executive or Volunteer), who will be asked to volunteer for each practice/development session, will record names and phone numbers of all who enter the facility prior to a practice or development session. For development sessions, the coach who is organizing the sessions should ask someone to act as an Activity Leader who will record names of all who enter Kraatz area and store those Contact Tracing sheets for up to 30 days and then see to it that the sheets are shredded. Once team practices begin, team managers can appoint a volunteer to act as Activity Leader to ensure forms are recorded, stored and then shredded. It will also be the Activity Leader's responsibility to ensure that participants of each session are following protocols and facility rules. Signage is located throughout facility and it is essential that all members follow as directed.

*\* Please note, no games or travel outside of our Minor Lacrosse Association is permitted during phase 2 restrictions.*

*\* No spectators will be allowed during practice/development sessions.*

*\* If a young player requires help with putting on their gear, then their parent/care giver must assist them prior to entering the facility.*

- **Capacity:**

For the purpose of practices and/or development sessions only, the maximum capacity will not exceed 48 in the Field of Play and 2 persons outside the field of play. This includes coaches and players inside the field of play, an activity leader/manager, and a safety person outside the field of play. ***Please note, that no scrimmaging or physical contact between players is allowed. Skills and drills*** only will be permitted until restrictions are amended as per instructions provided by viaSport, BCLA, PHO and facility management.

The main lobby and Meeker arena is off limits to OMLA during phase 2 orders, however, should a member/player start showing flu like symptoms and is unable to be picked up immediately by a family member or caregiver, then that person will be instructed to wait in the isolation room located next to skate rental/sharpening area.

- **Change Rooms:**

Face Masks are mandatory in change rooms. Change rooms will be assigned ahead of time by the facility please check the notice board prior to any practice/development session. The maximum number of ten players will be allowed in each of dressing rooms. OMLA will be following BCLA co-ed rules, so it will be necessary for players to come as dressed as possible to practices. There must be two adults situated outside of the change rooms in the corridor for the purpose of monitoring players in

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the change room and to ensure that social distancing is ongoing. Change room doors will remain open. Showers are not permitted.

- **No spitting anywhere in the facility, anyone seen doing this will result in a suspension.**  
Coaches/Manager/Activity leaders will be checking on players in the change rooms to ensure that any garbage or mess of any kind is taken care of before leaving the facility. There is no lost and found box in the facility, so items left in the change rooms will be put in the garbage by the facility staff if found.
- **Equipment and Player Rules:**  
Players must bring their own water bottles. As there is no access to the filtered water dispensers in Meeker, the players will either bring water from their homes, or use tap water from the change rooms. No sharing will be allowed, and players should have their names clearly written on their bottles. No sharing of equipment is permitted and each individual player's responsibility to ensure they have all required personal safety gear. Player's bags can be stored in the change rooms during a practice/development session, but all personal clothing and extra gear must be kept in their own bags and zipped shut prior to going out on the floor for their session.
- **Exiting Building:**  
Once the practice is completed, players must again wear masks while in the change rooms and leave the building within 15 minutes of the session end time. There is no congregating outside the facility allowed, and everyone is encouraged to leave as soon as possible.