

# ONTARIO LACROSSE RETURN TO ACTIVITY

Phase 2  
Stage 3

July 24<sup>th</sup>  
2020





# ABOUT THIS GUIDE

The Ontario Lacrosse Association (OLA) has compiled this Return to Activity / Return to Play guide so that our members have access to the resources required to ensure we are prepared to return to fields and facilities in a safe and responsible way. The information contained in this guide is automatically in effect when a region or territory is in Phase 2: Stage 3 of the Ontario Government's [\*Framework for Reopening Ontario\*](#). This guide is intended to prepare players, parents, clubs and leagues for a gradual return to activity through physical distancing and safe skill development. Hygiene and return-to-play protocols will be reviewed on an ongoing basis and may be updated as new health and safety information becomes available.


## Province of Ontario's Action Plan in response to COVID-19



While preparing this document, the members of our task force have drawn upon and adopted some of the best practices being applied by other organizations facing similar challenges. These other sports organizations include Athletics Ontario, Basketball Canada, Hockey Canada, and Ontario Volleyball. We have also used information from the Ontario Ministry of Health, Hospital for Sick Children and the University Health Network. We appreciate everyone's contributions and commitment to safe sport. We hope that our Return to Activity / Return to Play guide will, in turn, inform and help others throughout this process. In addition to providing this document to our members, it is also being shared with the Ontario Recreation Facilities Association for implementation by OLA-sanctioned clubs, along with a list of participating associations for cross referencing.

### How to Use This Guide

This is an interactive PDF document when viewed on a desktop or laptop computer using Adobe Reader.

Throughout the document, this icon  is placed to indicate objects that can be clicked on for further reading.

The table of contents is linked to direct readers to each section of the document. At the bottom of each page is a home button which brings the reader back to the table of contents. To find specific content within this guide, use CTRL+F and type your keyword(s) into the search field.

Links in the document, indicated in [blue underline](#), will bring the reader to additional resources outside of this document, including sections of the OLA website and external public health authority information.



TOC

# TABLE OF CONTENTS





## 1

# MESSAGE FROM THE OLA

The Ontario Lacrosse Association continues to be a leading lacrosse community both at home in Canada and throughout the world where our players, coaches, officials, team executives, club representatives, parents and fans can celebrate the benefits of active participation and excellence in all sectors of the sport. Despite all of the challenges we have faced this year, we know that there are many sources to draw inspiration from. Lacrosse competitions originated as an indigenous medicine game that is played to heal the spirit of the community in which the game takes place. Since 1994, it has been declared Canada's Official Summer Sport. It is a fundamental part of our heritage, and with each step toward reopening Ontario by our provincial public health authority, we move closer and closer to the day when we can all join together again to play and watch this great game; closer and closer toward a provincial and national healing of our communities.

Since we first published our Phase 2: Stages 1 & 2 Return to Activity Guide on July 3<sup>rd</sup>, we have carefully examined available resources to navigate a safe understanding and progression towards Return to Activity, while remaining committed to our foundation of prioritizing the health, safety and wellbeing of the Ontario Lacrosse community. As regions across Ontario begin to reintroduce sports, this guide builds upon the general requirements to create a safe environment to protect our sanctioned members at all levels and disciplines. We recognize that players, coaches, officials, team staff and administrators will all continue to play a critical role in combating the transmission of COVID-19, which allows us to return to lacrosse as soon as it is safe to do so.

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, physical distancing and adaptive efforts on the part of everyone involved throughout the Phases and Stages of the Province's [Framework for Reopening Ontario](#). Regions throughout the province may be returned to Phase 2: Stages 1 or 2 as a result of their healthcare challenges, and regular shifts between stages are possible depending upon the Province's determination of what is best for each district. It is imperative that the resumption of lacrosse activities must not compromise the health of individuals participating or the communities in which we operate. These uncertain times have necessitated specific measures to allow us to return to the sport we love, and it is important that they are followed for the benefit of everyone. The Ontario Lacrosse Association has worked diligently with its members and experts to prepare our participants in the safest possible manner.

On behalf of the OLA's Board of Directors and the Ontario Lacrosse community, I extend my heartfelt thanks to the contributors who made this guide possible. Your commitment to our sport and to the safety of its participants is both admirable and appreciated.

Wishing everyone continued health and safety,

Yours in lacrosse,



Marion Ladouceur

Ontario Lacrosse Association President

July 24<sup>th</sup>, 2020





# HYGIENE & SAFETY

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 very 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.

**Note:** Within this document, “public health authority” refers to national, provincial, regional and municipal public health authorities within Ontario.

## FIVE PRINCIPLES FOR GOOD HYGIENE & SAFETY

1	<b>Personal Hygiene</b>	<ul style="list-style-type: none"> <li>Frequent and thorough hand-washing</li> <li>Wear a non-medical mask</li> <li>Do not shake hands or initiate personal contact</li> </ul>
2	<b>Family Responsibilities</b>	<ul style="list-style-type: none"> <li>Routine self-monitoring and daily screening within household</li> <li>Anyone with symptoms must stay away from others</li> <li>Returning travelers must self-isolate for 14 days</li> </ul>
3	<b>Environmental Hygiene</b>	<ul style="list-style-type: none"> <li>Conduct frequent cleaning of personal and shared equipment</li> <li>Increase surface sanitation for high-touch areas</li> <li>Use touchless technology where possible</li> </ul>
4	<b>Social Interactions</b>	<ul style="list-style-type: none"> <li>Meet in small groups according to regional guidelines</li> <li>Maintain safe distance (2m) between people</li> <li>Meet outdoors where possible, or in large well-ventilated rooms</li> </ul>
5	<b>Physical Modifications</b>	<ul style="list-style-type: none"> <li>Make adjustments to areas where people are gathered</li> <li>Consideration and clear direction for the movement of people</li> <li>Limit activities which may increase the likelihood of exposure</li> </ul>

### Non-Medical Face Masks

Players, coaches, officials, parents, guardians and spectators who are entering the field / facility are expected to wear a non-medical face mask over their chin, mouth and nose whenever physical distancing cannot be followed. Masks can be removed by participants while engaging in any activity, providing physical distancing is practiced, but should be worn at all times by parents, guardians and spectators in an indoor facility. 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.



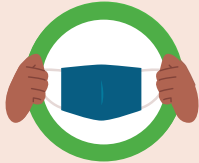
## HOW TO SAFELY USE A NON-MEDICAL FACE MASK OR COVERING



**DO** wear a non-medical mask or face-covering to protect others



**DO** ensure that your mask is made of at least two layers of tightly woven fabric



**DO** inspect your mask for tears or holes



**DO** use the ear loops or ties to put on and take off the mask (avoid touching the mask)



**DO** ensure your nose and mouth are fully covered when wearing your mask



**DO** wash your hands or use alcohol-based sanitizer before and after touching a mask or face-covering



**DO** wash your mask with hot, soapy water and let it dry completely before wearing it again



**DO** ensure that your mask is clean and dry prior to wearing it



**DO** wash or replace your mask whenever it becomes damp or dirty



**DO** store reusable masks in a clean paper bag until you will wear it again



**DO** discard masks that cannot be washed in a plastic-lined garbage bin after use



**DON'T** touch your mask while you are wearing it



**DON'T** reuse masks that are moist, damaged or dirty



**DON'T** share your mask with other people



**DON'T** wear your mask on your chin or neck, or remove it to talk to someone



**DON'T** discard your used mask in any place where it could create a public health risk



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



## CLEANING, SANITIZATION AND DISINFECTING PROTOCOLS

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, sanitization and disinfectants can significantly reduce the spread of COVID-19 and other transmittable infections.

### 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.

## GUIDELINES FOR CLEANING, SANITIZING AND DISINFECTING

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

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





## HYGIENE &amp; SAFETY CHECKLIST

STEP	PRIOR TO EVENT	PRIOR TO ARRIVAL	AT THE EVENT	AFTER THE EVENT
Everyone involved must adhere to public health authority guidelines and regulations	✓	✓	✓	✓
Everyone involved must adhere to facility rules and guidelines, including: <ul style="list-style-type: none"> <li>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</li> <li>Encouraging participants to minimize their time in or around the field / facility</li> </ul>	✓	✓	✓	✓
Requiring participants to be registered with the OLA, the club and the session, prior to arrival for the purpose of attendance	✓			
Host an online meeting with parents / guardians to review plans and allow them to ask questions related to: <ul style="list-style-type: none"> <li>What they can expect from the program</li> <li>Planning for the first session</li> <li>Precautions taken to keep the field / facility safe and clean</li> <li>Field / facility protocols and expectations for physical distancing</li> <li>Best hygienic practices according to applicable public health authorities</li> <li>Prohibition of spitting and open nose-blowing in any open space</li> </ul>	✓			
Work with the field / facility to establish physical distancing areas that are clearly marked in advance of any session	✓	✓	✓	





### HYGIENE & SAFETY CHECKLIST

STEP	PRIOR TO EVENT	PRIOR TO ARRIVAL	AT THE EVENT	AFTER THE EVENT
<p>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</p> <ul style="list-style-type: none"> <li>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</li> </ul>				
<p>When coughing or sneezing:</p> <ul style="list-style-type: none"> <li>Cough or sneeze into a tissue or the bend of the arm</li> <li>Dispose of any used tissues as soon as possible in a lined waste basket and wash hands</li> <li>Avoid touching your face with unwashed hands</li> </ul>				
<p>If symptoms are identified at the field / facility, advise team representatives immediately and put on a cloth mask</p> <ul style="list-style-type: none"> <li>Go home and then follow up with both a physician and the public health authority by telephone</li> </ul>				
<p>Participants identified as being vulnerable to COVID-19 should be more cautious and should speak with a physician prior to any participation</p>				
<p>Promote good hand hygiene (washing and sanitizing) before and after training</p> <ul style="list-style-type: none"> <li>Wash hands after using restrooms with soap and water for at least 20 seconds</li> <li>Use alcohol-based hand sanitizer if soap and water are not available</li> </ul>				
<p>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)</p> <ul style="list-style-type: none"> <li>The cloth mask can be removed while participating in activity</li> <li>Continue to monitor public health authority guidelines specific to wearing masks</li> </ul>				
<p>Families should minimize the number of people that come with the participant to reduce the maximum occupancy of people at the field / facility (currently 50 for indoors and 100 for outdoors)</p> <ul style="list-style-type: none"> <li>Congregation between families during arrival and departure is prohibited</li> </ul>				



## HYGIENE &amp; SAFETY CHECKLIST

STEP	PRIOR TO EVENT	PRIOR TO ARRIVAL	AT THE EVENT	AFTER THE EVENT
Players must bring their own labelled water bottle which is thoroughly washed after each session (sharing is prohibited)		✓	✓	✓
Players and coaches' lacrosse equipment bags should include personal hand sanitizer <ul style="list-style-type: none"> <li>All participants should wash their hands frequently (before leaving home, prior to entering the facility, and after leaving the facility)</li> </ul>		✓	✓	✓
Player's lacrosse equipment bags should be kept inside of vehicles during each session <ul style="list-style-type: none"> <li>Separate equipment bags should be used for clean and soiled equipment</li> <li>Equipment (jerseys, shorts, socks, dry-land gear, etc.) should be washed after each session, following the manufacturer's guidelines</li> <li>Equipment that can't 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</li> </ul>	✓	✓	✓	✓
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"> <li>Participants should not make direct contact with each other under any circumstances</li> </ul>			✓	✓
Clothing and equipment should be worn to the field / facility which minimizes the need for getting dressed (aside from helmets and gloves)		✓	✓	✓
The coach should ensure that physical distancing is practiced as much as possible, though the only prohibition for game play is physical contact <ul style="list-style-type: none"> <li>Equipment (lacrosse balls, cones, goal nets, creases, etc.) used by the team should be disinfected between use</li> </ul>			✓	✓
Team towels should be reserved for use by the trainer for emergency use <ul style="list-style-type: none"> <li>Team towels are not for regular player use</li> <li>If a towel is used by the team trainer, it should be immediately discarded in a sealed bag or container</li> <li>Tissue can be kept on hand for regular player use</li> </ul>			✓	✓



## STEPS TO PREVENT THE SPREAD OF COVID-19



Follow the advice of your **local public health authority**



**Wash your hands** often with soap and water for at least 20 seconds



Use an **alcohol-based hand sanitizer** containing at least 60% alcohol



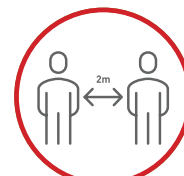
Do not touch your eyes, nose or mouth with your hands



Avoid close contact with people who are sick or symptomatic



Cough or sneeze into your sleeve, not your hands



Always practice **physical distancing** of at least 2m (6ft)

## IF YOU HAVE SYMPTOMS OF COVID-19



**Isolate at home** to avoid spreading illness to others



**Avoid visits** with vulnerable people, including older adults and people with medical conditions



**Call ahead** before you visit a physician



**If symptoms worsen**, contact your regional public health agency immediately and follow their advice



# RISK MANAGEMENT

## 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.

# FIELDS & FACILITIES

While access to indoor venues is limited in Phase 2: Stages 1-2, fields and outdoor boxes offer an opportunity for both box and field lacrosse players to develop and refine their individual skills. However, in Phase 2: Stage 3, there is now increased opportunity for associations to utilize municipal facilities for training sessions.

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. There are provincial restrictions for group sizes in each Phase, so there must be care and coordination shown when arriving and departing from fields / facilities, and adherence to agreed protocols as outlined in this guide. In Phase 2: Stage 3, the capacity is restricted to 50 people indoors and 100 people outdoors, provided the participants remain consistent throughout the phase. Each municipality may have additional restrictions as part of their permit application process. In all cases, the regional public health authority is responsible for determining what is appropriate for each municipal permit.

## Before the First Session:

- The club administrator should connect with the facility staff for clear expectations prior to the first session
- With the help of the facility staff, map and plan how the players, coaches, support staff and parents can arrive and depart safely, following physical distancing guidelines
- Clear signage with direction arrows should be displayed for participants to follow
- Communicate the specific arrival and departure plan with the players and their families
- Plan, provide, and map a separate location for player and participant drop-off and pick-up zones
- Stagger start and end times of groups for arrival and departure if separate entrance areas are not possible
- Communicate the rules and regulations at the facility and what services will or will not be provided
- The head coach and club administrator should be aware of facility access to hand washing stations, alcohol-based hand sanitizer, and tissues for personal sanitization (if applicable)
- The head coach and club administrator should 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 should ensure that the facility provides containers for the safe disposal of all wipes and/or hygienic materials
- Dressing rooms and washrooms may not be available for use (washroom availability will be based on municipal and facility regulations, and participants should arrive to fields / facilities fully dressed and ready to participate)







### On-Field Session Arrival Process:

- 1 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.
- 2 After a player is checked in, they will be assigned to a cone on the sideline. The cone will allow for ample physical distancing, and will serve as the player's personal station and water bottle location. Players will be required to wait at their cone 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 may be limited by municipal rules. Parents, guardians, or spectators may be able to view the session while practicing social distancing if permitted by the municipal permit. Masks should be worn by all non-participating persons when moving throughout shared pathways.

### On-Field Session Departure Process:

- 3 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.



### Indoor Facility Session Arrival Process:

- 1 A club administrator will take attendance at the check-in table as each player enters the facility. The attendance table should be clearly marked, and it must provide physical distancing cones or markers for those waiting to check in.
- 2 After a player is checked in, they will be assigned to a cone on the bench or penalty box area that will serve as the player's personal station and water bottle location. Players should wait at their cone 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 may be limited by municipal rules. Parents, guardians, or spectators may be able to view the session while practicing social distancing if permitted by the municipal permit. Masks should be worn by all non-participating persons inside of an indoor facility.

### Indoor Facility Session Departure Process:

- 3 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 facility and proceed directly to their car.





# CLUBS / ASSOCIATIONS

## Orientation

- Be familiar with the [Ontario Emergency Order](#) (OEO) and public health authority guidelines related to the COVID-19 pandemic
- Review the most current guidelines for your region under the Province's [Framework for Reopening Ontario](#), which includes unique guidelines for different areas of the province
- Be familiar with the municipal facility guidelines, restrictions and policies related to your facility usage
- Recognize Return to Activity / Return to Play sessions require enforcement of group size limits, physical distancing principles, attendance tracking and applicable field / facility arrival and departure protocols

## Planning

- Liaise with municipality to review the facility guidelines and requirements specific to physical distancing and wearing of masks, the entry / re-entry / departure rules, restrictions based on the number of people allowed, areas within the field / facility which are not accessible to the public (lobbies, dressing rooms, spectator areas, washrooms, etc.), common areas to change footwear with physical distancing markings at indoor facilities only, where permitted by the municipality, cleaning / sanitization processes in the facility and any general facility rules specific to good hygiene, and any additional cleaning and disinfection processes implemented by the facility
- Review all new facility rental agreements to determine any liability related to COVID-19 (new agreements will need to be carefully scrutinized given that organizations will potentially have little control over sanitizing of rented facilities and should not be expected to take on all liability related to COVID-19 in these facilities)
- Require all participants to be registered with the OLA, the club and the appropriate session, prior to arrival for the purpose of attendance
- Establish a revised budget and registration fee for Return to Activity / Return to Play sessions
- Host an online pre-activity meeting with players, parents, coaches and association representatives to review specific arrival and departure protocols for facilities, provincial regulations, parent responsibilities and restrictions, and any other regulations that are unique to the club
- Create venue directions and signage for players and parents
- Update the association's emergency action plan to address physical distancing and personal safety
- Adhere to and support the cleaning, disinfecting and sanitizing protocols and responsibilities for personal and team equipment as required by the Ontario Ministry of Health
- Assign a COVID-19 communications officer responsible to ensure all updated and relevant information from local public health authority guidelines is passed on to everyone within the association
- Stagger session start times to more effectively implement specific arrival and departure protocols

## Internal Communication

- Share the OLA Return to Activity / Return to Play guide all club members, parents and players, along with facility expectations from municipality
- Liaise with facility and coach to ensure there a mutual understanding of the facility rules and provisions
- Share specific arrival and departure protocols for facilities with all coaches, trainers, parents and players
- Provide club members with updated registration and waiver information
- Share contact information for the association representative who is responsible for answering questions or concerns from members prior to scheduled activities



**External Communication**

- Provide the OLA's Return to Activity / Return to Play guide to the municipal recreation office
- Announce lacrosse activities returning to the local community

**Return to Activity**

- Ensure all coaches, trainers and team managers are able to strictly enforce the maximum group size for sport and physical distancing guidelines
- Ensure club personnel record and monitor attendance during sessions (including session location, date, time)
- Designate how attendance records are to be archived
- Monitor implementation of specific arrival / departure protocols for facilities
- Be a visible presence at on-field sessions to answer questions or concerns at the facility
- Work with coaches, trainers and team managers to establish specific responsibilities for on-floor/field sessions
- Utilize practice plan video resources from the [OLA's YouTube channel](#)
- Work with coaches and team staff on any health-related issues, including procedures for players feeling ill
- Work with coaches on any issues related to parent roles, responsibilities and restrictions
- Maintain privacy of all participants as per [OLA's Privacy Policy](#)





### CHECKLIST FOR A CLUB'S PRE-ACTIVITY MEETING

	Host a pre-activity online meeting for players, coaches, parents and volunteer coordinators that allows for two-way communication (confirm attendance)
	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)
	Explicitly state that Phase 2: Stage 3 continues to focus on skill development in a physically distanced group setting, and while scrimmages may be allowed, contact is prohibited
	Share association and facility expectations and protocols on arrival and departure, including limiting the number of parents or guardians involved in the process
	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



# 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. This information must be communicated to administrators, officials, team staff, volunteers, parents and players in advance of the participant's first session.

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.

## Communications Officer Responsibilities:

- Monitoring all relevant updates from public health authorities and circulating these within the club so that members are aware of the latest recommendations
- Ensuring club representatives are following the prevention measures outlined within this guide
- Ensuring club representatives have all current information from the municipality concerning facility use and regulations, including any face mask requirements for non-participating persons
- Liaising with the OLA 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
- Maintain privacy of the names and status of all participants who disclose a positive COVID-19 test result 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 each session coach to maintain an open dialogue and to assist in keeping up to date with any changes





## 7

# COACHES & 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.

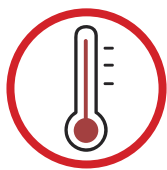
## CHECKLIST FOR COACHES & VOLUNTEERS

	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, and share digitally with other bench personnel
	Use personal protective equipment (face mask, gloves, face-shield, etc.) when attending to an injured player, and follow proper hand hygiene after contact is made with any participant
	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
	Coaches must wear a face-mask when physical distancing with players is not possible (it is recommended that coaches wear a mask at all times during a session)
	Maintain and respect the privacy of all participants in accordance of 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:**

Where a participant advises their team that they will not be able to attend a session because of COVID-19 symptoms or direct exposure to someone in their household 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 a physician's note has been provided to both the communications officer and the coach. Below are recommended guidelines for team staff and parents or guardians of participants if a situation arises where a player or participant reports symptoms that are commonly associated with COVID-19, or advises that they have been directly exposed to a person within their household who has been positively diagnosed with COVID-19. 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.

**STEP 1**

Player advises the team they are missing a session due to COVID-19 symptoms

**STEP 2**

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

Player is advised to contact a physician and the regional public health agency

**STEP 3**

A physician's note must be provided to the coach prior to further activity

The coach provides the physician's note to the club's communications officer

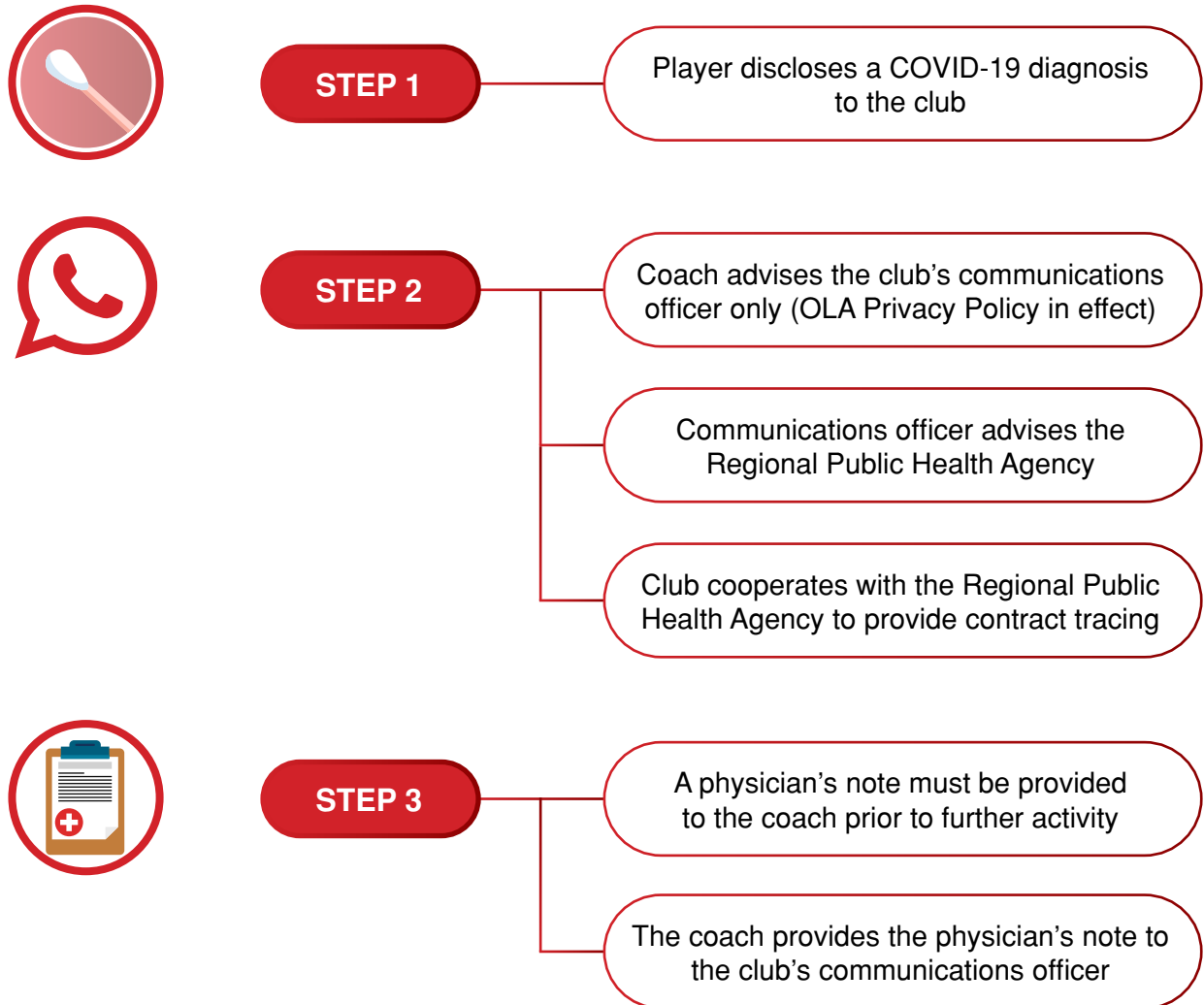
**Participant Becomes Ill During A Session:**

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. The most common symptoms are fever, dry cough and shortness of breath, but headache, loss of taste and / or smell, sore throat, and muscle pains have also been reported. The most serious symptoms of COVID-19 infection are difficulty breathing, chest pain or pressure, and loss of speech or movement. Below are recommended guidelines for team staff and parents or guardians of participants if a situation arises where a player or participant reports feeling unwell. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation whenever a player is sick.



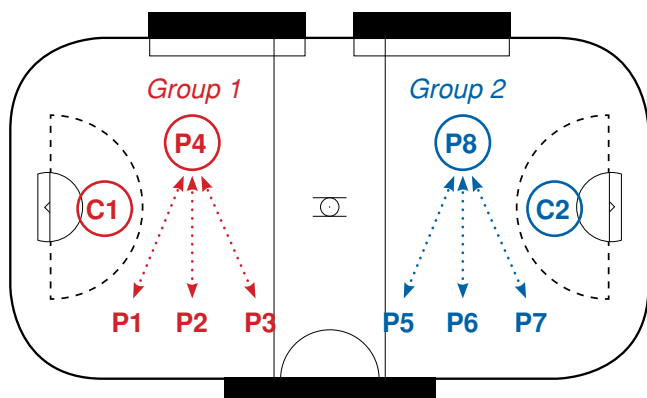
### Participant Discloses a Positive COVID-19 Test Result:

Where a participant advises their team that they have been positively diagnosed as having COVID-19, it is the responsibility of the team to ensure that the player does not attend future sessions until a physician's note has been provided. Below are recommended guidelines for team staff, parents and guardians for participants if a situation arises where a player or participant has been positively diagnosed with COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation whenever an 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.

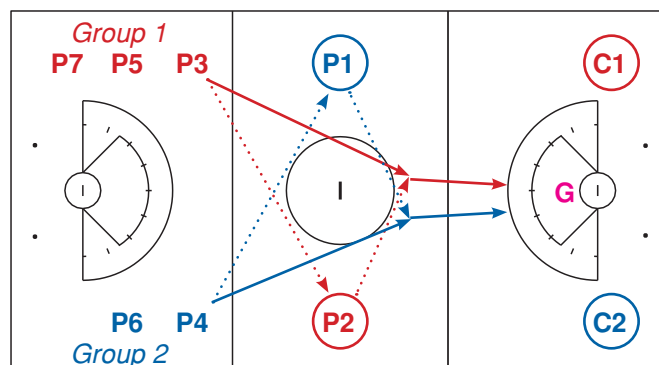


**Note:** In all situations, contact tracing and notification of the public about potential exposure to COVID-19 is the sole responsibility of Regional Public Health Agency. Health authorities in Ontario have specific protocol to follow in these situations, as well as guidance for testing and answers 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.

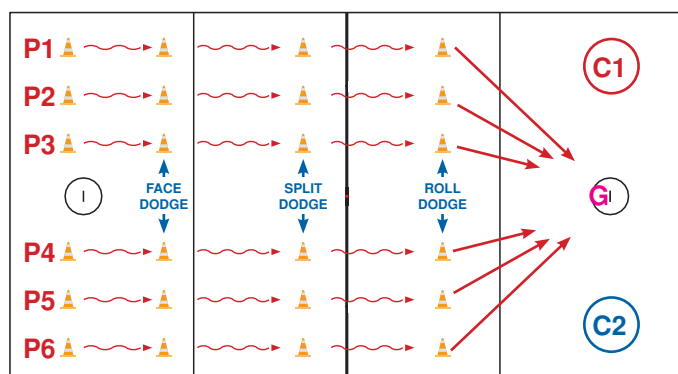
## SAMPLE PRACTICE DRILLS FOR PHYSICAL DISTANCING ACTIVITY



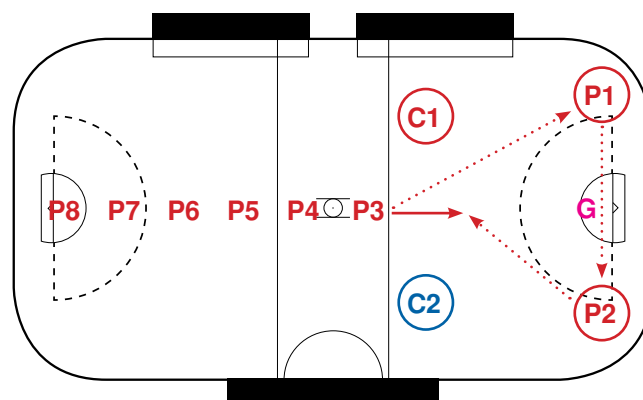
- Each player has a ball
- P1 passes to P4, P4 passes back
- P2 passes to P4, P4 passes back, etc.
- 60 second drill, then rotate positions within group
- Challenge between Groups 1 and 2 for most passes



- P4 passes to P1 and cuts to the middle
- P1 passes back, P4 runs in to shoot on goalie
- 60 second drill, then rotate P1 and P2 into line-up
- Challenge between Groups 1 and 2 for most goals
- Stagger group starts to maintain physical distance



- Each marker has a different dodge
- Dodge direction depends on the side of the field
- Each player finishes with a shot on goal
- Stagger starts to maintain physical distance



- Each player in the line has a ball
- P3 passes to P1, P1 passes to P2, P2 passes back to P3 who runs in to shoot on goalie
- Additional passing player and / or coach positions can be added to the drill depending on group skill level

### LOOKING FOR A LITTLE MORE INSPIRATION?

The drills above work in a variety of settings with players of all skill levels, and can be modified to increase the challenge level depending on the targeted division. In addition to these drill diagrams, the [OLA's YouTube channel](#) features physically distanced drill videos for coaches looking to switch up their practice routine and make the most of their Return To Activity sessions. The most important factor when designing Return To Activity sessions is to minimize shared routes and areas for participants. Team drills must prioritize the safety of all participants and allow for pathways that limit contact and exposure for players.





# PLAYERS

We are all ready to return to activity in anticipation of eventually returning to playing the game we all love! The COVID-19 pandemic has greatly changed how we will participate in lacrosse and it is important that all players follow the rules to ensure that the activity and experience is beneficial, safe and fun for everybody.

## CHECKLIST FOR PLAYERS

	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 (wear a facemask when entering and exiting an indoor facility)
	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 – facemasks should be worn when entering and exiting an indoor facility)
	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)
	Avoid touching high-contact surfaces (door handles, faucets, railings, etc.)
	Mental health is important! Be open with your parent / guardian about your comfort level when participating



# OFFICIALS

Officials are an integral part of game play, and “passion for the game” is a common theme for everyone on the third team. Officials across Ontario are eager to get back in the arena and onto the fields, and we’re committed to making that happen in accordance with provincial health guidelines and best practices for safe return to sport. For associations that require officials for the purpose of local league play, the club president must contact Frank Lawrence ([vpofficiating@ontariolacrosse.com](mailto:vpofficiating@ontariolacrosse.com)) in order to arrange for updated certification and officiating waiver confirmation prior to any scheduled events. In any local league play, 2020 OLA-certified officials must be used.

## GUIDELINES FOR OFFICIALS PARTICIPATING IN LOCAL LEAGUE SCRIMMAGE PLAY

<b>Personal Equipment</b>	<p>Arrive to the field / facility dressed in the officiating uniform</p> <p>Bring your own water bottle (must be filled at home and clearly labelled)</p> <p>Do not touch players’ equipment (dropped sticks, padding, etc).</p>
<b>Game Balls</b>	<p>Sanitized game balls are provided by the hosting team prior to the game</p> <p>Once the game has begun, officials will not touch a game-used ball with their hands</p> <p>When a ball goes out of play, a sanitized ball will be used to restart play</p>
<b>Surfaces / Benches</b>	<p>Hosting club is responsible for disinfecting all surfaces between games</p> <p>There is no diving into the crease by an attacking player in any sector or at any level</p> <p>Substituting players are given leeway during line changes to maintain distance</p>
<b>Game Sheets</b>	<p><b>Women’s Field:</b> Digital field-side attendance records; score is kept by the teams</p> <p><b>Men’s Field:</b> Digital field-side attendance records; score is kept by the teams</p> <p><b>Box:</b> Digital penalty box attendance records; score is kept by the game clock</p>
<b>Timekeepers</b>	<p><b>Women’s Field:</b> Field-side timekeepers as usual for game time in each half</p> <p><b>Men’s Field:</b> Field-side timekeepers as usual for game time in each half</p> <p><b>Box:</b> Game timekeeper and shot clock operator as usual for each half</p>
<b>Game Play</b>	<p>Draws are not conducted by officials at any point in the game</p> <p>Possession is awarded after a coin-toss between team representatives prior to the game</p> <p>The team who did not start with the ball in the first half is awarded possession for second half</p>
<b>Post Goal Restart</b>	<p>The goaltender is responsible for retrieving the ball from the net following any goal</p> <p>A “free clear” is awarded to centre for the team who was scored on</p> <p>Play restarts with a whistle (except in women’s field, which can utilize “Self Start”)</p>
<b>Loose Ball “Call Out”</b>	<p>On a contested loose ball, the nearest official calls out the jersey colour of the closest team</p> <p>That nearest player is entitled to play the ball live (no stoppage in play)</p> <p>The opposing player(s) must reposition themselves to avoid contact</p>
<b>Responsibilities</b>	<p>Officials are solely responsible for officiating games according to the rules of RTA / RTP</p> <p>Clubs are responsible for reporting any violations of the RTA / RTP to the OLA</p> <p>Clubs are responsible to e-Transfer payments according to the OLA Officiating agreement</p>



# GAME PLAY

While Phase 2: Stage 3 allows for scrimmages and games in a team sport setting, contact between participants remains prohibited by the Emergency Order of Ontario. Scrimmages and games may be played in local leagues by players within their own organization or against players outside of their organization but within their own consistent cohort. Local leagues are limited by the Emergency Order to a maximum consistent cohort of 50 players for indoor teams and a maximum consistent cohort of 100 players for outdoor teams. To support physical distancing efforts, tape, cones, players' sticks or other markers may be used to demonstrate spacing in substitution areas or benches for players who are not participating in play. In between games, sufficient time should be scheduled for disinfecting any shared equipment (creases, benches, goal nets, gate handles, etc.) within the field / facility.

In order for scrimmages or games to be played, the Province of Ontario mandates modifications to all sports where "contact is inherent to play." As a result, the following rule modifications are mandatory to each sector. In all cases, clubs are advised to ease into activity with a focus on athlete safety prior to introducing scrimmages or game play.

## Minor Field / Men's Field:

- Games are 6v6 (5 players and 1 goalie) or 7v7 (6 players and 1 goalie)
- Up to two attackers, two midfielders, two defenders and a goalie make up each team on the field
- A maximum of two long-poles may be on the field for each team
- The 6v6 and 7v7 formats allow for 4v4 in the offensive zone, and all remaining players behind the midfield line
- Coaches must be registered with the OLA and adhere to the Rule of 2 at all times
- Games do not exceed 46 minutes total, and consist of two equal halves, a half time break and no change of ends
- Stop time is played in the last 2-minutes of the second half, if the score difference is 5 or less
- Nets are the appropriate size to the division being played
- Draws are replaced by a coin-toss to start the game, and the "free clear" rule after goals are scored
- Players contesting a loose ball will be awarded possession by the "first to reach / call out" rule
- Clubs may institute a 5-second player possession limit before the player must pass or shoot the ball
- All substitutions are dynamic; changing players must be given the right of way when entering the field
- There is no diving into the crease by an attacking player in any sector or at any level
- **Players may not initiate any body or stick contact at all during play, including setting picks (first infraction: a 3-minute foul; second infraction, same player: an expulsion foul for body contact).**

## Women's Field:

- Teams are comprised of between 4v4 (3 players and 1 goalie) and 10v10 (9 players and 1 goalie)
- Coaches must be registered with the OLA and adhere to the Rule of 2 at all times
- Games do not exceed 46 minutes total, and consist of two equal halves, a half time break and no change of ends
- Stop time is played in the last 2-minutes of the second half, if the score difference is 5 or less
- Draws are replaced by a coin-toss to start the game, and the "free clear" rule after goals are scored
- Players contesting a loose ball will be awarded possession by the "first to reach / call out" rule
- An alternating possession arrow replaces any situation that would result in a "throw"
- Clubs may institute a 5-second player possession limit before the player must pass or shoot the ball
- No one other than the goaltender is allowed into the goaltender's crease
- All substitutions are dynamic; changing players must be given the right of way when entering the field
- **Players may not initiate any body or stick contact at all during play, including setting picks (first infraction: yellow card; second infraction, same player: yellow-red expulsion foul for body contact).**

## RULE MODIFICATIONS FOR LOCAL LEAGUE SCRIMMAGE PLAY

### Box Lacrosse:

- Games are 4v4 (3 players and 1 goalie), 5v5 (4 players and 1 goalie) or 6v6 (5 players and 1 goalie)
- Coaches must be registered with the OLA and adhere to the Rule of 2 at all times
- Games do not exceed 46 minutes total, and consist of two equal halves, a half time break and no change of ends
- Stop time is played in the last 2-minutes of the second half, if the score difference is 5 or less
- Nets are the appropriate size to the division being played
- Draws are replaced by a coin-toss to start the game, and the “free clear” rule after goals are scored
- Players contesting a loose ball will be awarded possession by the “first to reach / call out” rule
- Clubs may institute a 5-second player possession limit before the player must pass or shoot the ball
- There is no diving into the crease by an attacking player in any sector or at any level
- All substitutions are dynamic; changing players must be given the right of way when entering the floor
- **Players may not initiate any body or stick contact at all during play, including setting picks (first infraction: penalty shot; second infraction, same player: an expulsion penalty for body contact).**

**Note:** where a situation occurs in any sector that is not covered by these rule modifications, the official’s decision is final and is guided by the principle of “erring on the side of caution in the interest of participant safety.”







# PARENTS & SPECTATORS

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:

## FIVE PRINCIPLES FOR PARENTS, GUARDIANS & SPECTATORS

<b>1</b>	<b>Healthy Players Only</b>	<ul style="list-style-type: none"> <li>• Routine self-monitoring and daily screening within household</li> <li>• Anyone with symptoms must stay home</li> <li>• Do not force players to participate who show signs of anxiety</li> </ul>
<b>2</b>	<b>Follow All Procedures</b>	<ul style="list-style-type: none"> <li>• Follow club direction related to arrival / departure protocol</li> <li>• Remain in field / facility designated areas for spectators</li> <li>• When not in use, equipment is stored inside of the vehicle</li> </ul>
<b>3</b>	<b>Practice Safe Hygiene</b>	<ul style="list-style-type: none"> <li>• Conduct frequent cleaning of personal and shared equipment</li> <li>• Frequent and thorough hand-washing</li> <li>• Wear a face mask while inside an indoor facility</li> </ul>
<b>4</b>	<b>Be prepared</b>	<ul style="list-style-type: none"> <li>• Hand sanitizer should be used upon arrival and departure</li> <li>• A player should arrive dressed and ready to participate</li> <li>• A player should have their own clearly labelled personal water bottle</li> </ul>
<b>5</b>	<b>Maintain Distance</b>	<ul style="list-style-type: none"> <li>• Maintain safe distance (2m) between people at all times</li> <li>• Consideration and clear direction for the movement of people</li> <li>• Do not shake hands or initiate personal contact</li> </ul>

During all phases and stages of the Return to Activity / Return to Play, and the municipal reopening of fields and facilities, a spirit of ongoing patience and flexibility will need to be practiced by everyone involved. Positive and open communication between parents and the club, and an understanding of each region's public health authority direction, will be an important part of managing expectations and returning safely to the field / facility. It is recommended that families minimize the number of persons that accompany the participant to reduce the maximum occupancy of people at the field / facility (currently 50 for indoors and 100 for outdoors).



### CHECKLIST FOR PARENTS, GUARDIANS & 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, including the use of face masks when indoors or on shared pathways
	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
	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 ride-sharing 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



# ADDITIONAL RESOURCES

## National Government and World Agency Coronavirus Links:

[World Health Organization \(WHO\)](#)

[Government of Canada](#)

[Government of Ontario Coronavirus Information](#)

[Government of Ontario Emergency Order](#)

[Government of Ontario Framework for Reopening](#)

[Phase 1](#)

[Phase 2](#)

[Phase 3](#)

## Public Health Authority Links:

[Canadian Public Health Services](#)

[Ontario Public Health Authority](#)

[Ontario Local Health Integration Networks](#) (find your regional Public Health Authority)

[Ontario COVID-19 Self Assessment Tool](#)

[Ontario Guidance for facilities for sports and recreational fitness activities during COVID-19](#)

## Hygiene Best Practices Links:

[Public Health Agency of Canada: Hard Surface Disinfectants and Hand Sanitizers](#)

[Public Health Agency of Canada: Handwashing Guide](#)

[Ontario Public Health: Cleaning and Disinfection for Public Settings](#)

[Pan-Canadian Public Health Network Recommendations for Face Masks in Community Settings](#)

## Municipal Recreation Facilities:

[Ontario Recreation Facilities Association \(ORFA\)](#)

## Ontario Lacrosse Association Policies:

[OLA Privacy Policy](#)

[OLA Confidentiality Policy](#)



## 2020 OLA-SANCTIONED CLUBS & PRESIDENTS

The list of 2020 Ontario Lacrosse Association sanctioned clubs and presidents is included here for reference by municipal representatives when issuing permits and accepting OLA insurance. This list is definitive; municipal facility permits should not be issued to minor (youth) lacrosse organizations claiming PSO-status who do not appear on this list. Additional contacts for leagues above minor lacrosse can be found at [this link](#).

Akwesasne Storm – Arlene Thomas	Niagara Thunderhawks – Chris Williams
Arthur Aces – Brent McDougall	North Perth Outlaws – Amy Burkholder
Barrie Bombers – Andrew Prestwich	Northumberland Nemesis – Cathy Williams
Brampton Excelsiors – Chris Lowe	Oakville Hawks / Lady Hawks – Simon Hames
Brantford Warriors – Christa Martin	Orangeville Northmen – Kent Davis
Burlington Chiefs – Dave Hunter	Orillia Kings / Lady Kings – Nicole Gardy
Caledon Bandits – Ted Rybka	Oshawa Blue Knights – Paul Vivian
Cambridge Chiefs – Jason Whissell	Oshawa Lady Blue Knights – Barb Boyes
Centre-Wellington Mohawks – Nathan Joyes	Owen Sound North Stars – Sharon McKeachnie
Clarington Gaels – Melanie Piette	Pelham Raiders – Spencer Tanguay
Cornwall Celtics – Beth Pollock	Peterborough Lakers – Aaron Garfat
Fort Erie Hawks – Patrick Sweeney	Quinte Bayhawks – Joe Fee
Gloucester Griffins – Ian Woolridge	Sarnia Pacers – Tricia Ross
Guelph Regals – Tricia Chilton	Sault Ste. Marie Spartans – Tyler Stewart
Halton Hills Bulldogs / Lady Bulldogs – Blaine McCauley	Simcoe Timberwolves – Ron Schweitzer
Hamilton Bengals / Lady Bengals – Greg Gillis	Six Nations – Kevin McNaughton
Huntsville Hawks – Jason Rudge	St. Catharines Athletics – Sallah Hamdani
Innisfil Wolfpack – Helen Vieira	Stayner Hitmen – Michael Boileau
Kahnawake Mohawks – Bobby Patton	Stouffville Thunder – Tonia Cammisa
Kawartha Lakes Fury – Shane Patrick	Strathroy Screaming Eagles – Jon Balzer
Kawartha Women's Lacrosse –	Sudbury Rockhounds – Brendan Adair
Kingston Krossfire – JD Cannon	Thunder Bay Ice – Craig MacArthur
KW Braves – Kevin Schmitt	Toronto Beaches – Jennifer Price
Lincoln Redcoats – Ryan Flippance	Toronto Stars – Shannon Bond
London Blue Devils – Justin Phelps	Tri-Town Rock Devils – Irvan Chamberlain
Melancthon Vets – Barry Trood	Tyendinaga Thunderbirds – Kevin Smart
Midland Braves – Greg Craftchick	Uxbridge Enforcers – Dalton O'Neill
Milton Mavericks – Josh Murray	Wallaceburg Griffins – John Leitch
Mimico Mountaineers – Chris Cormier	West Durham Rockmen – Ben McAllister
Mississauga – Toby Warnell	West Grey Rampage – Adam Croll
Nepean Knights – Colin Ross	Whitby Warriors – Vic Utrosa
New Tecumseth Renegades – Becky Morrissey	Wilmot Wild – Wayne Paddick
Redbirds / Lady Redbirds – Kristin Ballentine	Windsor Warlocks – Jerry Kavanaugh





## FREQUENTLY ASKED QUESTIONS FOR RTA IN PHASE 2: STAGE 3

**Q: Will the OLA provide clubs with wavier forms? If we return to activity, is the OLA insurance the same coverage as prior to pandemic?**

A: Yes, a COVID-19 waiver is now included in online registration. The OLA's insurance agreement is effective for the 2020 season back to January 1<sup>st</sup>, but does not include coverage for pandemics or infectious disease.

**Q: What registration fees apply to re-registration for those previously refunded registrations? How do parents who have already been refunded register for RTA programs?**

A: The OLA Return to Activity (RTA) strategy is intended to capture as many lacrosse playing opportunities as OLA clubs are interested in delivering. The RTA registration process has been designed to recruit and retain players who are new to lacrosse with no previous playing experience, players registered in 2020 OLA programs (both currently registered and those refunded/cancelled) and players not registered in 2020 with previous lacrosse experience.

Registrars can activate the following five Return to Activity (RTA) options (with listed fees):

### **2020 RTA TRY Lacrosse**

*Description:* Players with no previous lacrosse experience

*Fees:* None

### **2020 RTA Refunded / Cancelled**

*Description:* RTA registration for those 2020 members who were refunded and/or cancelled in 2020

*Fees:* RTA program fee set by club plus a 2.75% credit card fee

### **2020 RTA Members**

*Description:* RTA registration for those 2020 members currently registered (not refunded or cancelled)

*Fees:* RTA program fee set by club applies, to be reconciled/deducted at 2020 club refund

### **2020 RTA New Members**

*Description:* RTA registration for those players with previous lacrosse experience not registered in 2020; no proof of age documents required

*Fees:* RTA program fee set by club; all 2020 OLA/SportzSoft fees apply

### **2020 RTA Coaches & Volunteers**

*Description:* Coaches & Volunteers not registered in 2020

*Fees:* None to Coach or Volunteer; \$10 fee to club

Club Registrars need to approve RTA members and sort the RTA products by birth year to generate age division counts (similar to TRY Lacrosse registrations each year). As per existing OLA Policies, all coaches and trainers engaged in RTA programs need to be CRC-approved by the Club's Privacy Officer.

**Q: To help clubs utilize fields / facilities in a safe manner, does the OLA have sample practice plans demonstrating the physical distancing and no-contact principles of RTA?**

Yes, all video resources have been made public on the [OLA's YouTube channel](#).



**Q: Would it be necessary for parents and players to register for club RTA sessions, so as not to exceed the group size limit per session?**

A: Yes. Players need to be registered with the OLA for various reasons, including insurance coverage. Players also need to register with club RTA sessions to ensure the Emergency Order guidelines are enforced.

**Q: What is the difference between “social circles” and “social gatherings” for the purpose of RTA?**

A: Social circles refer to a consistent group of up to ten (10) people that you interact with. These could be extended family members, work colleagues or close family friends, where social contact is allowed. Individuals can only belong to one social circle; this group does not change. Social gatherings refer to any group of up to ten (10) people that you may share a physically-distanced environment with. These could be people at the grocery store, doctor's office, municipal park or other inconsistent environment. Individuals can attend social gatherings where physical distancing is practiced and group sizes do not exceed regional limits. For the purpose of RTA, participants are engaged in social gatherings, and must adhere to physical distancing and group size limits.

**Q: Which activities are included in the RTA policy? Skills and drills, clinics or camp formats, or games?**

A: Under this RTA guide, fundamental skills and drills, modified scrimmages and games, and clinic or camp formats (both indoor and outdoor) are allowed under the basic principles of the Ontario Emergency Order: physical distancing, no-contact and group size limits. As the Ontario Emergency Order guidelines change, so will activity definitions.

**Q: If we reach the final Phase of the Framework for Reopening Ontario, will we be allowed to play full box and / or field games?**

A: The Ontario Emergency Order will determine when full game play is allowed. The fall field lacrosse season is currently scheduled to begin in early September, and the OLA is continually monitoring the situation for available opportunities.

**Q: Is Men's Field permitted to play games of 10v10 (9 players and 1 goaltender) like Women's Field in Phase 2: Stage 3?**

A: It is recommended Men's Field play 6v6 or 7v7 as these modified games represent a gradual return to game-like situations. These small-sided games also allow athletes more ball possession time and increased opportunities to play on both sides of the field. With those principles in mind, Men's Field teams are permitted to play 10v10 with the mandatory modifications (no contact, no draws, and no contested ground balls) where agreed upon between teams prior as part of a scheduled game or scrimmage.

**Q: Will the OLA assist clubs in contacting municipal facilities to introduce the RTA policy?**

A: Yes, the OLA and the Ontario Recreation Facilities Association have worked to contact all municipalities directly. As well, this RTA policy is provided electronically for all OLA-sanctioned clubs to share with their municipal permit representative.



**Q: What are the spectator limits under Phase 2: Stage 3? Do spectators count towards the facility limits? What is the procedure if spectators are not physically distancing themselves? Who is responsible for managing the spectator limits at fields / facilities?**

A: Spectators are allowed to watch an activity, event or game as long as they are able to maintain a physical distance of 2m and the number of spectators does not exceed 50 persons (indoor) and 100 persons (outdoor), regardless of the facility capacity. Spectators are counted separately from active participants, and facility staff and municipal by-law officers are responsible for enforcing occupancy limits and face mask use. For indoor facilities, permit staff can assist in determining safe entrance and exit procedures through a combination of side entrances or emergency exits that avoid lobby use and spectator congregation.

**Q: What is the procedure if a participant shows symptoms but the family refuses to remove the player from activity? What recourse does our club have to not allow them to participate?**

A: The OLA expects clubs to err on the side of caution in these circumstances, because the health and safety of all participants should underpin decision-making in our current situation. If a participant is demonstrating signs consistent with COVID-19, that person should be removed from the activity and sent home. A physician's note will be provided for the participant to return to activity.

**Q: If our association doesn't have the registration numbers to offer or sustain an RTA program, can our players participate with another OLA club that does?**

A: Players whose residential club does not offer RTA programs may contact an OLA club who does, to inquire about registration opportunities. House league OLA player movement policies are currently in effect.

**Q: Can players participate in any sessions they wish?**

A: Participants must be registered with the OLA (under mandatory RTA registration) and with their club to attend RTA sessions. Players will be assigned to sessions in groups of up to 50 in size. These groups must be the same 50 players from within your region and cannot play against other 50-member groups within your region, or 50-member groups from outside your region.

**Q: My club offered me the opportunity to roll my registration fees over to 2021. If I participate in RTA this year, will that "use up" my registration fee from 2020?**

A: At the discretion of the participant, credited amounts from the 2020 may be applied to RTA sessions, paid separately, or deducted as a percentage from the participant's credit to the club. Clubs are expected to work directly with participants to offer options that work best for the family.

**Q: My question wasn't answered here. Who can I speak to?**

A: Participant inquiries should be directed to their club representative. Club representative inquiries can be directed to the appropriate league commissioner or zone director.



# AUTHORSHIP

Appreciation and gratitude are extended to the following OLA individuals for their expertise and collaborative assistance throughout all aspects of our Return to Activity / Return to Play Guide.

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