

COVID-19 Action Plan (CAP) for the Toronto Rock Athletic Centre



Prepared by: Toronto Rock Athletic Centre
For: Employees, Athletes, Visitors

Contents

1. Introduction | PAGE 3
2. Roles and Responsibilities | PAGE 3
3. Procedures and Controls | PAGE 3
4. Response Plan for Possible Cases and Contamination | PAGE 5
5. Measures in Place to Enforce Social Distancing | PAGE 6
6. Cleaning and Disinfecting Protocols | PAGE 6
7. Handling Deliveries | PAGE 7
8. Emergency Response Team | PAGE 8

Appendix | PAGE 9

- [Appendix A](#) Ontario COVID-19 Online Screening
- [Appendix B](#) TRAC & TRAC Athletics Vaccination Policy
- [Appendix C](#) Ontario Proof of Vaccination Poster
- [Appendix D](#) PHAC: Know the Difference
- [Appendix E](#) COVID-19: What You Need to Know
- [Appendix F](#) TRAC COVID-19 Waiver of Liability
- [Appendix G](#) How to Safely Wear a Mask
- [Appendix H](#) Mask Exemptions
- [Appendix I](#) Updated TRAC Signage
- [Appendix J](#) Additional Resources



1. Introduction

The Toronto Rock Athletic Centre (TRAC) and Toronto Rock Lacrosse (TRL) are committed to the health and safety of its employees, athletes, program participants, spectators, visitors, facility renters and any other individual at the Toronto Rock Athletic Centre.

In light of ongoing events regarding the COVID-19 pandemic, the TRAC and TRL established an Emergency Response Team that developed specific protocols, policies, and response plans that shall be followed. Given the unique nature of our business, individual protocols and response plans have been established for the Toronto Rock Athletic Centre and the Toronto Rock office - **this plan is for Toronto Rock Athletic Centre**. These protocols have been established for preventative measures and emergency response measures.

The TRAC and TRL continue to monitor the situation on an ongoing basis, relying on only reputable official organizations for information, including the Government of Ontario (GO), World Health Organization (WHO), Public Health Agency of Canada (PHAC), and Public Health Ontario (PHO). Given the rapidly changing situation, if changes are made to this document, communications will be made to the appropriate individuals.

2. Roles and Responsibilities

All employees are required to be familiar with their roles and responsibilities pertaining to this plan. Employees are asked to assist to minimize the spread of COVID-19 by following the procedures and practices outlined in this document, in addition to those outlined by reputable public health agencies. If there are questions regarding this document, please contact the Emergency Response Team.

Refer to Appendices at the end of this document for more helpful resources.

3. Procedures and Controls

A. Personal Hygiene

All individuals entering the Toronto Rock Athletic Centre are expected to employ and practice the following personal hygiene protocols:

- Effective September 22, 2021, proof of COVID-19 immunization for all vaccine eligible participants is required to enter the TRAC (See Appendix B for the Toronto Rock Athletic Centre & TRAC Athletics Vaccination Policy)
- Masks are MANDATORY in all indoor public areas of the Toronto Rock Athletic Centre, including the lobby, hallways, turf and concrete pads, meeting rooms, etc.
- If you are feeling unwell, do not come to the Toronto Rock Athletic Centre.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cough and sneeze into your elbow or a tissue and wash your hands immediately afterwards. If either occurs due to illness symptoms, then you are to follow other protocols in place for any personnel exhibiting any symptoms of an illness.
- Avoid commonly touched areas or ensure you clean your hands immediately afterwards.

- Open doors and touch elevator buttons with gloves, the back of your hand, or other body part, or activate the wheelchair accessibility button with the back of your hand, elbow or knee if possible.

All visitors to the building must fill out the **Ontario COVID-19 Online Screening** (see Appendix A) and provide proof of vaccination per the Toronto Rock Athletic Centre & TRAC Athletics Vaccination Policy (see Appendix B) upon their arrival at the building. QR scan code posted on the doors and in the lobby of the building.

- All visitors are under the responsibility of the staff member they are coming to visit.
- It is that staff member's responsibility to ensure their visitor has filled out the **Ontario COVID-19 Online Screening**.
- All visitors must wear a mask.
- Avoid common greetings that involve any contact such as handshakes.
- Maintain proper social distancing protocols.

B. Vaccination Policy

Effective September 22nd, 2021, proof of COVID-19 immunization is required to gain entry to the Toronto Rock Athletic Centre (see Appendix B).

In accordance with local and Provincial regulations, those aged 12 and older must provide an enhanced vaccine certificate with QR code to enter all recreation facilities. A valid piece of ID must also be presented. This applies to both program participants and spectators/visitors.

Program participants can have provide enhanced proof of vaccination once upon returning this year and we'll note it in their file so they don't need to show it each time.

Spectators/visitors must scan proof of vaccination each time they enter.

For those without access to a smart phone, a hard copy version of the enhanced vaccine certificate's QR code can be provided.

C. Athletes and Participants

When visiting the TRAC:

- Fill out the **Ontario COVID-19 Online Screening** prior to your scheduled time (see Appendix A)
- Participant or Parent/Guardian (if under 18) must complete and sign a **waiver** verifying they are COVID-19 symptom free and acknowledging they accept any risks associated with participating in our programs (see Appendix E). Failure to sign will prohibit entry.
- All vaccine-eligible Participants in any TRAC Athletics programs are required to show **proof of COVID-19 immunization** effective September 22nd, 2021 as per the the Toronto Rock Athletic Centre & TRAC Athletics Vaccination Policy (see Appendix B).
- Maintain proper social distancing (staying 2 meters / 6 feet away from others).

D. Visitors and Spectators

In accordance with Ontario's *Roadmap to Reopening*, we are permitted to run indoor and outdoor training programs and league play:

- Spectators must maintain proper social distancing or 2 meters / 6 feet apart at all times.

- Spectators are permitted indoor for specific programs and events only, with capacities maintained in accordance with government regulations. Masks must be worn indoors.
- All spectators must fill out the **Ontario COVID-19 Online Screening** (see Appendix A) available through QR codes posted on the doors and in the lobby.
- All vaccine-eligible spectators must show proof of COVID-19 immunization to enter the facility – refer to the Toronto Rock Athletic Centre & TRAC Athletics Vaccination Policy (see Appendix B) for full details.
- Parent/Guardians are asked to please ensure their child’s DASH profile is updated to include all emergency contact information.

E. Employees

All Staff:

- As of October 31st, 2021, all employees must be fully immunized against COVID-19 (two doses plus 14 days)
- Self-assess for COVID-19 symptoms each day **BEFORE** coming to work.
- Wear a mask anywhere in the TRAC that is open to the public and in the Toronto Rock office when social distancing is not possible
- Practice proper personal hygiene.
- Clean shared surfaces after you touch them.
- Keep an eye on supply levels of hand soap, paper towels, hand sanitizer, etc. and replace when low or alert TRAC Facility staff of the needed replacement.
- DO NOT share any personal items.
- Continue to use teleconference or video conference when holding meetings, when possible.

TRAC Facility Staff:

- Wear required Personal Protective Equipment (PPE) while working – face mask and gloves.
- Ensure hand sanitizer, hand soap and paper towels are readily available and well stocked.
- Clean high-traffic surfaces (door handles, railings, elevator buttons, etc.) at least twice per day and increased frequency during busy program times during later re-opening stages.
- Ensure bathrooms, changerooms, and showers are cleaned after usage.
- Entry and exit should be limited to front automatic opening double doors.
- Signage posted throughout building including instructions for visitors.

TRAC Coaches/Instructors:

- Maintain adequate social distance (minimum 2 meter/6 feet distance) from participants.
- Wear a face covering when social distancing is not possible.
- Ensure equipment is sanitized before and after every use.
- Pinnies will need to be laundered immediately after use.
- Do NOT share water bottles.

F. COVID-19 Screening Checklist

All individuals, including athletes, participants, parents/guardians, staff, and visitors will be screened prior to entry. As of January 31st, 2022, anyone entering the TRAC will need to fill out the **Ontario COVID-19 Online Screening** (see Appendix A).

- Signage posted throughout the building.
- Directional stickers placed on the floor to enhance physical distancing measures.
- Building capacity will be adjusted according to provincial restrictions (posted in lobby) and capacity limits will be monitored through front-desk sign-in process.
- As of January 31st, 2022, the TRAC is operating at 50% to a max of 500.
- Everyone who is able is encouraged to take the stairs.
- Athletes/participants should be monitored for atypical symptoms and signs of COVID-19 including: headache, nausea, fever, sore throat, hoarse voice, or difficulty swallowing or breathing.

4. Response Plan for Possible Cases and Contamination

- Refuse entry/remove potentially infected employee or participant from the facility and notify member of Emergency Response Team (ERT) immediately.
- Conduct a risk assessment for anyone who has worked closely with the potentially affected individual, to the extent possible.
- During potential contamination, identify:
 - Individuals in direct contact with potentially affected individual.
 - Locations at the TRAC visited/frequented during period of contamination.
- Any equipment recently used by the potentially affected individual.
- ERT to provide notification of the situation to impacted employees, athletes, participants and visitors that have been in contact with the COVID-19 positive employee or participant. Request that anyone who had direct contact with the affected individual to self-isolate as per provincial guidelines.
- If required, ensure safe and secure evacuation and shutdown.
- Arrange for disinfection of the impacted workplace and impacted parties.
- Communicate to authorities, as required.
- Take all reasonable measures to monitor return to work after confirmed full recovery only, where applicable.

5. Measures in Place to Enforce Social Distancing

A. Building

- Social distance (minimum 2 meters/6 feet) shall be maintained between individuals in any shared area in the building or on the premises.

- Wearing masks is mandatory in the building, especially when social distancing cannot be maintained (athletes/coaches/referees are exempt from this while they are training/playing; spectators/visitors exempt while actively eating or drinking)

B. Phased Approach to Return to Play

- TRAC Athletics has developed a phased approach and safety procedures for the re-opening of the outdoor field and facility.
- Communications, physical distancing, signage and enhanced cleaning protocols are included in the plans and the phases will be implemented in alignment with the Province of Ontario health authorities involving government orders, restrictions and guidelines.
- Refer to separate document "**TRAC Return to Play Plan**" for protocols in place for each phase of re-opening.

6. Cleaning and Disinfecting Protocols

A. High Traffic Areas & Frequently Touched Items

- As per PHSA recommendations: high traffic areas (such as door handles, railings, etc.) will be cleaned at minimum twice per day with increased frequency during busy program times.

B. Sport Equipment

- Equipment will be cleaned after every use with high-grade Health Canada approved disinfectant (includes goal posts, cones, balls, sticks, etc.).
- No equipment for team training or camps to be stored in the Rock dressing room.
- Minimize touching cones and other equipment.

C. Building and Field

- High-grade Health Canada approved disinfectant used throughout facility including treatment of artificial turf.
- Cleaning frequency throughout the building increased.
- Hand sanitizer stations installed and maintained throughout the building.
- Sanitizer must be used prior to using the fingerprint scanners.

7. Handling Deliveries

A. Trucks & Large Packages

- Any package that cannot fit into the mailbox is considered "large."
- Deliveries will be sent to back loading bay.
- Signage at front doors will provide instructions to drivers
- Delivery/products to be treated with disinfectant or left for an appropriate amount of time for decontamination.
- Hands need to be washed after handling any packaging or signing for any deliveries.

B. Small Packages & Mail

- Delivered to the lobby (mailbox).
- Couriers will use the phone on the lobby desk to call for a signature.
- Packaging should be disposed of immediately after opening.
- Hands need to be washed after handling any packaging or signing for any deliveries.

Emergency Response Team

A member of the Emergency Response Team should be notified immediately if any staff/visitors/athletes/program participants develop COVID-19 symptoms while at, or after attending, the Toronto Rock Athletic Centre.

Any questions regarding this document or COVID-19 protocols in place at the Toronto Rock Athletic Centre can be directed to any of the Emergency Response Team members.

Nick Rose
General Manager, Toronto Rock Athletic Centre
nrose@torontorock.com
647-966-0660

Terri Giberson
Director of Business Operations, Toronto Rock
tgiberson@torontorock.com
416-528-2863

Michelle Chiasson
Director of Finance, Toronto Rock
mchiasson@torontorock.com

Rachel Wolff
Manager of Events & Community Engagement,
Toronto Rock
rwolff@torontorock.com

Appendix

Appendix A Ontario COVID-19 Online Screening | PAGE 10

Appendix B Toronto Rock Athletic Centre & TRAC Athletics
Vaccination Policy | PAGE 11

Appendix C Ontario Proof of Vaccination Poster | PAGE 14

Appendix D TRAC COVID-19 Waiver of Liability | PAGE 15

Appendix E Public Health Agency of Canada - Know the
Difference: Self Monitoring, Self-Isolation and Isolation for
COVID-19 | PAGE 16

Appendix F COVID-19: What You Need to Know | PAGE 17

Appendix G How to Safely Wear a Mask | PAGE 18

Appendix H Mask Exemptions | PAGE 19

Appendix I Updated TRAC Signage | PAGE 20

Appendix J Additional Resources | PAGE 21



Appendix A: Ontario COVID-19 Online Screening

LINK: <https://covid-19.ontario.ca/screening/customer/>

ONTARIO COVID-19 ONLINE SCREENING

SCAN THE QR CODE TO COMPLETE THE
ONTARIO COVID SCREENING.



SHOW YOUR RESULTS TO TRAC STAFF FOR
ENTRY.



COVID-19 ACTION PLAN - TORONTO ROCK ATHLETIC CENTRE
Appendix B: Toronto Rock Athletic Centre & TRAC Athletics
Vaccination Policy

TORONTO ROCK ATHLETIC CENTRE (TRAC) AND TRAC ATHLETICS
COVID-19 VACCINATION POLICY

1. TRAC ATHLETICS MEMBERS VACCINATION POLICY – 2021/2022 Season

As a condition of participating in any Programs at the Toronto Rock Athletic Centre, TRAC Athletics has established a policy requiring TRAC Athletics Members twelve years of age and older (“Affected Individuals”) to be fully vaccinated against COVID-19 (i.e.: including the 14-day period after receiving their completed dose) by October 31, 2021. Affected Individuals include:

- Program Participants born in 2009 or earlier
- Game Officials (referees, scorekeepers, timekeepers)
- TRAC Arena Personnel (incl. rink attendants, snack bar attendants, etc.)
- TRAC Athletics / Team Officials (coaches, trainers and managers)
- Volunteers

Policy Statement

TRAC Athletics and the Toronto Rock Athletic Centre require that all Program Participants and TRAC Program Personnel be vaccinated against COVID-19, in accordance with the remainder of this policy by October 31, 2021.

This policy applies to all TRAC Athletic Members, which includes individuals who attend training, practices, games or play at the TRAC, and specifically includes all players, coaches, trainers, team and league staff, officials, and volunteers.

This policy is effective September 22, 2021, with due regard for the availability of COVID-19 vaccines.

Reason for Policy

TRAC Athletics continues to take all reasonable steps within its power to reduce the spread of COVID-19. We believe that mandatory vaccinations for all eligible participants combined with other public health measures, masking, and physical distancing provides the best opportunity to keep all our athletes on the floor and support a safe and successful lacrosse season. These measures further support the health and safety of our coaches, officials and other members of the Toronto Rock community as they approach the start of their NLL season.

This policy is necessary to prevent, respond to, and alleviate the outbreak of COVID-19 in our Programs because of the significant risk factors for COVID-19 infection that are present while participating in organized lacrosse. These risk factors include close contact in predominantly indoor closed-space environments (i.e. arenas, dressing rooms, etc.). The close contact nature of the sport makes compliance with social distancing impossible and reduces the effectiveness of other infectious disease transmission protocols such as masking.

COVID-19 ACTION PLAN - TORONTO ROCK ATHLETIC CENTRE
Appendix B: Toronto Rock Athletic Centre & TRAC Athletics
Vaccination Policy

TORONTO ROCK ATHLETIC CENTRE (TRAC) AND TRAC ATHLETICS
COVID-19 VACCINATION POLICY (CONT'D)

Proof of Vaccination Participants (12 years and older) & Other Affected Individuals

To provide proof of vaccination, registered TRAC Athletics Participants and other TRAC Athletics Affected Individuals have two available options:

- Email a digital copy or photo (must be fully legible) of your second Ministry of Health vaccination receipt (will indicate “You have received 2 valid dose(s)”) to vaccine@tracathletics.com prior to September 22, 2021 or your Program start date. The subject line of the email must ONLY include your first and last name as it appears on the receipt and/or your health card (i.e., JOHN DOE).
- If you are uncomfortable or unsure of emailing a copy directly to us, you will be required to present the printed second Ministry of Health vaccination receipt or the digital receipt on your mobile device to a TRAC Athletics staff member prior to entering the facility as of September 22, 2021. Only enter through the front doors of the TRAC. Do not enter through the Toronto Rock Lacrosse Shop or any side or back entrances.

Accommodation

If a TRAC Athletics Participant is unable to provide proof of vaccination, TRAC Athletics will take into consideration documentation to substantiate a medical or protected ground reason for not being vaccinated.

TRAC Athletics will comply with Ontario Human Rights Commission (OHRC) and provide accommodation up to the point of undue hardship to any affected person who is unable to be vaccinated for substantiated medical reasons and/or on ground protected under the OHRC. More details on the OHRC policy statement on COVID-19 vaccine mandates and proof of vaccine certificates can be found here: http://www.ohrc.on.ca/en/news_centre/ohrc-policy-statement-covid-19-vaccine-mandates-and-proof-vaccine-certificates.

To begin the accommodation request process, email Matt Sawyer at msawyer@torontorock.com.

Individuals who have not been granted an accommodation and who have not received their completed series of accepted COVID-19 Vaccine by October 31st, or who have not disclosed their vaccination status by September 22nd or by their Program start date will no longer be eligible to participate in any TRAC programs or activities until such time as they present satisfactory evidence that they are fully vaccinated.

COVID-19 ACTION PLAN - TORONTO ROCK ATHLETIC CENTRE
Appendix B: Toronto Rock Athletic Centre & TRAC Athletics
Vaccination Policy

TORONTO ROCK ATHLETIC CENTRE (TRAC) AND TRAC ATHLETICS
COVID-19 VACCINATION POLICY (CONT'D)

Privacy

All records about COVID-19 vaccinations and accommodations for TRAC Athletics Participants will only be collected, used, or disclosed as may be necessary for legitimate operational purposes or as directed or requested by governmental authorities.

TRAC Athletics will only record that proof of vaccination has been verified. In accordance with section 2.1 of Ontario Regulation 364/20, any information provided by you shall not be retained beyond the date of implementation of the Government of Ontario's digital app (on or about October 22, 2021) and shall be securely destroyed at that time.

All records will be kept in a secure manner consistent with the TRAC Athletics privacy policies and practices.

2.VACCINATION POLICY FOR TRAC SPECTATORS/VISITORS

Starting September 22, the Toronto Rock Athletic Centre will require that anyone 12 years of age or older provide proof of identification and proof of full COVID-19 vaccination (or medical exemption) prior to entering the facility regardless of their purpose for attending.

Prior to entering the Toronto Rock Athletic Centre, all visitors must complete a COVID-19 self-assessment and show proof of vaccination along with ID. Once indoors, all health and safety guidelines, and protocols must be followed including maintaining physical distancing and wearing a mask. Respectful behaviour is also expected towards all visitors, staff, participants and volunteers.



**To enter this setting
you are required to
show:**

- Proof that you are
fully vaccinated
against COVID-19**
- Personal
identification**

As of September 22nd, Ontario requires proof of vaccination to access select settings.

Download or print your vaccination receipt at ontario.ca/proofofvaccination.

For questions,
call: 1-833-943-3900
(TTY 1-866-797-0007).
Help is available 7 days a week
from 8am to 8pm in more than
300 languages.

**Let's all help to protect the
health and safety of Ontarians.**



Download or print your vaccination receipt
at ontario.ca/proofofvaccination

Ontario 

COVID-19 ACTION PLAN - TORONTO ROCK ATHLETIC CENTRE

Appendix D: Waiver of Liability & Assumption of Risk



AMATEUR ATHLETIC - WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in **Toronto Rock Lacrosse Inc. and/or Toronto Rock Athletic Centre Limited "the Club"** athletic/sports programs, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved while participating at the Club is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of releasees or other parties, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, provincial / state, and local governments and federal and provincial / state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Club has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the Club could increase your risk and your child(ren)'s risk of contracting COVID-19.

4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families; and
5. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the Club or participation in Club programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club program.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.



PARTICIPANT or PARENT/GUARDIAN SIGNATURE

**Parent/Guardian must sign for Participants under 18 years old*



PARTICIPANT NAME



DATE SIGNED



PARENT/LEGAL GUARDIAN NAME

TORONTO ROCK LACROSSE CLUB
1132 Invicta Drive - 2nd Floor Oakville, ON L6H 6G1
p: 416-596-3075 w: torontorock.com



COVID-19 ACTION PLAN - TORONTO ROCK ATHLETIC CENTRE
 Appendix E: Public Health Agency of Canada – Know the Difference:
 Self Monitoring, Self-Isolation and Isolation for COVID-19

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

SELF-MONITORING



You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days

SELF-ISOLATION

You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19

ISOLATION

You have:

- ▶ symptoms, even if mild
- AND
- ▶ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19



SELF-MONITOR means to:

- ▶ **monitor yourself** for 14 days for one or more symptoms of COVID-19
- ▶ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible

SELF-ISOLATE means to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic

To be **ISOLATED** means to:

- ▶ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people



You need to **self-monitor** if:

- ▶ you have reason to believe you have been **exposed to a person** with COVID-19



OR

- ▶ you are in **close contact** with older adults or medically vulnerable people

OR

- ▶ you have **been advised to self-monitor** for any other reason by your Public Health Authority

Self-isolate if:

- ▶ you have travelled **outside of Canada** within the last 14 days

OR

- ▶ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19

You need to **isolate** if:

- ▶ you have been **diagnosed with COVID-19**

OR

- ▶ you are **waiting to hear the results** of a laboratory test for COVID-19

OR

- ▶ you have been **advised to isolate at home** for any other reason by your Public Health Authority



If you develop symptoms, **isolate yourself from others immediately** and contact your **Public Health Authority** as soon as possible

If you develop symptoms, even if mild, **stay home, avoid other people** and contact your **Public Health Authority** as soon as possible

If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and **follow their instructions**

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

1-833-784-4397

@ canada.ca/coronavirus

✉ phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



2019 Novel Coronavirus (COVID-19) **What you need to know to help you and your family stay healthy**



**Wash your hands with soap
and water thoroughly and often.**

**Cough and sneeze into your
sleeve or a tissue. Dispose of tissue
immediately and wash your hands.**



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

For more information,
visit [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)

Ontario 



Protect each other from COVID-19
Masks are mandatory in certain indoor public places

Here's how to safely wear a mask

✓ DO

Wash your hands before putting it on and after taking it off

Ensure it fits around your nose and mouth without space at the sides

Put it on and take it off by touching just the straps

If reusable, store it in a clean place and wash it regularly, or discard in a trash can when it is damp, soiled or crumpled

✗ DONT

Don't touch your mask while in public

Don't touch your eyes, nose or mouth until you have thoroughly washed your hands

Don't share coverings or masks with others

Don't use professional- and medical-grade masks. Use a non-medical mask, balaclava, bandana, scarf or other similar item

To learn more about how to protect yourself and others, visit halton.ca/COVID19 or call 311.

Appendix H: Mask Exemptions



Protect each other from COVID-19 Masks are mandatory

All persons aged five (5) years or older entering or remaining in these premises shall wear a **non-medical mask or face covering** which covers their nose, mouth and chin as required under the Regional Municipality of Halton By-law 47-20, unless exempted.

.....

The following persons **shall be exempt** from the requirement to wear a non-medical mask/face covering in enclosed public places within Halton Region:

- i. the person has an underlying medical condition where wearing a mask or face covering would inhibit the person's ability to breathe in any way;
- ii. people who may experience a negative impact to their emotional well-being or mental health;
- iii. people who have a developmental disability which inhibits their ability to wear a mask or face covering;
- iv. people who have a disability whereby the wearing of a mask or face covering would limit their ability to reasonably communicate with others or otherwise present a hardship for a person or persons assisting the individual;
- v. people who are unable to place or remove a mask or face covering without assistance;
- vi. people temporarily removing their Non-Medical Mask / Face Covering when necessary for receiving services (such as having a meal), or while actively engaging in an athletics or fitness activity; and
- vii. employees and agents of the person responsible for the Public Place within an area designated for them and not for public access, or within or behind a physical barrier.

Please be respectful of the rights of individuals who are exempt from wearing a mask in conformity with the exemptions provided in the By-law.

To report an incident of noncompliance, contact the Halton Regional Police Service COVID19 Hotline: 905-825-4722.

For more information, please visit halton.ca. If you have any questions or concerns, please call 311.



halton.ca 311



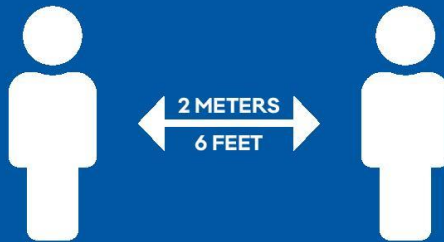


COVID-19 GUIDELINES



HELP STOP THE SPREAD OF COVID-19

GUESTS OF THE TORONTO ROCK ATHLETIC CENTRE:



PHYSICAL DISTANCING IS IN EFFECT AT THE TRAC



REDUCED CAPACITY



SURFACE DISENFECTING



All guests must wear a face mask (PPE) at all times within the TRAC. Masks are available in the Toronto Rock Lacrosse Shop for purchase.



All participants and visitors must fill out the COVID-19 Self-Assessment upon entering the TRAC



Upon entering the building guests must disinfect using the Hand Sanitizer located in the lobby & around the TRAC before entering the pads.



There is no eating allowed in the TRAC at anytime.

Appendix J: Additional Resources

A. Government Updates

- [COVID-19 Measures by Region](#)
- [Public Health Unit Locator](#)
- [Covid-19.Ontario.ca](#)
- [Ontario.ca/coronavirus](#)
- [Canada.ca/coronavirus](#)
- [Publichealthontario.ca](#)

B. Suspect You Have COVID-19?

- Self Assessment Questionnaire: <https://covid-19.ontario.ca/self-assessment/>
- Assessment Centres: <https://covid-19.ontario.ca/covid-19-assessment-centres>
- Self-Isolation Tips: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

C. Need Help?

- Mental Health Information: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/taking-care-mental-health.html>
- Telehealth Ontario (speak to a healthcare professional): 1-866-797-0000 (non-emergencies only!)
- Emergency Situations: 9-1-1 (shortness of breath, sharp chest pains, extreme difficulty breathing, etc.)