

LIMITED TEAM SPORTS

As of February 8th, 2021

GELC ANNOUNCEMENT

As you've probably heard as of Monday February 8th the regulations regarding COVID-19 restrictions have changed. The lessening of restrictions opens up the possibility of some sort of winter programs/training, albeit a little smaller than usual. Over the next few days/weeks under the guidance of Alberta Lacrosse we will be working to determine exactly what these restrictions mean in regards to returning to lacrosse.

We are hoping to start up training as early as: **Club Dependant**

Please stay tuned to your e-mail and social media for registration information. Registration spots may be limited.



TEAM SPORTS MANDATORY RESTRICTIONS

- Lessons, practices and conditioning activities are allowed indoor and outdoor, team based, minor sports/activities and school athletics.
- Games are not allowed
- All participants must be 18 years old or younger, except coaches or trainers.
- Maximum of 10 total individuals, including all coaches, trainers, and participants.
- Participants must be masked at all times, except during training activity. Coaches, trainers/etc. must remain masked at all times.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example) washroom use.
- Physical distancing must be maintained between participants at all times.
 - 3-meter physical distance for indoor activities
 - 2-meters physical distance for outdoor activities
 - Coaches or trainers may enter physical distance space for brief interactions with participants (for example, to correct form or technique)

POTENTIAL OPTIONS MAY INCLUDE

- Limited Training Start Date: **Varies by Club - as Early as March 1st 2021**
- Registration Opens: **Varies by Club - as early as February 15th 2021**
- 4on4 Game Play: *(AHS Benchmark to ease restrictions)* 450 hospitalizations and declining. As early as **April 20th 2021 as directed by AHS**
- 4on4 Teams of 9 Players and 1 coach or 8 Players and 2 Coaches under current restrictions. 1 Hour Games
- Floors will be split into two sides – each side/group can have a total of 10 participants providing no co-mingling of groups takes place.
- 4on4 Season End Date: **July 11th 2021**

POTENTIAL OPTIONS MAY INCLUDE

- Coaches and Players from different teams will have the ability to play with different teams.
- Coaches will be allowed to lead multiple sessions. Players are not restricted to one cohort at this time.
- Parity Teams will be formed: 10U – 16U
- We hope to have players on the floor as soon as possible, working with coaches on skills, drills and fitness – similar to a camp program – until we can form larger groups and play games.

5 on 5 FORMAT

4on4 May be substituted with 5on5 pending government cohort restrictions.

We hope to offer a lacrosse program this spring that is as close to the regular 5on5 game that you know. If required by Alberta Health Services Cohort Groups will be formed. At this point it may be similar to how things are organized in hockey – a 50 person cohort of players and coaches.

All of this of course depends on how many registrations we get, what facilities we have access to and the AHS and ALA guidelines that will be in place. We will provide more details on this once we have a better handle on our forecasted registration numbers as well as guidance from AHS and ALA.

PAY AS YOU PLAY

Pay as You Play – All clubs will have a similar fee structure but the actual fees the clubs charge will vary from club to club.

Some Clubs may use “Pay As You Play” The format will be an initial deposit \$50.00 - \$75.00 “Hold My Spot” and then the following installments would be approximately 30% of total fees each. If lacrosse is shut down due to COVID payments will not continue. We hope that our members will appreciate this “Pay as You Play” Structure as opposed to having to make a full payment up front with the concerns of future COVID restrictions.

Please check with your home club for payment options as they may differ from club to club.

COACHES & REFEREE'S

Each club will be in desperate need of coaches. If you are interested in coaching a small group (and eventually assisting or head-coaching a full team) Please reach out to your home club with your interest.

Alberta Lacrosse Referee Association will also have a high demand for referee's if you are able and interested please reach out to admin@albertalacrosserefs.ca

We are excited to see the light at the end of the tunnel, that we can get our kids back to playing lacrosse.

Thank you for your understanding and patience as we build the best lacrosse program while staying as safe as possible within the framework of the AHS conditions.