



COWICHAN COMMUNITY CENTRE

Program Guidelines: Drop-In/Recreational Lacrosse

Admissions/Registration

- Maximum 16 players plus goalies per session.
- Pre-registration is now available and recommended. Registration will open 72 hours prior to each session and close one hour before the session start time. Online registration is available at www.reccowichan.ca while advance registration is also available by phone during business hours 250-748-7529 (Mon-Fri, 9am-5pm).
- Players should arrive no earlier than 15 minutes prior to the scheduled activity session.
- Players should use the Multi-Purpose Hall main entrance to access the facility. Players should check in at the Cowichan Arena Office when arriving. Staff to assign dressing rooms to players.
- Players should sanitize or wash their hands upon arrival at the facility.
- Please maintain a 2-meter physical distance while entering the building.
- As a participant in this program, please respect the cohort model and other participants by keeping participation at multiple facilities to a minimum.

Game Play

- No smoking/No alcohol permitted in the facility.
- No spitting permitted in the facility.
- Dressing rooms will be available. Capacity for each dressing room is 6 players. CCC staff to assign player to applicable dressing rooms.
- Showering services are not available.
- Player should bring their own water bottle as drinking fountains are not available.
- 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.
- Game play to feature a maximum of 3 vs. 3 format plus goaltender. Helmet, stick, gloves, slash guards required.
- 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.
- 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*