

# ONTARIO LACROSSE RETURN TO ACTIVITY

PHASES 1 & 2  
JULY 3<sup>RD</sup>, 2020





# ABOUT THIS GUIDE


Our way of life has been drastically altered since the first case of COVID-19 was reported in Canada in late January 2020. Throughout the country, lacrosse players, coaches, officials, volunteers, parents and fans will have to adapt to a new normal including box, field and hybrid forms of lacrosse in Ontario. 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 reopening in Ontario will be cautious and phased according to provincial guidelines. It is important to remember these phases are based on regional areas. The information contained in this guide is automatically in effect when a region or territory is in Phase 1 or Phase 2 of the Ontario Government's [\*Framework for Reopening Ontario\*](#). A follow-up guide that aligns with future Phases is currently under development and will include an officiating section, an increased overview on indoor opportunities, and additional detailed information so that we are prepared when the Province of Ontario moves to its next Phase. For now, this guide provides an emphasis on individual skill development so that we can improve collectively when it is time to return to game play.

This guide is intended to prepare players, parents, clubs and leagues for a gradual return to activity through physical distancing and individual training. 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.

In the course of 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, the British Columbia Provincial Football Association, the British Columbia Lacrosse Association, Hockey Canada, and the Saskatchewan Lacrosse Association. We have also used information from the Ontario Ministry of Health, Hospital for Sick Children and the University Health Network. We appreciate their 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. For further information, contact Ron MacSpadyen ([ron@ontariolacrosse.com](mailto:ron@ontariolacrosse.com)).

## 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 public health authority information and sections of the OLA website that correspond with the information included in this guide.



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# MESSAGE FROM THE OLA

The 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, men's field lacrosse and box lacrosse. Throughout its storied history across the regions and territories of the province, lacrosse competitions have been held for many social and cultural reasons; most importantly 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 we look forward to the day when we can all join together again to play and watch this great game.

In late January, the Province of Ontario identified the first recorded case of COVID-19 in Canada. Since that time, the world we know has changed drastically. Over the last three months, the OLA's Board of Directors have carefully examined available resources to eventually navigate the process for 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 return to sports, this guide establishes 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 support staff and administrators will all play a critical role in combating the spread of COVID-19, and ensuring that we can return to lacrosse as soon as it is safe to do so.

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 Phases 1 and 2 of the Province's [\*Framework for Reopening Ontario\*](#). At this time, competitive play of any kind is not permitted and not addressed in this document. It is imperative that the resumption of lacrosse training 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 a heartfelt thank you 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 1<sup>st</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

It is recommended for everyone entering the field / facility to wear a non-medical exercise 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. 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.



## 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, keeping our participants safe.

### Cleaning:

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

### Sanitizing:

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

### Disinfectants:

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

### GUIDELINES FOR CLEANING, SANITIZING AND DISINFECTING

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

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

## 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	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Requiring participants to be registered with the OLA, the club and the session, prior to arrival for the purpose of attendance	<input checked="" type="checkbox"/>			
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>	<input checked="" type="checkbox"/>			
Work with the field / facility to establish physical distancing areas that are clearly marked in advance of any session	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	





## HYGIENE &amp; 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, providing physical distancing is practiced</li> <li>Continue to monitor public health authority guidelines specific to wearing masks</li> </ul>				
<p>Families should be encouraged minimize the number of people that come with the participant to limit the overall number of people at the field / facility</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				
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 at all times <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



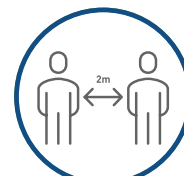
Do not touch your eyes, nose or mouth with your hands



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.

## 4

# FIELDS & FACILITIES

While access to indoor venues is limited in Phases 1 and 2, fields and outdoor boxes offer an opportunity for both box and field lacrosse players to develop and refine their individual skills.

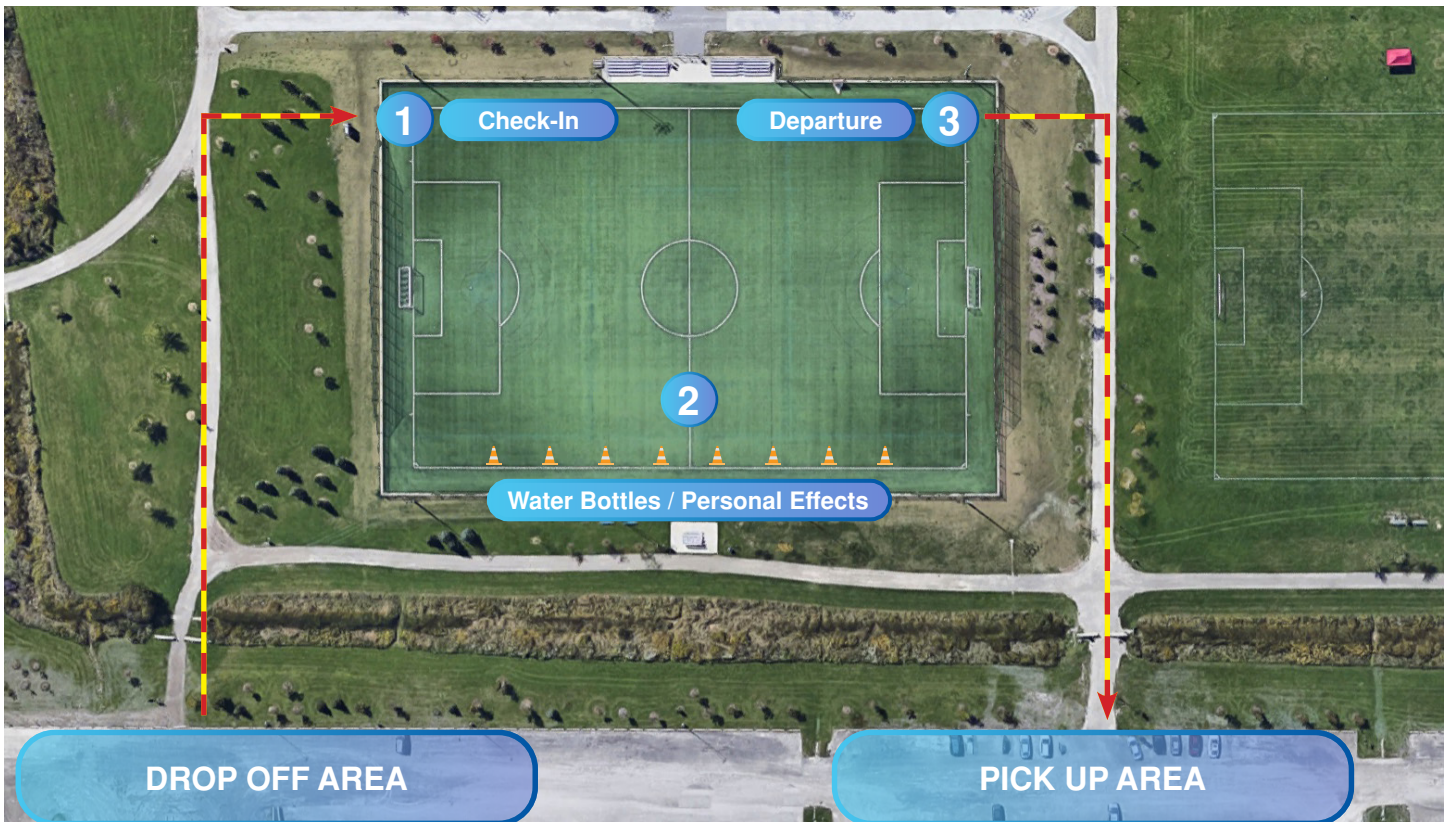
The size of the training area determines the number of participants allowed in order to remain an appropriate physical distance from each other and to ensure the group size is manageable in terms of entry and exit, sanitization, hygiene and all protocols are maintained and monitored. There are provincial 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. 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 prior to the first session so that the rules and expectations are clear
- 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)







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

### On-Field Session Departure Process:

- 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.

# 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 players 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 Phases 1 & 2 will focus on individual skill development in a physically distanced group setting (there is no scrimmaging, game play or contact allowed at this time)
	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



## 6

# 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
- 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

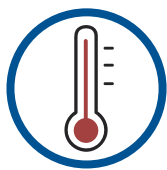
Return to Activity / Return to Play needs to be beneficial, safe and fun for all participants. Coaches, trainers and volunteer administrators will need to ensure all of these guidelines are followed during sanctioned lacrosse activity. In all circumstances, safety of participants must be the top priority 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
	Do not assist any players with equipment adjustments unless necessary in a medical emergency
	Review the club's detailed arrival and departure plan to ensure that it allows for no-contact check-in, physical distancing between participants and confirms contact tracing information
	Adhere to the "Rule of 2" at all times: a minimum of two coaches and a maximum number of players according to regional guidelines on social gatherings (5 in Phase 1, 10 in Phase 2)
	Monitor all players for any symptoms of illness during the event
	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

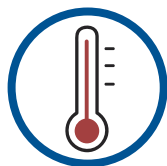
**STEP 3**

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.

**STEP 1**

Player advises a team staff representative immediately if feeling ill

**STEP 2**

Participant receives a non-medical mask

Anyone caring for the participant is provided with a non-medical mask and gloves

**STEP 3**

Player is isolated to an area away from other participants and personal stations

Parents are advised to take the player home, or if necessary, for medical attention

**STEP 4**

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

Coach reports the situation to the club's communication officer

**STEP 5**

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 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.



#### STEP 1

Player discloses a COVID-19 diagnosis to the club



#### STEP 2

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

Communications officer advises the Regional Public Health Agency

Club cooperates with the Regional Public Health Agency to provide contact tracing



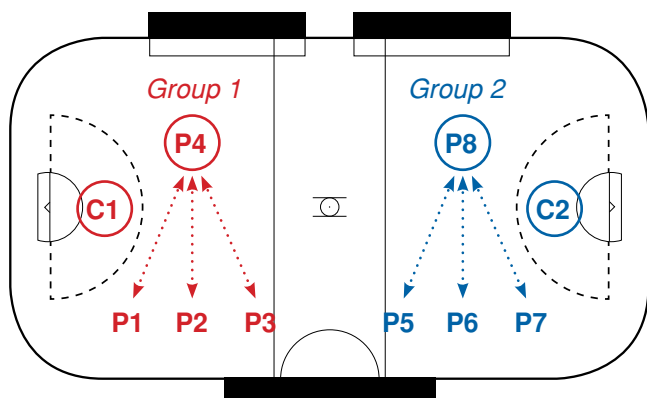
#### STEP 3

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

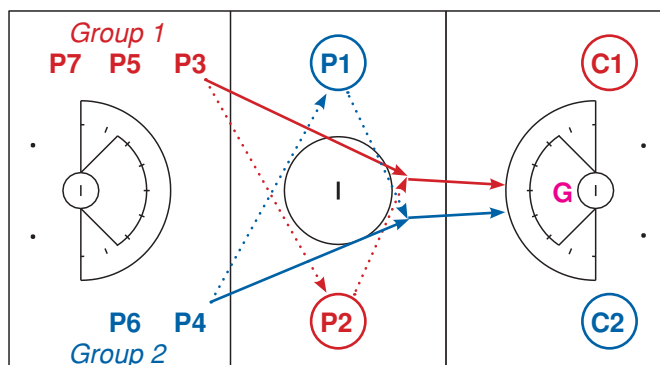
The coach provides the physician's note to the club's communications officer

**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.

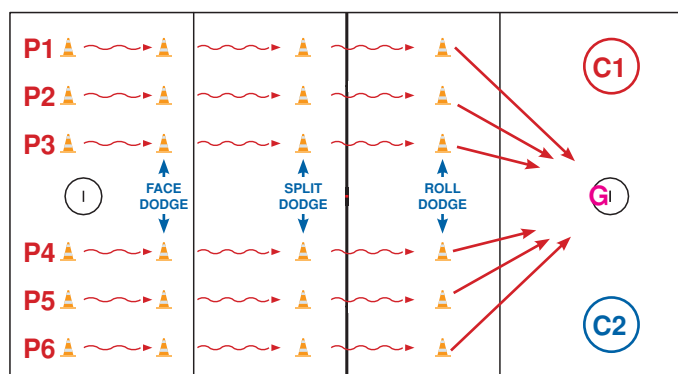
## SAMPLE PRACTICE DRILLS FOR PHYSICAL DISTANCING ACTIVITY



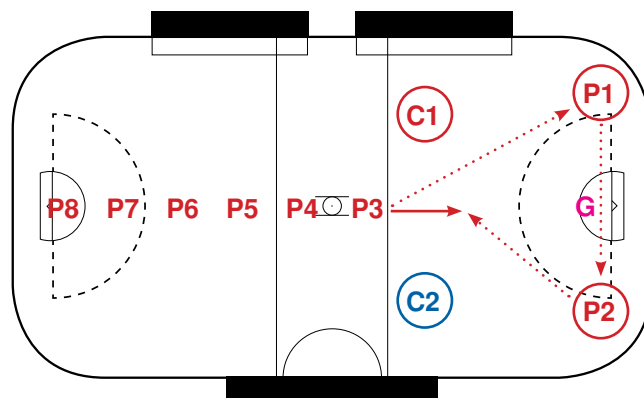
- Each player has a ball
- P1 passes to P4, P4 passes back
- P2 passes to P4, P4 passes back, etc.
- 60 second drill, then rotate positions within group
- Challenge between Groups 1 and 2 for most passes



- 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?

In addition to the sample selection of drill diagrams above, the [OLA's YouTube channel](#) will feature 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 do not cause players to gather or make contact.

# 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 training and it is important that all players follow the rules. Following the rules will ensure that the activity and experience is beneficial, safe and fun for all participants.

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

# PARENTS & 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

1	<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>
2	<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>
3	<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>• Maintain safe distance (2m) between people at all times</li> </ul>
4	<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>
5	<b>Maintain Distance</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>• Do not shake hands or initiate personal contact</li> </ul>

During all phases of the Return to Activity / Return to Play protocol and the reopening of fields/facilities, a spirit of ongoing patience and flexibility will need to be practiced by parents. 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.





### 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
	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 – TBA

## 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](#)

## 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](#)

## 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 RETURN TO ACTIVITY (RTA)

**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 new COVID waiver will be 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: Members who have not been refunded by their association prior to June 30 are already eligible and insured to participate in RTA. They only need to consent to the online COVID-19 waiver available via their club website.

Members refunded prior to June 30 will need to re-register online via their club website. For those members, the pricing & fee structure for the the 2020 OLA RTA season is:

OLA Insurance: \$0.00  
Ontario Lacrosse Magazine: \$0.00  
SportzSoft registration fee: \$0.00  
OLA registration fee: \$0.00  
Credit card processing fee: 2.75%

**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 the this RTA guide, fundamental skills and drills, modified sessions, and clinic or camp formats (both indoor and outdoor) are allowed following the basic principles of the Ontario Emergency Order: physical distancing, no-contact and group sizes of five (5) for regions in Phase 1, and group sizes of ten (10) for regions in Phase 2. 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 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: 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, video resources are currently in development and will be published on the OLA website when they have been finalized. All videos will also be made public on the [OLA's YouTube channel](#) in the near future.

**Q: Will the OLA help contacting municipal facilities with the RTA policy?**

A: Yes, OLA representatives will be working with the Ontario Recreation Facilities Association and municipalities directly. As well, this RTA policy is provided electronically for all OLA-sanctioned clubs to share with their municipality.

**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: RTA opportunities would follow general OLA player movement rules and regulations.

**Q: RTA is asking families to stay home if they have symptoms, what if they choose not too? 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: 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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