



COVID-19 PROTOCOLS

According to the recent provincial announcement, the new gathering limits do not apply to indoor/outdoor recreational sporting events. Existing rules, including public health and workplace safety measures, will continue to be in effect for outdoor sporting events in an effort to minimize risk and limit the spread of COVID-19 in our community. These public health measures include:

- Meeting the indoor/outdoor capacity limits (up to 50 people indoors and 100 people outdoors as long as 2 metres physical distancing can be maintained)
- Performing enhanced cleaning and disinfecting procedures (Public Health Ontario guidance to keep facilities & equipment clean and hygienic)
- Maintaining 2 metres physical distancing between players
- Conducting screening of participants
- Documentation of attendance/participants for contact tracing

In addition, UPLIFT Ottawa will be taking these additional steps during our camp sessions:

- ✓ A separate entrance and exit to control foot traffic
- ✓ A dedicated drop-off zone for the athletes
- ✓ Separated field zones for athletes and for cheer
- ✓ No mixing of athletes or coaches between zones
- ✓ Multiple hand sanitizing stations on the field
- ✓ Each volunteer will be wearing a mask
- ✓ Each volunteer will have a spray bottle of sanitizer
- ✓ A health and safety doctor on site
- ✓ No parents will be allowed on the field
- ✓ The speaker tent will have limited scheduled attendance
- ✓ Sanitization of all equipment between sessions

UPLIFT Ottawa is committed to the health, safety and wellbeing of all attendees.