



# OTTAWA-CARLETON ULTIMATE ASSOCIATION

## RETURN TO PLAY PROTOCOLS

Last updated January 26, 2022

These protocols are based on [Ontario Ultimate guidelines](#), [Ultimate Canada guidelines](#), the [Province of Ontario](#) and [Ottawa Public Health guidelines](#). **Adherence to these protocols is required in order to participate in any OCUA activities while Ontario returns to their [Plan to Safely Reopen Ontario](#).**

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](#).

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

- **Do not attend an OCUA league, game, or training session if any of the following is true.**
  - You are feeling ill or have any new or worsening symptoms (i.e. fever and/or chills, cough, shortness of breath, decrease or loss of smell or taste, muscle aches/joint pain, extreme tiredness, sore throat, runny or stuffy/congested nose, headache, nausea, vomiting and/or diarrhea)
  - You have been identified as a high-risk contact or told to self-isolate
  - You have tested positive for COVID-19 or choose to self-isolate *in lieu* of being tested

If any of the following are true, you are not permitted to return to play in or attend OCUA activities until you have met **the most recent self-isolation requirements** [[click here](#) for requirements as of Dec. 30, 2021].

- **Inform OCUA immediately if you have tested positive for COVID-19 to permit contact tracing**
  - Should a participant test positive, OCUA will follow the most recent Ottawa Public Health guidelines for contact tracing, high-risk contact identification and notification. High-risk contacts must follow [Ottawa Public Health Guidelines](#). OCUA does not set these guidelines.
- **Arrive no more than 15 minutes before your game/program and leave immediately following.**



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- Participants should not mingle before or after their game.
- Wear a mask when not on the field of play or as required by a facility\*.
  - If not already required to do so by facility requirements, if 2-metre distance cannot be maintained, it is recommended that players wear a mask while on the sideline between shifts.
- 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 guidelines or participants are not adhering to the protocols.

*\*As of January 31, 2022, Algonquin College has made the decision to require wearing a mask at all times inside the facility (this includes while engaged in physical activity).*

## 2. VACCINATION, HEALTH SCREENING, AND SANITIZATION

- All players 12 years and older (**including substitutes**) must be fully vaccinated and complete the [OCUA Vaccine attestation form](#) to be permitted to play in any OCUA league, game, or training session.
- **Screen before you go!** All players (including substitutes) must submit the [OCUA COVID-19 Screening Questionnaire](#) on the day they play (scroll to the bottom of the page).
- For Ontario residents, the **enhanced COVID-19 vaccine certificate with QR code is required** to show proof of vaccination. Download by visiting <https://covid-19.ontario.ca/get-proof>, or call the Provincial Vaccine Contact Centre at 1-833-943-3900 to have your vaccine certificate mailed.
- All players and attendees must adhere to [facility specific regulations](#), including additional vaccine attestation and weekly screenings at some locations, and on-site vaccine status checks. It is the responsibility of the participant to be aware of these additional regulations.
- Captains and coaches must **take weekly attendance using Zuluru's attendance tracker**. Captains should review and modify their team's attendance after the game to ensure accuracy (including substitutes). Weekly attendance is a critical component of contact tracing. Should a member test positive, the weekly attendance is used to inform any possible close contacts.
- 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 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.



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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.

Winter Sessions will follow the normal Winter Variation rules (see [OCUA Rules page](#))

There are currently no game play or rule changes as a result of COVID-19 protocols, but members are encouraged to give extra space while marking and counting stalls

### 3. GAME FORMAT AND DEFAULT FINES

- Captains are encouraged, in the spirit of the game, to be flexible about the absolute number of players on the field and gender ratio used when teams are impacted by self-isolation protocols and are unable to field a team as prescribed by the league. This decision may be made on site, but it is encouraged that captains communicate in advance of the game by email whenever possible.
- Whether a game is played with altered game format or not played, in the interest of public health, default fines will be waived for the duration of Winter Session 1.

### 4. EQUIPMENT

- Each team captain must bring one (1) sanitized regulation game disc, and are encouraged to re-sanitize it at halftime.
- Participants must not share equipment, such as water bottles, jerseys, or gloves.

### 5. SIDELINE AND SPECTATORS

- At this time, spectators are not permitted.
- Physical distancing of 2 metre 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, players should not walk along the sideline and should stay on their half of the field.
- Where 2 metre physical distancing cannot be maintained coaches are required to wear a mask.



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Please visit our [OCUA COVID-19 Resource Hub](#) for more information. If you have any questions about these 'Return to Play' protocols, please get in touch with us at [info@ocua.ca](mailto:info@ocua.ca).

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