



RECOMMENDATIONS AND GUIDELINES FOR PLAYERS



- It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 25 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Physical distancing of two (2) metres (6 feet) must be maintained.
- No more than 1 person per 4m².
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- Only use your own equipment.