

TRAC Athletics Return to Play Plan



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

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1. Introduction

This document is designed to be an initial framework of guidelines to be used in planning for a safer return to the TRAC Athletics Programming during, and after, the COVID-19 pandemic.

These guidelines prioritize the protection of players, coaches, officials and volunteers, as well as their families and friends.

These guidelines are not intended to serve as a replacement for professional medical advice, diagnosis or treatment by a licensed medical professional. The knowledge and circumstances around COVID-19 are changing constantly and, as such, TRAC Athletics makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The Return to Play Plan will include multiple phases, recommendations, and guidelines for anyone participating in TRAC Athletics programming. We would like to stress that when we all return to play; lacrosse will look different than before the COVID-19 pandemic arrived, therefore we will not be able to jump right back into the game as normal. The multiple phases will have varying degrees of time between phases to ensure the highest level of safety precaution for everyone involved in the game.

TRAC Athletics Return to Play Plan will consist of a phased-in approach ensuring return to lacrosse (Phase 4) is done in a progressive manner. This method is to ensure the programming we offer transitions as governmental health authorities modify their health and safety standards over time as our communities return to the new normal of life as well as sport and recreational participation.

The objective for all of us with this Return to Play Plan, is the health and safety of our participants. Guiding principles set out in the Return to Play Plan will be updated as we monitor Government & Public Health guidelines and we will make any adjustments needed to provide the best and safest possible experience for everyone at the TRAC.

Thank you for your commitment and adaptability during this evolving and challenging time. Above all else, our team at the TRAC hopes that everyone is staying safe while we learn to deal and adapt with COVID-19.

Sincerely,

The TRAC Athletics Team

2. General Guidance on Return to Play

The following Public Health recommendations should be followed, regardless of the Return to Play phase in your community. They currently include:

- Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms:
 - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**
 - People with these symptoms may have COVID-19:
 - Cough, sore throat, shortness of breath or difficulty breathing
 - Fever of 100.3 degrees F/37.9 degrees C
 - Chills, onset fatigue or muscle pain
 - New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

- **Each participant is required to pre-register online through our Dash platform; there will be no walk-ups accepted.**
- **Each participant who is vaccine eligible (12 years of age and above and/or exempted) will be required to have a COVID-19 immunization in order to participate in TRAC Athletics programs (see Appendix B).**
- **Each participant will be required to complete the Ontario COVID-19 Online Screening (Appendix A) each day prior to starting your session.**
- **Each participant will be required to submit a waiver of liability and assumption of risk (Appendix D) prior to starting their program.**
- Arrive dressed and ready to train.
- Eat off-site. Bring own water bottle.
- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- Thoroughly wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Minimize use of washrooms, changing rooms and communal areas (note - access restricted to main lobby washroom only for Phase One of Return to Play).
- Any tasks that can be done at home, should be done at home (recovery sessions, coach followup, etc.).
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- It is recommended that participants wear face masks during times where social distancing is not possible.

3. Vaccination Policy

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

TRAC Athletics and the Toronto Rock Athletic Centre require that all Affected Individuals 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.

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.

Please refer to Appendix B for full details on the Toronto Rock Athletic Centre and TRAC Athletics Vaccination Policy.

4. Return to Play Phases

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. ***As of January 31, 2022 we are in Step Three of Ontario's Roadmap to Reopen, which means we can offer outdoor and indoor training and league play; spectators indoors will also be permitted for certain programs/events.*** The TRAC Return to Play plan includes the following phases:

Phase 1: Return to Training

- Small group format, outdoors only
- Modified lacrosse training & activities with physical distancing
- No contact, no league, exhibition or tournament games

Phase 2: Return to Training with Modified Games

- Training and league play allowed as defined by Province of Ontario restrictions
- Indoor use for high performance athletes only (professional and elite amateur)
- Physical distancing markers for player benches, penalty boxes, etc.
- Group size as defined by Provincial restrictions

Phase 3: Return to League Play

- Game play modifications may be made to limit extended closeness/contact between athletes, as required by current provincial restrictions.. Examples of game considerations include the draw/face-off and any positioning that would allow bodies to make prolonged contact or be positioned within 6 feet of one another.
- Participants and coaches can temporarily remove mask/face covering to engage in an athletic activity.
- Capacity limits are monitored and maintained in the building

Phase 4: Return to Lacrosse – Regular League Play, Training and Camps

- Physical distancing and other government orders and restrictions have been lifted

TRAC Athletics will determine timelines for each phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines.



It is important to note that these stages are not intended to be followed in a linear manner, as it may become necessary to return to prior phases and activities, based on the evolving status of COVID-19 Government guidelines and regulations.

Phase One: Return to Training

- Small group format, outdoors only
 - Modified lacrosse training & activities with physical distancing
 - No contact, no league, exhibition or tournament games
 - Compliant with Step One of Ontario's *Roadmap to Reopen*
-
- Social Distancing Measures are in place - Introduction of Small Group activities respecting physical distancing measures of 2M (6 ft).
 - Size as defined by current provincial restrictions, 3 metre distance between participants
 - Lobby main washrooms will be open for participant use.
 - Changerooms and showers will be closed. Participants to come dressed ready to play.
 - No games during this phase.
 - Any lacrosse activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
 - **Face masks are to be worn by coaches and staff** for practices and other activities, especially when social distancing may not be possible. **Athletes may wear a face mask** during lacrosse activity and are recommended to wear one at all other times especially when social distancing may not be possible. Face coverings should cover nose and mouth.
 - No huddles; no pre-or post-activities requiring participants to gather.
 - No handshakes, high-fives, fist-bumps or skin-to-skin contact
 - No spectators (including parents) on or the field during activities. At this time, the building is not open to visitors or spectators. Parents are asked to follow physical distancing rules and refrain from congregating on the premises.
 - Assign areas on field that ensures adequate physical distance between each player, for them to place their equipment and water, so that they can return to during breaks in activity. Between training efforts, maintain a distance of at least 3 metres apart.
 - Time spent training will be well-planned by TRAC Athletics coaches, timed appropriately to reduce time spent lingering on the field and efficient. Time spent together is productive practice time!
 - If government-imposed lockdown measures are introduced in only some regions, participants from those regions will not be permitted to attend.

Phase Two: Return to Training with Modified Games

- Competition with small or full roster sizes is allowed under provincial restrictions
- Modified league play
- Outdoor programming only
- Compliant with Step Two of Ontario's *Roadmap to Reopen*

- Physical distancing measures are relaxed during programming to allow for closer player interactions in training (still no contact).
- Enhanced training includes now closer group interactions, and modified competition with smaller or full roster sizes allowable.
- Physical distancing markers may be in place for player benches, penalty boxes, etc.
- Game play modifications will be made to minimize higher risk activities that limit extended closeness and contact between athletes. Examples of game considerations where there is extended closeness and/or contact include the draw/face-off and any positioning that would allow bodies to make contact or be positioned within 6 feet of one another.
- All participants, officials, and coaches to be COVID-19 symptom screening and temperature checked prior to each activity.
- All visitors must sign in upon entry to the TRAC (required for trace-contacting if necessary). No spectators (including parents) on or near the field during lacrosse practices or activities.
- Directional signage throughout the building to be followed.
- Level of building access and operation will be dependent on Government restrictions.
- Any lacrosse activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- In this phase, avoid large gatherings of parents during activities. Respect social/physical distancing measures, monitor and follow government public health authority allowances on size of group gatherings.
- If government-imposed lockdown measures are introduced in only some regions, participants from those regions will not be permitted to attend.

Phase Three: Return to League Play

- Indoor training and league play allowed
 - Compliant with Step Three of Ontario's *Roadmap to Reopen*
-
- Game play modifications may be made to limit extended closeness/contact between athletes. Examples of game considerations include the draw/face-off and any positioning that would allow bodies to make prolonged contact or be positioned within 6 feet of one another.
 - Level of building access and operation will be dependent on Government restrictions
 - Limited capacity for specific programs/events will be permitted. Capacities will be monitored and maintained in the building. Spectator capacity for Ontario's Step Three is set at 300 max in Blue Arena and 100 max in Red Arena.
 - All athletes, officials, and coaches to be COVID-19 symptom screening prior to each activity.
 - All visitors must sign in upon entry to the TRAC (required for trace-contacting if necessary) and face masks must be worn. Spectators will be required to practice social distancing within the facility.
 - Directional signage throughout the building to be followed.
 - Changerooms will have limited access. Social distancing "stalls" will be marked on the floor.
 - Showers will be open for specific programs/events only.
 - Any non-lacrosse activity must comply with the physical distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
 - Respect social/physical distancing measures, monitor and follow government public health authority allowances on size of group gatherings.
 - If government-imposed lockdown measures are introduced in only some regions, participants from those regions will not be permitted to attend.
 - Snack bar may be open.

Phase Four: Return to Lacrosse – Regular League Play, Training and Camps

- All physical distancing and other government orders and restrictions have been lifted
-
- Currently there is no timeline on when Phase 4 will take place.
 - All game formats will be permitted.

Guidance and Responsibilities for Program Leaders

- Every athlete, official, and coach should be **symptom-screened** (and temperature checked if in Phase 1 or 2) **prior** to each activity.
- Ensure players, coaches, and officials are **symptom-free** each day they are in attendance, prior to any activities.
 - All are clear to play if not symptomatic, able to perform at prior levels, and screen negative on any screening. Players, coaches or officials with any COVID-19 symptoms must be at least 14 days postpositive test, with a minimum of 72 hours symptoms free and negative repeat COVID-19 test in order to return.
 - A daily attendance log is to be maintained.
- Ensure all vaccine-eligible participants have shown proof of COVID-19 immunization per the Toronto Rock Athletic Centre and TRAC Athletics Vaccination Policy.
- Prior to the start of the program, ensure every athlete has submitted a waiver of liability form prior to the beginning of each program.
- During training exercises assign areas on field that ensures adequate physical distance between each player including enough space for them to place their equipment and water, so that they can return to during breaks in activity. Between training efforts, ensure participants maintain a distance of at least 6 feet apart.
- Ensure all athletes are made aware and understand the modifications to game play protocol to avoid prolonged/deliberate contact.
- No huddles; no pre-or post-activities requiring participants to gather.
- Ensure players space out appropriately on benches and penalty boxes by marking accordingly and altering/enlarging said spaces as required.
- Follow the COVID-19 Action Plan created by the Toronto Rock Athletic Centre.

Guidance and Responsibilities for Parents & Athletes

- Do not bring your athlete if you or they are sick or recently sick.
- Ensure athlete's Dash profile is up to date including emergency contacts and child is pre-registered in the program – no walk ups will be allowed.
- Email a digital copy or photo of the participant's second Ministry of Health vaccination receipt to vaccine@tracathletics.com. The subject line of the email must ONLY include the participant's first and last name as it appears on the receipt and/or their health card. If 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. Refer to the Toronto Rock Athletic Centre and TRAC Athletics Vaccination Policy (Appendix B).
- Complete COVID-19 participant screening questions prior to arrival each day.
- Ensure liability waiver is filled out and submitted prior to the start of the program.
- **Educate athletes about need for social distancing and what they should do to protect themselves (hand washing, not touching others, keeping 6-feet apart):**
 - Cough and sneeze into your elbow or a tissue and wash your hands immediately afterwards;
 - Wash hands with soap & water for at least 20 seconds or use an alcohol-based hand sanitizer;
 - Avoid common greetings that involve contact (handshakes, high-fives, fist-bumps, etc).
- Arrive dressed and ready to train or use minimal time in change rooms as possible.
- Eat off-site. Bring own water bottle and an ample supply of water for your session.
- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels. Wipe down equipment before and after participation.
- Limited number of spectators are allowing in the building at this time. Parents and other non-participants must wear a face mask covering their nose and mouth while inside the facility. Parents and spectators are reminded to follow physical distancing rules and refrain from congregating on the premises.
- Cooperate with needs/asks of coaches/organizers.

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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.



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.

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.

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.

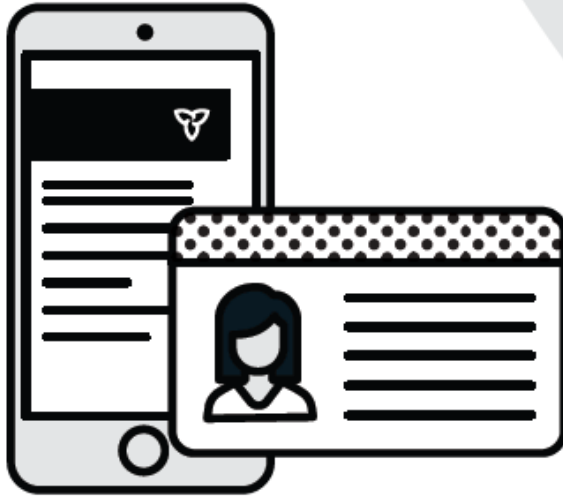
All records will be kept in a secure manner consistent with the TRAC Athletics privacy policies and practices.

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.

RETURN TO PLAY - TRAC ATHLETICS
Appendix C: Ontario Proof of Vaccination Poster



**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 

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

Appendix E: Vaccination Accommodation Requests

To protect the health and safety of participants in its activities, the Toronto Rock Athletic Centre (TRAC) and TRAC Athletics is requiring certain participants to be fully vaccinated against COVID-19 as a condition of participating in TRAC Athletics programs. This currently includes all vaccine-eligible players, officials, spectators, staff, and volunteers.

Any affected person who is unable to be vaccinated for substantiated medical reasons and/or on grounds protected under the Ontario Human Rights Code may request an accommodation.

Complete both SECTION 1 and SECTION 2 of this Form.

Completed forms are to be submitted to Matt Sawyer at: msawyer@torontorock.com

PLEASE READ CAREFULLY:

- Requests for accommodation will be considered upon completion and presentation of this form.
- Individuals with an approved accommodation will be notified in writing using the email address provided by them in the form below.
- Decisions will be made in accordance with the TRAC's Vaccination Policy (see Appendix B) In the event a request is denied, individuals are permitted to reapply if new documentation and/or information becomes available.
- This form only applies to requests for creed/religion accommodation from the TRAC's COVID-19 vaccination requirement. If you are seeking accommodations for other purposes, you will be required to make a separate application in accordance with existing procedures. If you have a previously-approved accommodation, you must still submit this form if you wish to be considered for a COVID-19 vaccination accommodation.
- Participants under the age of 18 must have their parent or legal guardian sign the declaration on their behalf.
- TRAC Athletics shall not retain any information provided you in accordance with section 2.1 of Ontario Regulation 364/20 and shall securely destroy all information upon the implementation of the Government of Ontario's digital app on or about October 22, 2021.

Appendix E.1: Creed/Religion Accommodation Request

By submitting this form, you acknowledge that you are seeking a creed/religion accommodation to the TRAC's COVID-19 vaccination requirement.



Request for CREED/RELIGION ACCOMMODATION regarding mandatory vaccination for participation in TRAC Athletics activities

SECTION 1 – TO BE COMPLETED BY PARTICIPANT

(A) PARTICIPANT'S INFORMATION		
Last Name:	First Name:	
Email address:	Tel:	
Type of participant (eg. Player, official, volunteer, etc.):		
(B) PARENT/LEGAL GUARDIAN INFORMATION (FOR INDIVIDUALS UNDER 18 YEARS OF AGE)		
Last Name:	First Name:	
Email address:	Tel:	
By submitting this form, I am requesting that I/my child be exempted from the TRAC's COVID-19 vaccination requirement based on the ground of creed/religion and affirm as follows:		
<ol style="list-style-type: none"> 1. The mandatory COVID-19 vaccination requirement for those participating in TRAC Athletics activities conflicts with my/my child's sincerely held convictions based on my/my child's creed/religion. 2. I understand that the TRAC may approve accommodation measures that require me/my child to follow additional health and safety protocols, including, but not limited to: <ol style="list-style-type: none"> a. regular COVID-19 testing and disclosure of test results; and/or b. limited participation in certain programs, <u>activities</u> and events. 3. I understand that should an outbreak occur, the Ontario government and/or the applicable public health authorities may impose additional restrictions or requirements on me/my child for health and safety reasons, which may not apply to fully vaccinated participants. 4. I understand that as part of the accommodation process the TRAC may seek additional information from me relating to my/my child's creed/religion. 		
Signature of individual (<u>or</u> parent/legal guardian for those under 18 years of age)		Date

Appendix E.1: Creed/Religion Accommodation Request



Request for CREED/RELIGION ACCOMMODATION regarding mandatory vaccination for participation in TRAC Athletics activities

SECTION 2 – TO BE COMPLETED BY PARTICIPANT

Creed / Religion Accommodation
<p><i>Use this space to explain the basis for your creed/religion-based accommodation request. Include:</i></p> <ul style="list-style-type: none"><i>• What is the creed/religion that you belong/subscribe to?</i><i>• How long you have been a member/participant of this organization/community?</i><i>• How long you have refrained from receiving vaccinations?</i><i>• What is the <u>sincerely-held</u> creed/religious belief(s) that prevents you from receiving vaccinations?</i><i>• How is the above-noted belief(s) integrally linked to your identity, <u>self-definition and fulfilment</u> and part of a particular and comprehensive, overarching system of belief that governs your conduct and practices?</i>

RETURN TO PLAY - TRAC ATHLETICS
Appendix E.2: Medical Accommodation Request

By submitting this form, you acknowledge that you are seeking a medical accommodation to the TRAC's COVID-19 vaccination requirement.



Request for MEDICAL ACCOMMODATION regarding mandatory vaccination for participation in TRAC Athletics activities

SECTION 1 – TO BE COMPLETED BY PARTICIPANT

(A) PARTICIPANT'S INFORMATION	
Last Name:	First Name:
Email address:	Tel:
Type of participant (eg. Player, official, volunteer, etc.):	
(B) PARENT/LEGAL GUARDIAN INFORMATION (FOR INDIVIDUALS UNDER 18 YEARS OF AGE)	
Last Name:	First Name:
Email address:	Tel:
By submitting this form, I am requesting that I/my child be exempted from the TRAC's COVID-19 vaccination requirement based on the ground of creed/religion and affirm as follows:	
<ol style="list-style-type: none"> 1. The mandatory COVID-19 vaccination requirement for those participating in TRAC Athletics activities conflicts with my/my child's sincerely held convictions based on my/my child's creed/religion. 2. I understand that the TRAC may approve accommodation measures that require me/my child to follow additional health and safety protocols, including, but not limited to: <ol style="list-style-type: none"> a. regular COVID-19 testing and disclosure of test results; and/or b. limited participation in certain programs, activities and events. 3. I understand that should an outbreak occur, the Ontario government and/or the applicable public health authorities may impose additional restrictions or requirements on me/my child for health and safety reasons, which may not apply to fully vaccinated participants. 4. I understand that as part of the accommodation process the TRAC may seek additional information from me relating to my/my child's creed/religion. 	
Signature of individual (or parent/legal guardian for those under 18 years of age)	Date

RETURN TO PLAY - TRAC ATHLETICS
Appendix E.2: Medical Accommodation Request



Request for MEDICAL ACCOMMODATION regarding mandatory vaccination for participation in TRAC Athletics activities

SECTION 2 – TO BE COMPLETED BY PHYSICIAN OR NURSE PRACTITIONER

Declaration of Physician or Registered Nurse in the Extended Class (Nurse Practitioner)	
<i>I certify that, based on my examination and/or my knowledge of the medical history of the above-named person, receipt of any COVID-19 vaccine approved by Health Canada is medically contra-indicated and they should be exempted from the requirement for those participating in TRAC Athletics activities to be fully vaccinated against COVID-19. I have completed an individual assessment, considered the Ministry of Health: COVID-19 Vaccination Recommendations for Special Populations and/or the Canada Public Health Recommendations on the Use of COVID-19 Vaccinations and reviewed risks and benefits with the abovenamed person.</i>	
<i>Please describe how receipt of any COVID-19 vaccine approved by Health Canada is medically contraindicated for your patient. It is not necessary to provide a diagnosis.</i>	
<i>If the medical condition is temporary, please indicate the expected time period for the medical condition:</i> From: _____ to _____ =	
Name of Physician or Nurse Practitioner:	Registration/License No.:
Business address and contact information:	
Signature of Physician or Nurse Practitioner	Date

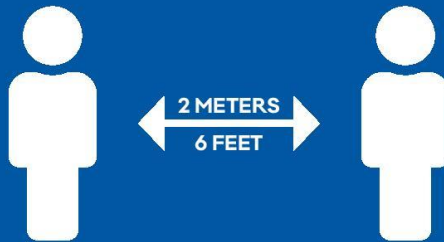


COVID-19 GUIDELINES



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.

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

Ontario 