

Recommendations and Guidelines for Players

- It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the COVID-related symptoms, you will not be allowed to participate in any training or games. Please follow public health recommendations and contact your medical health provider. If a player and/or a member of their family living in the same household tests positive, they must contact the public health department immediately so that contact tracing may begin. A negative COVID-19 test will be required by the club before being allowed to participate in play again.
- All players (over 18) and/or their parent/guardian **must** fill out and sign all waivers before they or their child will be able to participate in any training or games. The Assumption of Risk Agreement has been added to our Power Up Registration Website. Simply log into your account, click on the red note pad beside your child's name on the right-hand side of the screen, review the document and check the acknowledge boxes. The process only takes a few minutes and it is **required that all parents acknowledge the form prior to anyone participating in our programs.**
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 10 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Bring your own water bottles clearly labelled with your name and do not share refreshments.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- Wash hands and use hand sanitizer where warranted.
- Do not spit at any time.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Try to avoid touching eyes, nose or mouth.
- The Clubhouse will not be open for player use unless we move to Step 3 of the Provincial Mandates. There are exterior washrooms at Ferndale Park. Optimist will have Porta-Potties on site. Washroom facilities should be used at the players/spectators own risk.
- Spectators should wear facemasks where 2m physical distancing is not possible and should make every effort to maintain proper social distancing.
- Only one parent/guardian may attend any training or game activities as per OSA recommendations.**

