



Return to Training

LWA Covid-19 Roadmap – 13 May 2020

Return to Training (from May 18)

Lacrosse training can resume when the following protocols are in place:

1. Clubs / teams strictly adhere to the maximum of 20 participants (inclusive of coaches), as per the current State Government restrictions, and following the principle of **'Get in, Train, Get out'**. Implement staggered training times.
2. The club has received approval from their Land Manager to access the oval for training, and understand that they must follow the direction and advice of Police, Local Government and Lacrosse WA at all times.
3. Strictly no physical contact between players to occur.
4. Social distancing of 1.5m must be maintained at all times, along with ensuring only 1 person per 4sqm.
5. No access to club rooms, changerooms or wet areas.
6. Players may use their sticks, protective gear, balls and cones for small group training. No additional equipment can be used during training sessions, this includes the use of lacrosse goals.
7. A log, or register, of all participants in attendance at each training session **MUST** be maintained and sent to Lacrosse WA weekly. The register must be available upon request by either Lacrosse WA or Health authorities.
8. The 'Return to Training' hygiene practices outlined in this document are to be strictly adhered to.
9. Clubs must complete a 'Return to Training' checklist and send to LWA before the commencement of your first training sessions.
10. Online education is to be completed by coaches, presidents and other club personnel and sent to LWA before the commencement of your first training sessions.

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

Return to Training Hygiene Practices

Hygiene Protocols for 'Return to Training':

- Alcohol based hand sanitisers must be available for all team training sessions, which players must use prior, during and following training.

- There is strictly to be no sharing of water bottles or towels, and it is important to clean and disinfect these items following each training session. Players should also disinfect mouth guards after each session.
- Participants must not share any food, drinks, snacks, fruit or lollies.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Avoid high fives, hand shakes or other physical contact.
- Changerooms, club rooms and wet areas are not to be utilised for training i.e. players should arrive at venue in training gear ready to train.
- Lacrosse balls to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each training session. Alternatively, balls can be disinfected with antiviral products such as chlorine based disinfectants or freshly made diluted bleach solution.
- Players should disinfect their sticks and helmets (men) prior to and after training sessions.
- Players are responsible for their own strapping if required.
- If you, or people you have been in contact with are sick, please DO NOT attend training and advise your coach.

General Hygiene Practices:

- 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 sanitiser.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home and seek medical treatment when you are sick.
- Cover your coughs and sneezes with your elbow or tissue. Used tissues should be placed immediately into the bin.

Clubs must ensure that these hygiene protocols are in place for all teams that are training.

If these protocols cannot be achieved then training should not proceed.

Small Group Training Protocols

In order to ensure that clubs / teams adhere to the strict protocols required to 'Return to Training', the following will be required:

- All clubs / teams must receive approval from their respective land managers to utilise their facilities. Please ensure you get the appropriate approval for oval access.
- As of 18th May 2020, a maximum of 20 participants (inclusive of coaches) can train on any one oval, at any one time.
- Clubs must introduce a staggered training schedule for the groups of 20 max that may include different start times, different days and /or different locations.

- Where possible ensure that there is a gap between training times to limit the potential for a crossover of training groups at the same venue. Training times may need to be shorter to accommodate this requirement.
- Players should arrive at the venue in the gear ready to train as no change rooms or club rooms will be available.
- Training must not include small sided games or match simulation where players may make contact with each other.
- It should also be considered that anyone returning to sport and exercise after a period of social isolation and not exercising regularly may be at an increased risk of injury. Clubs and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.
- Clubs must limit spectators at training sessions with a recommendation that junior players are dropped off, or only maximum of 1 parent/carer present. Spectators must also observe 1.5m social distancing practice.

Education Requirements

As clubs, and leaders in the community, it is important that all participants, coaches, volunteers and parents are educated in the key principles of the 'Return to Training' protocols, and the required hygiene practices required for lacrosse.

As such, the following education processes must be undertaken by clubs:

- Clubs must brief coaches, and club officials, on the requirements of 'Return to Training' in order to ensure that they reinforce the protocols consistently.
- Clubs must brief participants on the protocols and expectations prior to training.
- WA Government Health resources to be prominently displayed outside all venues.

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-good-hygiene-practices-poster-for-businesses>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-print-ads-good-hygiene-is-in-your-hands>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>

- Online education is to be completed by coaches, presidents and other club personnel.
<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

Participant Briefing (players, coaches, volunteers, parents):

Prior to the recommencement of training, clubs should provide a briefing to all participants, coaches, volunteers and parents that includes:

- Intended training dates, times and procedures established to limit team cross-over on ovals.

- 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.
- Opt-out options for individuals who may not yet feel comfortable returning to training.
- Measures that the coaches are taking to prevent physical contact of players (i.e. social distancing guidelines, etc).
- Restrictions on support staff (i.e. assistant coaches, managers etc.).
- Restrictions that are in place on club rooms, changerooms etc.
- Restrictions on people attending the training venue – i.e. limited spectators, parents, etc.

Coaches Briefing:

Clubs should also 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.
- No use of changerooms and club rooms.
- No match simulation or small sided games where incidental contact can occur.
- Understanding what are acceptable skills and drills for training.
- Responsibility as Leaders to influence behaviour change in this period.
- Coaches to reiterate social distancing and hygiene protocols at the start of each training session.

Insurance

Clubs and the Association will be covered as usual under the ALA's Public Liability policy. Participants will also be covered as usual under the Personal Accident policy for physical injuries sustained in lacrosse activities, however the cover does not extend to a sickness or illness. Cover under these policies is always subject to terms, conditions and exclusions.

Canteen and Bar facilities

Canteens and Bars are to remain closed at this stage. LWA will advise clubs upon advice from the WA Government when canteens and bars can open again.

Club Requirements

All Lacrosse Clubs play an important role in:

- Reducing the spread of COVID-19;
- Promoting good hygiene practices amongst players and officials;
- Adhering and promoting the State Government Requirements around social distancing, and gatherings; and
- Following the clear protocols and requirements around 'Return to Training'.

It is important that clubs are respectful in adhering to the protocols outlined as part of 'Return to Training', as they form part of the current Government directions, and sanctions can be applied to individuals and to clubs if they are in breach. By every club, and individual playing their part in adhering to the protocols, will mean that lacrosse would have played its part in the community through a commitment to community health outcomes, but will also improve the opportunity for lacrosse to return to play sooner.

Please Note:

Individuals can be imprisoned for up to 12 months, or fined up to \$50,000, whilst sporting clubs can be fined up to \$250,000 for breaching an enforceable direction as set by the Commissioner of Police. These directions form a key part of the 'Return to Training' protocols.

Clubs found to be in breach of the 'Return to Training' protocols may also be sanctioned by the Association by way of fine or suspension.