

2021 COVID-19 Return to Lacrosse Conditions



Version 1 - 29 January 2021

1. OVERVIEW

On 17 January, State Government announced another update on the easing of restrictions allowing community sport to return to competition effective immediately. As a result, lacrosse can return to competition.

The 2021 **Return to Lacrosse 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 2021 **Return to Lacrosse Conditions** 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](#)

The Victorian Chief Health Officer has approved that community sport and recreation activities can resume according to the following rules:

1. Contact sport training and competition can resume for all ages;
2. Maintain physical distancing of 1.5 metres wherever reasonably possible;
3. Access to change rooms, showers and clubrooms at sport venues is, subject to local council or facility manager approval;
4. Personal equipment (helmet, gloves, pads and stick) is discouraged from being shared. If it is necessary to share equipment, the first person using the equipment will sanitise their hands and wipe or spray the item with an alcohol-based sanitiser wipe or spray and clean after use and

5. 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 PARTICIPATION

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. Access to change rooms, showers and clubrooms is, subject to confirming with your local council or facility manager;
- d. Ensure the **“2021 Return to Lacrosse Conditions Checklist”** has been completed and sent to Lacrosse Victoria before commencing training;
- e. Participants, coaches and club volunteers must be registered with Lacrosse Victoria to be covered under the ALA’s Public Liability policy;
- f. Ensure any club officials, coaches and players have read and are familiar with the guidelines;
- g. Ensure the venue is ready for playing including hygiene conditions and appropriately marked training zones or playing field;
- h. Ensure all club members are aware of participation procedures including arrival times, training times as well as when not to attend training;
- i. 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. The Victorian Government offers a free QR code service [here](#);

3.2 Individuals:

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

- a. Have tested positive for COVID-19
- b. Have been unwell or had any flu like symptoms;
- c. Have been in contact with a known or suspected case of COVID-19;
- d. 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 PARTICIPATION

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 or match (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: 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 or COMPETITION

5.1

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. 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. The Victorian Government offers a free QR code service [here](#).
- d. 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.
- e. Personal equipment (helmet, gloves, pads and stick) is discouraged from being shared. If it is however necessary to share equipment, the first person using the equipment will sanitise their hands and wipe or spray the item with an alcohol based sanitiser wipe or spray.
- f. Good personal hygiene practices to be encouraged. Suggestions from DHHS can be found [here](#).

5.2 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 bring their own equipment and drink bottle, towel etc.
- c. Personal equipment (helmet, gloves, pads and stick) is discouraged from being shared. If it is however necessary to share equipment, the first person using the equipment will sanitise their hands and wipe or spray the item with an alcohol-based sanitiser wipe or spray
- d. Parents or spectators must maintain social distancing. Spectators are allowed. The number of spectators allowed is defined by the size of the space. You need to follow the two square metre rule outside and four square metre rule inside.
- 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.

5. 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 29 January 2021. 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.