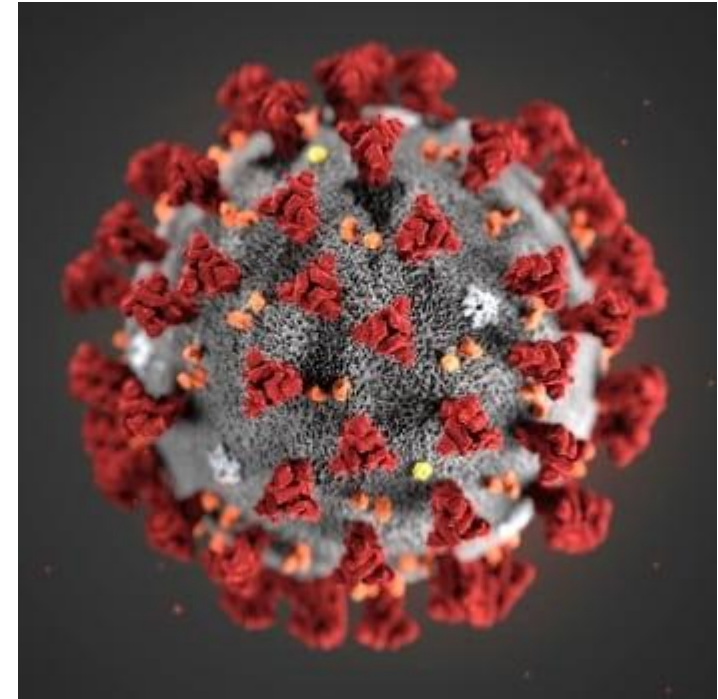




NCLL Safety Protocols

Return to Play Protocol

- ALL PLAYERS, if you are not feeling 100% and have come into contact with anyone showing symptoms of COVID-19 or illness do not attend.



BEFORE AND DURING TRAINING

- Prior to training sessions, players are to get dressed (Helmets, gloves, arm guards, shoes, jock) in their car.
- Players should enter the pads via the designated markers and head directly to their pad at game time.
- Players are not permitted to touch any balls or equipment by hand/glove.

Post Training

- Players should clean and disinfect themselves before returning to their car.
- Where available, hand sanitizer will be provided at the fields.
- As an additional precaution, players should pack their own hand sanitizer and wipes.
- Players should wash and clean masks, clothing and wipe down equipment as soon as possible following each training session.



DISINFECT

SANITIZE

CLEAN

SYMPTOMATIC PERSONS

- If you develop symptoms parents or players shall notify via email @ info@ncll.ca
- Follow Ottawa Public Health directives
- Based on Provincial protocols, persons will be required to self-isolate and remain home from training for 14 days

Symptomatic Persons

All Players and Club personnel shall immediately notify Club staff if he or she suspects meeting someone that has COVID-19. The following are common symptoms of COVID-19:

- **Cough**
- **Shortness of breath**
- **Chest pain**
- **Feeling feverish/chills**
- **Muscle pain (not exercise-related)**
- **New loss of smell or taste**
- **Gastrointestinal symptoms (nausea, vomiting and/or diarrhea)**
- **Sinus or cold-like symptoms (headache, congestion/runny nose, sore throat)**
- **Fever (temperature > 99.5°F or > 37.5°C)**

Stage 3

- Any person who enters or uses the facility must maintain a physical distance of at least two metres from any other person using the facility
- Parents are encouraged to drop off and return for pick up at the end.
- If you remain please wear a mask and maintain social distancing while on site
- User groups will not exceed the gathering size set out by the Provincial Order

