

# Manitoba Lacrosse Association

COVID-19 Return to Play Protocol

Version 2.0.



Developed by:  
MLA Return to Play Committee

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Revised: March 14<sup>th</sup>, 2021



# MLA RTP Version 2.0. Revisions

The following sections have been revised in Version 2.0.:

Section	Revision
New Addition	Team/Club COVID-19 Communications officer role required for all teams and clubs
New Addition	Cohorts: defining the use of the term cohort in relation to group play
Coaches/Team Staff	Masks required for all team staff at all times through Phases 1-3
Officials	Masks required for officials at all times through Phases 1-3
Phase: Restricted	Added as a Phase the MLA can use to restrict all sanctioned programming
Phase 1	Updated to follow provincial guidelines
Phase 2	Updated to follow provincial guidelines. <b>*this is the current phase as of March 15, 2021. MLA to advance phases as restrictions lift.</b>
Phase 3	Updated to follow provincial guidelines. <b>*tentative based on current guidelines</b>
Phase 4	Updated to follow provincial guidelines. <b>*tentative based on current guidelines</b>
New Addition	F.A.Q. section
Appendix 1	Guidelines to modified gameplay

# Glossary of Terms

The following terms have meanings in this document:

<b>Term:</b>	<b>Definition:</b>
<b>Activity:</b>	Refers to an event sanctioned by the Manitoba Lacrosse Association
<b>Association:</b>	Refers to the Manitoba Lacrosse Association
<b>Competition:</b>	Refers to a game of lacrosse.
<b>COVID-19:</b>	Refers to the infectious disease caused by SARS-CoV-2.
<b>Faceoff:</b>	Refers to the act of facing off for a ball in the game of lacrosse.
<b>Facility:</b>	Refers to the location in which the activity is to take place. Inclusive of all indoor and outdoor spaces being used for the activity.
<b>Field of Play:</b>	Refers to the playing area of a facility.
<b>Game:</b>	Refers to a game of lacrosse.
<b>Member:</b>	Refers to being a paid member in good standing of the Manitoba Lacrosse Association.
<b>MLA:</b>	Refers to the Manitoba Lacrosse Association
<b>Modified Gameplay:</b>	Modifications made to the game to reduce instances of prolonged contact (see Appendix 1)
<b>Public Health Authority:</b>	Refers to all municipal, provincial, and national public health offices within the jurisdiction of the activity taking place.
<b>Staff:</b>	Refers to the coaches and volunteers of the program.

# Objective

The purpose of this document is to describe the guidelines and protocols for the return of the sport of lacrosse in the province of Manitoba. These guidelines and protocols have been developed by the Manitoba Lacrosse Association's Return to Play Committee and ratified by the MLA Board of Directors.

These guidelines and protocols are requirements set by the Manitoba Lacrosse Association and must be executed fully at all times during MLA-sanctioned activities. Noncompliance can lead to removal of access to facilities, memberships being put in bad standing, and discipline from public health authorities.

Please note that these guidelines and protocols may change at any time based on the advice of provincial, municipal, and national health authorities, Sport Manitoba, or the Manitoba Lacrosse Association. Any developments and changes to these guidelines and protocols shall be communicated by the MLA as they arise. Timelines for the various phases will be communicated as they are determined.



# Health & Safety Protocols

All participants should pre-screen themselves using the Government of Manitoba's screening tool prior to attending a session.

If you are feeling unwell or are exhibiting any of the symptoms of COVID-19, inform your program staff and stay home. Refer to the Province of Manitoba's screening process and get tested if necessary.

If you receive a positive test result for COVID-19, inform your program staff as well as the MLA office and stay home.

If you come in contact with anyone who has tested positive for COVID-19, inform your program staff and the MLA office and stay home.



# Health & Safety Protocols (cont'd)

Stay informed of the current pandemic status.

Every participant, spectator, and program staff must be checked in and screened prior to entry to the facility.

Attendance will be recorded for all sessions in order to facilitate tracing should a positive case arise.

If any participant has any symptoms of COVID-19, they shall not be permitted to participate or attend.

If any participant has previously tested positive but has since recovered, recommendations provided by public health authorities should be followed.

This document does not supersede the regulations of municipal/provincial public health authorities.



# Waivers

Waivers must be read and signed by all participants and/or their parent/guardian in order to participate in programming.

All participants must be registered MLA members in order to participate in programming.





# Team/Club COVID-19 Communication Officer

- Each club is required to have at least one individual on its staff who will be the dedicated COVID-19 Communication Officer
- This individual will be responsible for ensuring the team/club is aware of and following all provincial/municipal/facility restrictions in addition to the MLA Return to Play Protocols
- If a club operates multiple teams, each team requires its own Communication Officer
- Communications officers are required to attend an information session with the MLA



# Cohorts

- Through the MLA Return to Play, certain phases allow for gameplay within cohorts. A cohort in this case would be the number of athletes who play against each other within a given division
- Athletes may not participate outside of their cohort
- Examples of a league with a cohort of up to 60 athletes:
  - 3 teams of 20
  - 4 teams of 15
  - 5 teams of 12, etc.
- This format is necessary to limit the number of close contacts between athletes
- Designated cohorts can be changed following a 14-day incubation period with no participation with previous cohort



# Coaches/Team Staff

- Coaches and team staff must wear masks at all times through Phases 1-3 of the MLA Return to Play
- Coaches should be physically distanced at all times from athletes and each other
- Coaches should use any available PPE/sanitary measures when tending to an injured athlete. E.g., mask, gloves, sanitizer



# Officials

- Officials must wear masks at all times through Phases 1-3 of the MLA Return to Play
  - Use of electronic whistles is recommended
- Officials should be physically distanced at all times from athletes and each other
- Officials should never touch the ball
- Officials are in charge of the application of modified gameplay during competition
- Minor officials must wear masks at all times and properly sanitize areas between uses



# Phased-In Approach

Each phase of the MLA RTP will align with the restrictions of Province of Manitoba. It is up to the discretion of the MLA Board of Directors to advance the Association through Phases should provincial restrictions allow, and to revert back to previous phases as required. ***\*phases are tentative and may be updated by the MLA as required.***

## Phases:

### **RESTRICTED**

No 1 on 1 or group training allowed indoors or outdoors. Individual and online training only.

### **PHASE 1**

1 on 1 training with an instructor indoors. Outdoor training only in groups of 10 or fewer including coaches/program staff.

### **PHASE 2**

**Max groups of 10 athletes indoors; non-contact. Modified gameplay with limited contact within cohorts outdoors.**

### **PHASE 3**

Modified gameplay with limited contact within cohorts indoors and outdoors. Travel allowed within province.

### **PHASE 4**

Return to regular-style programming with modern measures in place.

# Phase Summary

	Restricted	Phase 1	Phase 2	Phase 3	Phase 4
Indoor	No	Solo Training	<b>Max 10 athletes per group</b>	Max 40 athletes per group	No restrictions
Outdoor	No	Max 10 (incl. coaches)	<b>Max 40 athletes per group</b>	Max 40 athletes per group	No restrictions
Contact - Indoors	N/A	No	<b>No</b>	Limited	No restrictions
Contact - Outdoors	N/A	No	<b>Limited</b>	Limited	No restrictions
Gameplay	N/A	No	<b>Within cohorts of 60 athletes (outdoors)</b>	Within cohorts of 60 athletes	No restrictions
Dressing rooms	N/A	No	<b>As per facility</b>	As per facility	As per facility
Spectators - Indoors	N/A	No	<b>As per facility</b>	As per facility	As per facility
Spectators - Outdoors	N/A	As per facility	<b>As per facility</b>	As per facility	As per facility
Travel	No	No	<b>Within region</b>	Within province	No restrictions

*\* In bold is the current phase as of March 15, 2021*

# RESTRICTED

No 1 on 1 or group training allowed indoors or outdoors. Individual and online training only.



# RESTRICTED

- All MLA-sanctioned in-person programming is prohibited
- No 1-on-1 training allowed indoors or outdoors
- Individual at-home training and online training only





# PHASE 1

1-on-1 training with an instructor indoors. Outdoor training only in groups of 10 or fewer including coaches/program staff.

	Phase 1
Indoor	Solo Training
Outdoor	Max 10 (incl. coaches)
Contact - Indoors	No
Contact - Outdoors	No
Gameplay	No
Dressing rooms	No
Spectators - Indoors	No
Spectators - Outdoors	As per facility
Travel	No

# Phase 1 – The Game

- 1-on-1 training with an instructor indoors
  - Must comply with facility capacity restrictions
  - Masks required at all times
- Outdoor training in groups of up to 10 including coaches/program staff
- Competition not permitted
- Athletes are not permitted to participate outside of their groups
- Non-contact exercises only, where 2 metres of physical distancing can be maintained at all times
  - Skills and drills only
  - No defense during Phase 1
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
  - E.g., gates, goal posts, bench areas.



# Phase 1 – Arrival/Departure

- Athletes arrive no more than 10 minutes prior to session start time.
- Dressing rooms/change areas closed. Athletes are to arrive at and depart from facilities fully dressed (helmets and gloves excluded).
- Athletes must leave facility immediately at the conclusion of the session. Athletes should not be loitering outside the facility or in the parking lot following the conclusion of the session.
- Each athlete and coach is checked in and screened prior to entering the facility for each session.



# Phase 1 – During the Session

- Athletes and coaches must maintain a physical distance of 2 metres apart at all times – **NO CONTACT**.
  - E.g., during the play, waiting in line, during exercise explanations, before and after the session.
- Each athlete must have their own marked water bottle.
- No sharing equipment between athletes.
  - Athlete equipment should be sanitized/disinfected between each session.
  - Team-owned equipment that is shared throughout a practice must be sanitized between uses.
- Lacrosse balls are only to be handled by the stick.
- Only coaches handle team equipment (pylons, etc.).
- Group discussions/gatherings should be limited; physical distancing enforced.



# Phase 1 – Spectators, Parents/Guardians

- No spectators are allowed at indoor facilities. Parents/guardians are encouraged to remain around the facility in case of emergency but are not permitted to spectate.
- Parents/guardians must adhere to facility, provincial, and municipal guidelines and restrictions while waiting for their athletes.
- Parents/guardians must maintain a minimum standard of social distancing at all times.
- When tending to an injured athlete, program staff must use proper personal protective equipment



# PHASE 2

Max groups of 10 athletes indoors; non-contact. Modified gameplay with limited contact within cohorts outdoors.

*\*current phase as of March 15, 2021*

	Phase 2
<b>Indoor</b>	Max 10 athletes per group
<b>Outdoor</b>	Max 40 athletes per group
<b>Contact - Indoors</b>	No
<b>Contact - Outdoors</b>	Limited
<b>Gameplay</b>	Within cohorts of 60 athletes (outdoors)
<b>Dressing rooms</b>	As per facility
<b>Spectators - Indoors</b>	As per facility
<b>Spectators - Outdoors</b>	As per facility
<b>Travel</b>	Within region

# Phase 2 – The Game Outdoors

- Outdoor play permitted in groups of up to 40 athletes
- Outdoor exercises may include limited contact
- Prolonged instances of contact are not permitted
  - E.g., faceoffs, loose ball battle drills.
- Competition is permitted within cohorts of up to 60 athletes (modified to eliminate prolonged contact)
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
  - E.g., gates, goal posts, bench areas.



# Phase 2 – During the Outdoor Session

- Athletes and coaches must maintain a physical distance of 2 metres apart at all times, excluding during an exercise.
  - E.g., waiting in line, during exercise explanations, before and after the session.
  - Brief instances of close contact will be allowed during exercises.
- Each athlete must have their own marked water bottle.
- No sharing equipment between athletes.
  - Athlete equipment should be sanitized/disinfected between each session.
  - Team-owned equipment that is shared throughout a practice must be sanitized between use by each athlete.
- Lacrosse balls are only to be handled by the stick.
- Only coaches handle team equipment (pylons, etc.)
- Group discussions/gatherings should be limited; physical distancing enforced.





# Phase 2 – The Game Indoors

- Indoor training permitted in groups of up to 10 athletes
  - Must comply with facility capacity restrictions
  - Masks required at all times
- Indoor training shall be non-contact exercises only, where 2 metres of physical distancing can be maintained at all times
- Athletes are not permitted to participate outside of their assigned groups
- No competitions
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas.
  - E.g., gates, goal posts, bench areas.



# Phase 2 – During the Indoor Session

- Athletes and coaches must maintain a physical distance of 2 metres apart at all times – **NO CONTACT**.
  - E.g., during the play, waiting in line, during exercise explanations, before and after the session.
- Each athlete must have their own marked water bottle.
- No sharing equipment between athletes.
  - Athlete equipment should be sanitized/disinfected between each session.
  - Team-owned equipment that is shared throughout a practice must be sanitized between use by each athlete.
- Lacrosse balls are only to be handled by the stick.
- Only coaches handle team equipment (pylons, etc.)
- Group discussions/gatherings should be limited; physical distancing enforced.



# Phase 2 – Arrival/Departure

- Athletes arrive no more than 15 minutes prior to session start time
- Dressing rooms/change areas may be used in compliance with facility policy
- Each athlete, coach, and official is checked in and screened prior to entering the facility for each session



# Phase 2 – Spectators, Parents/Guardians

- Spectators are permitted in compliance with facility policy
- Spectators must adhere to facility, provincial, and municipal guidelines and restrictions
- Spectators must maintain a minimum standard of social distancing at all times
- When tending to an injured athlete, program staff must use proper personal protective equipment



# PHASE 3

Modified gameplay with limited contact within cohorts indoors and outdoors. Travel allowed within province.

	Phase 3
<b>Indoor</b>	Max 40 athletes per group
<b>Outdoor</b>	Max 40 athletes per group
<b>Contact - Indoors</b>	Limited
<b>Contact - Outdoors</b>	Limited
<b>Gameplay</b>	Within cohorts of 60 athletes
<b>Dressing rooms</b>	As per facility
<b>Spectators - Indoors</b>	As per facility
<b>Spectators - Outdoors</b>	As per facility
<b>Travel</b>	Within province

# Phase 3 – The Game

- Indoor and outdoor play permitted in groups of up to 40 athletes
- Exercises may include limited contact
- Prolonged instances of contact are not permitted
  - E.g., faceoffs, loose ball battles
- Competition is permitted within cohorts of up to 60 athletes (modified to eliminate prolonged contact)
- Inter-regional travel permitted (within Manitoba)
- Sessions are separated by 15 minute gaps to allow for proper sanitization of high contact areas
  - E.g., gates, goal posts, bench areas



# Phase 3 – During the Session

- Athletes must maintain a physical distance of 2 metres apart at all times, excluding during an exercise
  - E.g., waiting in line, during exercise explanations, before and after the session.
  - Brief instances of close contact will be allowed during exercises.
- Each athlete must have their own marked water bottle
- No sharing equipment between athletes
  - Athlete equipment should be sanitized/disinfected between each session
  - Team-owned equipment that is shared throughout a practice must be sanitized between use by each athlete
- Lacrosse balls are only to be handled by the stick
- Only coaches handle team equipment (pylons, etc.)
- Group discussions/gatherings should be limited; physical distancing enforced



# Phase 3 – Arrival/Departure

- Athletes may arrive/depart in compliance with facility policy
- Each athlete, coach, and official is checked in and screened prior to entering the facility for each session.
- Dressing rooms/change areas may be used in compliance with facility policy
- Masks are required at all times with the exception of athletes in the field of play





# Phase 3 – Spectators, Parents/Guardians

- Spectators are permitted in compliance with facility policy
- Spectators must adhere to facility, provincial, and municipal guidelines and restrictions
- Spectators must maintain a minimum standard of social distancing at all times
- When tending to an injured athlete, program staff must use proper personal protective equipment



# PHASE 4

Return to regular-style programming with modern measures in place. No travel restrictions.

	Phase 4
Indoor	No restrictions
Outdoor	No restrictions
Contact - Indoors	No restrictions
Contact - Outdoors	No restrictions
Gameplay	No restrictions
Dressing rooms	As per facility
Spectators - Indoors	As per facility
Spectators - Outdoors	As per facility
Travel	No restrictions

# Phase 4

- Games may be played outside of cohorts
- No travel restrictions
- Spectator restrictions will be determined based on the guidelines of public health authorities
- Screening/check-in process for all participants/spectators should remain in place
- Masks only required if facility policy requires
- Facility guidelines and restrictions must be followed at all times
- Physical distancing is encouraged whenever possible
- Modified gameplay no longer required
- Sessions should be separated by 15 minute gaps to allow for proper sanitization of high contact areas
  - E.g., gates, goal posts, bench areas



# F.A.Q.

Would you be allowed to participate in multiple programs at the same time?

- You can only participate in one cohort at a time. Cohorts can be changed following a 14-day period with no participation in the previous cohort

If a max group size is 10, but the facility has a capacity of 30, could multiple groups operate simultaneously at a facility?

- Multiple groups are allowed at a facility at one time up to the facility capacity limit, as long as the groups are separated and never intersect

Do I need to wear a mask while I'm playing?

- Masks are required at all times including during play indoors through Phase 1 and Phase 2



# Appendix 1 – Modified Gameplay

- All competitions during Phases 1-3 of the MLA Return to Play Protocols must follow modified gameplay requirements in order to limit instances of prolonged contact
  - No faceoffs
  - Prolonged loose ball battles will be eliminated at the discretion of the officials. Quick whistle practices should be used where the official awards possession to a team at their own discretion
  - Officials do not touch the ball
  - Pinning opponents along the boards will not be permitted

