

Team & Coach Guidelines:

Coaches / management must follow these guidelines when running lacrosse sessions / practices.

Document accurate as of: 21st July 2020

Social Distancing

Social Distancing control measure for practical sessions for a small group.

- Comply with Government guidance on social distancing
- Retain 2m distance if queuing at meeting / check in point
- Keep within identified areas as outlined by coaches / managers
- Use your lacrosse stick as a guide to measure appropriate distance
- Display COVID-19 advice posters
- Anyone displaying COVID-19 symptoms should not attend training

Hygiene

- Compliance to the current COVID-19 hygiene guidelines
- Always maintain minimum distance of two metre
- Avoid using bare hands: Use your own stick to pick up and pass the lacrosse ball
- Clean own equipment at the start and end of the session
- If anyone needs to sneeze or cough – do so into your upper sleeve
- Avoid touching face
- Toilet use – to follow facility recommendations
- Safety and existing good practice. Follow social distancing guidance

First Aid

- Facility use - only to access defibrillator
- Ensure a maintained first aid kit is available
- First aid administration – follow specific advice from <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>



Players (juniors and adults)

- Control measure for social distancing
- Must wear their own playing and protective equipment. Do not borrow any equipment
- Only touch your own equipment
- Keep all loose belongings in a bag and within designated area
- Have antibacterial wipes with you throughout the session
- Wipe down equipment before and after the session
- Water bottles filled and labelled with name prior to arrival at the session
- No spectators or parents allowed to observe the session
- Arrival at allocated time slots
- Complete registration document for COVID-19 sessions

Parents/ guardians

Drop-off and Collection Practice

- If possible do not leave vehicle and allow player to independently check-in
- Do not approach group if collecting early – wait in allocated area
- If any of your household have COVID-19 symptoms do not bring player to session
- Complete registration documents for COVID-19 sessions.

Coaches

Hygiene

- Follow Government COVID-19 hygiene guidance
- Clean goals and training equipment before and after every session balls should be provided and should be disinfected before and after every session.
- If working with multiple goalkeepers, clean goals during change over between individuals.
- Apply First Aid treatment in accordance with St Johns ambulance advice. For non-serious treat e.g cuts – ask the player to apply own dressing



Control measure for social distancing

Pre- session/ preparation

- Information and responsibility for parents / guardians and participants available
- Issue equipment list and requirements as outlined previously
- COVID- 19 arrangements at training facility (no access to communal areas or use of borrowed equipment)
- Issue staggered time slots if holding a multiple group session at large facility
- Ensure usual good practice is adhered to – First Aid provisions & defibrillator
- All players must wear own playing equipment
- Do not issue shared protective equipment or team bibs/ shirts
- Have antibacterial wipes to clean training equipment before and after session

During session

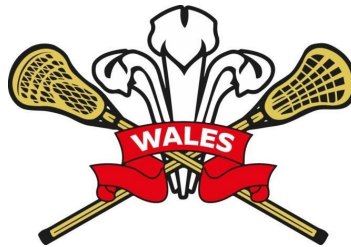
Coaches responsibility

- Outline obvious meeting point and ensure social distancing
- Consider clear instruction and guidance through practice
- Stop and go mechanisms for social distancing
- Operate a flow system if half group are active, with an entrance and exit to the practice
- Use less balls – consider 1 ball per player & number balls to ensure 'ownership'
- Place and collect the cones yourself – clean before and after session

Throughout session

- Adapt drills to ensure social distancing
- Extend a 2m area to 5m to allow for movement
- Maintain the one way flow system
- Position goals before session, clean before and after use.

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Player Belongings – allocation

- Create marked areas minimum two metres apart
- Use the flow system to avoid players being close
- Use control measures e.g. 1 person at a time to leave playing area

Additional consideration for session organisers

- Access to facility
- Toilet provisions (1 hr +)
- Flow one way system (entry & exit)
- Do not use social areas
- Spotters or marshall or signage
- Print off Wales Lacrosse advice poster

