



# Health and Safety

## Section Overview:

Risk Management

Health and Safety

Club Communications Officer

COVID-19 Symptoms & Diagnosis





## risk MANAGEMENT



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.

All participants must be registered with the Ontario Lacrosse Association through their club or association for the 2021 season prior to any participation. For clubs which offer both box and field teams or programs, all players and non-playing bench personnel must register in their appropriate sector prior to any participation. OLA registration includes a liability waiver to ensure participants are aware of the risks associated with the transmission of COVID-19 and other communicable diseases.



Through Bill 218, also known as “Supporting Ontario’s Recovery Act, 2020,” the Province of Ontario is working to protect volunteers and organizations who make honest efforts to follow COVID-19 Public Health Guidelines and Laws. The Ontario Lacrosse Association has prepared its RTA Guide in accordance with Ontario Public Health Guidelines, and clubs operating OLA programs in 2021 are required to adhere to its contents. To read more about Bill 218, [click here](#). A declaration of acknowledgment must be signed by each club president prior to any Return to Activity program implementation to ensure that members 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 may be subject to discipline.

Disclaimer: The information 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 are constantly changing depending on local, provincial, national and international COVID-19 reports, and local resources should always be consulted for the most relevant and 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 and playing environment may present. As new information becomes available, steps will be taken 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. RTA Guidance is subject to updates and modifications on an ongoing basis as necessary in order to comply with changing emergency regulations and to offer additional protection to OLA members.

## health & SAFETY



Health and safety of all participants are our priorities in establishing our Return to Activity / Return to Play guide. The information contained within this document applies on a provincial basis but it is very important to recognize that some health and safety protocols could vary at the regional or municipal level. The success of our approach to health and safety depends entirely upon representatives at every level following the guidelines in this document.

With the recent introduction of inoculation, there is hope for OLA clubs and leagues throughout the province that Return to Play in a modified environment will become possible in 2021. Ontario Lacrosse is preparing for approaches to the season by publishing this new set of RTA Guidelines that reflect the Province of Ontario's colour-coded framework. This document is published in accordance with the best available evidence, and is intended to guide and support players, parents, coaches, officials, administrators and representatives through this process.

As previously mentioned, our collective return to lacrosse will not be linear, and will require flexibility from everyone involved. This will be a slow and careful process of individual strength training and skill development, modified lacrosse games that eliminate body contact, physical distancing and adaptive efforts on the part of everyone involved. It is imperative that the resumption of lacrosse activities must not compromise the health of individuals participating or the communities in which we operate.

Fighting COVID-19 is an unprecedented challenge for our community and the safety and wellbeing of the Ontario Lacrosse membership should always be the top priority for everyone involved in lacrosse. On November 27<sup>th</sup>, 2020, the Province of Ontario updated its safety guidelines and condensed its approach to a framework of five colour-coded zones for public health units: Prevent-Green, Protect-Yellow, Restrict-Orange, Control-Red, and Lockdown-Grey. Under this colour-coded framework, the Province of Ontario will act earlier by implementing measures to protect public health and prevent closures, and gradually loosen measures as trends in public health indicators improve. All Ontario residents are asked to limit close contact to their immediate household, regardless of which zone they live in, as often as possible.

The following pages (9 - 14) explain how Ontario's current Framework for Reopening Ontario applies to amateur sport in each of the colour-coded zones.

## club COMMUNICATIONS OFFICER

Clear and open communication will be an important part of returning safely to the field / facility so that all members understand what protocols and guidelines are in place. Each club must assign a person who will be responsible to ensure all updated and relevant information is passed on to everyone who is returning to activity within the club. Communications Officers are responsible for:

- ☐ Ensuring club representatives have all current information from the municipality concerning facility use and regulations, including all face mask requirements for non-participating persons
- ☐ Liaising with the appropriate OLA Sector Vice President to provide timely feedback of unique circumstances not included within this guide
- ☐ Receiving and storing all session attendance information within the club for the purpose of contact tracing in accordance with the OLA Privacy Policy and OLA Confidentiality Policy
- ☐ Cooperate and release information only to the appropriate public health authorities for the purpose of contact tracing when requested to do so
- ☐ Ensuring that a physician has provided medical clearance for anyone who has contracted COVID-19
- ☐ Maintaining regular contact with the officiating communications officers to maintain an open dialogue and to assist in keeping up to date with any changes to the information in this guide

## communications officer CHECKLIST FOR PRE-ACTIVITY

The Ontario Lacrosse Association recommends that clubs host pre-activity meetings with players (age-appropriate), coaches, parents and administrators to communicate a number of important topics.

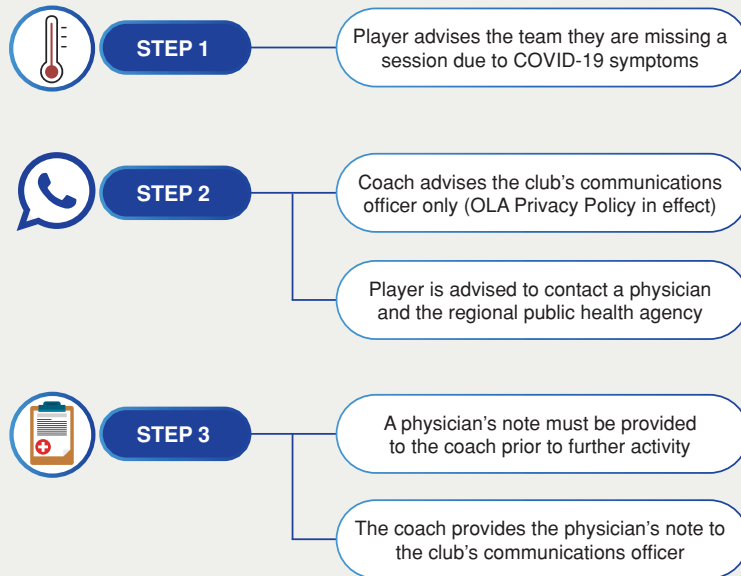
- ☐ Share applicable public health authority advisories and guidelines
- ☐ Share applicable municipal facility advisories and guidelines that are received from the municipality
- ☐ Explicitly state that, under the current framework, body-to-body and stick-to-body contact are not permitted in skill development or game play scenarios
- ☐ Prepare and circulate a club-specific Emergency Action Plan that includes a screening process and contact tracing measures for each participant
- ☐ Share association and facility expectations and protocols for arrival and departure, including limits on the number of parents, guardians or spectators in designated viewing areas
- ☐ Discuss the execution of each session's training plan or game scenario, and what players can expect from their involvement and participation
- ☐ Recommend hygiene kits for players (small packages of tissues, hand sanitizer, laminated cards with key medical information, non-medical face-mask, sanitizer, etc.)



# covid-19 SYMPTOMS & DIAGNOSIS

Where a participant is unable to attend a session because of COVID-19 symptoms, receives a positive COVID-19 diagnosis from a physician, or is directly exposed to someone who has been positively diagnosed as having COVID-19, it is the responsibility of the team to ensure that the participant does not attend future sessions until medical clearance been provided to the club's communications officer. A physician's note (if the participant tests positive) or a negative COVID-19 test result (if the participant tests negative) to indicate that the participant is not (or no longer) contagious is required to return to play. It is important to remember that public health authority guidelines and physician's advice must be followed in any situation whenever a participant is sick. In all situations involving the personal medical information of a participant, the OLA's Privacy Policy and Confidentiality Policy are in effect.

## Missed Session For COVID-19 Symptoms:



## Participant Becomes Ill During Session:



## Participant Discloses Positive Covid-19 Test Result:

