



PO Box 246, West Beach SA 5024

Barratt Reserve, Military Road, West Beach

Phone: (08) 8355 3350

Fax: (08) 8355 3360

Email: office@lacrossesa.com.au

Website: www.lacrossesa.com.au

ABN: 71 066 138 361

LACROSSE SA

GUIDELINES FOR REBOOTING LACROSSE IN A COVID-19 ENVIRONMENT

VERSION 1 - MAY 2020

GUIDELINES FOR REBOOTING LACROSSE IN A COVID-19 ENVIRONMENT

This guideline has been established in line with the ‘National Sport Principles and Framework for Resumption of Sport’ and the ‘AIS Framework for Rebooting Sport in a COVID-19 Environment’ released by the Australian Government and the Australian Institute of Sport ([Framework for Rebooting Sport in a COVID-19 Environment \[PDF 506 KB\]](#)).







The guidelines set out the minimum standards that must be implemented before the reintroduction of lacrosse activities can occur.

- Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
- Resumption of sport and recreation activities should not compromise the health of individuals or the community.
- Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
- All decisions about resumption of sport and recreation activities must take place with careful reference to the National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.


The reintroduction of lacrosse activity requires thorough planning and the implementation of additional processes and procedures to ensure the safety for all participants.

SA ROADMAP FOR EASING COVID-19 RESTRICTIONS


SOUTH AUSTRALIAN ROADMAP FOR EASING COVID-19 RESTRICTIONS

CURRENT IN SA	STEP 1: FROM 11 MAY	STEP 2: FROM 8 JUNE*	FUTURE STEPS FOR CONSIDERATION
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>1 per 4sqm</p> </div> <div style="text-align: center;">  <p>10 max</p> </div> </div> <ul style="list-style-type: none"> • Work from home where possible • Take away from restaurants, cafes, pubs, wineries and breweries • Retail not restricted • Outdoor exercise • Social gatherings • Schools open • Aged care visits limited • Outdoor playgrounds 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>1 per 4sqm</p> </div> <div style="text-align: center;">  <p>10 max</p> </div> </div> <ul style="list-style-type: none"> • Regional travel • Uni and TAFE face-to-face tutorials • Outdoor dining for restaurants and cafes • Community, youth and RSL halls • Auctions and Inspections • Local government libraries • Sport training (outdoor only) • Funerals (20 indoor / 30 outdoor max) • Worship, weddings and ceremonies • Pools (limits apply) • Campgrounds and Caravan parks 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>1 per 4sqm</p> </div> <div style="text-align: center;">  <p>20 max</p> </div> </div> <ul style="list-style-type: none"> • Cinemas and theatres • Seated dining • Galleries and museums • Beauty, nails, tattoo, massage (non-therapeutic) • Driving Instruction lessons • Gyms and indoor fitness • Funerals (50 max) • Sport transition to competition without spectators, including indoor 	<ul style="list-style-type: none"> • Larger gatherings • Licenced pubs and bars (non-food) • Nightclubs • Shisha/hookah bars • International students returning • Casino and gaming venues • Stadiums and larger entertainment venues • Food courts • Spas and saunas • State border restrictions • Travel into protected communities


*subject to public health assessment at the time




REMEMBER:




If you have cold or flu symptoms, seek testing and stay home until you are well



Wash your hands often, wipe frequently touched surfaces, and cover coughs and sneezes




Keep 1.5 metres distance from others



Vulnerable people like the elderly and people with chronic health conditions should talk to their doctor about what is appropriate for them

SA.GOV.AU or **1800 253 787**

KEEPING SA SAFE & STRONG



LACROSSE ROADMAP FOR EASING COVID-19 RESTRICTIONS

Strict hygiene and social distancing protocols apply at all levels.

- A. Level A Lacrosse:
 - Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own goal only) or ball skills e.g. against a wall to self.
- B. Level B Lacrosse:
 - Skills using lacrosse passing, shooting, defending. Small group training (not more than 10 players/staff in total) based on skills with set drill, but no close contact including defending/attacking/match play drills.
- C. Level C Lacrosse:
 - Full training and competition.

	Level A	Level B	Level C
General Description	<ul style="list-style-type: none"> ▪ Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. ▪ No contact between athletes and/or other personnel. ▪ Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills). ▪ Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). ▪ Online coaching and resources (e.g. videos, play books). 	<ul style="list-style-type: none"> ▪ As per Level A plus: Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²). ▪ Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. ▪ Non-contact skills training. ▪ Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding. Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met. ▪ No face-offs or centre draws. 	<ul style="list-style-type: none"> ▪ As per Level B plus: Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). ▪ Wrestling, holding, tackling and/or binding permitted. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities.
Hygiene Measures	<ul style="list-style-type: none"> ▪ No sharing of exercise equipment or communal facilities. ▪ Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly 	<ul style="list-style-type: none"> ▪ Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. ‘Get in, train and get out’ — be prepared for training prior 	<ul style="list-style-type: none"> ▪ Return to full use of sporting facilities. ▪ Continue hygiene and cleaning measures as per Level B. ▪ If any massage beds being used, hygiene practises to

	<p>during training (hand sanitisers) plus strictly pre and post training.</p> <ul style="list-style-type: none"> ▪ Do not share drink bottles or towels. ▪ Do not attend training if unwell (contact doctor). ▪ Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged. 	<p>to arrival at venue (minimise need to use/gather in change rooms, bathrooms).</p> <ul style="list-style-type: none"> ▪ Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). ▪ Have cleaning protocols in place for equipment and facilities. ▪ Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. ▪ Thorough full body shower with soap before and after training (preferably at home). ▪ Where possible maintain distance of at least 1.5m while training. ▪ No socialising or group meals. 	<p>include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <ul style="list-style-type: none"> ▪ Limit unnecessary social gatherings.
Spectators, additional personnel	<ul style="list-style-type: none"> ▪ No spectators unless required (e.g. parent or carer). 	<ul style="list-style-type: none"> ▪ Separate spectators from athletes. ▪ Spectators should maintain social distancing of at least 1.5m. 	<ul style="list-style-type: none"> ▪ Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. ▪ Non-essential personnel should be discouraged from entering change rooms.

I. PREPARATION AND GUIDANCE FOR LACROSSE ACTIVITIES

A risk assessment must be carried out to address the unique and specific aspects of the environment where the lacrosse activity will be conducted. Resumption of lacrosse activities must not occur until appropriate measures are implemented in accordance with the risk assessment to ensure the safety of all lacrosse community members.

I.1 EDUCATION AND COMMUNICATION

- Promote and recommend participants download the COVIDSafe app and disseminate information to all staff, Clubs, coaches, players, parents, and spectators about the coronavirus risk and practices that should be undertaken to mitigate risks.
 - Display poster: https://www.health.gov.au/sites/default/files/documents/2020/04/covidsafe-app---download-today_0.pdf
- Information will be disseminated by way of email, social media, coach talks, and public announcements.
 - Fact Sheet: https://www.covid-19.sa.gov.au/___data/assets/pdf_file/0011/196184/FAQ-Road-Map-Step-1.pdf
- Coronavirus Warning Signage: Warning signs will be posted at all venues warning of coronavirus risks and what steps can be taken to reduce such risks.

Further information and guidance is provided through the World Health Organisation (WHO):

- GOOD HYGIENE FOR CORONAVIRUS (COVID-19):
 - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>
- HAND WASHING GUIDANCE:
 - https://www.who.int/gpsc/clean_hands_protection/en/
- SELF-ISOLATION (SELF-QUARANTINE) FOR CORONAVIRUS (COVID-19):
 - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>
- ADVICE FOR PEOPLE AT RISK OF CORONAVIRUS (COVID-19):
 - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19>

Posters and education material should be prominently displayed within sporting environments and facilities:

- GOOD HYGIENE PRACTICES POSTER FOR BUSINESSES:
 - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-good-hygiene-practices-poster-for-businesses>
- GOOD HYGIENE IS IN YOUR HANDS:
 - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-print-ads-good-hygiene-is-in-your-hands>
- KEEP THAT COUGH UNDER COVER:
 - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>

Education of Coaches: Clubs must brief all coaches on the required expectations as leaders within the club environment, including:

- Importance of the required hygiene protocols and practices.
- Limiting crossover of teams.
- Limited use of change rooms, club rooms and club gym facilities.
- Limiting training drills to be non-contact where applicable.

Education of Club Members: Prior to the recommencement of training, clubs should provide a briefing consistent with its risk assessment outcomes, to all participants, coaches, volunteers, parents that includes as a minimum:

- Intended training dates, times and procedures established to limit team cross-over on fields.
- Hygiene practices that have been implemented by the club, including hygiene procedures around the venue and equipment.
- Hygiene expectations of all participants.
- What to do if you are feeling unwell or have been into contact with people who are sick.
- Measures that the coaches are taking to limit physical contact of players (i.e. social distancing guidelines, limited physical contact drills at training, etc).

- Restrictions on support staff (i.e. assistant coaches, trainers, etc).
- Restrictions that are in place on club rooms, change rooms, club gyms, etc.
- Restrictions on people attending the training venue – i.e. no spectators, parents, etc.

1.2 HYGIENE AND CLEANING

- Hygiene/Hand Washing/Touching Face/Laundry: All participants must practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitiser (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash.
 - Facilities at Clubs will provide hand washing and hand sanitiser stations and should schedule mandatory use at breaks.
 - Coaches will carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes will be laundered after all workouts.
- Personal Protective Equipment (PPE): All coaches, staff, and independent contractors should be encouraged to wear PPE such as face-masks and gloves whenever applicable.
 - Players could wear face-masks in close contact areas and situations where applicable.
- Cleaning/Disinfecting: Clubs/venues and team staff will use disposable disinfectant wipes on all training areas, equipment, common areas, door handles, water fountains and bathrooms, etc. on a regular basis.
 - Hand sanitiser will be available outside of each bathroom, with people encouraged to use hand sanitiser prior to entering.
 - Soap and paper towels will be available in all bathrooms.
 - Access to toilets will be limited to one person for single toilet bathrooms, or to 50% of the total bathroom capacity (ie: if four toilets, two people can use while maintaining 1.5m distancing). If an odd number of toilets, the least number of people are permitted (ie: nine toilets, four people can use
- Ensure all equipment is sanitised after each groups use.
- Change rooms, surfaces and objects in other relevant spaces to be cleaned between training sessions/games with disinfectant.
- Identify shared facilities including bathrooms/change rooms and kitchens and ensure there is a protocol and frequency of cleaning.



Environmental cleaning and disinfection principles for COVID-19

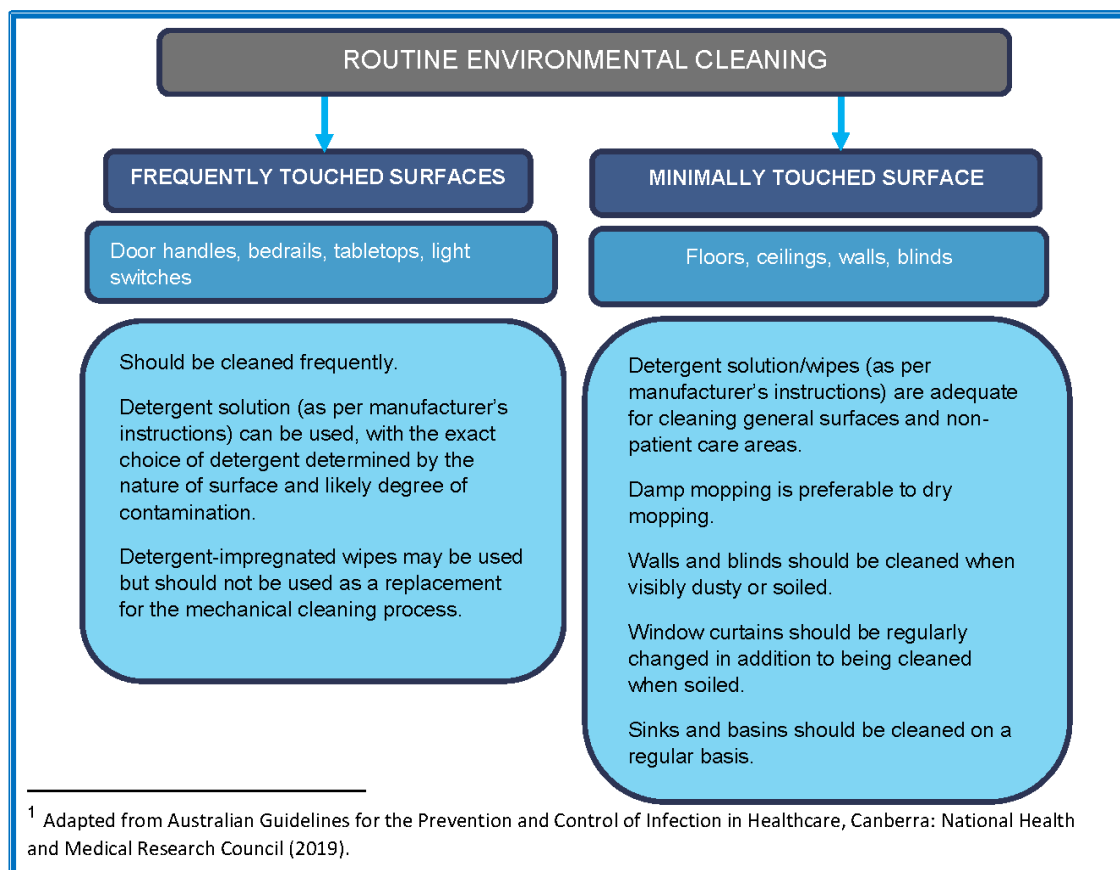
Routine environmental cleaning

- Cleaning is an essential part of disinfection. Organic matter can inactivate many disinfectants. Cleaning reduces the soil load, allowing the disinfectant to work.
- Removal of germs such as the virus that causes COVID-19 requires thorough cleaning followed by disinfection.
- The length of time that SARS-COV-2 (the cause of COVID-19) survives on inanimate surfaces will vary depending on factors such as the amount of contaminated body fluid – such as respiratory droplets – present and environmental temperature and humidity. In general, coronaviruses are unlikely to survive for long once droplets produced by coughing or sneezing dry out.

It is good practice to routinely clean surfaces as follows:

- Clean frequently touched surfaces with detergent solution (see diagram below).
- Clean general surfaces and fittings when visibly soiled and immediately after any spillage.

Routine environmental cleaning requirements can be divided into two groups¹:



1.3 SOCIAL DISTANCING

- All players, coaches, staff and spectators will be asked to practice social distancing of 1.5m², wherever possible, especially in common areas. 1 person per 4m² (density requirement).
- There may be unavoidable contact with players while engaging in lacrosse activities.
- People aged 70 years and over, people aged 65 years and over with chronic medical conditions, people with compromised immune systems, and Aboriginal and Torres Strait Islander people over the age of 50, are at greater risk of more serious illness if they are infected with coronavirus.

1.4 CONTACT TRACING AND PROTOCOL FOR A POSSIBLE CASE OF COVID-19

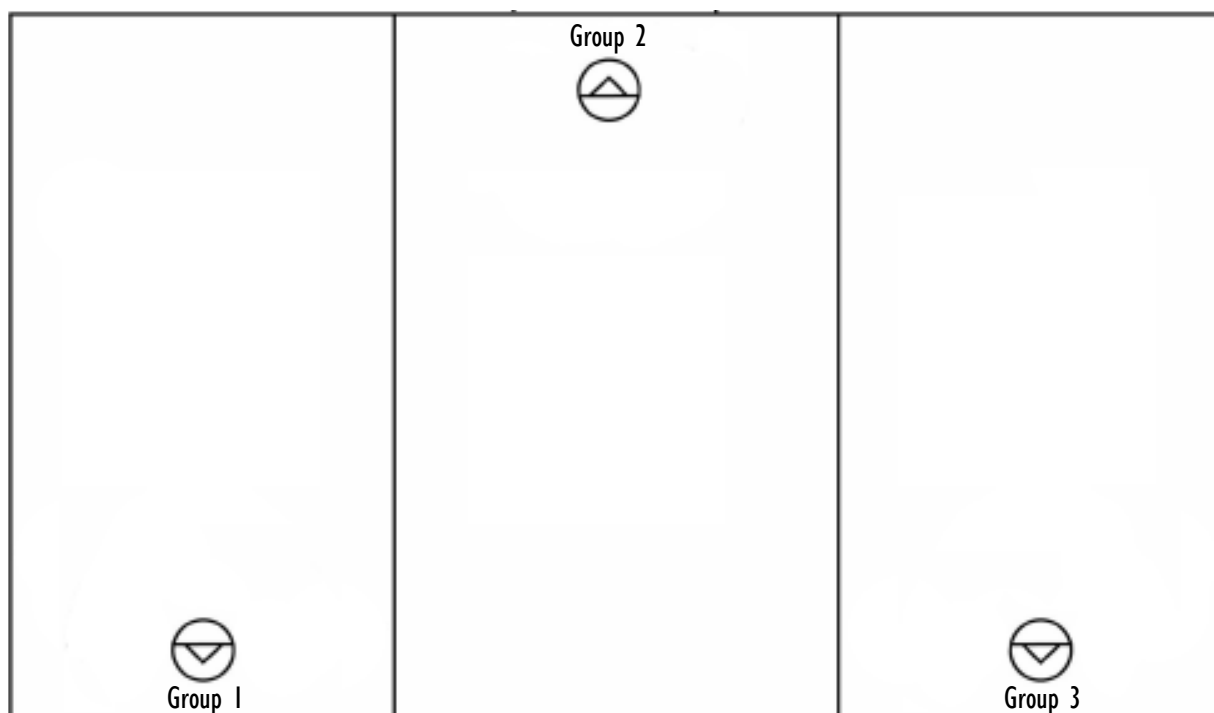
Contact tracing is a way of slowing the spread of infections by identifying people who have been in contact with an infected person. Lacrosse SA and its Clubs will adopt the below, as well any other recommendations from State and Federal Governments:

- All players and official are encouraged to subscribe to the Government's COVID-19 tracing app.
- Records of attendance at training and games must be maintained, including players, personnel, spectators and parents/guardians.
- Self-quarantine: Players, coaches, parents, or spectators with any symptoms will not attend any training sessions or competitions.
- Participants should not return to lacrosse if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19.
- In an environment of community transmission of COVID-19, any person with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should be considered a possible case of COVID-19.
- All community lacrosse participants must be made aware not to attend lacrosse environments if they are unwell and should use a cautious approach. Anyone who is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines.
- Any person with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.
- It should be considered that anyone returning to lacrosse after a period of social isolation and not exercising regularly may be at an increased risk of injury.
- Clubs and participants should apply a gradual return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.
- Participants and other personnel who have been infected with COVID-19, must, prior to returning to lacrosse provide a clearance from their Doctor/Public Health Authority.

2. TRAINING

2.1 GET IN, TRAIN, GET OUT

- Clubs must provide a representative/delegate at each training to ensure the Government directions and Lacrosse SA guidelines are being upheld by all participants.
- Participants must be prepared for training prior to arrival at the venue.
- Stagger training groups by 15 minutes to ensure minimal contact with others.
- Groups must not arrive more than 15 minutes prior to training.
- Trainings should be setup so that the groups are alternated at each end of a field (please refer to diagram below), men and women on different nights etc to reduce the number of participants in a location at one time.
- Maximum of 3 groups of no more than 10 people on an average lacrosse field size or equivalent space (ensure density meets 4m² per person), in clearly marked zones.
- During training, maintain at least 1.5m distance when getting a drink or coach talks etc.



- Personal Protective Equipment (PPE): All coaches, staff, and independent contractors should wear PPE such as face-masks and gloves whenever applicable. Players should wear face-masks in close contact areas and situations where applicable.
- Spacing of Player Equipment: Player equipment will be spaced accordingly to prevent close contact.
- Limit Team Shared Equipment: The use of team shared equipment will be limited whenever possible and will be sanitised after each use. Each player currently has their own equipment and should not require this to be shared. The lacrosse ball and goals should be the only shared equipment.
- Rest Rooms: Rest rooms will be limited to occupancy of one person at a time.
- Spread out Scheduling of training and Games: There will be enough time between training and games to allow one group to vacate the premises before the next group enters. Given the field sizes of our venues, more than one group could be present at one time.
- Water Bottles: Water and sports drink bottles will no longer be provided to teams. Players and coaches will bring their own water bottles to all team activities to help to reduce transmission risk. Individuals will take their own water bottles home each night for cleaning and sanitisation.
- No Handshakes/Celebrations: Obviously with social distancing practices, players and coaches will refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

2.2 SPECTATORS/PARENTS

- Limiting Spectator Attendance: Lacrosse SA will limit spectator risk by limiting attendance to essential staff and limited family members (1 person per child). Parents / caregivers must maintain social distancing at all times and if possible they should remain in their cars or away from the clubrooms.

3. COMPETITIONS (NEXT LEVEL IF RESTRICTIONS EASE)

- Full lacrosse activity that can be conducted in groups of any size including full contact (competition, tournaments, matches).
- Game officials may be reduced to 2 per game.
- Consideration given to maintaining some small group separation at trainings.
- Return to full use of facilities.
- Continue hygiene and cleaning measures as per Level B.
- If any massage beds are being used, hygiene practises to include:
 - No bed linen except single use towels.
 - Cleaning treatment beds and key surfaces after each athlete and hand hygiene.
- Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.
- Non-essential personnel should be discouraged from entering change rooms.
- Where possible any communal areas should be well ventilated.
- Limit unnecessary social gatherings.

Under 8 and Under 11 Competition

Existing rules (to remain the same):

- 5 players per team on the field (2 goalies included), max of 8 players per team, max 2 personnel per team (one would act as umpire), ie 20 people per field (they would be able to socially distance at 1.5m² per person on the bench) and is non-contact (except unavoidable contact).
- Parents would be asked to ensure that only one parent per child be present for each game.
- The competition may be zoned to North/South/East/West/Schools, with 2 – 3 Clubs/Schools per zone to ensure if an outbreak occurs that those participants belonging to that zone can be easily identified and appropriate action taken immediately.
- Team nominations would be capped by the number of fields available at the venue. Adequate time between games would be given to ensure any crossover of participants entering and leaving were kept to a minimum and avoided where possible.
- Game Length: 4 x 10 minute quarters.

Under 13 to Seniors

Existing rules (preferable if permissible):

- 10 players per team on the field at any one time – field size 110m x 60m (or 92.5m x 55m for a shortened field).
- Game Length: 4 x 15 minute quarters.

Should normal competition be unable to resume, the proposed Olympic games format will be implemented.

- 6 players per team on field, capped at 10 players per team – field size 70m x 36m.
- Game Length: 4 x 8 or 10 minute quarters.

4. READINESS TO REVERSE PLANS SHOULD RESTRICTIONS INCREASE

If the restrictions for COVID-19 increase, Lacrosse SA will refer to the recommendations from State and Federal Governments for guidance.

5. CLUB INFORMATION AND DECLARATION

All Clubs must:

- Abide by these guidelines to resume any lacrosse activity.
- Provide a training schedule that includes dates, times, grade/division and ingress/egress of each group.
- Sign and date this agreement as acknowledgement prior to commencing any trainings.

Lacrosse SA, upon receipt of the required training schedule and signed agreement will notify the Club that all requirements have been met and the Club may resume trainings as of Monday, 18 May 2020.

5.1 CHECKLIST FOR CLUBS

	YES/NO
1. Risk assessment completed as per the guidance in this document.	
2. Training schedule developed (to be attached).	
3. Training schedule published.	
4. Warning signage posted.	
5. Information Posters posted.	
6. Cleaning and Hygiene practices have been implemented by the club for all facilities in use.	
7. Hand washing and/or hand sanitiser stations at the entry and exit points of all areas in use.	
8. Education of Coaches and club members undertaken.	
9. Representative or Delegate identified.	
10. Record of attendance register established.	

On behalf of _____ Lacrosse Club, I have read and understood the guidelines for rebooting lacrosse in a COVID-19 environment and agree to ensure the _____ Lacrosse Club will adhere to these guidelines. The club understands its responsibilities and obligations and will implement the measures necessary to allow it to recommence lacrosse activity.

The _____ Lacrosse Club is aware that any breaches to these guidelines and laws within the State of South Australia is enforceable by the South Australian Police Commissioner, with further sanctions being issued by Lacrosse SA for non-compliance.

Name: _____ Position: _____

Signature: _____ Date: _____