

Return to Lacrosse Guidelines

New Zealand Lacrosse COVID-19 Response

Version 4

Updated 12 March 2021

Effective from 12 March 2021

12 March 2021 Update:

New Zealand Government announced a move to Alert Level 1 from 12pm 12 March 2021. Under Alert Level 1 the disease is contained in New Zealand, but COVID-19 is uncontrolled overseas and there may be isolated household transmission occurring.

The main controls under Alert Level 1 are border restrictions and managed isolation or quarantine for people entering the country. Sport, active recreation and play under Alert Level 1 looks like much like it did pre-COVID-19, with border restrictions.

There are no restrictions on businesses and services (including hospitality), no restrictions on gathering, no requirements for physical distancing, and no requirements to keep records to enable contact tracing. While none of the public health requirements are mandatory – it is important to remain vigilant and continue to practice good hygiene to minimise the risk of community transmission.

In Alert Level 1 we should be vigilant in maintaining these good practices, so that we are prepared to quickly move into higher alert levels if we need to

Summary of Return to Lacrosse Activities - Alert Level 1

Under the current Alert Level 1 and Government guidelines, all Lacrosse activity may return. Where possible, the following should still apply:

- Record keeping to enable contact tracing if required.
- Equipment and surfaces should 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.

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

- Gatherings of all numbers may take place.
- If outbreaks of COVID-19 occur in New Zealand, controls on gatherings could be one of the first responses, as we attempt to manage the risk without the need to revert to a higher overall alert level. So, organisers should be aware they may be asked to postpone or cancel gatherings under the circumstance that a significant outbreak has occurred or if case numbers increase.
- Event organisers should follow the COVID Code to enable rapid contact tracing and good hygiene practices.

Contact Tracing

- Where possible, participants of Lacrosse activities in New Zealand should maintain a personal record of where they have been and who they have been in contact with. This will enable rapid contact tracing if required for any probable or confirmed cases of COVID-19.
- Organisers of Lacrosse activities do not have to maintain a register of participants, but should continue to enable participants to maintain personal contact tracing.

Cleaning and Hygiene

- All participants should continue basic hygiene measures, like regularly washing and drying their hands before and after partaking in any Lacrosse activity, as well as coughing and sneezing into their elbow.
- Where possible, sharing of equipment should continue to be minimised.
- Where possible, participants should also continue to 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) should be made available.
- There is no longer a requirement to deep clean or sanitise equipment between uses.

Physical Distancing

- While physical distancing is not required you should still consider distancing yourself from people you don't know if you can.

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:

- 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

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](https://www.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