

In late January, the Ontario Government identified the first case of COVID-19 (coronavirus) in Canada. While the Public Health Agency of Canada has assessed the public health risk associated with contracting COVID-19 as low for Canadian citizens and for Canadian travellers depending on their destination, the Ontario Lacrosse Association (OLA) recognizes that this is an incredibly complicated situation. Up-to-date risk assessment information and other resources related to COVID-19 can be found [here](#). This situation serves as a reminder that the health and safety of OLA participants is our top priority. As such, the Ontario Lacrosse Association reminds its members to consider good hygienic practices and safe contact in order to maintain a healthy team atmosphere before and during the 2020 season.

1. **Wash your hands.** Use soap and water for at least 20 seconds. Where soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Handwashing should occur before meals, after coming in contact with shared surfaces like handrails, door knobs, dressing rooms and bench benches, and immediately following coughing or sneezing. Shared surfaces and frequently touched objects in a team environment should be disinfected often.
2. **Basic etiquette.** When coughing or sneezing, maintain distance and cover your mouth with disposable tissues or clothing that can be removed and washed.
3. **Contact between participants.** Shaking hands prior to or following games, team celebrations and other instances where contact may be made between participants should occur at the discretion and comfort-level of everyone involved. Where teams choose to shake hands or fist bump, gloves must be worn at all times. Disposable gloves should be worn by team staff who handle towels, jerseys, laundry or any other fabrics. Where gloves cannot be worn (referees, minor officials, arena personnel, etc.), contact should be avoided.
4. **Avoid sharing.** All players should have their own towel and water bottle to prevent the transmission of bacteria and viruses. Towels and water bottles should be labelled, and should be washed after each practice or game, including towels and water bottles that are supplied in the penalty box. Participants should not share clothing, bar soap or any other personal items.
5. **Be aware.** Each OLA member should monitor team illnesses at regular intervals. Teams are strongly encouraged to keep their players and bench personnel away from practices and games if they show signs of infection or illness, and to self-report if they feel ill. Members are encouraged to monitor updates to the Government of Canada's COVID-19 website using the hyperlink provided in the first paragraph and to understand that public health risks can vary in different communities across the province of Ontario. The OLA encourages everyone in the lacrosse community to monitor the situation through their local health agency on an ongoing basis (website information for Ontario regional and local health agencies is available on the following page).
6. **Looking ahead.** We understand that this is a busy and exciting time of year as lacrosse players and teams prepare for the 2020 season. At this time, the OLA has not cancelled any events or games, but we continue to observe the cautious advice and direction of Ontario Ministry of Health, Public Health Agency of Canada, the Ontario Ministry of Heritage, Sport, Culture and Tourism and the Canadian Lacrosse Association. Should the public health situation change or should we be advised of new information that may cause us to alter our direction by any governing body, further decisions may be made and communicated to our members.

If you'd like to speak to someone about the topics raised in this policy, the OLA recommends contacting the appropriate regional health agencies for the most up-to-date and reliable information regarding COVID-19:

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| Erie St. Clair | Chatham | Chatham-Kent Health Unit |
| | Point Edward | Lambton Health Unit |
| | Windsor | Windsor-Essex County Health Unit |
| South West | London | Middlesex-London Health Unit |
| | Owen Sound | Grey Bruce Health Unit |
| | Simcoe | Haldimand-Norfolk Health Unit |
| | St. Thomas | Southwestern Public Health |
| | Stratford | Huron Perth Health Unit |
| Waterloo Wellington | Fergus | Wellington-Dufferin-Guelph Health Unit |
| | Owen Sound | Grey Bruce Health Unit |
| | Waterloo | Region of Waterloo, Public Health |
| Hamilton Niagara Haldimand Brant | Brantford | Brant County Health Unit |
| | Hamilton | Hamilton Public Health Services |
| | Oakville | Halton Region Health Department |
| | Simcoe | Haldimand-Norfolk Health Unit |
| | Thorold | Niagara Region Public Health Department |
| Central West | Fergus | Wellington-Dufferin-Guelph Health Unit |
| | Newmarket | Toronto Public Health |
| | Toronto | Toronto Public Health |
| Mississauga Halton | Mississauga | Peel Public Health |
| | Oakville | Halton Region Health Department |
| | Toronto | Toronto Public Health |
| Toronto Central | Toronto | Toronto Public Health |
| Central | Newmarket | York Region Public Health Services |
| | Toronto | Toronto Public Health |
| Central East | Peterborough | Peterborough Public Health |
| | Port Hope | Haliburton, Kawartha, Pine Ridge District Health Unit |
| | Toronto | Toronto Public Health |
| | Durham Region | Durham Region Health Department |
| South East | Belleville | Hastings and Prince Edward Counties Health Unit |
| | Brockville | Leeds, Grenville and Lanark District Health Unit |
| | Kingston | Kingston, Frontenac and Lennox & Addington Health Unit |
| | Port Hope | Haliburton, Kawartha, Pine Ridge District Health Unit |
| Champlain | Brockville | Leeds, Grenville and Lanark District Health Unit |
| | Cornwall | Eastern Ontario Health Unit |
| | Ottawa | Ottawa Public Health |
| | Pembroke | Renfrew County and District Health Unit |
| North Simcoe Muskoka | Barrie | Simcoe Muskoka District Health Unit |
| | Owen Sound | Grey Bruce Health Unit |
| North East | Kenora | Northwestern Health Unit |
| | New Liskeard | Timiskaming Health Unit |
| | North Bay | North Bay Parry Sound District Health Unit |
| | Sault Ste. Marie | Algoma Public Health Unit |
| | Sudbury | Sudbury and District Health Unit |
| | Timmins | Porcupine Health Unit |
| North West | Kenora | Northwestern Health Unit |
| | Thunder Bay | Thunder Bay District Health Unit |