



OTTAWA-CARLETON ULTIMATE ASSOCIATION

RETURN TO PLAY PROTOCOLS

Last updated July 2, 2021

These protocols are based on [Ontario Ultimate guidelines](#), [Ultimate Canada guidelines](#), the [Province of Ontario](#) and the city of [Ottawa Public Health recommendations](#) and are for *use of participating **while in Step 2 of Ontario's Roadmap to Reopen***. Ontario is in Step 2 of the Roadmap to Reopen as of June 30 at 12:01 a.m.

- ❖ Participant safety is paramount.
- ❖ Participation is always optional. Members should not feel obligated to play if they feel uneasy.
- ❖ These protocols are subject to change.
- ❖ These protocols cannot be altered through the Captain's Clause.
- ❖ If you are worried you have been exposed to COVID-19 or are showing symptoms, fill out the [government's self-assessment tool](#).

GENERAL RULES (APPLIES TO PARTICIPANTS, COACHES, VOLUNTEERS, SPECTATORS, AND PARENTS/GUARDIANS)

- If you are feeling ill or showing any symptoms (fever, cough, sore throat, runny nose, shortness of breath, difficulty breathing, headache), do not attend a league, game or training session.
- If in the past 14 days, you have recently returned from travelling outside of Canada or have been exposed to or been in contact with anyone who has tested positive for COVID-19, do not attend a league, game or training session.
- Any player who tests positive for COVID-19 or elects to self-isolate in lieu of getting tested must inform OCUA and is not permitted to play until they have met the Ontario government's [requirement for recovery](#).
- Ottawa Public Health's resource "[Sports and Recreation Covid-19 Decision Guide](#)" will be used by OCUA staff and membership on the decisions that may need to be made when dealing with illness within the organization.
- Leagues and training sessions operate at the discretion of OCUA and may be altered or cancelled at any time. Notably, if Ottawa Public Health changes its recommendations or participants are not adhering to the protocols.

PLEASE NOTE: OCUA follows USA Ultimate's 11th edition rules with the WFDF foul and dangerous play rule (i.e. section XVI.H). Adoption of the USA Ultimate's 2020 rules will be delayed until further notice. Members are reminded that Ultimate is a non-contact sport and risk of contact should be avoided at all times.



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OCUA will continue to use USA Ultimate's 11th edition rules and the [OCUA league specific rules](#), with the following rule and league modifications (listed below) in place:

GAME/SCRIMMAGE RULE CHANGES

1. Field of Play:

- a. All efforts are to be made to maintain 3-metres of physical distancing while playing and/or training – it is understood that incidental contact (defined as time when a person is within 3-metres of another person for a brief period of time) cannot be avoided while in game play, but every effort should be made to minimize it.
- b. When playing a game or scrimmage, all OCUA leagues, member teams (Competitive Alliance) and youth/junior programming will play 6 v. 6 to reinforce distancing and spacing while on the field of play.

2. Marking:

- a. **Stalling:** The marker must announce when they start the count by stating “stalling”. Effort should be made to make this announcement and any subsequent stall counts away from the thrower.
 - i. Silent Stalls (1-5): The marker will silently count the first five stalls in their head rather than state them aloud.
 - ii. Regular Stalls (6-10): The marker will announce once they reach Stall 6 and will continue to count aloud until Stall 10.
- b. **Disc-space:** The marker must provide 3-metres of disc-space.

3. **Spirit Timeout:** Similar to an injury call, any participant at any time can call a Spirit Timeout to stop play if they are no longer comfortable playing due to others not respecting the *Return to Play* protocols. Captains are encouraged to discuss the issue(s) at hand and resolve them amicably. If teams are unable to come to a resolution, the game ends immediately without a score. Captains must email the league (info@ocua.ca) to discuss the incident.

4. **Disc Cleaning:** At half-time, teams are encouraged to swap out the game disc and re-sanitize discs often. For training sessions, regular disc cleaning is encouraged.

5. **Default Fines:** For *Ultimate Summer* adult leagues operating during Step 2, OCUA will not be enforcing the default fine policy. Team Captains are encouraged to communicate with each other prior to the game to discuss alternative arrangements.



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EQUIPMENT

- Each team captain must bring 1 sanitized regulation game disc.
- The home team captain is responsible for bringing sanitized cones and setting up the field.
- Participants must not share equipment, such as water bottles, jerseys, or gloves.
- Participants should not bring communal supplies (e.g., snacks).

LEAGUE CHANGES

- Teams should avoid physical celebrations like post-game high fives or group activities in close proximity, such as spirit circles and team huddles.
- All *Ultimate Summer* leagues will play 6 v 6 with either 4:2 or 3:3 gender ratio for co-ed league to reinforce distancing and spacing while on the field of play.
- Substitutes are permitted.

SIDELINE AND SPECTATORS

- Spectators may not enter the Ultimate field proper (110 x 40 yards).
- Parents/guardians should watch from outside the Ultimate field (e.g. unused adjacent field away from sideline) and maintain a 2-metre distance from others.
- Physical distancing of 2-metres must be maintained at all times by non-active participants while on the sidelines.
- If a field shares a sideline with another field, if possible/reasonable, neither group should use the communal sideline to avoid over-crowding and promote distancing.
- If opposing teams must share one sideline, they should not “walk the sideline” and stay on their half of the field.
- Where 2-metres physical distancing cannot be maintained, coaches, spectators, and parents/guardians are encouraged to wear masks.

HEALTH CHECKS AND SANITIZING

- Captains and coaches must take weekly attendance by using Zulu's attendance tracker. Captains can review and modify their team's attendance after the game. Captains are responsible for ensuring the weekly attendance is accurate (this includes the addition of any substitutes).



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- For Competitive Alliance teams and youth/junior programming, attendance records must be maintained and made available to OCUA should they request it. Contact OCUA if you would like a template for tracking.
- All participants (including substitutes) are required to be actively screened (see the COVID-19 Screening Questionnaire [here](#)) prior to participation at each league game, program session or training session.
- All participants and coaches are required to sanitize their hands before each league game, program session or training session. It is recommended to sanitize after as well.
- Participants that leave the league game, program session or team training (e.g., bathroom break) will be required to re-sanitize their hands before rejoining the group.

If you or a family member contracts COVID-19 or opts to self-isolate in lieu of testing, inform OCUA by email (info@ocua.ca).

OCUA will provide the necessary information to Ottawa Public Health.

If you have any questions about these Return to Play protocols, please get in touch with us at info@ocua.ca.