



## COWICHAN COMMUNITY CENTRE

### Program Guidelines: Girls Lacrosse

#### Arrival at the Cowichan Community Centre

- Players should use the MPH main entrance to access the facility. Players should check in at the entrance of the MPH where you will be asked screening questions.
- Upon arrival into the MPH, players should store their belongings on one chair and use this location for the duration of the session; please use your selected seat only during the session.
- Players should arrive no earlier than 15 minutes prior to the scheduled activity session.
- Players should sanitize or wash their hands upon arrival at the facility.
- Please maintain a 2-meter physical distance while entering the building.

#### Game Play

- No spitting permitted in the facility.
- Player should bring their own water bottle as drinking fountains are not available.
- Skill development will be a main focus.
- Game play to feature a maximum of 3 vs. 3 format plus goaltender(if it applies).
- No faceoffs; the game will start with the ball at the centre-line. After a goal is scored, play will start in the defensive zone of the team scored upon while the opposition will clear the defensive zone.
- There shall be no competing for a loose ball, instead the first player to the ball shall be provided opportunity to gain possession.
- No contact permitted.
- Defensive players should attempt to play a 'mirror' type of defense and remain a sticks length away from their opposition.
- Players should refrain from entering goal crease area.
- Physical distancing should be practised while on player's benches.
- Players should avoid hand shaking or 'Hi-Fives'.
- Spectators are not permitted.

#### Departure

- Players are required to exit the building within 15 minutes upon completion of their scheduled activity. Please maintain a 2-meter physical distance while exiting the building.

*NOTE: Recreational Lacrosse Program Guidelines are subject to change. Those disregarding program guidelines may be asked to leave the facility.*