

Phase 3: LACROSSE SCOTLAND GUIDELINES – Match Day Responsibilities

Effective from: **30 SEPTEMBER 2020**

For all Clubs, Teams, Players, and Supporters

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 22 SEPTEMBER 2020, which can be viewed at; [Scottish Government: Exercise and Activity Guidance](#)

INTRODUCTION

Organised 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.

To manage a safe return to sport and leisure activities, it is a **mandatory requirement** that all clubs, facility operators and deliverers put in place Test and Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test and Protect](#).

Clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Likewise, Sports Governing Bodies (SBGs) may have to take stricter guidelines than the national guidelines as a condition for returning to training and competition. These guidelines have been approved with the intent of providing a safe environment for all participants.

*If you reside in an area of Scotland with increased restrictions, you will **NOT** be allowed to train and/or compete with anyone outwith the restricted areas nor will anyone from areas outside the restricted areas be allowed to travel to a restricted area to train and/or compete. Only intra-squad training within the guidelines will be allowed in the restricted areas until the restrictions are lifted.*

All participants of Lacrosse in Scotland are REQUIRED:

- to be members of their SBG in good standing;
- sign the participant COVID declaration;
- register with their SBGs (Lacrosse Scotland) Track and Trace online form before every lacrosse activity.
- to wear a mask and sanitise hands when away from the playing field; including during arrival, changing, on breaks, and departure.

Failure to complete the above will prohibit you from playing lacrosse in Scotland nor considered eligible for team competition selections, as per requirements imposed by the Scottish Government. Knowingly violating the guidelines WILL result in forfeiture of lacrosse participation eligibility in Scotland until compliance with the government-approved guidelines. All clubs and players NOT registered and in good standing with Lacrosse Scotland are not covered by the approved governmental exceptions to training and competition roster sizes and MUST adhere to the Scottish Government guidance on the Rule of Six and social distancing of 2m.

Match Day Responsibilities

All clubs will need to have:

- a **contactless thermometer** (Suggestion on [Amazon](#))
- **hand wash/gel and sanitising fluid** (Suggestion: [Isopropyl 91% Rubbing Alcohol](#))

Everyone's Responsibility

- Complete your individual registration and sign the player code of conduct for the season with Scotland Lacrosse before your game starts.
- Fill in the Lacrosse Scotland online track and trace forms.
- No more than 30 people are allowed in a matchday bubble (13 players, one non-playing coach maximum per team).
- Wear a facemask when/where required. This includes all sports facilities from arrival to pitch side.
- No sharing of equipment, drinking bottles, or food.
- If you have any symptoms described by NHS Scotland, then stay home and notify your team Captain and Covid officer who will report it to Lacrosse Scotland.
- Check your temperature before leaving the house. If above 37.5*c, contact your team Captain and Covid officer, then stay at home.
- Follow the sports facilities entry/exit, use hand sanitiser stations if provided, socially distance at all times, and use the facilities track and trace if available.
- Arrive ready to play as changing rooms will most likely not be available.
- Only one team Captain, the coach, and/or the Covid officer is allowed to interact with participants from the other team or officials.

Home Team Responsibility

- Make sure your Lacrosse Scotland club affiliation has been completed for the season before your game starts.
- Bring a contactless thermometer and check body temperature of everyone in your squad, including coaches and officials. Anyone above 37.5*c needs to sit in isolation and retested after 5 minutes. If the body temperature is still elevated, then they cannot participate, and their name must be reported to the team's Covid officer.
- Record home team squad names and contact details, including the coach. There must not be more than 13 players and one non-playing coach on this list.
- Record the names and contact details of all officials.
- Obtain the away team squad list via electronic message, not via paper record.
- When submitting match results, also include the names of all coaches, referees, and CBOs present.
- Provide hand wash/gel at pitch side.
- Provide sanitising fluid to clean match balls every quarter and for players to clean shafts and gloves every quarter.
- Ensure any un-rostered players are separated from the playing 30-person bubble and are socially distancing following the Rule of Six. At no point will un-rostered players be allowed on the pitch or to mix with the 13-person team rostered players.

Away Team Responsibilities

- Make sure your Lacrosse Scotland club affiliation has been completed for the season before your game starts.
- Bring a contactless thermometer and check body temperature of everyone in your squad, including coaches and officials. Anyone above 37.5*c needs to sit in isolation and retested after 5 minutes. If the body temperature is still elevated, then they cannot participate, and their name must be reported to the team's Covid officer.
- Record away team squad names and contact details, including the coach. There must not be more than 13 players and one non-playing coach on this list.
- As soon as your match is over, all participants must promptly leave and not mix with the other team nor un-rostered players.

It's everyone's responsibility

During Phase 3, the various changes that are due to come into effect will result in larger numbers of people moving around and coming together across a variety of settings and sectors, both indoors and outdoors. This will give the virus more opportunities to spread. There is a risk of outbreaks and while we should strive to avoid them, we must also prepare for them and our Test & Protect system will help us to contain them. Staying safe and keeping others safe is as important as ever which is why, for example, we have made face coverings mandatory on public transport and in shops. And it is especially important to be considerate of people whose health conditions mean that they haven't been able to enjoy the easing of restrictions that the rest of the population has benefited from.

To prevent spread of the virus we should all follow the FACTS. It is the sum of our individual actions, our collective endeavour, that is suppressing the virus.

FACTS:

- Face coverings.
- Avoid crowded places.
- Clean hands regularly.
- Two metre distance.
- Self isolate and book a test if you have symptoms.



Remember FACTS for a safer Scotland

F Face coverings

A Avoid crowded places

C Clean your hands regularly

T Two metre distance

S Self isolate and book a test if you have symptoms

nhsinform.scot/coronavirus
#WeAreScotland

Healthier Scotland
SCOTTISH GOVERNMENT

CORONAVIRUS
STAY SAFE
PROTECT OTHERS
SAVE LIVES

NHS
SCOTLAND

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

The above guidance has been produced to allow a phased return to Lacrosse in Scotland, where practice individually or games with members of your household or between members of designated households can take place. All players and clubs have a responsibility to take care of themselves and their members. We are working hard with **Sportscotland** and the Scottish Government on moving to the next phases and will keep members up to date as soon as we know the next policies.

Please refer to the LS website and social media for further updates and enjoy getting back on the field or in the box safely and with consideration to others around you¹.

¹ For any comments, questions, or concerns, please contact *Mason* at vice.chair@lacrossescotland.com