

Return to Lacrosse Guidelines

New Zealand Lacrosse COVID-19 Response

Version 1.1

Updated 19 May 2020

Effective from 20 May 2020

18 May 2020 Update:

New Zealand is currently at Alert Level 2 (Reduce). Under Alert Level 2 the disease is contained, but there is still a risk of community transmission. The objective of these guidelines is to minimise the risk of transmission of the virus, and to be able to rapidly track and isolate any cases that may arise. Subject to the range of public health measures outlined by New Zealand authorities, play, active recreation and sport can resume under level 2. This includes contact team sports and physical activities only if fewer than 10 people are participating, good contact tracing is possible and hygiene measures, particularly washing and drying of hands, and regular sanitising of equipment and surfaces are in place.

Summary of Return to Lacrosse Activities

Under the current Alert Level 2 and Government guidelines, Lacrosse trainings may commence so long as they follow the public health measures outlined in these guidelines. All other activity, including games and leagues, must not commence at this stage.

- Gatherings must be restricted to a maximum of 10 participants.
- Contact tracing must be carried out at all Lacrosse activities.
- Equipment and surfaces must be regularly cleaned and disinfected where practical.
- Good personal hygiene practices should continue - wash and dry hands before and after activity, cough into elbow and don't touch your face.
- Stay home if you're sick and do not take part in Lacrosse activities if you have flu-like symptoms, self-isolate at home and get tested immediately.
- Physical distancing of 2 metres should be maintained wherever possible, especially from people that you don't know. Contact during physical activity will occur but this should be minimised as much as possible, especially off the field of play.
- People at high risk of severe illness from COVID-19 should take additional precautions when undertaking Lacrosse activity.

Purpose

These New Zealand Lacrosse (NZL) Return to Lacrosse Guidelines have been established by the New Zealand Women's Lacrosse Association (NZWLA) and New Zealand Lacrosse Association (NZLA) committees in collaboration and consultation with its Regional Bodies and relevant NZL representatives.

These guidelines set out the core requirements of all Lacrosse activity to be carried out within New Zealand at all levels in order to maintain safe return to Lacrosse.

Updates and New Versions of these Guidelines

The guidelines are a living document and will be updated as and when changes and updates are made by the New Zealand authorities. Once updates are agreed for NZL, these will be published in an updated version with an effective date. No changes to NZL activity may be made until the effective date of the updated guidelines.

Updates will be discussed and agreed by the NZL COVID-19 Return to Lacrosse Working Group, made up of representatives from Regional Bodies, NZWLA and NZLA. Updated guidelines will be published on the NZ Lacrosse website and emailed out to each Regional Body.

Definitions

NZL - New Zealand Lacrosse, this represents the NZWLA and NZLA collectively

Participants - all players, spectators, officials and support staff at each Lacrosse activity is considered a Participant

Lacrosse Activity - is any organised Lacrosse activity/gathering which takes place in New Zealand. This includes training, meetings, games and leagues

Activity Organiser - each activity must be assigned an organiser who is responsible for ensuring these guidelines are followed. More information is provided in the Roles and Responsibilities section.

New Zealand Authorities - all National authorities providing guidelines and public health and social measures to be taken in the fight against COVID-19. This includes the NZ Government, Ministry of Health (MoH) and Sport NZ. Details and links to these authorities are provided in the Authorities section.

Protocols and Guidelines for Return to Lacrosse Activities

Gatherings

- Activities must be restricted to a maximum of 10 participants. This number includes players, coaches, officials, spectators and support staff.
- For activity that takes place outdoors in a large open area with multiple fields, the requirements on numbers of people apply to a single field, so long as this is managed in accordance with other public health guidelines and the attendees at one gathering do not mingle or interact with another in any way.
- Care must be taken to avoid interaction at communal points such as entries and car parks.
- All organised Lacrosse activities must be agreed with the Regional body or High Performance Officer (in the instances of NZ Representative activity), who must then notify NZL and appoint an Activity Organiser.
- Social Lacrosse activities outside of the above are expected to follow the same guidelines, and participants must keep a personal register for contact tracing purposes.

Contact Tracing

- All Lacrosse activities must have a contact tracing register and all participants and spectators must complete this.
- It is the responsibility of the activity organiser to ensure all participants and spectators register.
- The register will be kept in a secure location by NZ Lacrosse, and will be accessible to the MoH at all times for up to 4 weeks after the contact took place.
- The register will be securely destroyed 2 months after the contact took place.
- NZL recommends the use of iDME as an online contact tracing option, further information is detailed in the ***NZ Lacrosse Contact Tracing Guide***.

Cleaning and Hygiene

- All participants should wash and dry their hands before and after partaking in any Lacrosse activity.
- Sharing of equipment should be minimised to the shared use of balls and goals. All other equipment, including goalie gear, helmets, uniform and sticks must not be shared.
- Balls must be washed and dried before and after use.
- Goals must only be handled and set up by coaches and/or support staff. They must also wash and/or sanitise the goals before and after use.
- Where possible, participants should minimise touching the ball, mouthguard and other surfaces with their hands.

- Facilities, water, soap and towels/drier should be available for participants to wash and dry their hands, or hand sanitiser (containing at least 60% alcohol) must be made available.

Physical Distancing

- Physical distancing remains important and all participants are encouraged to remain 2 meters apart wherever possible.
- Off field, all participants must maintain 2 metres physical distancing.
- On field, including in all training drills and scenarios, participants are asked to be sensible and minimise contact as much as possible. However, it is recognised and accepted that during Lacrosse play this may not always be possible.
- Participants must not shake hands.

Personal Responsibility

- Each participant who partakes in a Lacrosse activity accepts personal responsibility to ensure the health and safety of themselves and others.
- This includes adhering to basic hygiene measures, including washing and drying hands before and after any activity.
- If you or members of your household are unwell, you should stay at home.
- You must not participate in physical activity (or leave home) if you are displaying symptoms of COVID-19, awaiting a test result, or are required to self-isolate.
- If you become sick and/or display symptoms of COVID-19 after a Lacrosse activity you must seek medical guidance immediately and notify MoH of your participation in the Lacrosse activity. MoH will manage the contact with all other participants of this activity in accordance with their contact tracing protocols.

Support and Complaints

- Each participant is reminded that if they feel uncomfortable or cannot attend a training for whatever personal or health reason, they should not feel forced or coerced to attend.
- There will be no prejudice or disadvantage to any participant who chooses not to return to Lacrosse at this time.
- If a participant or member of the NZ Lacrosse wishes to raise complaint(s) of a breach of these guidelines, or NZ Government guidelines, they are asked and encouraged to do this. In the first instance, this should be submitted to the Executive of the Regional Body which will be submitted to the Executive of NZWLA and NZLA (via secretary@nzwlacrosse.nz).
- All complaints will be treated seriously and in accordance with the principles of natural justice. Repeated and/or serious breaches of these guidelines or instances where a person/s health may have been put at risk will be treated seriously and may lead to a temporary ban from NZ Lacrosse activity. All decisions of outcomes as a result of a fair investigation are at the responsibility of the Regional Body or NZWLA/NZLA in accordance with their constitutional processes.

Roles and Responsibilities

NZWLA and NZLA

It is the responsibility of the NZWLA and NZLA as the collective National Sporting Organisation (NSO) of New Zealand Lacrosse to ensure that appropriate guidelines are in place in accordance with the advice and guidelines set out by New Zealand authorities. These NZL guidelines are developed in collaboration with the NZ Lacrosse community to ensure a safe return to Lacrosse in New Zealand. The guidelines, and updates to the guidelines, will be communicated to the Regional Bodies and committee members by email and updated on the NZ Lacrosse website as soon as possible.

Regional Bodies

It is the responsibility of the Regional Bodies to disseminate guidelines and updates from NZWLA and NZLA with their members and to ensure that all Lacrosse activity which is carried out in their region meets the expectations and guidelines set out.

This includes:

- Updating the NZ Lacrosse Activity Register
- Appointing an Activity Organiser to every activity, and reminding them of their responsibilities
- Receiving and investigating any complaints of breaches against these guidelines
- Representing the feedback, commentary and/or concerns raised by their members to the NZWLA and NZLA

Activity Organiser

It is the responsibility of the Activity Organisers to ensure that all Return to Lacrosse guidelines are followed in the preparation and carrying out of the Lacrosse activity they have been appointed to.

This includes:

- Ensuring every participant is on the contact tracing register
- Reminding every participant of their personal responsibilities
- Ensuring all physical distancing, gathering, cleaning and hygiene protocols are followed
- Managing any breaches of these guidelines, and notifying their Regional Bodies of any serious breaches

Participants

Each participant (player, coach, official, spectator and support staff) has a personal responsibility to be familiar with and adhere to these Return to Lacrosse guidelines and all public health measures.

New Zealand Authorities and COVID-19 Guidelines

The following national authorities and links provide up to date information on guidelines for New Zealand in the fight against COVID-19.

- Unite against COVID-19 Government website covid19.govt.nz
- Ministry of Health
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>
- Sport NZ <https://sportnz.org.nz/covid-19/>
- Healthline 0800 358 5453
- Government helpline 0800 779 997
- Need to talk? Call or text 1737 or visit
www.allright.org.nz/campaigns/getting-through-together