



2021 - COVID-19 Return to Play Framework

Introduction

With the fluid nature of our environment there are many unknowns, even at this time, for which the direction sports this summer could take. It is our intent to develop a framework that demonstrates leadership and understanding of this problem in order to be able to successfully promote our programs to prospective players, coaches, and executive members.

This document has been based off of the guidelines presented in the Ontario Ministry of Health COVID-19 Response Framework, as seen here

<https://files.ontario.ca/moh-covid-19-response-framework-keeping-ontario-safe-and-open-en-2020-11-24.pdf>

It is the hope that with this framework in place, that we can be prepared and able to provide successful reactive programming to our members that will ensure the success and longevity of our association.



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Limits

We first need to understand the limits for which we can operate under, from there we can extract the types of programs that we could provide, assign price points, and start recruiting help for those programs.

Green - Prevent

- Maintain physical distance of 2m unless engaged in sport
- Maximum 50 people indoors/100 people outdoors in fitness or exercise classes
- Maximum 50 people in area with weights or fitness or exercise equipment
- Maximum 50 spectators indoors/100 spectators outdoors
- Capacity limits per room
 - <https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>
- Modified physical contact for team sports, maximum 50 per league
- High performance exemptions
- Music volume limits
- Face coverings required except while exercising

Yellow - Protect

- Measures from previous level and:
- Increase space to 3m in areas with weights
- Maximum 10 people indoors/25 people outdoors in fitness or exercise classes
- Contact information required for all that enter the facility
- Entry reservation required, only one reservation required per team
- Safety plan is required and prepared, and available upon request
 - <https://www.ontario.ca/page/develop-your-covid-19-workplace-safety-plan>

Orange - Restrict

- Measures from previous level and:
- Maximum 50 people in area with weights or fitness or exercise equipment (revoke OCMOH approved plan)
- Screening of patrons is required
- Patrons may only be in the facility for 90 minutes except if engaged in a sport
- No spectators permitted (exemptions for parents/guardians)



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Red - Control

- Measures from previous level and:
- Gyms and fitness studios permitted to be open
 - Maximum of 10 people indoors or 25 outdoors
 - Maximum 10 people indoors in areas with weights or exercise equipment
- Team sports must not be practiced or played except for training (no games/scrimmages)
- Activities that are likely to result in individuals coming within 2m of each other are not permitted

Grey - Lockdown

- Facilities for Indoor/Outdoor sports are closed except for High performance athletes
- Outdoor recreational amenities are open with restrictions (e.g. no team sports)
- Community centres (e.g. YMCA) open for permitted activities (e.g. child care)



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Responsibilities

Below are the distilled responsibilities based on the limits required and listed above from the Ontario Ministry of Health.

- Physical distance
- Face coverings
- Patron screening
- Guaranteeing patron time limits
- Spectators (i.e. non-permitted Orange and beyond)
- Capacity limits are retained
- League limits are retained
- Recording Contact Information
- Recording facility reservations
- Maintaining the safety plan



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Roles

Each person during return to play will fill a role,

- Facility Provider - the provider of the facility, most often for the Centre Wellington Minor Lacrosse Association, it is the Township of Centre Wellington. However, private facilities have been used in the past.
- CWMLA Executive - voting and appointed members of the executive who are volunteering their time to provide lacrosse programming to the residence of Centre Wellington.
- Trainer/Health & Safety Manager - a new position resulting from COVID-19, this person's role is to specifically monitor and ensure the protocols are maintained during return to play.
- Participants - anyone at a Return to Play event that is participating in the event. This includes the players, coaches, on-field officials, off-field officials, etc that are not engaged in an above role.
- Patrons - anyone that is at a Return to Play event that is not engaged in an above role.



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Roles and Responsibilities Expectations Chart

Responsibility\Role	Participants	Patrons	Trainer/Health & Safety Manager	Executive	Facility Provider
Physical Distance (G+)	X	X	X	X	X
Face Coverings (G+)	X	X	X	X	X
Patron Screening (O+)		X	X	X	
Guaranteeing Patron Time Limits (O+)		X		X	
Spectators (O+)		X	X	X	X
Capacity Limits are Retained (G+)				X	X
League Limits are Retained (G+)				X	
Recording Contact Information (Y+)	X	X	X	X	X
Recording Facility Reservations (Y+)				X	X
Maintaining the Safety Plan (Y+)				X	



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Programming Options

Outside of the traditional training regime there are many things that program leaders can do to engage and maintain the physical and mental health of their participants.

- Traditional games (i.e. interprovincial play with full contact indoors/outdoors)
- Modified games (i.e. 2020 March Break lacrosse)
- Non-traditional modified games (i.e. Chumash lacrosse, trashcan lacrosse, speed lacrosse)
- Skills based challenges (i.e. combines, mini-team races, hardest shot)
- Skills training (i.e. shuttles, shooting drills, loose ball drills)
- Individual training programs (i.e. at home body workouts)
- Virtual team/program hangouts
- Social media engagement



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Ontario Ministry of Health COVID-19 Response Framework

Grey - Lockdown

With little to no contact outside of the household this level is very restrictive to minor sports programming, and difficult to provide programming without foreseen future programming.

- Social media engagement
- Scheduled team/program hangouts
- Individual training programs

Red - Control

At this level, players are permitted to participate in team sports, but no games or scrimmages (i.e. no close contact).

- Engagement from previous level and:
- Skills training
- Skills based challenges

Orange - Restrict

At this level limited games are permitted, but with no spectators allowed. Single health unit interleague games could be introduced.

- Engagement from previous level and:
- Non-traditional modified games
- Modified games

Yellow - Protect

At this level restrictions are lessened for screenings and spectator rules and participant screenings.

- Engagement from previous level

Green - Prevent

At this level restrictions are lessened for contact information recording, spectator and participant screenings as well as removal of the safety plan requirement.

- Engagement from previous level



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CWMLA Program Planning

Indoor vs Outdoor Play

The utilization of outdoor space provides more options for programming compared to the limitations of indoor spaces. However, inclement weather can be a factor during play. Indoor space will be used where possible, with expansion to outdoor spaces as available and needed to ensure quality of programming.

With that said, there was tremendous success with the 2020 March Break Lacrosse program, and the hybrid game that was put together.

Anticipating trends where the Ontario Framework for Reopening trends towards more liberal rules, it is expected that programming for both indoors and outdoors will be provided in the 2021 season.

Age Groups

It is intended to provide programming for players from peanut through to Intermediate. Programming, as always, will depend on registration and volunteers. Some programs may be phased in to ensure safety of participants, safety of programs leaders and quality of programming.

Timelines

As with previous years facility usage for lacrosse will be based on the removal of the ice pads for hockey. If the province continues with lockdown measures that do not permit semi-traditional sports team practices, the facilities may be available sooner. An option for a quick start program could be offered if volunteer and organizational resources permit.

Despite having previously completed a Return to Play program, it is expected that a soft start to the 2021 season will be taken to re-introduce players, patrons, and program leaders to play and appropriate protocols.

To be able to react to changing environments, a segmented program approach will be taken. This would allow for families wishing to delay payment that need it, adjustments to the fee schedule as restrictions change (i.e. move from simple practices to games with on and off floor officials, or a requirement to reduce programming), and anything else unforeseen.

Pricing would be based on 6 week program legs, with published refund options. Implementing a soft start to programming for 2021 will allow quick responses to adversity and change that may be required.



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Pricing should be predictable, and smooth over the term of the program, added value such as games, or decreases in value from additional restrictions should be transparent to the membership.

	Box Lacrosse	Peanut / Paperweight	Field Lacrosse	Outdoor Box Lacrosse	#LoLax
April	1				
May	1 / 2	1			
June	2	1	Skills?		1
July	3	2	1		1
August	3 (mid)	2	1 / 2	1	2
September			2	1	2
October			2 (mid)	1	

Team Selections

The 2020 March Break Lacrosse program provided a great opportunity for players to play with others that they have never played with before. This was effective for a number of reasons, including length of season, and a shared clear understanding of the program goals.

With the 2021 season expected to be longer, a more traditional approach to team selections should be taken so that player development on the ends of the spectrum does not stagnate. This approach will be dictated based on the number of registrations at the various levels. In addition, the goals of the program for 2021 remain the same as the 2020 March Break Lacrosse: keep players physically and mentally healthy, engaged, having fun, and improving all though a global pandemic.

Travel

The ability to travel will be governed by our provincial and overseeing program bodies. In 2020, the OLA dictated that programs could only run if it was done within their local health units. At this point, it is unclear as to whether this will be a requirement in 2021.



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With that said, it is expected that travel will be permitted in some form, and should be planned for. Most logically, within the local health unit as response levels for different centres will remain the same as they are within the same health unit. Planning programming with separate health units could result in the plan having to get flushed because of level changes between the different health units.



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Conclusion

Not unlike the planning that took place for the 2020 March Break Lacrosse program, 2021 will be different than other years. The good news is that CWMLA already has many of the required templates in place, or access to them through the township.

Even in 2021 CWMLA will continue to work hard to provide quality lacrosse programs for all members of the community!