

Return to Lacrosse Guideline Update - Alert Level 2 and 1

New Zealand Lacrosse COVID-19 Response

Version 4.3

Updated 5 March 2021

Effective from 7 March 2021

5 March 2021 Update:

As of 6am, on Sunday 7 March, Auckland will move to Alert Level 2.

The rest of New Zealand will move to Alert Level 1.

At Alert Level 2 in Auckland gatherings will be limited to 100 people.

Summary of Return to Lacrosse Activities

Under **Alert Level 2** and Government guidelines, all Lacrosse activity in Auckland, including training, games, leagues and in person meetings, **may** commence.

- Gatherings must be restricted to a maximum of 100 participants.
- Where possible, masks should be worn.
- 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.

Please see the NZ Lacrosse Return to Lacrosse at Alert Level 2 appended to this Guideline for further details. This supports Sport NZ and NZ Government guidelines and requirements.

Under **Alert Level 1** and Government guidelines, all Lacrosse activity may commence so long as they follow the public health measures outlined by the NZ Government.

- 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

Support and Questions Relating to these Guidelines

If a participant or member of the NZ Lacrosse community wishes to discuss any details relating to 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).

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

Appendix One

Return to Lacrosse at Alert Level 2

Updated 5 March 2021
Effective from 7 March 2021

This document acts as a supporting resource to the New Zealand Lacrosse Return to Lacrosse Guidelines. These Guidelines are updated and issued based on the current alert levels in place by the NZ Government.

This document provides further information on how Lacrosse activities may commence in an Alert Level 2 environment, however must always be considered in line with the most up to date information provided by Sport NZ and NZ Government on Alert Level 2.

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.

- Gatherings must be restricted to a maximum of 100 participants.
- Where possible, masks should be worn.
- 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.

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 at Alert Level 2

Gatherings

- Community sports are limited to groups of 100 in a defined space. Referees, officials and other workers providing services to a sports game are not included in the 100 people.
- A sports field can have multiple defined spaces by keeping:
 - people in groups of up to 100
 - groups separate either through consistent 2 metre physical distancing when outdoors, or using barriers.
- We recommend groups be prevented from intermingling or sharing common facilities at the same time.
- 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

- It is mandatory to display a QR code for the Contact Tracer app prominently at the main entry point of a venue and/or event. This includes all regional and NZL organised games and tournaments.
- All Lacrosse activities must also keep a record of and retain the contact details of all people involved in, or attending, your activity. This must be in place to enable contact tracing should it be required.
- Organisers and the person in control of the premises are responsible for collecting contact tracing information.
- The register will be kept in a secure location, and will be accessible to the MoH at all times for up to 2 months after the contact was recorded.
- The register will be securely destroyed 2 months after the contact took place.

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.
- Spectators where possible should not intermingle with players/support staff.

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](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