

CLARINGTON MINOR LACROSSE ASSOCIATION

RETURN TO ACTIVITY PLAN

Spring 2021

Clarington Minor Lacrosse with the assistance of the Ontario Lacrosse Association and the guidelines provided by Ontario Ministry of Health has created this document as our Return to Activity Plan.

This guide will provide the required steps we all need to take before we can return to lacrosse activity on the field and in an arena. Excerpts from the Ontario Lacrosse Association Return to Activity plan are included as well as links to Ontario Ministry of Health Documents and other required documents. We also have included maps of the possible sites we will be using and the organization that will happen at each location.

The Ontario Lacrosse Association Return to Activity Plan can be found at <https://ontariolacrosse.com/administration/covid-19>

As part of the Return to Activity Process all registered participants, parents, guardians, and volunteers will have to take part in an online training session outlining the Return to Activity Protocols, steps, and safety measures in place before they can attend one of our training sessions.

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<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/help-reduce-spread-covid-19.html>

Health and safety are our priorities in establishing and informing our Return to Activity / Return to Play guide. This information applies on a provincial basis, but it is important to recognize that some health and safety protocols could vary at the regional or municipal level. This document is tailored for regional use, but should be used in concert with public health authority guidelines. The pandemic has been unpredictable and the collective medical knowledge regarding the coronavirus and its transmission is continually evolving and subject to change. Links are provided to official government resources to allow our members to be up to date in their local or regional jurisdictions. Everyone is encouraged to review this information for the most up-to-date information on the COVID-19 response.

Non-Medical Face Masks - It is recommended for everyone entering the field / facility to wear a non-medical exercise mask over their chin, mouth, and nose. Masks can be removed by participants while engaging in any activity, providing physical distancing is practiced. Wearing a mask is not a suitable substitute for physical distancing, but can be used in combination with hand washing disinfectant and other good hygienic practices when physical distancing is not possible.

Personal Hygiene

- Frequent and thorough hand-washing
- Wear a non-medical mask
- Do not shake hands or initiate personal contact

Family Responsibilities

- Routine self-monitoring and daily screening within household
- Anyone with symptoms must stay away from others
- Returning travelers must follow the federal and provincial guidelines - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

Environmental Hygiene

- Conduct frequent cleaning of personal and shared equipment
- Increase surface sanitation for high-touch areas
- Use touchless technology where possible

Social Interactions

- Meet in small groups according to regional guidelines
- Maintain safe distance (2m) between people
- Meet outdoors where possible, or in large well-ventilated rooms

Physical Modifications

- Adjust areas where people are gathered
- Consideration and clear direction for the movement of people
- Limit activities which may increase the likelihood of exposure

CLEANING, SANITIZING AND DISINFECTING STEPS

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing, and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission. The differences between cleaning, sanitizing, and disinfecting are outlined below. When used in combination, cleaning, sanitizing and disinfectants can significantly reduce the spread of COVID-19, keeping our participants safe.

Cleaning: Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Sanitizing: Sanitizers are used after cleaning to reduce the level of bacteria to a safe level when following the manufacturer’s instruction for concentration and contact time. Sanitizers are most commonly used on contact surfaces where food may be prepared or consumed.

Disinfectants: Disinfectants are different from sanitizers in that they have a greater ability to destroy bacteria, viruses, and molds. Disinfectants are used at a higher concentration and require a longer contact time than sanitizers. If a disinfectant is used on a food contact surface, it may need to be rinsed off with potable water. This process does not necessarily clean dirty surfaces or remove germs.

Balls	Player: only touch the ball with your stick Coach: wipe down / spray with disinfectant before and after use (sanitize hands after) Parent: encourage players to only touch the ball with their stick
Sticks	Player: only use your own stick, and only with gloves on Coach: participate and provide demonstration with your own stick Parent: wipe down with disinfectant before and after use (sanitize hands after)
Equipment	Player: must be kept on at all times during a session Coach: avoid touching equipment (send player to parent for equipment adjustments) Parent: watch for signal from coach who may send player for equipment adjustments
Equipment Bags	Player: must be kept inside the designated player area near the section of the field they are on Coach: must be kept inside of the designated player area near the section of the field they are on Parent: wash / wipe down with disinfectant before and after use (sanitize hands after)
Water Bottles	Player: bring your own clean water bottle (must be filled at home and clearly labelled) Coach: remind players to never share water bottles or any other personal effects Parent: wash with disinfectant before and after use (sanitize hands after)
Entrance / Exit	Player: follow all instructions / arrows / physical distance markers Coach: if gates or handles are used, wipe down with disinfectant prior to touching Parent: remind players to follow physical distancing markers to create safe pathways
Benches / Surfaces	Player: do not touch surfaces (keep all equipment on at all times, including helmet) Coach: wipe down with disinfectant before and after use Parent: bag players’ equipment prior to placing it in the car

Note: washing hands is strongly encouraged whenever contact is made with any equipment or surface

HYGEINE AND SAFETY CHECKLIST

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Step	PRIOR TO EVENT	PRIOR TO ARRIVAL	AT THE EVENT	AFTER THE EVENT
Everyone involved must adhere to public health authority guidelines and regulations	X	X	X	X
Everyone involved must adhere to facility rules and guidelines, including: <ul style="list-style-type: none"> • Communicating with families to make sure they are aware of the rules regarding spectating the event, physical distancing during arrival and departure, and on-field / facility protocol • Encouraging participants to minimize their time in or around the field / facility 	X	X	X	X
Requiring participants to be registered with the OLA, the club, and the session, prior to arrival for the purpose of attendance	X			
Host an online meeting with parents / guardians to review plans and allow them to ask questions related to: <ul style="list-style-type: none"> • What they can expect from the program • Planning for the first session • Precautions taken to keep the field / facility safe and clean • Field / facility protocols and expectations for physical distancing • Best hygienic practices according to applicable public health authorities • Prohibition of spitting and open nose-blowing in any open space 	X			
Work with the field / facility to establish physical distancing areas	X	X	X	
If a participant has any cold or flu-like symptoms (runny nose, sore throat, fever, cough), they must advise the team and stay home until they have consulted a physician. <ul style="list-style-type: none"> • Participants may need to be tested for COVID-19 if personal symptoms match universal symptoms; if a positive test results, the participant must follow public health authority requirements 	X	X	X	X
When coughing or sneezing: <ul style="list-style-type: none"> • Cough or sneeze into a tissue or the bend of the arm • Dispose of any used tissues as soon as possible in a lined waste basket and wash hands • Avoid touching your face with unwashed hands 	X	X	X	X
If symptoms are identified at the field / facility, advise team representatives immediately and put on a cloth mask. <ul style="list-style-type: none"> • Go home and then follow up with both a physician and the public health authority by telephone 			X	X

Participants identified as being vulnerable to COVID-19 should be more cautious. and should speak with a physician prior to any participation	X	X		
Promote good hand hygiene (washing and sanitizing) before and after training. <ul style="list-style-type: none"> Wash hands after using restrooms with soap and water for at least 20 seconds Use alcohol-based hand sanitizer if soap and water are not available 	X	X	X	X
It is recommended anyone entering the field / facility should wear a cloth mask when physical distancing cannot be followed (it may also be required by the facility's permit requirements) <ul style="list-style-type: none"> The cloth mask can be removed while participating in activity, providing physical distancing is practiced Continue to monitor public health authority guidelines specific to wearing masks 		X	X	X
Families should be encouraged minimize the number of people that come with the participant to limit the overall number of people at the field / facility. <ul style="list-style-type: none"> Congregation between families during arrival and departure 		X	X	X
Players must bring their own labelled water bottle which is thoroughly washed after each session		X	X	X
Players and coaches' lacrosse equipment bags should include personal hand sanitizer. <ul style="list-style-type: none"> All participants should wash their hands frequently (before leaving home, prior to entering the facility, and after leaving the facility) 		X	X	X
Player's lacrosse equipment bags should be kept inside of vehicles during each session. <ul style="list-style-type: none"> Separate equipment bags should be used for clean and soiled equipment Equipment (jerseys, shorts, socks, dry-land gear, etc.) should be washed after each session, following the manufacturer's guidelines Equipment that cannot be easily washed (kidney pads, shoulder pads, helmets, goggles, gloves, etc.) should be removed from the participant's bag and sprayed and / or wiped with disinfectant 	X	X	X	X
For age groups where parents may need to assist with equipment adjustments, the player should leave the field / facility in order to meet with the parent. <ul style="list-style-type: none"> Participants should not make direct contact with each other under any circumstances 			X	X
Clothing and equipment should be worn to the field / facility which minimizes the need for getting dressed (aside from helmets and gloves)		X	X	X

The coach should ensure that physical distancing is practiced at all times • Equipment (lacrosse balls, cones, goal nets, creases, etc.) used by the team should be disinfected between use			X	X
Team towels should be reserved for use by the trainer for emergency use. <ul style="list-style-type: none"> • Team towels are not for regular player use • If a towel is used by the team trainer, it should be immediately discarded in a sealed bag or container • Tissue can be kept on hand for regular player use 			X	X

FIELD USE

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The size of the training area determines the number of participants allowed in order to remain an appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored.

At this time we are restricted to 25 people in each designated area on the field. We will continue to follow the directions of our municipality and Ontario Public Health. Any changes will be communicated to our members and could alter the training organization and plan. In all cases, the regional public health authority is responsible for determining what is appropriate for each municipal permit.

The CMLA will meet with the facility staff prior to the first session so rules and expectations are clear and understood. We will create a map of the training area and lay out how the players, coaches, support staff and parents can arrive and depart safely, following physical distancing guidelines. Clear signage with direction arrows will be displayed for participants to follow.

The CMLA will hold a mandatory online meeting for all participants and parents. During this meeting we will outline specific arrival and departure plan of the players and families. We will also communicate the rules and regulations at the facility and what services will or will not be provided. Dressing rooms and washrooms may not be available for use (washroom availability will be based on municipal and facility regulations)

The head coach and club administrators will provide alcohol-based hand sanitizer, and tissues for personal sanitization. The head coach and club administrators will be aware of the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place by the facility or municipality. The head coach and club administrator will ensure that the facility provides containers for the safe disposal of all wipes and/or hygienic materials.

On-Field Session Arrival Process:

A club administrator will take attendance at the check-in table as each player enters the field. The attendance table should be clearly marked, and it must provide physical distancing cones or markers for those waiting to check in.

After a player is checked in, they will be assigned to an area on the field. Players will be required to wait at their area until the coach is ready to begin the session. It will be important to carefully explain and adhere to the routine and model it for the players.

Note: Bench areas and viewing areas are prohibited from use. No parents, visitors, or spectators will be permitted to enter the field, but may be able to view the session while practicing social distancing if permitted by the municipal permit.

On-Field Session Departure Process:

The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss each player one by one from their cone to prevent gathering. Players are expected to exit the field and proceed directly to their car.

ARENA USE

The size of the training area determines the number of participants allowed in order to remain an appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored.

At this time we are restricted to 10 players on the floor of the arena. We will continue to follow the directions of our municipality and Ontario Public Health. Any changes will be communicated to our members and could alter the training organization and plan. In all cases, the regional public health authority is responsible for determining what is appropriate for each municipal permit.

The CMLA will meet with the facility staff prior to the first session so rules and expectations are clear and understood. We will create a map of the training area and lay out how the players, coaches, support staff and parents can arrive and depart safely, following physical distancing guidelines. Clear signage with direction arrows will be displayed for participants to follow.

The CMLA will hold a mandatory online meeting for all participants and parents. During this meeting we will outline specific arrival and departure plans of the players and families. We will also communicate the rules and regulations at the facility and what services will or will not be provided. Dressing rooms and washrooms may not be available for use (washroom availability will be based on municipal and facility regulations)

The head coach and club administrators will provide alcohol-based hand sanitizer, and tissues for personal sanitization. The head coach and club administrators will be aware of the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place by the facility or municipality. The head coach and club administrator will ensure that the facility provides containers for the safe disposal of all wipes and/or hygienic materials.

Arena Arrival Process:

A club administrator will take attendance at the check-in table as each player enters the arena. The attendance table should be clearly marked, and it must provide physical distancing cones or markers for those waiting to check in.

After a player is checked in, they will be assigned to an area in the arena to wait for further instructions. Players will be required to wait at their area until the coach is ready to begin the session. It will be important to carefully explain and adhere to the routine and model it for the players.

Note: Bench areas and viewing areas are prohibited from use. No parents, visitors, or spectators will be permitted to enter the arena, but may be able to view the session while practicing social distancing if permitted by the municipal permit.

The coach will be responsible for reviewing the exit plan with the players. At the conclusion of the session, the coach will dismiss each player and they are expected to exit the arena and proceed directly to their car.

COACHES AND VOLUNTEERS

Return to Activity / Return to Play needs to be beneficial, safe, and fun for all participants. Coaches, trainers, and volunteer administrators will need to ensure all of these guidelines are followed during sanctioned lacrosse activity. In all circumstances, safety of participants must be the top priority for everyone involved.

All Coaches and volunteers with the Clarington Minor Lacrosse Association will follow the listed requirements:

- Sign the OLA waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by OLA insurance.
- Be informed on and follow all public health authority advisories and guidelines (see Section 10), as well as applicable municipal facility advisories.
- Ensure that participant safety is the top priority at all times.
- Attend the club's pre-activity online meeting to ensure that everyone is clear on what to expect from each session, and what everyone's responsibilities are to ensure a safe environment.
- Talk to all players about the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation.
- Create a detailed practice plan with drills that follow physical distancing expectations and do not reuse the same equipment where contact is made.
- Dispose of soiled face masks, disposable gloves, disinfectant wipes inside of a garbage bag.
- Review the club's emergency action plan, ensure that important phone numbers and addresses are up-to-date.
- Do not assist any players with equipment adjustments unless necessary in a medical emergency.
- Review the club's detailed arrival and departure plan to ensure that it allows for no-contact check-in, physical distancing between participants and confirms contact tracing information.
- Adhere to the "Rule of 2" at all times: a minimum of two coaches and a maximum number of players according to regional guidelines on social gatherings.
- Monitor all players for any symptoms of illness during the event.
- Maintain and respect the privacy of all participants in accordance with the OLA's Privacy Policy, unless requested by the Public Health Agency
- Mental health is important! Encourage all players with positive feedback, but do not force anyone to participate in a drill or session if they show anxiety or distress.

Participant Reports Symptoms Associated With COVID-19:

STEP 1: Player advises the team they are missing a session due to COVID-19 symptoms. They are told that cannot attend future sessions until a physician's note has been provided to both the communications office and the coach.

STEP 2: Coach advises the club's communications officer only (OLA Privacy Policy in effect)

STEP 3: Player is advised to contact a physician and the regional public health agency.

STEP 4: A physician's note must be provided to the coach prior to further activity.

STEP 5: The coach provides the physician's note to the club's communications officer.

During the course of a session, coaches and team staff must be prepared for the possibility that a player may feel ill or show symptoms of COVID-19:

STEP 1: Player advises a team staff representative immediately if feeling ill.

STEP 2: Participant receives a non-medical mask.

STEP 3: Anyone caring for the participant is provided with a non-medical mask and gloves.

STEP 4: Player is isolated to an area away from other participants and personal stations.

STEP 5: Parents are advised to take the player home, or if necessary, for medical attention.

STEP 6: Player contacts a physician and, if necessary, the local public health agency

STEP 7: Coach reports the situation to the club's communication officer.

STEP 8: A physician's note must be provided to the coach prior to further activity.

STEP 9: The coach provides the physician's note to the club's communications officer.

Where a participant advises their team that they have been positively diagnosed as having COVID-19:

STEP 1: Player discloses a COVID-19 diagnosis to the club.

STEP 2: Coach advises the club's communications officer only (OLA Privacy Policy in effect)

STEP 3: Communications officer advises the Regional Public Health Agency

STEP 4: Club cooperates with the Regional Public Health Agency to provide contact tracing.

STEP 5: A physician's note must be provided to the coach prior to further activity.

STEP 6: The coach provides the physician's note to the club's communications officer.

It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation whenever a participant is sick. A physician's note should indicate that the participant is not (or no longer) contagious. In all situations involving the personal medical information of a participant, the OLA's Privacy Policy and Confidentiality Policy are in effect.

Note: In all situations, contact tracing and notification of the public about potential exposure to COVID-19 is the sole responsibility of Regional Public Health Agency. Health authorities in Ontario have specific protocol to follow in these situations, as well as guidance for testing and answers to questions that people who have potentially been exposed may ask. The club's communications officer is expected to cooperate with Regional Public Health Agency inquiries using attendance forms and necessary contact details when officially requested to do so, but should not directly notify any members of potential exposure or post, release or announce the medical status or personal information of its participants at any time.

PLAYERS

By understanding and following these rules, it will ensure that the activity and experience is beneficial, safe, and fun for all participants.

- Be informed about and follow all public health authority advisories and guidelines (pursuant to the player's age and comprehension)
- Be informed on and follow all municipal facility advisories and guidelines (pursuant to the player's age and comprehension)
- Respect physical distancing guidelines between other players during arrival and departure
- Attend all pre-activity online meetings with your parent / guardian, and ask questions when unsure about expectations.
- Talk to your parent / guardian about the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation.
- Talk to your parent about the importance of washing your hands before entering the field / facility, after using the washroom, and after leaving the field / facility.
- Understand the importance of talking to an adult if you are feeling unwell, and to remove yourself from lacrosse activity immediately.
- Make sure that your own clean water bottle is clearly and permanently marked with your first and last name (no communal supplies will be provided)
- Be prepared to arrive at the field / facility dressed in your equipment (it is unlikely that dressing rooms will be provided in most municipalities)
- Ask your parent or guardian for help with equipment adjustments only when necessary and away from the field / facility, and thoroughly clean all used equipment following each session.
- Store equipment bags, hand sanitizers, ice packs, snacks, and any other personal belongings inside the vehicle (a small, sealed bag with prescription medication is permitted on the field)
- Always pick up the ball with your stick, not with your hands

- Mental health is important! Be open with your parent / guardian about your comfort level when participating.

PARENTS AND SPECTATORS

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Parents are included in considerations for group size in a number of regions and if provisions are not made to ensure they remain at a safe physical distance from each other, then they could be deemed in violation of the municipality's permits. It is important that parents are fully aware of all protocols in advance of the session. The risk to parents is two-fold: an increased number of indirect participants at the field / facility could lead to an increased risk for the spread of COVID-19, but also that a municipal officer could ask them to disperse and report the incident to the municipality, resulting in the loss of future permits and jeopardizing further Return to Activity / Return to Play for safe lacrosse opportunities within that region. As such, efforts should be taken to minimize the number of non-participating parents and family members at the field / facility, and physical distancing should be practiced at all times. Parents and other spectators are not required to participate in screening upon entry to the field / facility as they are not allowed into these participant-only areas. Parents can take steps to reduce the transmission of COVID-19 by adhering to the following principles:

Healthy Players Only	Routine self-monitoring and daily screening within household Anyone with symptoms must stay home. Do not force players to participate who show signs of anxiety
Follow All Procedures	Follow club direction related to arrival / departure protocol. Remain in field / facility designated areas for spectators. When not in use, equipment is stored inside of the vehicle
Practice Safe Hygiene	Conduct frequent cleaning of personal and shared equipment. Frequent and thorough hand-washing Maintain safe distance (2m) between people at all times
Be prepared.	Hand sanitizer should be used upon arrival and departure. A player should arrive dressed and ready to participate. A player should have their own clearly labelled personal water bottle
Maintain Distance	Adjust areas where people are gathered. Consideration and clear direction for the movement of people Do not shake hands or initiate personal contact

CHECKLIST FOR PARENTS, GUARDIANS AND SPECTATORS

- Sign the OLA waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by OLA insurance
- Be informed on and follow all public health authority advisories and guidelines
- Be informed on and follow all municipal facility advisories and guidelines
- Be informed on and follow all team expectations for safe arrival and departure
- Attend all pre-activity online meetings with your child, and ask questions when unsure about expectations
- Talk to your child about the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation
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- Talk to your child about the importance of washing their hands before entering the field / facility, after using the washroom, and after leaving the field / facility
- Make sure that your child knows to talk to an adult if they are feeling unwell, and to remove themselves from lacrosse activity immediately
- Only one parent should be involved in bringing a player to and from the field / facility, and ridesharing between families should not occur under any circumstances
- Make sure that your child has their own clean water bottle clearly and permanently marked with their first and last name (no communal supplies will be provided)
- All players must arrive to the field / facility dressed in their equipment (it is unlikely that dressing rooms will be provided in most municipalities)
- Store equipment bags, hand sanitizers, ice packs, snacks, and any other personal belongings inside the vehicle (a small, sealed bag with prescription medication is permitted on the field)
- Encourage your child to only touch the ball with their stick, not with their hands
- Remain in designated areas (away from the field / facility) during any sessions, and respect physical distancing guidelines between other families during arrival and departure
- Assist your child with equipment adjustments only when necessary and away from the field / facility, and thoroughly clean all used equipment following each session
- Acknowledge the role you will play in your child's activity (players are the priority, and parents are obligated to consider and respect the health and safety of everyone involved)
- Monitor your child for any symptoms of illness before and after the session
- Mental health is important! Encourage your child with positive feedback, but do not force your child to attend a session if they show anxiety or distress about participating at any time

CHECKLIST FOR PRE-ACTIVITY MEETING WITH PARENTS AND PARTICIPANTS

- Host a pre-activity online meeting for players, coaches, parents, and volunteer coordinators that allows for two-way communication
- There is no participation prior to the parent/guardian signing the OLA waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by OLA insurance
- Share applicable public health authority advisories and guidelines (see Section 10)
- Share applicable municipal facility advisories and guidelines (received from the municipality)
- Discussion of what to expect – skill development, possible scrimmages game play
- Share association and facility expectations and protocols on arrival and departure, including limiting the number of parents or guardians

- Discuss the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation.
- Discuss the importance of everyone washing their hands before entering the field / facility, after using the washroom, and after leaving the field / facility.
- Discuss the importance of talking to an adult if anyone is feeling unwell, and to how to safely and confidently address players who feel unwell during a session.
- Make sure that your child has their own clean water bottle clearly and permanently marked with their first and last name (no communal supplies will be provided)
- Make sure that all players arrive dressed in their equipment (no dressing rooms will be provided)
- Store equipment bags, hand sanitizers, ice packs, snacks, and any other personal belongings inside the vehicle (a small, sealed bag with prescription medication is permitted on the field)
- Discuss designated viewing areas (away from the field / facility) for each session, and the need to respect physical distancing guidelines between other families during arrival and departure.
- Discuss the execution of each session's training plan, and what players can expect from their involvement and participation.
- Recommend hygiene kits for players: small package of tissues, hand sanitizer, laminated prevention card with key reporting information, thermometer, non-medical mask, disinfectant.
- Mental health is important! Players will be encouraged with positive feedback, but will not be forced to participate if they show anxiety or distress at any time.
- Questions, comments, or concerns not raised by the pre-session meeting facilitator.

LEGAL DISCLAIMER

The information included in this guide is current for the time of its published date and is aligned with current advisories from regional, provincial, national, and international authorities and experts, including Ontario Public Health. However, recommendations may change depending on local, provincial, national, and international COVID-19 reports, and local resources should always be consulted for up-to-date information. Where anything in this guide conflicts with applicable law or recommendations from regional public health authorities, members must comply with applicable law and public health advice and adapt their approach. This document is a guide and is not intended to replace or compromise any information published by public health authorities or municipal regulations. The information and recommendations outlined within this guide should be used to develop individual plans that take into consideration the unique risks that each training environment may present. As new information becomes available, efforts will be made to revise this document and circulate it to members. All members, in consultation with their medical care professional and parent / guardian, are required to assess and evaluate their own personal risks prior to and during participation.

COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is an extremely contagious respiratory illness with over 10,000,000 confirmed cases across the globe. The OLA has recommended preventative measures to reduce the spread of COVID-19 in accordance with best practices published by health experts; however, the OLA cannot guarantee that participants will not become infected with COVID-19 or any mutations of SARS-

CoV-2 from participation in lacrosse activities. Further, participating in lacrosse activities could increase the risk of contracting COVID-19. In addition to this educational resource, liability waivers have been introduced to all club registration software platforms to make our participants aware of the risks associated.

with the transmission of COVID-19 while participating in return to activity. These liability waivers are intended to hold harmless and indemnify the releases from any and all liability for damage, loss, expense, illness, or injury resulting from participation in lacrosse activities sanctioned by the OLA.

The assumption of risks includes, but is not limited to, the following areas: the transmission of infectious disease, the health and safety of all participants, the condition of the field / facility, use of any personal or shared equipment during the activity, personal conduct and contact with other persons or equipment, whether intentional or unintentional, as a common part of lacrosse programs and activities.

A declaration of compliance must be signed by each club president prior to any Return to Activity / Return to Play program implementation. This form ensures that clubs agree to abide by the protocols established in this guide in order to offer the safest possible environment for all participants. Sanctioned clubs operating outside of the parameters of this guide and / or not in compliance with this program are subject to discipline. Click here to review and complete the OLA Club President Compliance Document.

OLA liability waivers must be signed by all participants during the registration process. These waivers ensure that all participants understand the risk associated with lacrosse activity at this time, and that they agree to abide by the protocols established in this guide in order to offer the safest possible environment for all participants.

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/help-reduce-spread-covid-19.html>

<https://ontariolacrosse.com/administration/covid-19>

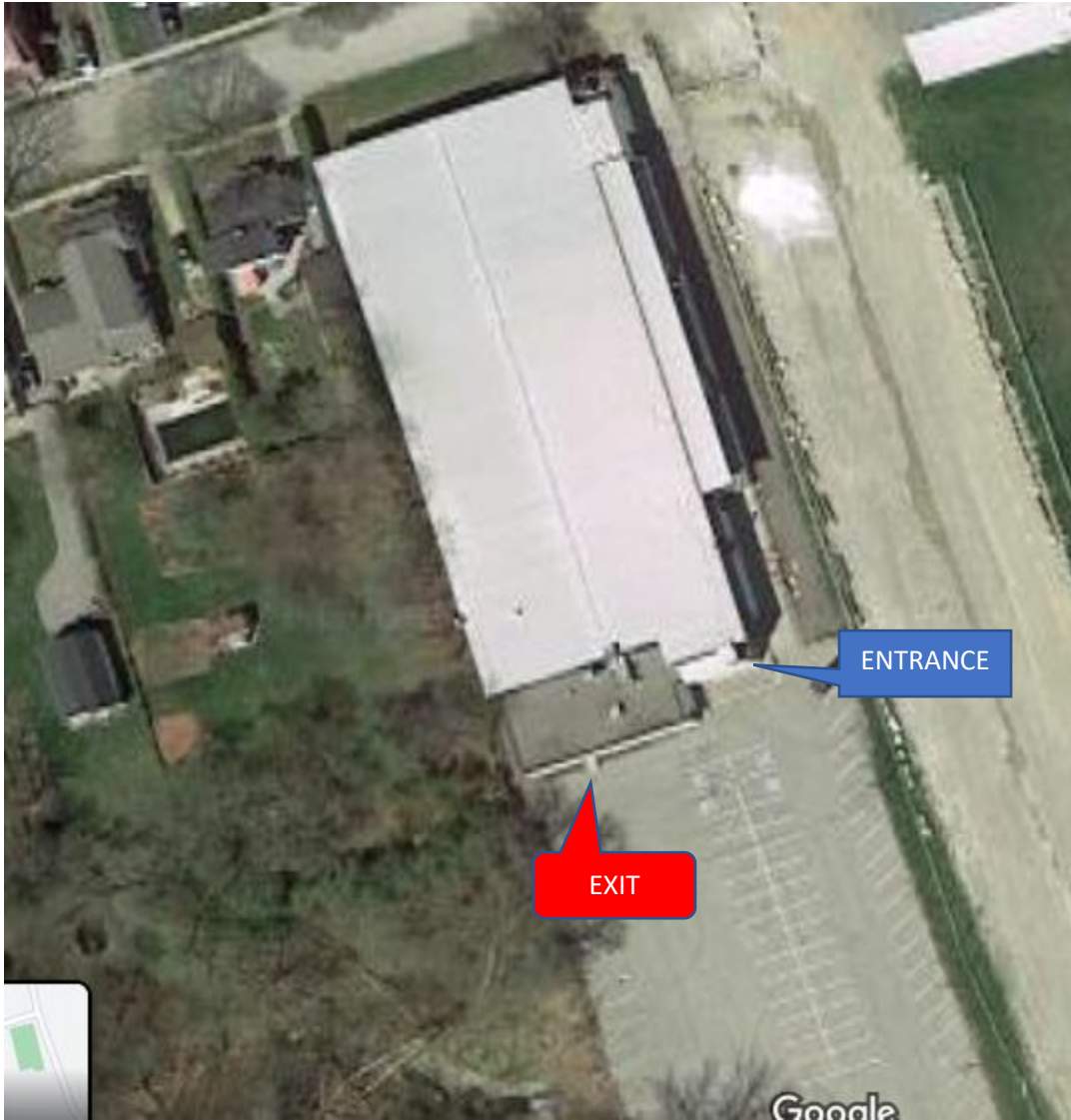


Bowmanville Football Field

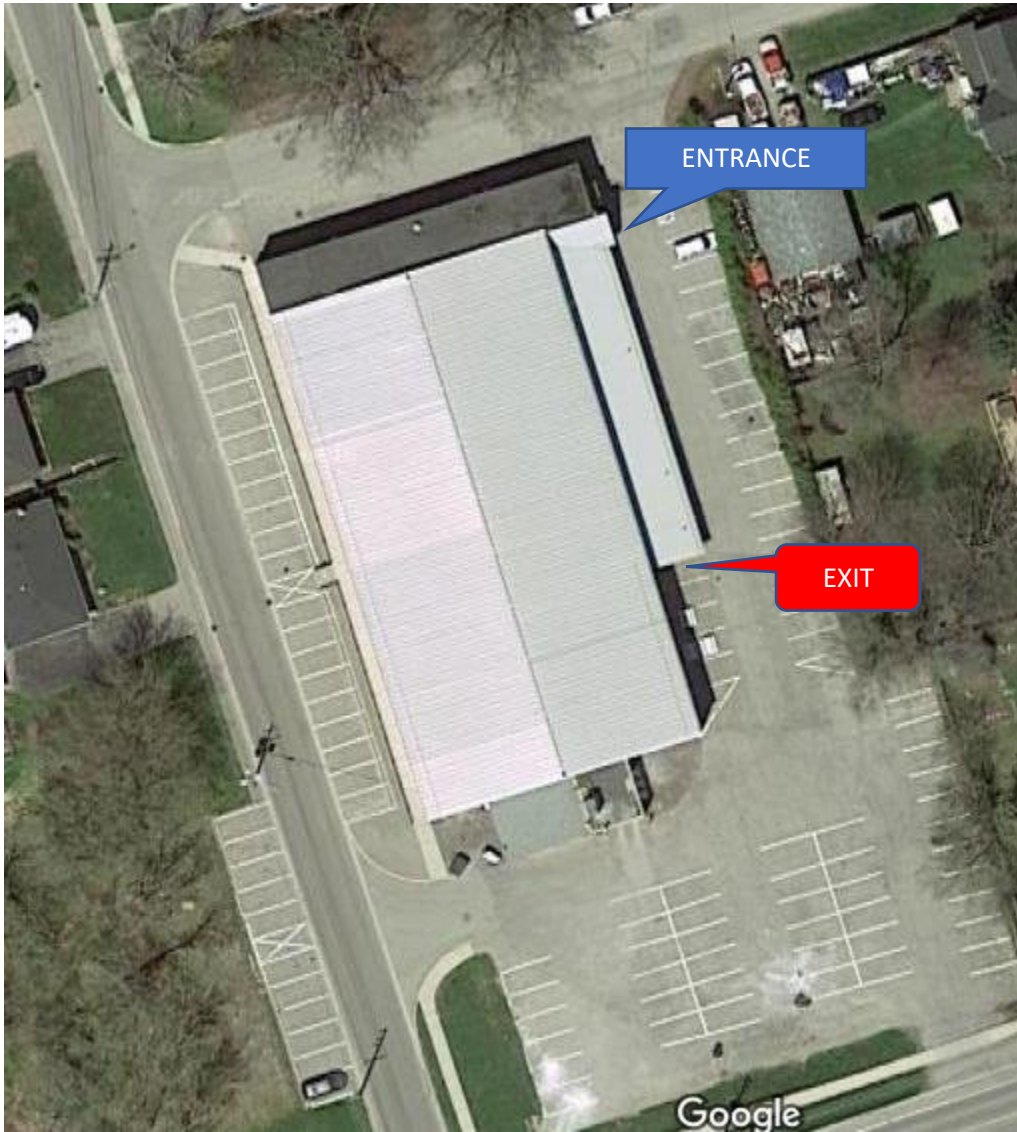
Bowmanville Outdoor Rink



Orono Arena



Newcastle Memorial Arena



Garnett B. Rickard Arena – Pad A and Pad B

