

COVID-19 Return to Lacrosse Training Conditions

Version 3 - 19 June 2020

1. OVERVIEW

On 11 May, the Victorian State Government (State Government) announced the gradual easing of restrictions while under a State of Emergency effective from 13 May. State Government made a subsequent announcement on 24 May. On 14 June, State Government announced another update on the easing of restrictions allowing community sport to return to competition. As a result, lacrosse will soon return to competition.

The **Return to Lacrosse Training Conditions** are designed to support Clubs, Officials, Players and Parents to participate in lacrosse training & competition within the current COVID-19 Restrictions mandated by the State Government.

Lacrosse Victoria's priority is to safeguard the health, safety and wellbeing of the Victorian lacrosse and broader Australian community during the COVID-19 pandemic.

This document outlines the conditions members of the Victorian lacrosse community must follow in order to limit the spread of COVID-19 in accordance with Federal, Victorian and Local Government guidelines.

Failure to meet the conditions outlined herein may void your insurance policy under the Australian Lacrosse Association (ALA) Insurance Program.

This is an evolving situation, please refer to the Lacrosse Victoria website regularly for the latest recommendations and guidance on dealing with COVID-19 for lacrosse in Victoria.

2. GUIDING PRINCIPLES

In establishing the **Return to Lacrosse Training** Lacrosse Victoria has followed the framework provided by the following government entities:

- [Victorian Department of Health and Human Services](#) (DHHS)
- [Victorian Department of Sport and Recreation](#)

From 22 June 2020, the Victorian Chief Health Officer has approved that some community sport and recreation activities can resume according to the following rules:

1. For **adult training (i.e. people 19 years old or older)**, groups of up to 20 people only are permitted **outdoors** (or people from the same household), plus a coach/instructor or the minimum number of support staff reasonably required to run the activity;
2. Parents or other people are required to keep a reasonable distance or will be included in the group of 20;
3. Contact sport training and competition can resume for **juniors (i.e. people 18 years old or younger)** (*Note: Lacrosse Victoria is working towards commencing Junior Competition from*

11th July (Boys) and 12th July (Girls) and will provided formal confirmation of this in the coming weeks along with its Government approved Return to Play Conditions);

4. Maintain physical distancing of 1.5 metres wherever reasonably possible;
5. For adults, all activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance;
6. Change rooms and showers can open and clubrooms at sport venues can have up to 20 people per indoor space, subject to local council or facility manager approval;
7. No shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing; and
8. Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment.

For the purposes of lacrosse in Victoria, the following conditions implement these rules and form the mandatory requirements from Lacrosse Victoria for any official club training sessions.

3. PRIOR TO LACROSSE TRAINING

3.1 Clubs:

Lacrosse Victoria affiliated clubs must undertake the following prior to commencing training:

- a. The club must obtain approval from their local council, or facility manager to access the oval for training, and understand that they must follow the direction and advice of Police, Local Government and Lacrosse Victoria at all times;
- b. Comply with any additional local council or facility manager requirements;
- c. Clubs may access change rooms and showers and clubrooms can have up to 20 people per indoor space, subject to confirming with your local council or facility manager for any additional restrictions or directions;
- d. Ensure the **“Return to Training Checklist”** has been completed and sent to Lacrosse Victoria before commencing training;
- e. For **adult training (i.e. people 19 years old or older)**, clubs / teams must strictly adhere to the State Government maximum of 20 participants plus a coach or support staff, as per the current restrictions, and following the guideline of **‘Get in, Train, Get out’**;
- f. Participants, coaches and club volunteers must be registered with Lacrosse Victoria to be covered under the ALA’s Public Liability policy;
- g. Ensure any club officials, coaches and players have read and are familiar with the guidelines;
- h. Ensure the venue is ready for training including hygiene conditions and appropriately marked training zones;
- i. Ensure all club members are aware of training procedures including arrival times, training times, zone allocation times as well as when not to attend training;
- j. The club is prepared to record attendance data including: first and last name, team, date, if registered with Lacrosse Victoria and club, arrival and departure times;

- k. Recommend participants, parents, coaches and club volunteers download the **COVIDSafe App** from the Apple App Store and Google Play; and
- l. Recommend participants, parents, coaches and club volunteers get a flu vaccination.

3.2 Individuals:

You must not attend training and will be asked to leave if in the past 14 days you:

- a. Have been unwell or had any flu like symptoms;
- b. Have been in contact with a known or suspected case of COVID-19;
- c. Have had any respiratory symptoms;
- d. Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions;
- e. If you have any symptoms of coronavirus (COVID – 19), however mild, you should seek advice and get tested. For more information please visit the DHHS website [here](#).

4. HYGIENE – PROCEDURES FOR RETURN TO TRAINING

4.1 Club Focus

- a. Alcohol based hand sanitizers should be available for use before and after training.
- b. All equipment and surfaces should be wiped down after each training session (including goals, cones, toilet facilities, light switches, door handles etc.).
- c. Strictly no sharing of food or drinks.
- d. Clubs should promote good personal hygiene procedures. Suggestions from DHHS can be found [here](#).
- e. Club Toilet facilities are to be cleaned and soap made available for use. DHHS cleaning recommendations can be found [here](#).

4.2 Player/Coach Focus

- a. Promote good personal hygiene procedures. Suggestions from DHHS can be found [here](#).
- b. Wash your hands often with soap and water for at least 20 seconds – if soap and water are not available, use an alcohol-based hand sanitizer.
- c. Avoid touching your face.
- d. Cover your coughs and sneezes with your elbow or tissue. Used tissues should be placed immediately in the bin, then wash your hands.
- e. Avoid physical contact, such as high fives, handshake, hugs etc.
- f. Avoid close contact with people who are sick.
- g. If you have been in contact with other individuals who are sick, please do not attend training.

- h. If you are feeling unwell, stay home and seek medical treatment, do NOT attend training.
- i. If you are experiencing symptoms during training, please advise your coach a.s.a.p.
- j. If you experience symptoms post training, please inform your coach.
- k. No sharing of personal items such as: equipment, water bottles, towels, mouthguards, etc. It is important to clean these items after each training session.
- l. Participants are responsible for their own taping, strapping, wrapping etc.
- m. No discharge of bodily fluids such as clearing nasal passages or spitting.

5. ATTENDING TRAINING – ADULTS (i.e. PEOPLE 19 YEARS OLD OR OLDER)

5.1 Adult (i.e. People 19 Years Old or Older) Group Training Procedures: Club/Coach Focus

- a. All clubs must receive approval from their local council or land manager to access the facility.
- b. Coaches and Club Officials must be registered with Lacrosse Victoria to be covered under the ALA's Public Liability policy.
- c. Recommend participants, coaches and club volunteers download the COVIDSafe App.
- d. Training times should be staggered with a minimum of 15 minutes between sessions.
- e. Attendance to be recorded and kept by the club and made available upon request by health authorities or Lacrosse Victoria. The attendance data should include: first and last name, team, date, if registered with Lacrosse Victoria and club, arrival and departure times.
- f. Any person at the facility must be sent home if experiencing symptoms or has been in contact with someone who has experienced symptoms in the last 14 days.
- g. **Training must be non-contact and social distancing measures of 1.5m must be in practice.**
- h. Groups of 20 participants plus a coach can train on a zone of a minimum of 40m x 50m (or similar equivalent).
- i. Parents or spectators must keep a reasonable distance from training zones or will be included in the 20-player group.
- j. No sharing of equipment.
- k. Good personal hygiene practices to be encouraged. Suggestions from DHHS can be found [here](#).
- l. No congregation of participants or support staff or parents before or after training, as per the Victorian State Government: **'Get in, train, get out'** guideline.

5.2 Adult (i.e. People 19 Years Old or Older) Training Zones:

- a. Each zone should be clearly marked and a minimum of 40m x 50m (or similar equivalent).
- b. Groups of 20 participants, plus a coach can train on each zone and may not mix in other zones.

- c. Each training space must be clearly marked, and participants, staff and parents/guardians are not to move to other zones at any point during the training session.
- d. If a ball enters another training zone, a participant or coach may gently roll or throw the ball back to the other zone using a stick.

5.3 Adult (i.e. People 19 Years Old or Older) Group Training Procedures: Player/Parent Focus

- a. Participants must be registered with their club to be covered under the ALA's Public Liability policy.
- b. Participants should arrive no more than 10 minutes before training commences and be ready to train as access to the club or changeroom will NOT be available until access is granted by your local council or facility manager.
- c. No congregation of participants or support staff or parents before or after training, as per the Victorian State Government: **'Get in, train, get out'** guidelines.
- d. Participants should bring their own equipment and drink bottle, towel etc. No sharing of equipment.
- e. Parents or spectators must keep a reasonable distance from training zones or will be included in the 20-player group.
- f. Participants, parents, and spectators are recommended to follow hygiene protocols. Suggestions from the DHHS can be found [here](#).
- g. Participants attendance will be taken before training commences. The attendance data should include: first and last name, team, if registered with Lacrosse Victoria and club, date, arrival and departure times.
- h. Training must be non-contact and social distancing measures of 1.5m must be in practice.

6. ATTENDING TRAINING – JUNIORS (i.e. PEOPLE 18 YEARS OLD OR YOUNGER)

6.1 Junior (i.e. People 18 Years Old or Younger) Group Training Procedures: Club/Coach Focus

- a. All clubs must receive approval from their local council or land manager to access the facility.
- b. Coaches and Club Officials must be registered with Lacrosse Victoria to be covered under the ALA's Public Liability policy.
- c. Recommend participants, coaches and club volunteers download the COVIDSafe App.
- d. Training times should be staggered with a minimum of 15 minutes between sessions.
- e. Attendance to be recorded and kept by the club and made available upon request by health authorities or Lacrosse Victoria. The attendance data should include: first and last name, team, date, if registered with Lacrosse Victoria and club, arrival and departure times.

- f. Any person at the facility must be sent home if experiencing symptoms or has been in contact with someone who has experienced symptoms in the last 14 days.
- g. From 22 June, contact training and competition can resume for people 18 years old or younger. (*Note: Lacrosse Victoria are working towards commencing Junior Competition from 11th July (Boys) and 12th July (Girls) and will provide formal confirmation of this in the coming weeks along with its Government approved Return to Play Conditions*).
- h. Parents or spectators must keep a reasonable distance from training zones or will be included in the 20-player group.
- i. No sharing of equipment.
- j. Good personal hygiene practices to be encouraged. Suggestions from DHHS can be found [here](#).
- k. No congregation of participants or support staff or parents before or after training, as per the Victorian State Government: **'Get in, train, get out'** guideline.

6.2 Junior (i.e. People 18 Years Old or Younger) Group Training Procedures: Player/Parent Focus

- a. Participants must be registered with Lacrosse Victoria to be covered under the ALA's Public Liability policy.
- b. Participants should arrive no more than 10 minutes before training commences and be ready to train as access to the club or changeroom will NOT be available until access is granted by your local council or facility manager.
- c. No congregation of participants or support staff or parents before or after training, as per the Victorian State Government: **'Get in, train, get out'** guidelines.
- d. Participants should bring their own equipment and drink bottle, towel etc. No sharing of equipment.
- e. Parents or spectators must keep a reasonable distance from training area.
- f. Participants, parents, and spectators are recommended to follow hygiene protocols. Suggestions from the DHHS can be found [here](#).
- g. Participants attendance will be taken before training commences. The attendance data should include: first and last name, team, if registered with Lacrosse Victoria and club, date, arrival and departure times.
- h. From 22 June, contact sport training can resume for juniors (i.e. people 18 years old or younger).

7. INSURANCE

- a. Failure to meet the conditions may void your club's Public Liability Insurance cover and Player Accident Insurance cover under the ALA Insurance Program and may delay the return to competition.
- b. Participants must be registered with Lacrosse Victoria to be covered under the ALA's Insurance Program.

- c. Participants will be covered by ALA's Player Accident policy for physical injuries sustained in official lacrosse activities; however, the cover does NOT extend to non-lacrosse related personal illness or injury.
- d. Cover under these policies is always subject to terms, conditions, and exclusions.

This document is current as of 19 June 2020. Lacrosse Victoria is in the advanced stages of scenario planning and will continue to work with the Victorian Government, ALA, Local Councils and other bodies regarding the safe resumption of lacrosse.

This document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

Further information will be published in line with government advice in the event of any further staged return to playing lacrosse.