

# Gloucester Lacrosse Association

## Return to Activity Protocol

Griffins,

Outlined in this document is an overview of our return to play measures. Please review this document carefully with your child and accompanying parent prior to arriving.

The details outlined in this document are as of July 17, 2020 and under the guidance and recommendations of Ontario Public Health and Government Officials. As we receive more updates, we will adapt and modify our practice plans and protocols as needed.

### Return to Play Protocol

A few general guidelines for everyone to ensure a safe and enjoyable experience.

**ALL PLAYERS** - If you are not feeling 100% and have come into contact with anyone showing symptoms of COVID-19 or illness **do not** attend.

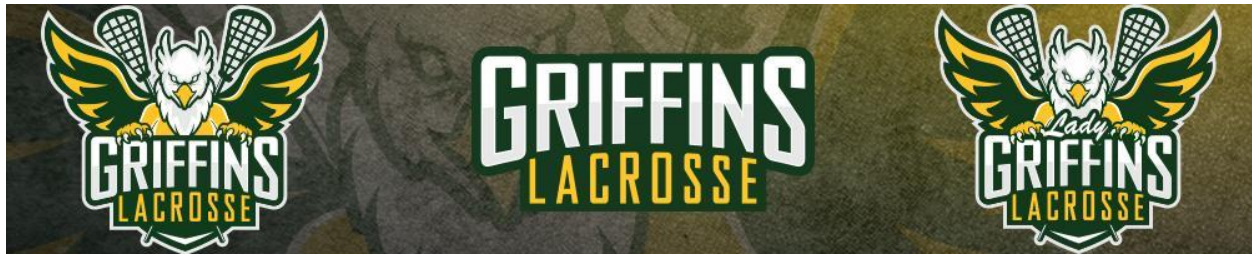
**Parents** – Due to limited parking and to maximize the number of participants we are asking that parents **DO NOT STAY for the RTA Sessions**. Please drive slowly along Donald Street as this is a busy pedestrian and cyclist area. Please drop off your child and return to pick up at Parking lot B at their scheduled end time.

### PLAYER CHECKLIST

- 1) Helmet
- 2) Gloves
- 3) Arm Pads
- 4) Mouth Guards
- 5) Jock
- 6) Sticks
- 7) Running shoes (we are using ball hockey rinks)
- 8) Full Water Bottle proper labelled with player's name
- 9) GOALIES – FULL GEAR

### PAYMENT

At your first session, bring the payment of \$65 in a sealed envelope with the player's name and level on it. We will have a box that you can drop the envelope off at the start of your fitness session. If you are attending as a drop in, please bring a payment of \$10 in a sealed envelope with the player's name and level on it.



## CHECK-IN / ARRIVAL

To limit crowding, we will not have a central check-in table. Please review the following check-in and arrival details:

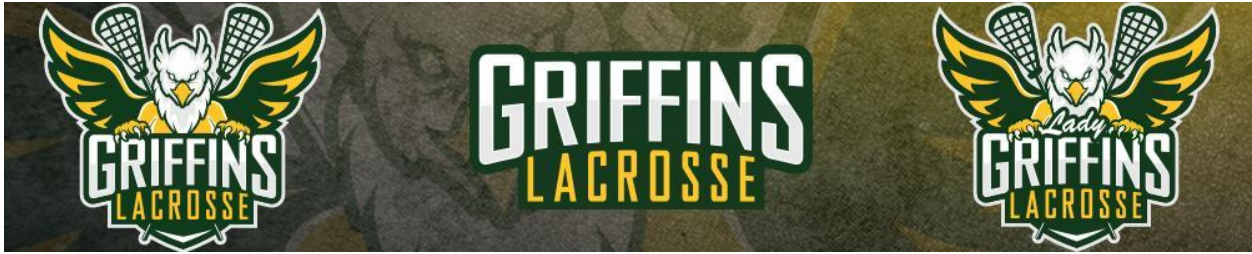
- You will receive your Small Group assignment prior to July 27.
- You are required to remain and train with this group for fitness and on floor lacrosse activities.
- Please do not arrive any earlier than 15 minutes prior to your scheduled time.
- Players should be dressed and only have their payment/helmet/gloves/stick/water bottle in hand.
- Head to your designated field or fitness area 5 minutes prior to your start time.

## SESSION FORMAT AND TENTATIVE SCHEDULE

The Ottawa region is currently in phase 3. The recommendations allow for the introduction of modified intra-squad scrimmages/practices with limited closeness and contact. This will include training of Offensive and Defensive systems. As with phase 2 it will be imperative that participants and coaches comply with the above-mentioned protocols and follow suggestions and guidelines to minimize risk.

Time	Drop Off	Fitness	Pad 1	Pad 2
5:25PM	Tyke/Novice 1			
5:30PM		Tyke/Novice 2		
6:00PM			Tyke/NV 1 *hour ends @ 6:55*	Tyke/NV 2 *hour ends @ 6:55*
6:25PM	Peewee			
6:30PM		PW/Bantam 1		
7:00PM			Peewee *hour ends @ 7:55*	PW/BT 1 *hour ends @ 7:55*
7:25PM	PW/Bantam 2			
7:30PM		PW/Bantam 3		
8:00PM			PW/BT 2 *hour ends @ 8:55*	PW/BT 3 *hour ends @ 8:55*
8:25PM	Lady Griffins			
8:30PM		Midget		
9:00 PM			Lady Griffins	Midget

**\*\*Subject to change based on registrations**



### **BEFORE AND DURING TRAINING**

Prior to training sessions, players are to get dressed (Helmets, gloves, cleats, jock) in the car. Players should enter and exit the field via the designated markers and head directly to their assigned field at their training time. Players are not permitted to touch any balls or equipment by hand/glove

### **POST TRAINING**

Players should clean and disinfect themselves before returning to their car. Where available, hand sanitizer will be provided at the fields, as an additional precaution, players should pack their own hand sanitizer and wipes if possible. Players should wash and clean masks, clothing and wipe down equipment as soon as possible following each training session.

### **SYMPTOMATIC PERSONS**

Anyone who develops symptoms shall notify the club directors immediately via email at [competitive@gloucester-lacrosse.com](mailto:competitive@gloucester-lacrosse.com). Persons will be required to self-isolate and remain home from training for 14 days and are encouraged to see a medical professional for further testing.

All Players and Club personnel shall immediately notify Club medical staff if he or she suspects meeting someone that has COVID-19. The following are common symptoms of COVID-19: - Cough - Shortness of breath - Chest pain - Feeling feverish/chills - Muscle pain (not exercise-related) - New loss of smell or taste - Gastrointestinal symptoms (nausea, vomiting and/or diarrhea) - Sinus or cold-like symptoms (headache, congestion/runny nose, sore throat) - Fever (temperature > 99.5°F or > 37.5°C)