

Phase 3.5 UPDATED: LACROSSE SCOTLAND GUIDELINES – *Guidance for Players*

Effective from: 24 AUGUST 2020

For all Participants

These guidelines apply to Scotland only and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise published on 20 AUGUST 2020, which can be viewed at; [Scottish Government: Exercise & Activity Guidance](#)

INTRODUCTION

Some sporting activities can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing covid-19 is available at [Scottish Government: Coronavirus in Scotland](#).

People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility/activity.

Clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone, so please be patient.

The information outlined below is generic and should be used to inform the development of suitable sport-specific guidance which can be shared with participants, clubs, local authorities/trusts, third sector and other venue operators.

Guidance for participants

The following guidance can be used to support participants. Consider using it in the context of before, during and after the activity.

1. Stay up to date
 1. Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#).
 2. Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

2. Travelling to and from an activity/venue
 1. Carpooling is strictly limited to one household per car and no mini-buses, no exceptions.
 2. Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at [Health Protection Scotland: Hand hygiene techniques](#)
 3. Where possible, avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.
 4. Take your own hand sanitiser to the venue and regularly use throughout the activity.
 5. Take your own hydration/food to the venue.
 6. Avoid touching fixed equipment including gates, fences or benches.
 7. After completing your exercise/activity, return directly to your car (if appropriate) and leave.

3. Test & Protect
 1. [Test and Protect](#) is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
 2. The gathering of contact information from anyone attending sport/leisure activities or facilities in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.

3. Maintaining participant records

- In order to support Test and Protect lacrosse clubs are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a ‘lead member’ – will be sufficient.
 - Clubs will store information for 21 days and share it with public health officers when requested.
4. A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
4. Health, Safety & Hygiene
1. Face coverings
 - Participants and visitors to indoor sports facilities should wear face coverings before and after activity or when in non-playing areas of the facility (e.g. reception, locker rooms and storage areas).
 - Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.
 2. If you are not wearing face coverings and need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
 3. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
5. Physical distancing and participation numbers
1. Normal physical distancing and household number guidelines will, however, be applicable before and after the sporting activity or when taking breaks.
 2. Where access through an indoor space is provided, it should be for one person at a time, ideally with a one-way system in operation.
 3. From 24 August 2020 outdoor contact sport training, activity and competition in an organised setting may resume with a maximum of 30 people taking part in any one session. This may, in exceptional circumstances, be increased to include for example officials, coaches and support staff (medical etc.) if agreed with **sportscotland**.
 4. Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#).

6. Spectators

1. No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases, physical distancing should always be followed.

7. Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of your governing body Covid-19 guidance.

8. Competitions

1. Local and regional competition can now take place. A 'field of play bubble' can be created whilst a sporting activity is taking place, in effect, suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will, however, apply before and after the activity takes place
2. Travel to competition out with your region of play is not permitted.
 - Regions are divided into:
 - o Glasgow and Western Scotland
 - o Edinburgh and Borders
 - o Stirling, Dundee, and St Andrews
 - o Aberdeen and North East

9. Equipment

1. All equipment is required to be disinfected before and after every use. Hand sanitiser should be at least 60% alcohol-based and detergent wipes appropriate for the surface they are being used on (a solution containing at least 60% of either ethyl or isopropyl alcohol).
2. Athletes should not handle any shared coaching equipment (cones, etc.). Only the coach should do this.
3. Athletes are advised to use their personal equipment wherever possible and follow hygiene guidance.
4. Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.
5. Where there is a requirement for athletes to share equipment, it should be thoroughly cleaned before and after use.
6. Quarantine the equipment and leave it untouched for 72 hours.
7. Bring a full water bottle, and do not share food or drink with others.
8. Ensure you take all personal belongings and equipment with you at the end of the session and do not leave or store anything at the venue/facility.