



COVID-19 Cross-Sport Policy

Policy Area: Health & Safety
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I. PURPOSE

Nepean Nighthawks Field Hockey Club (Nighthawks) are following the recommendation of the Ontario Ministry's [Return to Play Guidance](#), [Ontario's Guidance for facilities for Sports and Recreational Fitness Activities](#), [OPH Guidance](#) to limit the risk of COVID-19 to all participants. If there are discrepancies between these guidance documents, the most stringent health and safety measures (e.g. highest level of mitigation possible) shall supersede.

II. BACKGROUND

[General Guidance from Ottawa Public Health \(OPH\)](#):

- a) While the provincial regulations do not prohibit a participant from registering in multiple leagues, the participant would assume a higher risk of exposure not recommended by Ontario Public Health. It is an individual's responsibility to assess their exposure risk and be aware and that by participating in multiple sports or leagues they are placing themselves, their household, and teammates at increased risk for contracting and spreading COVID-19. This increased exposure risk may lead to the requirement for home isolation to mitigate the spread.
- b) Participants must also consider their respective sport's governing body requirements, as they may limit participation in multiple leagues.

III. APPLICATION OF POLICY

It is the Nighthawks recommendation that each athlete play on only one sports team or sports club as recommended by the Ministry of Health.

If an athlete wishes to participate with a secondary team, the Nighthawks require that the athlete disclose this information to their coach. The Nighthawks will require the athlete to disclose their intention to participate with a secondary team a minimum of one week (7 days) before participation with that team. The athlete must disclose the name of secondary club or organization and the duration of their participation to their Nighthawks Coach.

If the secondary team's policies do not satisfy the superseding governmental regulations to reasonably limit the spread of COVID-19, the athlete should make an informed decision to participate.