

Burlington Minor Lacrosse Association

Return to Activity Stage 3

July 2020

1. Hygiene and Safety:

Hygiene and safety were paramount in guiding the development of Return to Activity guidelines for both the Ontario Lacrosse Association (OLA) and the Burlington Minor Lacrosse Association (BMLA). Overall, the guidelines developed below include general principles that should be followed, however, due to the changing medical knowledge, specific protocols may be changed or updated based on input from public health or municipal authorities.

The BMLA has relied predominantly on the guidance from the OLA Return to Activity document. The foundation for the Return to Activity guidelines revolve around 5 key principles as described by the OLA.

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

Return to Activity. Ontario Lacrosse Association. Phases 2 Stage 3. July 24th, 2020.

Non-medical face masks:

A non-medical face mask is recommended for everyone entering the training area over their chin, mouth and nose whenever physical distancing cannot occur. Masks are not required for participants engaging in activity providing physical distancing is practised. Masks are not a substitute for physical distancing, but can be used in conjunction with hand hygiene and proper hygienic practices when physical distancing is not possible.

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

 <p>DO wear a non-medical mask or face-covering to protect others</p>	 <p>DO ensure that your mask is made of at least two layers of tightly woven fabric</p>
 <p>DO inspect your mask for tears or holes</p>	 <p>DO use the ear loops or ties to put on and take off the mask (avoid touching the mask)</p>
 <p>DO ensure your nose and mouth are fully covered when wearing your mask</p>	 <p>DO wash your hands or use alcohol-based sanitizer before and after touching a mask or face-covering</p>
 <p>DO wash your mask with hot, soapy water and let it dry completely before wearing it again</p>	 <p>DO ensure that your mask is clean and dry prior to wearing it</p>
 <p>DO wash or replace your mask whenever it becomes damp or dirty</p>	 <p>DO store reusable masks in a clean paper bag until you will wear it again</p>
 <p>DO discard masks that cannot be washed in a plastic-lined garbage bin after use</p>	 <p>DON'T touch your mask while you are wearing it</p>
 <p>DON'T reuse masks that are moist, damaged or dirty</p>	 <p>DON'T share your mask with other people</p>
 <p>DON'T wear your mask on your chin or neck, or remove it to talk to someone</p>	 <p>DON'T discard your used mask in any place where it could create a public health risk</p>

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2. Cleaning, Sanitizing and Disinfecting:

When used in combination with hand hygiene, proper cleaning and disinfection of high touch surfaces can help to limit transmission of infectious diseases, including coronaviruses.

Overall, the goal is to limit the number of high touch surfaces that are communal at Return to Activity functions. For those surfaces that are present, proper cleaning by the



appropriate parties is needed. All participants play a role in this. Actions that are required of each member are as follows:

- Participants
 - Come to the field/facility with only essential items for activity. Equipment bags are to be left within a vehicle.
 - Do not share equipment or remove equipment during activity.
 - Only touch balls with stick/only touch stick with gloves on
 - Bring pre-filled labelled water bottle
- Parents
 - Encourage participants to follow above guidelines
 - Disinfect any equipment used after each session to the best of your ability
 - Stick, protective equipment, water bottle
 - Be prepared at sidelines to adjust player equipment
- Coaches
 - Disinfect any equipment after each session (balls,nets)
 - Avoid touching any equipment or player
 - If a player requires equipment adjustment, send the player to the parent on the sideline.
 - Disinfect any bench/surface used during session



Hygiene and Safety Checklist:

HYGIENE & 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"> Communicating with families to make sure they are aware of the rules regarding spectating the event, physical distancing during arrival and departure, and on-field / facility protocol Encouraging participants to minimize their time in or around the field / facility 	<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"> What they can expect from the program Planning for the first session Precautions taken to keep the field / facility safe and clean Field / facility protocols and expectations for physical distancing Best hygienic practices according to applicable public health authorities Prohibition of spitting and open nose-blowing in any open space 	<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"/>	



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<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"> 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 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>When coughing or sneezing:</p> <ul style="list-style-type: none"> Cough or sneeze into a tissue or the bend of the arm Dispose of any used tissues as soon as possible in a lined waste basket and wash hands Avoid touching your face with unwashed hands 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<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"> Go home and then follow up with both a physician and the public health authority by telephone 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

HYGIENE & SAFETY CHECKLIST				
STEP	PRIOR TO EVENT	PRIOR TO ARRIVAL	AT THE EVENT	AFTER THE EVENT
<p>Participants identified as being vulnerable to COVID-19 should be more cautious and should speak with a physician prior to any participation</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
<p>Promote good hand hygiene (washing and sanitizing) before and after training</p> <ul style="list-style-type: none"> Wash hands after using restrooms with soap and water for at least 20 seconds Use alcohol-based hand sanitizer if soap and water are not available 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<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"> The cloth mask can be removed while participating in activity, providing physical distancing is practiced Continue to monitor public health authority guidelines specific to wearing masks 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<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"> Congregation between families during arrival and departure is prohibited 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



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Players must bring their own labelled water bottle which is thoroughly washed after each session		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Players and coaches' lacrosse equipment bags should include personal hand sanitizer <ul style="list-style-type: none"> All participants should wash their hands frequently (before leaving home, prior to entering the facility, and after leaving the facility) 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Player's lacrosse equipment bags should be kept inside of vehicles during each session <ul style="list-style-type: none"> Separate equipment bags should be used for clean and soiled equipment Equipment (jerseys, shorts, socks, dry-land gear, etc.) should be washed after each session, following the manufacturer's guidelines Equipment that 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 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

HYGIENE & SAFETY CHECKLIST				
STEP	PRIOR TO EVENT	PRIOR TO ARRIVAL	AT THE EVENT	AFTER THE EVENT
For age groups where parents may need to assist with equipment adjustments, the player should leave the field / facility in order to meet with the parent <ul style="list-style-type: none"> Participants should not make direct contact with each other under any circumstances 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Clothing and equipment should be worn to the field / facility which minimizes the need for getting dressed (aside from helmets and gloves)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
The coach should ensure that physical distancing is practiced at all times <ul style="list-style-type: none"> Equipment (lacrosse balls, cones, goal nets, creases, etc.) used by the team should be disinfected between use 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Team towels should be reserved for use by the trainer for emergency use <ul style="list-style-type: none"> Team towels are not for regular player use If a towel is used by the team trainer, it should be immediately discarded in a sealed bag or container Tissue can be kept on hand for regular player use 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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Key strategies to reducing transmission for all participants:

- Follow local public health advice guidance



- Hand hygiene with soap and water or alcohol-based hand rub (with at least 60% alcohol) frequently
- Avoid close contact with those who are sick
- Proper respiratory etiquette (cough/sneeze into sleeve)
- Always practice physical distancing of > 2 m (6ft)
- Do not touch eyes, nose or mouth with your hands

3. Risk management

As part of registration with the OLA, participants will be required to sign an OLA liability waiver. 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.

In addition, BMLA is responsible for a declaration of compliance that is to be signed by the current president, Dave Hunter, for the OLA and is to ensure that the BMLA follows the Return to Activity guidelines as set forth by the OLA. Failure to comply can result in disciplinary action from the OLA.

4. Field and Facilities

During Phase 2, Stage 3, activities can occur indoors or outdoors. The size of the training area will determine the number of participants that will be able to participate while ensuring there is proper sanitization, physical distancing and that group size is manageable at entry and exit and that all protocols outlined in the policy can be followed. Consultation with the municipality where the permit is being attained will be necessary to determine what group sizes may be.

Before the first session:

- The BMLA and municipality where permit is to be obtained shall connect and ensure all expectations are clear.
- Plan for arrival and departure of players, coaches, support staff and parents to allow for physical distancing guidelines. Ensure start times are staggered.
- Have clear signage for proper entry and exit of the training area
- Be aware of the containers that the facility provides for the safe disposal of wipes and/or hygienic materials
- Understand the cleaning, disinfecting and sanitizing protocols and responsibilities that are in place in the municipality.
- Determine access to dressing rooms and washroom facilities



Arrival process:

- A BMLA volunteer will take attendance at a check-in centre as the player arrives at the field. This area shall be well-marked and provide markers to aid with physical distancing.
- After check-in, the player will be assigned a cone on the sideline. Cones will be spaced to allow for physical distancing. This will be the players personal station and water bottle location for the session. Players will wait at their cone until the coach is ready to begin.

Departure process:

- The exit plan will be discussed with players. Coach will then dismiss players one at a time to prevent gathering. Players are to exit the field and proceed directly to their car.

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Indoor Facility session arrival process



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.



5. Requirements of the Association

BMLA is to host an online information session prior to the start of any Return to Activity sessions. These online information sessions will need to have two-way communication so that attendance can be verified.

During these information sessions, several topics are to be discussed, including, but not limited to:

CHECKLIST FOR A CLUB'S PRE-ACTIVITY MEETING	
<input checked="" type="checkbox"/>	Host a pre-activity online meeting for players, coaches, parents and volunteer coordinators that allows for two-way communication (confirm attendance)
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	Share applicable public health authority advisories and guidelines (see Section 10)
<input checked="" type="checkbox"/>	Share applicable municipal facility advisories and guidelines (received from the municipality)
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	Share association and facility expectations and protocols on arrival and departure, including limiting the number of parents or guardians involved in the process
<input checked="" type="checkbox"/>	Discuss the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation
<input checked="" type="checkbox"/>	Discuss the importance of everyone washing their hands before entering the field / facility, after using the washroom, and after leaving the field / facility
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	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)
<input checked="" type="checkbox"/>	Make sure that all players arrive dressed in their equipment (no dressing rooms will be provided)
<input checked="" type="checkbox"/>	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)
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	Discuss the execution of each session's training plan, and what players can expect from their involvement and participation
<input checked="" type="checkbox"/>	Recommend hygiene kits for players: small package of tissues, hand sanitizer, laminated prevention card with key reporting information, thermometer, non-medical mask, disinfectant
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	Questions, comments or concerns not raised by the pre-session meeting facilitator



6. Communications Officer

BMLA will assign a person a communication officer who will be responsible to ensure all updated and relevant information is disseminated to all participants involved in Return to Activity sessions.

Responsibilities of Communication Officer

- Monitoring all relevant updates from public health authorities and circulate these within the club so that members are aware of latest recommendations
- Ensuring club representatives are following measures outlined in this policy
- Liaising with the OLA to discuss any unique circumstances not covered by 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.
- Liaise with 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 and Volunteers

The goal of Return to Activity/Play is to create an environment that is beneficial, safe and fun for all participants. To ensure the safety of all participants, coaches and volunteers need to follow the checklist below:

CHECKLIST FOR COACHES & VOLUNTEERS	
<input checked="" type="checkbox"/>	Sign the OLA waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by OLA insurance
<input checked="" type="checkbox"/>	Be informed on and follow all public health authority advisories and guidelines (see Section 10), as well as applicable municipal facility advisories
<input checked="" type="checkbox"/>	Ensure that participant safety is the top priority at all times
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	Talk to all players about the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation
<input checked="" type="checkbox"/>	Create a detailed practice plan with drills that follow physical distancing expectations and do not reuse the same equipment where contact is made
<input checked="" type="checkbox"/>	Dispose of soiled face masks, disposable gloves, disinfectant wipes inside of a garbage bag
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	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)
<input checked="" type="checkbox"/>	Maintain and respect the privacy of all participants in accordance of the OLA's Privacy Policy, unless requested by the Public Health Agency
<input checked="" type="checkbox"/>	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.



Participant Becomes Ill During A Session:

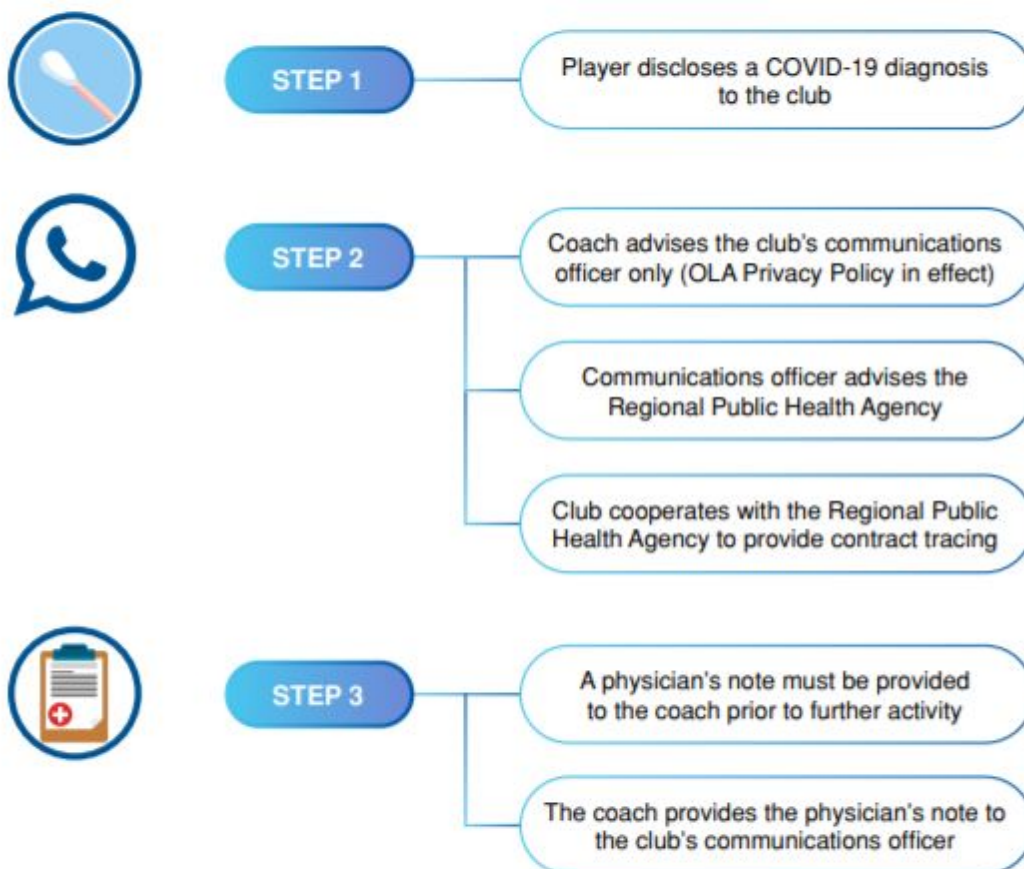
During the course of a session, coaches and team staff must be prepared for the possibility that a player may feel ill or show symptoms of COVID-19. The most common symptoms are fever, dry cough and shortness of breath, but headache, loss of taste and / or smell, sore throat, and muscle pains have also 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.



8. Players

The way in which players will participate in Return to Activity will be significantly different than what they were accustomed to. To ensure that all participants remain safe, it is important that everyone is aware of, and following the updating guidelines. The checklist below reviews the key points.

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



9. 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) 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	
Personal Equipment	Arrive to the field / facility dressed in the officiating uniform Bring your own water bottle (must be filled at home and clearly labelled) Do not touch players’ equipment (dropped sticks, padding, etc).
Game Balls	Sanitized game balls are provided by the hosting team prior to the game Once the game has begun, officials will not touch a game-used ball with their hands When a ball goes out of play, a sanitized ball will be used to restart play
Surfaces / Benches	Hosting club is responsible for disinfecting all surfaces between games There is no diving into the crease by an attacking player in any sector or at any level Substituting players are given leeway during line changes to maintain distance
Game Sheets	Women’s Field: Digital field-side attendance records; score is kept by the teams Men’s Field: Digital field-side attendance records; score is kept by the teams Box: Digital penalty box attendance records; score is kept by the game clock
Timekeepers	Women’s Field: Field-side timekeepers as usual for game time in each half Men’s Field: Field-side timekeepers as usual for game time in each half Box: Game timekeeper and shot clock operator as usual for each half
Game Play	Draws are not conducted by officials at any point in the game Possession is awarded after a coin-toss between team representatives prior to the game The team who did not start with the ball in the first half is awarded possession for second half
Post Goal Restart	The goaltender is responsible for retrieving the ball from the net following any goal A “free clear” is awarded to centre for the team who was scored on Play restarts with a whistle (except in women’s field, which can utilize “Self Start”)
Loose Ball “Call Out”	On a contested loose ball, the nearest official calls out the jersey colour of the closest team That nearest player is entitled to play the ball live (no stoppage in play) The opposing player(s) must reposition themselves to avoid contact
Responsibilities	Officials are solely responsible for officiating games according to the rules of RTA / RTP Clubs are responsible for reporting any violations of the RTA / RTP to the OLA Clubs are responsible to e-Transfer payments according to the OLA Officiating agreement



10. 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 teams against players within their own organization, or against other teams outside of their organization, but within their own Public Health Region. These 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."



11. Spectators & Parents

Parents and spectators are included in the considerations for group size in a number of regions and if provisions are not made to ensure that they remain at a safe distance from each other, they could be deemed in violation of the municipality permits. Parents must be aware of the protocols in advance of the session. Additionally, the increased number of indirect participants has the potential to contribute to greater spread of infectious diseases, including COVID-19. Due to both of these issues with spectators and parents, all efforts should be made to limit the number of non-participating parents and family members at the field/facility, and physical distancing must occur at all times. Parents and spectators are not required to complete screening upon entry to the training area as they will not be entering the participant-only area. Overall, parents and guardians can help reduce the risk of transmission by adhering to the following principles:

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

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As the protocols of the Return to Activity/Play will be new, parents and guardians are asked to be flexible with the new guidelines and understand that patience will be required. Communication between the BMLA and parents/guardians is of the utmost importance in ensuring that everyone is aware of the most recent public health guidelines and that expectations are clearly defined.



CHECKLIST FOR PARENTS, GUARDIANS & SPECTATORS	
<input checked="" type="checkbox"/>	Sign the OLA waiver to acknowledge understanding that COVID-19 and other infectious diseases are not covered by OLA insurance
<input checked="" type="checkbox"/>	Be informed on and follow all public health authority advisories and guidelines, including the use of face masks when indoors or on shared pathways
<input checked="" type="checkbox"/>	Be informed on and follow all municipal facility advisories and guidelines
<input checked="" type="checkbox"/>	Be informed on and follow all team expectations for safe arrival and departure
<input checked="" type="checkbox"/>	Attend all pre-activity online meetings with your child, and ask questions when unsure about expectations
<input checked="" type="checkbox"/>	Talk to your child about the importance of preventing COVID-19 in the lacrosse environment, including physical distancing measures and safe participation
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	Make sure that your child knows to talk to an adult if they are feeling unwell, and to remove themselves from lacrosse activity immediately
<input checked="" type="checkbox"/>	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
<input checked="" type="checkbox"/>	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)
<input checked="" type="checkbox"/>	All players must arrive to the field / facility dressed in their equipment (it is unlikely that dressing rooms will be provided in most municipalities)
<input checked="" type="checkbox"/>	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)
<input checked="" type="checkbox"/>	Encourage your child to only touch the ball with their stick, not with their hands
<input checked="" type="checkbox"/>	Remain in designated areas (away from the field / facility) during any sessions, and respect physical distancing guidelines between other families during arrival and departure
<input checked="" type="checkbox"/>	Assist your child with equipment adjustments only when necessary and away from the field / facility, and thoroughly clean all used equipment following each session
<input checked="" type="checkbox"/>	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)
<input checked="" type="checkbox"/>	Monitor your child for any symptoms of illness before and after the session
<input checked="" type="checkbox"/>	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

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References:

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