



# Oshawa Minor Lacrosse Association – Spring 2021 RTA

**Oshawa Minor Lacrosse Spring RTA program begins March 27th. Register now!**

*Spots are limited as the program is only permitted 10 participants per cohort. Your spot will not be secured until registration is completed and payment is made in full.*

Please read this entire message as there are a few things we need each parent to do before we are allowed to have the kids on the floor.

1. Ensure you have sent your email money transfer with your child’s name and division ie U9, U15 etc in the message section to [omlapayment@oshawalacrosse.ca](mailto:omlapayment@oshawalacrosse.ca)
  - For Rep - Two sessions a week x 5 weeks \$150
  - For Recreation/House League - One session a week x 4 weeks \$60
2. Officially register using the google link attached here:  
<https://forms.gle/UXXPCPsNThNpKtn2A>
3. Review the Equipment List
4. Review the COVID19 rules in place for the program.
5. Download / bookmark the COVID19 Screening App we’ll be using for the program.  
<https://frm-cvd-ca.esolg.ca/Oshawa/Screening-Form>

## EQUIPMENT

1. Helmet & Mask
2. Gloves
3. Stick
4. Shorts
5. Running shoes
6. Jock/Jill (wear to the arena)
7. Individually marked and full water bottle.

## SCHEDULE

All floor time will be run out of **Donevan arena at 171 Harmony Rd S, Oshawa**. Session times are as indicated below:

### Recreational Development Skills Lacrosse

\*groups will rotate times weekly

\* no play Easter weekend

\*schedule dependent upon registration numbers

Donevan	Saturday’s	Sunday’s
9-10AM	<b>U5 Peanut</b> (2017-2018)	<b>U7 Paperweight</b> (2015-2016)
10:30-11:30AM	<b>U5 Peanut</b> (2017-2018)	<b>U7 Paperweight</b> (2015-2016)
12-1PM	<b>U9</b> (2013-2014)	<b>U7 Paperweight</b> (2015-2016)
1:30-2:30PM	<b>U9</b> (2013-2014)	<b>U7 Paperweight</b> (2015-2016)
3-4PM	<b>U15 &amp; U17</b> (2005-2008)	<b>U11-13</b> (2011-2012)



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## Rep Skills Lacrosse

Donevan	Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
5-6PM	U13 (2009-2010)	U11(2011-2012)	U13(2009-2010)	U11(2011-2012)	TBD
6:30-7:30PM	U13 (2009-2010)	U11(2011-2012)	U13(2009-2010)	U11(2011-2012)	TBD
8-9PM	U17(2005-2006)	U15(2007-2008)	U17(2005-2006)	U15 (2007-2008)	TBD
9:30-10:30PM	U17(2005-2006)	U15(2007-2008)	U17(2005-2006)	U15(2007-2008)	TBD

## COVID PROTOCOLS

It is imperative that all COVID guidelines are followed in order to ensure that we can continue to run the program without interruption. A failure to follow any of the guidelines could result in the program being shut down.

All registrants also need to agree to the City of Oshawa Arena Protocols (RED ZONE)

<https://digitalshift-assets.sfo2.cdn.digitaloceanspaces.com/pw/77ed2659-163a-45ea-a43e-92dbbdcccc92/f-f540f56e-0016-4644-bc68-57a07ab6d3fa/COVID%20-%2019%20Donevan%20Arena%20Floor%20Protocols%20-%20RED%20Zone4278%201.pdf>

## Prior to entering the building

- Fill out your City of Oshawa COVID screening form the same day as your players floortime <https://frm-cvd-ca.esolg.ca/Oshawa/Screening-Form>. You can include your name along with your player's name on the one form.
- There is currently a strict building occupancy therefore only one parent or guardian will be permitted into the building with their player. No siblings will be permitted into the building.
- There will be a limit of 10 players and two coaches on the floor at a time
- Attend approximately 10 to 15 minutes prior to the scheduled floor time. If you arrive prior to that you can wait in your vehicle until 10 minutes before your player's scheduled floor time. All players will be entering the building as one unit and a Coach or OMLA convener will meet you at the door to check your screening form (that green checkmark) and match the child's name to registration.
- Masks must be worn while entering the building. Players can take theirs off when they put their helmets on however spectators must keep theirs on at all times



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### While in the building

- Players will proceed right, down the stairs and directly to the designated players area
- Spectators proceed directly to the right, down the stairs and enter the doors to the spectators area
- Everyone is to remain 6 feet apart at all times and sit or stand at designated (taped) spots
- Players will have a chair they can use to dress before going on the floor.
- Coaches will manage required physical distancing while the players are on the floor. The focus is on skills at this time and there will not be any physical contact.
- After the session is over, everyone is asked to immediately exit the building, no loitering. If your player happens to be on the floor for two hours back to back, please exit the building following their first scheduled session and re-enter at the 10 minute mark with the players from the second hour as described above
- Note also there there is no ball throwing in the hallway

All registrations are subject to Oshawa Lacrosse's Refund Policy here:

<http://blueknights.lacrosseshift.com/2021-rta-refund-policy>

Should you have any questions about programming or scheduling please email [omlregistrar@gmail.com](mailto:omlregistrar@gmail.com).

For any COVID related questions please email the Covid Communications officer at [omladevelopment@gmail.com](mailto:omladevelopment@gmail.com)

See you on the floor!