



# OTTAWA-CARLETON ULTIMATE ASSOCIATION

## RETURN TO PLAY PROTOCOLS

Last updated November 14, 2022

These protocols are based on [Ultimate Canada guidelines](#), the [Province of Ontario](#) and [Ottawa Public Health guidelines](#). **Adherence to these protocols is required for participation in any OCUA activities.**

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 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)
  - If any of the above are true, you are not permitted to return to play in or attend OCUA activities until you have met **the most recent requirements** [[click here](#) for requirements as of November 2022].
- Should a participant test positive, they are to 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.
- **If you are a close contact**, Ottawa Public Health **recommends you [do not participate in non-essential activities](#)**; if you choose to participate, you should continue to mask.
- Wearing a mask when not on the field of play is recommended; and is required at any facility that is maintaining masking requirements.
- Leagues and training sessions operate at the discretion of OCUA and may be altered or cancelled at any time. Notably, if Ottawa or Ontario Public Health changes its guidelines or participants are not adhering to the protocols.

### 2. VACCINATION, HEALTH SCREENING, AND SANITIZATION

- We encourage everyone who is eligible to get vaccinated for COVID-19. [Being vaccinated](#), including a booster dose, helps reduce the COVID-19 virus from spreading to family and friends, and protects people from getting very sick from COVID-19. Everyone age 5 and older is eligible to get the COVID-19 vaccine and anyone age 12 and older may be eligible for a booster dose.



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- **Stay home when sick**

All staff, participants and visitors are encouraged to screen themselves for COVID-19 before arriving at an OCUA league/program. Please stay home if you have [COVID-19 symptoms](#) and complete the online self-assessment for further instructions. If eligible, [get tested](#).

- 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).
- 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 recommended to sanitize their hands before and after each league game, program session or training session.

### 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.
- OCUA's Default Fee is in place for the 2022-23 Winter season; exemptions requests can be made through the OCUA office at [support@ocua.ca](mailto:support@ocua.ca)

### 4. EQUIPMENT

- Participants should not share equipment, such as water bottles, jerseys, or gloves.

### 5. SIDELINE AND SPECTATORS

- Spectators are permitted.
- 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 it is recommended that coaches 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 [covid@ocua.ca](mailto:covid@ocua.ca).

**NOTICE: if a facility has stricter requirements than those listed in the OCUA Return to Play protocols, members are required to adhere to those facility protocols.**