

WELCOME BACK TO

RETURN TO PLAY!



IT'S GREAT TO
SEE YOU AGAIN

a message from ONTARIO LACROSSE about this Return to Play Guide

The moment we've all been waiting for has arrived: on July 16th, 2021, the Province of Ontario will enter Step 3 of its Roadmap to Reopening. These regulations will further relax restrictions on contact sport, which will allow Ontario Lacrosse Association sanctioned clubs and leagues to begin playing traditional lacrosse again. Our collective return to lacrosse will not be linear; returning to action “mid-season,” where many clubs have are in the midst of Step 2 programming will require flexibility from everyone involved. Some programs and teams will need to pivot, and make the best of the summer months that remain. Patience for adjustments and passion for the sport will guide this transition.

While restrictions on sport have been removed in connection with high inoculation rates, many of the best practices from our previous guides remain in effect. Mask use, regular personal hygiene, guided pathways for entry and exit through facilities, and physical distancing where possible will remain in place until Health Canada declares an end to the pandemic. Until that time, all members of the Ontario Lacrosse Association are encouraged to exercise good judgement and err on the side of safety in all actions. Additional municipal and community restrictions throughout Ontario may be necessary in specific areas 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. As the final installment of our Return to Activity series, this document lays out the general requirements to create a safe environment to protect our sanctioned members at all levels and disciplines of play. We recognize that players, coaches, officials, team support staff and administrators will all need to make adjustments as we transition back to play in the middle of our traditional lacrosse season, and our path will be guided by common sense and flexibility throughout the 2021 season.

Ontario Lacrosse Association is proud to be a leading lacrosse community both at home in Canada and throughout the world where our members can enjoy, value and celebrate the benefits of active participation and excellence in women's field lacrosse, minor & men's field lacrosse and box lacrosse. Since 1994, lacrosse has been declared Canada's Official Summer Sport. It is a fundamental part of our heritage, and we look forward to being together again to play, coach, officiate and watch this great game.

On behalf of the OLA's Board of Directors and staff, I extend a heartfelt thank you to Ontario Lacrosse community for your continued support throughout the last year and a half. We look forward to seeing you all on the fields and floor across Ontario again soon!

Wishing everyone continued health and safety.

Yours in lacrosse,



Jim Bombhof, Ontario Lacrosse Association President

**Vaccination rate
plus key health indicators**

Step 3

70-80%

Adults with one dose
25% Fully vaccinated

Permitted with restrictions

Expand indoors where face coverings can't always been worn

Indoor sports leagues allowed with some restrictions

Outdoor sports leagues allowed with some restrictions

Indoor training for professional or amateur athletes and/or competitions with restrictions

Published Start:
July 16, 2021

PLAYING: STEP 3

Ontario moves to Step 3 when the province has vaccinated 70-80% of adults with one dose and 25% of adults with two doses, as well as when there are positive trends in the public health system.

League Structure

No Limits On Team Size,
League Size Or Event Size

Game Play

Traditional Lacrosse Playing
Rules In Effect For All Games

Spectators

50% Indoor / 75% Outdoor
Facemasks Required

Best Practices

Facemasks And Physical
Distancing Required

Hygiene

Shared Equipment Is
Sanitized After Use

Contact

Full Contact Is Permitted
Without Any Rule Modifications

Record Keeping

Maintain Attendance
Records For 1 Month

Risk Management

Club Safety Plan Is Required
For Presentation On Request

Registration

Completed Online
Must Include Pre-Screening



FACILITY SAFETY

Equipment

- Participants' equipment should be kept on at all times during a game
- Personal water bottles with names clearly printed on the front should be used
- Coaches should have access to sanitizing products

Benches

- Players should be spaced evenly apart on benches with physical markers to use as guides
- Shared surfaces (benches, gate latches, etc.) should be disinfected after each team's use
- Non-playing personnel on the bench must wear their masks at all times
- Minor officials and table personnel must wear their masks at all times

Dressing Rooms

- If dressing rooms are used, players and officials should wear face masks until the beginning of the game/session
- Players should be spaced evenly apart in dressing rooms, with physical markers used as guides
- Where dressing rooms are not used, players and officials should arrive to each game/session dressed and ready to participate

Pathways

- Follow all entry and exit instructions
- Use physical distancing markers (pylons, sticks, etc.)
- Shared pathways should be utilized single file
- Parents, guardians and spectators must wear masks at all times
- Communicate separate entrance and exit pathways to participants to minimize crossover

Staying Safe

Volunteers, parents, guardians, spectators, players, coaches and officials all have a role to play in keeping programs safe for everyone involved. There will be continual adjustments to the way that we move through the Ontario Steps, but patience and understanding will help to make the experience enjoyable for everyone. Lessons and guidance from Public Health Authority measures and community experiences over the last year (schools, workplaces, gyms, etc.) all apply during OLA sanctioned programs and events.

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. Communications Officers are responsible for:

- ☐ Ensuring club representatives have all current information from the municipality or community concerning facility use, 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

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, as well as facility advisories and guidelines that are received from the municipality or community
- ☐ 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.)

arrival and departure OUTDOORS



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.

Municipalities can assist in preparing entry and exit plans for players, coaches and officials to follow.

1. Registration and screening takes place online prior to any game / session. Upon arrival, a club administrator will take attendance at the check-in table and reference it with the online registration checklist as each participant enters the facility. The attendance table should 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, or the game is ready to begin.

Note: Bench areas and viewing areas may be limited by municipal or community 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.

3. Coaches will be responsible for reviewing the exit plan with all players. At the conclusion of the session or game, the coaches will dismiss each player from their cone to prevent gathering. Players are expected to exit the field and proceed directly to their car.

arrival and departure **INDOORS**



- With the help of the facility staff, map and plan how the players, coaches, officials and parents can arrive and depart safely, following physical distancing guidelines
- Communicate the specific arrival and departure plan with players and their families (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), as well as the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place by the facility or municipality
- Dressing rooms and washrooms may not be available for use (based on municipal and facility regulations, and participants should arrive fully dressed and ready to participate)

1. Registration and screening takes place online prior to any game / session. Upon arrival, a club administrator will take attendance at the check-in table and reference it with the online registration checklist as each participant enters the facility. The attendance table should provide physical distancing cones or markers for those waiting to check in.
2. After a participant is checked in, they will be assigned to a cone or marker in the dressing room. The cone or marker 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, or the game is ready to begin.

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 at all times.

3. Coaches will be responsible for reviewing the exit plan with all players. At the conclusion of the session or game, the coaches will dismiss each player from their cone to prevent gathering. Players are expected to exit the facility and proceed directly to their car.

The list of 2021 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](#).

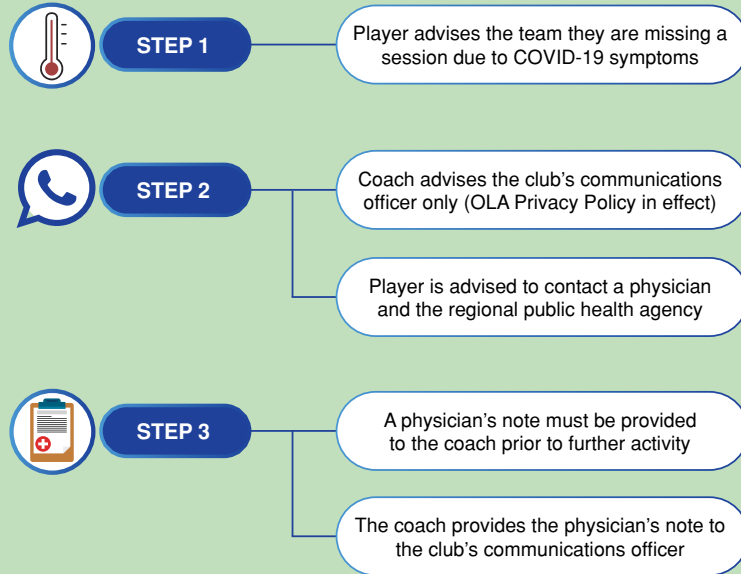
Akwesasne Storm - Arlene Thomas
Arthur Aces - Brent McDougall
Barrie Bombers - Melanie Henderson
Brampton Excelsiors - Chris Lowe
Brantford Warriors - Christa Martin
Burlington Chiefs - David Hunter
Caledon Bandits - Guy Dorval
Cambridge Chiefs - Jason Whissell
Centre-Wellington Lacrosse - Nathan Joyes
Clarington Gaels - Melanie Piette
Cornwall Celtics - Beth Pollock
Fort Erie Hawks - Patrick Sweeney
Gloucester Griffins - Ian Woolridge
Guelph Regals - Tricia Chilton
Halton Hills Bulldogs/Lady Bulldogs - Blaine McCauley
Hamilton Bengals/Lady Bengals - Greg Gillis
Huntsville Hawks - Keri Black
Innisfil Wolfpack - Helen Viera
Kahnawake Mohawks - Garrett Cree
Kawartha Lakes Fury - Andrea Ball
Kawartha Women's Lacrosse - Fred Blowes
Kingston Krossfire - JD Cannon

Kitchener Braves - Kevin Schmitt
Lincoln Redcoats - Ryan Flippance
London Blue Devils - Justin Phelps
Melancthon Vets - Barry Trood
Midland Braves - Greg Craftchick
Milton Mavericks - Josh Murray
Mimico Mountaineers - Chris Cormier
Mississauga Badgers - Toby Warnell
Nepean Knights - Alan Brown
New Tecumseth Renegades - Becky Morrissey
Newmarket Redbirds/Lady Redbirds - Kristin Ballentine
Niagara Thunderhawks - Chris Williams
North Perth Outlaws - Amy Burkholder
Northumberland Nemesis - Cathy Williams
Oakville Hawks/Lady Hawks - Simon Hames
Orangeville Northmen - Kent Davis
Orillia Kings/Lady Kings - Nicole Gardy
Oshawa Blue Knights - Kevin Jenkins
Oshawa Lady Blue Knights - Barb Boyes
Owen Sound North Stars - Sharon McKeachnie
Pelham Raiders - Spencer Tanguay
Peterborough Lakers - John Pacey

Quinte Bayhawks - Joe Fee
Sarnia Pacers - Tricia Ross
Sault Ste. Marie Spartans - Tyler Stewart
Simcoe Timberwolves - Ron Schweitzer
Six Nations Lacrosse - Kevin McNaughton
St. Catharines Athletics - Sallah Hamdami
Stayner Hitmen - Michele Boileau
Stouffville Thunder - Tonia Cammisa
Strathroy Screaming Eagles - Jon Balzer
Sudbury Rockhounds - Brendan Adair
Thunder Bay Ice - T-Jay Hook
Toronto Beaches - Jennifer Price
Toronto Stars - Shannon Bond
Tri-Town Rock Devils - Rory Moore
Tyendinaga Thunderbirds - Kevin Smart
Uxbridge Enforcers - Dalton O'Neill
Wallaceburg Griffins - John Leitch
West Durham Rockmen - Ben McAllister
West Grey Rampage - Adam Croll
Whitby Warriors - Vic Utrosa
Wilmot Wild - Steve Dramnitzke
Windsor Warlocks - Jerry Kavanaugh

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.

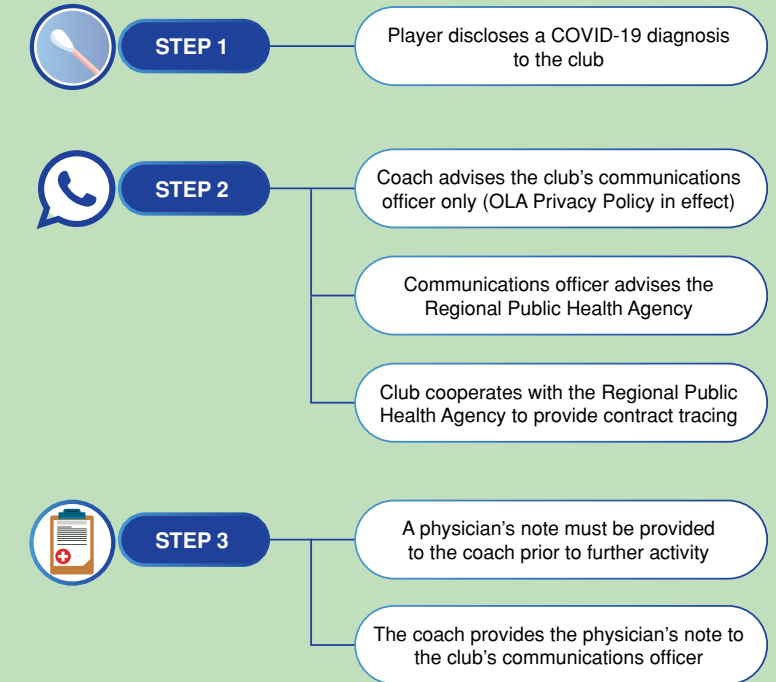
Missed Session For COVID-19 Symptoms:

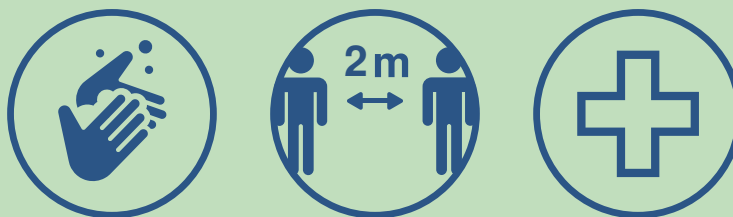


Participant Becomes Ill During Session:



Participant Discloses Positive Covid-19 Test Result:





This guide is prepared for use by clubs and programs sanctioned by the Ontario Lacrosse Association. For more information, contact us at:

www.ontariolacrosse.com

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