



Oshawa Blue Knights

Oshawa Minor Lacrosse Association

Return To Play Plan

Return to Play – August to September 2020

OMLA Return to Play Program



Oshawa Lacrosse will be offering skills training for Tyke-Midget aged (7-16 yrs.) players starting Tuesday, August 4th for 6 weeks

Schedule

- Sessions will run weekday evenings between 5-8 pm and are broken down by player age group

Location

- Gulfstream, Brookside, Rotary Parks, & Ritson Fields

Registration

- All participants must be registered & have paid for the RTP session prior to arrival through the on-line registration portal
- All participants must complete the COVID-19 waiver through the portal prior to participation

*Sessions will be 50 minutes to allow for player change over; game will be 40 minutes each



Session Layout – Rotary Field Example

	Field 1	Field 2
5:00 - 5:50	Tyke	Novice
6:00 - 6:50	Peewee	Peewee
7:00 - 7:50	Bantam	Midget



Protocols & Precautions

- All participants need to arrive no earlier than 15 minutes before the start of their session
- It is critical that you are on time for your session. Once the session has started, players will not be allowed to join
- All participants must be dressed prior to entering drop off zone and all equipment bags must be left in the car
- Players will bring their own water bottle to the field with their name clearly marked
- Players will line up 6 feet apart to check in at the designated check in table with spacing identified by pylons
- Upon check in, all players will enter a staging area and will proceed to the field and to their assigned cone once directed by a coach. The cone will be the players personal station and will be where their water bottle and medication will be kept
- Players will remain in their assigned groups for the duration of the development session, unless otherwise directed by a coach
- At the end of the session, players will return to their assigned cones and will be dismissed one by one and must immediately exit the field through the designated exit point



Protocols & Precautions

- If a participant has any cold or flu like symptoms (runny nose, sore throat, fever, cough), they must advise the association and stay home until they have consulted a physician
- In the event that a participant is exhibiting signs or symptoms consistent with COVID-19, that person will be removed from activity, provided a disposable mask, and sent home. A physician note may be required to return to play
- It is recommended that anyone entering the field should wear a cloth mask when physical distancing can not be followed. Masks during play are not required if 6 feet distancing is maintained

Protocols & Precautions



STEPS TO PREVENT THE SPREAD OF COVID-19



Follow the advice of your **local public health authority**



Wash your hands often with soap and water for at least 20 seconds



Use an **alcohol-based hand sanitizer** containing at least 60% alcohol



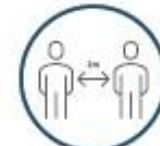
Do not touch your eyes, nose or mouth with your hands



Avoid close contact with people who are sick or symptomatic



Cough or sneeze into your sleeve, not your hands



Always practice **physical distancing** of at least 2m (6ft)

Protocols & Precautions



IF YOU HAVE SYMPTOMS OF COVID-19



Isolate at home to avoid spreading illness to others



Avoid visits with vulnerable people, including older adults and people with medical conditions

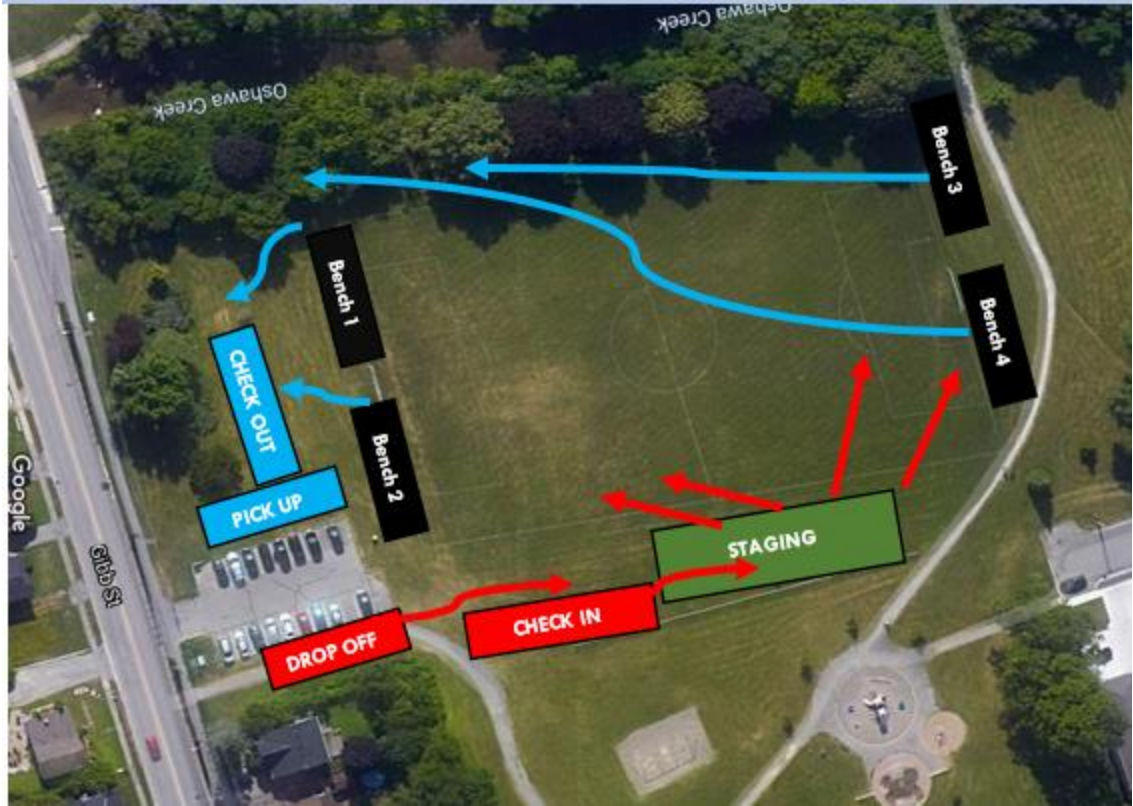


Call ahead before you visit a physician



If symptoms worsen, contact your regional public health agency immediately and follow their advice

Field Layout/Procedures - Rotary



Field Layout/Procedures



Player Drop-Off Zone

- Pull to the front most drop-off position as directed by Volunteer to ensure a continuous flow of drop offs
- Players can only be dropped off in this designated area
- If staying for session please proceed directly to Primary Parking or Overflow Parking Areas



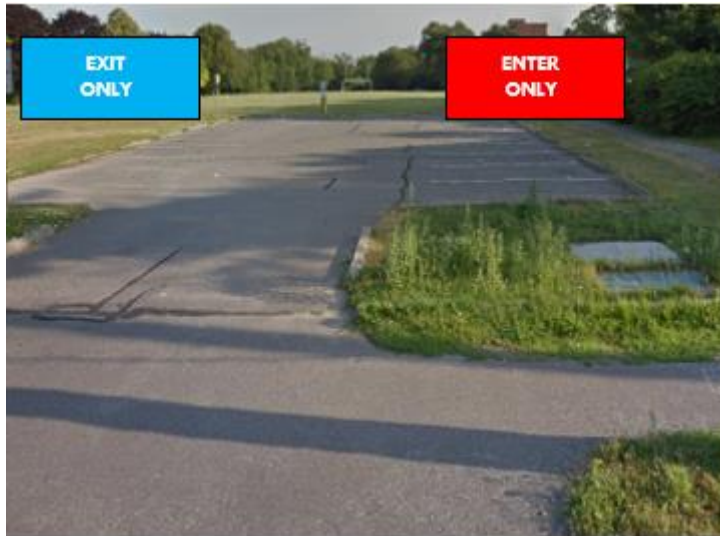
Field Layout/Procedures



Player Check In

- Players will line up at cones spaced 6ft apart to Check-In
- Players will provide first and last name to confirm attendance
- Players must have a water bottle with name labelled. Players without water will be required to purchase water at check in
- Players with medical supplies can bring them to the field in a Ziplock bag
- After check-in players will proceed to designated player staging area and cone

Field Layout/Procedures



Entering & Exiting the Field

- Players and spectators are required to enter and exit field area using designated Enter or Exit Lanes
- Players will only enter or exit field area with a designated Coach or Volunteer

Field Layout/Procedures



Spectators

- Spectators staying during the session are required to go directly to the Spectator Seating Area and maintain Physical Distancing guidelines

Field Layout/Procedures



Player Pick Up

- Players will stage to be picked up on the grass adjacent to the Parking Lot
- Parents will exit in the opposite fashion of arrival
- Cars are to pull up to the front most position in the designated Pick-Up Zone as directed by onsite Volunteers
- Cars will exit parking area in a safe manner following player pick up
- Parents and Players are not to linger in the area following their On-Field Session
- Cars that were parked in the Overflow Parking must enter this area to Pick-Up their player

Player Guidelines



Checklist for Players

- Respect physical distancing guidelines between other players during arrival, departure, and on the field of play
- Ensure that you sanitize your hands upon arrival and departure from the field
- Speak with a coach if you unwell during lacrosse activity and remove yourself from the field
- Ensure that you use only your own water bottle during sessions & it is labelled with your name
- Ensure that you arrive at the field dressed in your equipment & equipment bags, snacks and all other personal belongs are stored in your vehicle
- Always pick up the ball with your stick, not your hands
- Always follow public health & municipal facility guidelines

Player Equipment



Equipment Required for Skills Session

- | | |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | Helmet |
| <input checked="" type="checkbox"/> | Stick |
| <input checked="" type="checkbox"/> | Gloves |
| <input checked="" type="checkbox"/> | Mouthguard |
| <input checked="" type="checkbox"/> | Jock |
| <input checked="" type="checkbox"/> | Appropriate foot wear (ideally cleats) |

***** All OLA approved field lacrosse equipment will be required for games**



Parent/Spectator Guidelines

Checklist for Parents/Spectators

- Always follow public health & municipal facility guidelines
- Ensure that you sanitize your hands upon arrival and departure from the field
- Follow all team expectations for safe arrival and departure
- Ensure your player has adequate water for the session
- Only one parent should be involved in bringing a player to and from the field/facility & ride sharing between families should not occur under any circumstances
- Remain in designated areas during sessions and respect physical distancing guidelines
- Assist your child with equipment adjustments only when necessary and away from the field
- Monitor your child for any symptoms of illness before and after every session

Concerns/Questions



Questions or comments around information covered in this Return to Play presentation?

At any time should you have any questions or concerns regarding Oshawa Lacrosse's Return to Play programming or any of the procedures implemented to ensure player safety, please reach out to us at: **Paul Vivian OMLA** president@oshawalacrosse.ca

Thank You!

Appendix

Field Layout Ritson Fields



Field Layout Brookside



Field Layout Gulfstream

