

TRAC Athletics Return to Play Plan



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

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*Version Twelve reflects Ontario's removal of capacity limits in all indoor public settings, proof of vaccination requirements lifted, and movement from active screening to passive screening.

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 will be required to submit a waiver of liability and assumption of risk (Appendix A) prior to starting their program.**
- **Each participant is required to passively screen themselves before entering the TRAC, following signage posted at the entrance (Appendix B)**
- Arrive dressed and ready to train.
- 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

In line with provincial regulations, as of March 1, 2022, proof of vaccination is no longer required for TRAC Athletics programs or entry to the TRAC.

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 March 1, 2022, Ontario has removed proof of vaccination requirements. Mask/face covering requirements and passive screening of patrons is still in place. As a result, we are in a modified Phase 4 of the TRAC Return to Play.*** 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*
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- 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*
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- 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*
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- 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
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- Return to Lacrosse begins March 1, 2022 at which time Ontario has lifted all capacity limits for indoor/outdoor facilities as well as proof of vaccination requirements.

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.
- 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.
- 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.
- 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.

Appendix

Appendix A TRAC COVID-19 Waiver of Liability | PAGE 12

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Appendix A: 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

RETURN TO PLAY - TRAC ATHLETICS
Appendix B: COVID-19 Passive Screening Poster



Please review these questions before entering the building, if you answer **“yes”** to any question, you are not permitted to enter the TRAC.

1. In the past 10 days have you experienced any of the following symptoms/do you currently have any of the following symptoms:

- Fever and/or chills
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of smell or taste
- Runny or stuffy/congested nose
- Sore throat
- Headache
- Muscle aches/joint pain
- Fatigue
- Nausea, vomiting and/or diarrhea

2. In the last 14 days, have you travelled outside of Canada AND been advised to quarantine (per federal quarantine requirements)?

3. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?

4. In the last 10 days, have you tested positive for COVID-19 (includes a positive COVID-19 test result on PCR, rapid antigen, or home-based self test)?

5. Do you live with someone who is currently isolating because of a positive COVID-19 test?

OR Do you live with someone who is currently isolating because of COVID-19 symptoms?

OR Do you live with someone who is waiting for COVID-19 test results?

6. In the last 10 days (5 days for under 12 years of age), have you been identified as a “close contact” of someone who currently has COVID-19 and doesn’t live with you?



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

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