



# Return to Training

LWA Covid-19 Roadmap

**Version 6 – 16 June 2020**

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## Return to Training (from June 6)

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

1. Clubs / teams strictly adhere to the maximum of 100 participants in each space, as per the current State Government restrictions, and following the principle of **'Get in, Train, Get out'**. Implement staggered training times. The 100 participants max gathering includes players and spectators, not coaches.
2. The club has received approval from their Land Manager to access the oval for training, clubrooms and changerooms and understand that they must follow the direction and advice of Police, Local Government and Lacrosse WA at all times.
3. Social distancing of 2 square metres per person be maintained at all times, along with ensuring only 1 person per 2sqm.
4. Equipment can be shared, but should be cleaned regularly.
5. 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.
6. The 'Return to Training' hygiene practices outlined in this document are to be strictly adhered to.
7. Clubs must complete a 'Return to Training' checklist and send to LWA before the commencement of your first training sessions.
8. 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>
9. Online education is to be completed by the Canteen and Bar Manager and sent to LWA before commencement of your canteen or bar opening or the serving of any food.  
<https://hospitalityhygiene.com/aha-covid-19-hygiene-officer-course/>
10. Self-complete a COVID Safety Plan and certificate displayed in a prominent location for members and a copy sent to LWA.  
<https://www.wa.gov.au/sites/default/files/2020-05/COVID-19-Safety-Plan-Phase-3-Sport-and-Recreation.pdf>

## 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 and shower facilities can now open, but players should be encouraged to arrive at the venue in training gear ready to train.
- Members have access to toilets if the following requirements are met:
  - Access to toilets will be limited to 50% of the total toilet capacity (ie: one single toilet – one person, four toilets – two people). If an odd number of toilets, the least number of people are permitted (ie: seven toilets – three people).
  - Hand sanitiser to be available outside each bathroom with people encouraged to use on entry.
  - Soap and paper towels to be provided in all bathrooms.
  - All bathrooms must be sanitised before and after each training session.
  - The entrance and exit of your bathrooms should be managed to ensure social distancing. A dedicated entrance and another dedicated exit to promote one-way traffic flow (where possible) can help minimise congestion.

Refer to the following Environmental Cleaning factsheet for further advice:

[https://ww2.health.wa.gov.au/~/\\_media/Files/Corporate/general%20documents/Infectious%20diseases/PDF/Coronavirus/COVID19-Environmental-Cleaning-for-workplaces.pdf](https://ww2.health.wa.gov.au/~/_media/Files/Corporate/general%20documents/Infectious%20diseases/PDF/Coronavirus/COVID19-Environmental-Cleaning-for-workplaces.pdf)

- 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.
- Lacrosse goals may be used if the following requirements are met:
  - Goals must be accessed by two designated members.
  - Goals must be sanitised prior to and after each training session.
  - High traffic areas of the equipment shed must be sanitised prior to and after each training session. ie: door handles, keys etc.
- Players should disinfect their sticks, helmets (men) and goggles (women - where applicable) and 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, clubroom and changeroom access.
- As of 6<sup>th</sup> June 2020, a maximum of 100 participants can train in any one zone, at any one time. If there is more than one group training they must be on either end of the oval. The 100 participants per gathering includes players and spectators, but excludes coaches.
- A training zone for each group should allow 2sqm per person, with appropriate distancing between each group to maintain social distancing and ensure there is no crossover. When training, equipment can be shared provided it is cleaned between each training session. No player or coach may switch between groups. Coaches may coach a subsequent group, after their initial group, but must sanitise their hands and any equipment used prior to the new training session.
- Clubs must contact their respective land managers/councils prior to training commencing and enquire how they have set up their zones. This will also alert clubs to any other group booking which may encroach on your zone.
- No full ground exercises are to be conducted where the groups cross over or come in contact with other participants. The groups must maintain separation.
- Clubs must introduce a staggered training schedule for the groups of 100 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 be encouraged to arrive at the venue in the gear ready to train.

- 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. Spectators are included in the 100 max participants.

## 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).
- Guidelines that are in place on club rooms, changerooms and toilets.
- 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.
- Restrictions and Guidelines that are in place on changerooms, club rooms and toilets.
- 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.

Clubs are to notify Lacrosse WA once training commences so current lacrosse activities can be reported back to the Insurer.

## **COVID Safety Plan**

COVID Safety Plans are an important part of ensuring that re-opening your clubrooms, canteen and bar does not increase the risk of spreading COVID-19.

A club that operates premises and/or delivers activities that was required to close under directions made under the Emergency Management Act is required to complete a COVID Safety Plan and display a certificate before reopening.

Clubs that were not required to close (but may have chosen to) under directions made under the Emergency Management Act may choose to voluntarily complete a COVID Safety Plan and display a COVID Safety Plan Certificate.

It is beneficial for the clubs to engage with their local government to develop the plan in partnership. The local government will need to approve the club to commence activities.

In the plan, you will need to explain how your club will take steps to implement the requirements and the advice set out in these guidelines.

You must also display a COVID Safety Plan Certificate in a prominent location visible to patrons. The certificate is provided at the end of the COVID Safety Plan template

<https://www.wa.gov.au/sites/default/files/2020-05/COVID-19-Safety-Plan-Phase-3-Sport-and-Recreation.pdf>

If you completed a COVID Safety Plan in Phase 2, please review and update your safety plan as appropriate to take into account updates to the safety requirements.

All clubs are encouraged to engage with their Local Government if they have questions about relevant plans.

Failure to complete a COVID Safety Plan may mean your club is putting the community at risk. Authorised officers under the Emergency Management Act have the power to close premises and businesses that put the community at risk in this way.

## **Canteen and Bar facilities**

Club rooms, bars and canteens may now open. Clubs must comply with gathering restrictions which require at least 2 square metres per person, up to a maximum of 100 patrons per single undivided space, up to 300 patrons per venue.

Meals can be served as can alcoholic beverages without a meal. Members must be seated while consuming alcohol.

Each venue must have a COVID Safety Plan that has been developed in consultation with its local government or land manager. The food and beverage plan states that;

*Prior to re-opening, you are required to self-complete a COVID Safety Plan for your business and have it available for inspection upon request by an authorised officer.*

Clubs will need to complete a food and beverage plan if they want to serve food/drinks in line with the restrictions.

Prior to bars and canteens opening, each club must assign a Hygiene Officer(s). The role of the dedicated Hygiene Officer is to:

- Help reduce the spread of Covid-19
- Supervise and guide members in the principles of Covid-19 practices
- Increase our member's perception that correct hygiene procedures are being followed
- Assist and support and safe re-opening of clubrooms under the prescribed restrictions
- Assist in increasing our member's knowledge of your club's policies and procedures around increased Covid-19 hygiene measures

- Assist in identifying and eliminating any potential hazards or non-compliance within the club environment

The AHA Hospitality Covid-19 Hygiene Officer Course can be completed at the following link:  
<https://hospitalityhygiene.com/aha-covid-19-hygiene-officer-course/>

### *Managing Shared spaces*

Where there are points of congregation or potential congestion, such as walkways, bathrooms, shared facilities, points of entry and exit, and payment areas, venues should consider:

- using signage and barriers to direct and manage the flow of traffic.
- implementing a one-way traffic flow, such as a dedicated entrance and exit, to reduce congestion.
- reconfiguring the venue layout, for example by reducing the amount of seating or rearranging furniture, to allow for and encourage physical distancing.
- the placement of furniture and equipment – removing tables, chairs, bar stools, entertainment equipment and anything else that may result in patrons clustering in small spaces without maintaining the required distance.
- members should practice physical distancing by keeping 1.5 metres from patrons from other households.
- increased cleaning of communal amenities, such as bathrooms and changerooms
- the timing of payment and managing payment areas to ensure customers are not queuing to pay.

## **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.

**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.**