

## OWHA Return to Hockey Protocols (16-Jul-2020) and Wayne Gretzky Sports Centre (17-Jul-2020) combined protocols

These Protocols may be updated at any time.

Area	Item	OWHA Protocol	WGC Protocol
OWHA Members and participants	Compliance with regulations	<p>All OWHA activities must adhere to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:</p> <ul style="list-style-type: none"> <li>• Physical distancing measures</li> <li>• Health and safety regulations</li> <li>• Size of permitted gatherings</li> <li>• OWHA regulations, rules, policies, and procedures including but not limited to certification and screening requirements and compliance with the OWHA Insurance Guide</li> <li>• All Safe Sport policies and procedures</li> <li>• Applicable occupational health and safety requirements</li> </ul>	
Small Group On-Ice Training	Compliance with these Protocols	<p>2019/2020 OWHA Registered Teams/Association that are in good standing may only conduct on-ice small group sessions with 2019/20 registered members providing such sessions meet all OWHA and health requirements and that are conducted in facilities that are compliant with requirements.</p> <p>Each OWHA member coach conducting training must implement and comply with the current Version of these Protocols. There must be a designated person in charge of each session who is responsible for the management, record keeping and reporting for the season.</p> <p>Any non-implementation or non-compliance may have consequences including removal from membership and could jeopardize insurance coverage.</p>	
OWHA Member Associations & Teams	COVID-19 Education	<p>Each OWHA member association/team must ensure that staff, coaches, trainers, participants, parents, administrators and volunteers receive education on new safety and hygiene protocols within the association/team as well as Government- approved information on ways to</p>	<ul style="list-style-type: none"> <li>• All Coaches will be expected to attend a virtual or in person training on the new rental procedures. Coaches will be required to sign off on this training as well as the</li> </ul>

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		limit the spread of COVID-19 including: <ul style="list-style-type: none"> <li>• Respiratory etiquette</li> <li>• Hand hygiene</li> <li>• Physical distancing</li> <li>• Use of Personal Protective Equipment (e.g. face masks)</li> </ul> Education Resources <a href="#">here</a>	disclaimer that the Organization understands the risks. <ul style="list-style-type: none"> <li>• Enhanced cleaning, sanitizing and disinfection will take place in all areas of the building with integrated time slots to allow for deeper cleaning between scheduled times.</li> <li>• There will be specific entrance and exit only areas in place to ensure proper flow and distancing. Please ensure you know what entrance is in use.</li> </ul>
OWHA Member Associations & Teams	COVID-19 Response Plan	Each OWHA member association/team must develop a COVID-19 Response Plan which must include provisions: <ol style="list-style-type: none"> <li>1. Designating groups of individuals to oversee the implementation of health and safety guidelines</li> <li>2. Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during sanctioned hockey activities</li> <li>3. Establishing a protocol for individuals to report to the OWHA association. Team delegate(s) and external stakeholders (i.e. OWHA, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms</li> <li>4. Establishing a protocol for OWHA association/team to inform designated individuals if there has been an exposure to COVID-19 within the association/team or female hockey group</li> <li>5. Establishing procedures to modify, restrict, postpone, or cancel training sessions or other activities based on the evolving COVID-19 pandemic</li> <li>6. Establishing a communication plan to keep staff, coaches, trainers, participants, parents, administrators and volunteers informed during Return to Hockey stages</li> <li>7. Establishing a protocol for staff, coaches, trainers, participants, parents, administrators and volunteers after a COVID-19 diagnosis</li> </ol> Association Response Plans <a href="#">here</a>	
OWHA	Association/Team/	All meetings and activities should be conducted on-line	

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Association/Team/ League Operations	League Offices and Activities	and virtually whenever possible. If players are involved, it must be in accordance with 2-deep (there should not be 1 adult alone with a player either in person or on-line).	
Small Group On- Ice Training	Multiple facilities	Coaching and skating at multiple locations is strongly discouraged. Associations / Teams may ask participants, coaches or trainers to inform them if they are attending training sessions in multiple locations. Individuals should consider the following: <ul style="list-style-type: none"> <li>• Use new face mask at each location</li> <li>• Managing schedules</li> </ul>	
Small Group ON- Ice Training	Facility Coordination	Each OWHA association/team must coordinate with the relevant facility in order to ensure compliance with these Protocols. This includes at minimum: <ul style="list-style-type: none"> <li>• Implementing effective measures to manage the flow of traffic in and out of the facility</li> <li>• Complying with current Ontario Provincial Gathering guidelines</li> <li>• Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility</li> <li>• Scheduling and implementing cleaning between each training group on the ice or the use of any other facility</li> <li>• Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc.</li> <li>• Ensuring closure of dressing rooms, locker rooms, change rooms, showers, and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid</li> <li>• Ensuring that team sports or other sports or games that are likely to result in individuals coming within 2m of each other are not practiced or played within the facility</li> <li>• Facilitating compliance by the facility operator with the advice, recommendations, and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting</li> </ul>	<p><b>As of September 1<sup>st</sup>, 2020</b>  All Rinks will be open at the Wayne Gretzky Sports Centre to our User Groups and OHF Certified Trainers.  <b>Dressing Rooms, warm up areas around the rinks and the track area will remain closed.</b></p> <ul style="list-style-type: none"> <li>• Coaches, trainers, participants and spectators will follow all signage posted and continue to the assigned rink. Congregating in the lobby/hallway is <b>NOT</b> allowed.</li> <li>• <b>All Coaches</b> will be expected to attend a virtual or in person training on the new rental procedures. Coaches will be required to sign off on this training as well as the disclaimer that the Organization understands the risks.</li> <li>• Enhanced cleaning, sanitizing and disinfection will take place in all areas of the building with integrated time slots to allow for deeper cleaning between scheduled times.</li> <li>• There will be specific entrance and exit only areas in place to ensure proper flow and distancing. Please ensure you know what entrance is in use.</li> </ul> <p><b>For Coaches - arrival:</b></p> <ul style="list-style-type: none"> <li>• Parking for Coaches, Trainers and skaters will be in the lots over by Rink #2 and Rink #3.</li> </ul>

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			<ul style="list-style-type: none"> <li>• Please arrive no more than 10 minutes prior to the scheduled time.</li> <li>• Entrance will be located at the West end vestibule for Coaches, Trainers and skaters. All other main entrances will be closed except for emergency evacuation only. We ask that anyone with any symptoms including; fever, cough, and shortness of breath, sore throat or runny nose remain home</li> <li>• Coaches and Trainers will also abide by the established regulations of their own governing body, OHF Return to Hockey, and be solely responsible for enforcing these regulations.</li> <li>• Any rental groups not following the rules will have their rental times cancelled.</li> </ul>
Small Group On-Ice training	Self-screening measures	<p>All individuals taking part in OWHA sanctioned association/team activities must self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or association/team activities if they:</p> <ul style="list-style-type: none"> <li>• Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>• Have been diagnosed with Covid-19 and have not been cleared for removal from isolation</li> <li>• Have been in contact with someone with COVID-19 in the past 14 days</li> <li>• Have returned from travel outside of Canada (must quarantine for 14 days at home)</li> <li>• Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)</li> </ul>	
Small Group On-Ice training	Health Screening of Individuals	Conduct a screening protocol whereby individuals are screened on-site on a daily basis before participation in any activities. This screening should be done prior to entry	<p><b>BGHA</b> It is expected that the user groups will be responsible for monitoring and managing the</p>

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		<p>into a facility. This screening may be conducted verbally.</p> <p>Health Screening Questionnaire <a href="#">here</a></p>	<p>total number of people in their designated rinks in an effort to maintain the maximum of 50 people.</p> <ul style="list-style-type: none"> <li>Any organization/user group found not following the 50 person limit will risk losing their ice privileges.</li> </ul> <p><b>Screeners</b></p> <ul style="list-style-type: none"> <li>Screening all players, coaches, trainers, and spectators before entering the Facility. A <b>parent Ambassador</b> can be chosen to assist with this process but only after completing the facility training.</li> <li>Ensuring the players, coaches, trainers and spectators are permitted in the building and confirm the number of people does not exceed 50. <b>ONLY</b> spectators that are affiliated with the group on the ice will be permitted in the Facility.</li> <li>Ensuring <b>everyone</b> entering the building is wearing a mask.</li> <li></li> </ul> <p><b>Team (Staff &amp; Skaters)</b></p> <ul style="list-style-type: none"> <li>Once screened, skaters will sanitize their hands and proceed to the rink they are assigned to. Coaches, trainers and skaters will continue to the dressing hallway and to the side bench area designated in each rink.</li> <li>Coaches and Trainers will report any known exposure or positive test of the virus.</li> </ul>
Small Group On-Ice Training	Tracking of participants in OWHA association/team	<p>Associations / Teams choosing to conduct small group on-ice training must track all participant/ coach / trainer/ and other participation in activities on a session by session basis. This must be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the association/team.</p> <p>Tracking Form <a href="#">here</a></p>	
Small Group On-Ice Training	Programming	Associations/Teams shall limit programs as follows and must have prior written approval from OWHA to proceed:	

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		<ul style="list-style-type: none"> <li>PWHPA, OWHA Quest for Gold players, OWHA designated High Performance players</li> <li>Participants of OWHA 2019/2020 Registered Teams/Associations that are in good standing</li> <li>Other players should not be skating at this time.</li> </ul>	
OWHA Registration	Tryouts	There are no tryouts permitted at this time. <a href="#">This protocol continues.</a>	
Small Group On-Ice Training	Limitations on size of training groups	<p>All training sessions must follow provincial and local public health as well as facility guidelines including compliance with the size of gatherings.</p> <p>Follow current Ontario Provincial and Regional guidelines regarding gathering restrictions.</p> <p><b>Note:</b> Subject to facility guidelines, all individuals on the ice count as part of gathering size, including coaches and trainers.</p>	<p><b>As of September 1st</b></p> <ul style="list-style-type: none"> <li>Maximum of 50 people (coaches, trainers, skaters and spectators) will be allowed on each rink. Please schedule your group accordingly.</li> </ul>
Small Group On-Ice Training	Skaters	<p>All skaters must comply with current Ontario Provincial and Regional Gathering guidelines.</p> <p>Players should follow the guidelines below in resuming training:</p> <ul style="list-style-type: none"> <li>Skaters are not permitted to contact each other on or off the ice - <b>NO PHYSICAL CONTACT</b></li> <li>Skaters must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart at all times.</li> <li>All warm-ups and off-ice training should comply with current physical distancing requirements</li> </ul> <p><b>August 13 – August 31</b> <b>Individual &amp; Group Training</b></p> <ul style="list-style-type: none"> <li>Max of 25 participants on ice (players, coaches, trainers, etc.)</li> <li>Limited or normal use of the bench with physical distancing</li> <li>Limited travel, ideally within Public Health Unit parameters</li> <li>No Group, Extended Group or team gatherings or overnight activities.</li> </ul>	<p><b>Spectators</b></p> <ul style="list-style-type: none"> <li>Spectators are <b>NOT</b> permitted to stay in the lobby/corridor area. They must proceed to the assigned rink and sit in the designated spectator area.</li> <li>All spectators <b>must</b> wear masks before entering the Facility and while in the facility at all times.</li> <li>All spectators must practice social distancing of 2 metres or 6 feet.</li> <li>The spectator will help the participant with tying up their skates and putting on their helmet. The spectator must be wearing their mask at all times.</li> <li>Once the participant's equipment is on safely, the spectator will progress to the designated spectator area. The spectator must wear their mask at all times and must practice social distancing of 2 metres or 6 feet.</li> <li>Once the ice session is complete, the spectator will help the participant remove their skates and helmet and have the</li> </ul>

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		<ul style="list-style-type: none"> <li>- Hockey Canada's RTH Alternative Skills Instruction for skill progression programs as a template for programming</li> </ul> <p><b>September 1 to a date to be determined</b></p> <p><u>Individual &amp; Group Training</u></p> <ul style="list-style-type: none"> <li>- Maximum of 30 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or the OWHA</li> <li>- Strict on-ice physical distancing is required for the purpose of individual and group training and if any of the Ontario Government, local PHU, the facility or the OWHA has further restrictions all programming must comply</li> <li>- Off-ice training and activity with physical distancing and within numbers permitted</li> <li>- Limited or normal use of the bench with physical distancing</li> <li>- Allocation of Extended Groups</li> <li>- Extended Group training</li> <li>- Limited travel, ideally within PHU</li> <li>- No Group, Extended Group or team gatherings or overnight activities</li> </ul> <p><u>Competition (Modified Game Play)</u></p> <ul style="list-style-type: none"> <li>- Following a minimum 2-week development phase for any new programs, modified 3 on 3 or 4 on 4 Modified game play with No Physical Contact and OWHA rules for modified game play may begin at a time yet to be determined</li> <li>- Extended groups are a maximum of 50 or less depending on the PHU. The OWHA will review the group maximum upon amendments by the Ontario Government.</li> <li>- All modified Game Play is within OWHA requirements and local Public Health Unit requirements.</li> <li>- There is a minimum of one registered official per game unless determined otherwise by the OWHA.</li> <li>- All Modified Game Play must be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing.</li> </ul>	<p>participant put their mask back on before leaving the rink area. The spectators and participants will follow the signage and exit the Facility immediately. No loitering will be permitted.</p> <p><b>Skaters – arrival</b></p> <ul style="list-style-type: none"> <li>• Skaters must come wearing their hockey gear and have their stick as well as their own refillable water bottles. Water fountains will be open for refilling ONLY at this time. Hockey bags will not be permitted.</li> <li>• Skaters may use the bench area to tie up their skates and put on their helmet. All personal items will remain at the designated bench area. The Coaches and Trainers will be instructed by Arena Staff when they may enter the ice surface.</li> <li>• Physical distancing of 6ft. or 2m will be required at all times.</li> <li>• <b>Dryland training around the outside of the rink area will not be allowed at this time.</b></li> <li>• Dressing rooms and showers will be closed at this time but a designated washroom will be open if necessary.</li> <li>• For staff safety all lost and found items will be discarded. (Please notify your skaters.)</li> <li>• <b>A maximum of 30 people (coaches, trainers and skaters) will be allowed on each rink.</b> Please schedule your group accordingly.</li> <li>• Once the rental time is complete, the Coaches, Trainers and skaters will have 10 mins to leave the ice surface, gather their personal items and exit the Facility.</li> </ul>

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Small Group On-Ice Training	Goaltending	<p>All goaltenders must comply with current Ontario Provincial Gathering guidelines.</p> <ul style="list-style-type: none"> <li>• Goaltenders are not permitted to contact each other on the ice</li> <li>• Goaltenders must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart.</li> <li>• All warm-ups and off-ice training should comply with physical distancing requirements</li> <li>• Goaltenders will be doing individual drills and taking shots from outside the physical distancing requirement.</li> </ul>	
Off-Ice Activities OFA – 001	Facility access and traffic flow	Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility	
Off-Ice Activities OFA – 002	No Spectators	No spectators are permitted at the facility, other than up to one accompanying parent, guardian, or other adult for each athlete under the age of 18. Anyone accompanying such an athlete is expected to follow facility guidelines with respect to physical distancing, must remain at least 2m apart, and is encouraged to wear a face mask. If a player under the age of 18 is dropped off at the arena, it is the responsibility of the parent/guardian and the person in charge of the session to endure the process of drop off and pick up are clearly understood and followed to ensure the safety of the participant.	<p>Only skaters may enter the building. Skaters will be dropped off and enter through the West end vestibule.</p> <p>Parents may wait in the car or come back to pick up their skater.</p>
Off-Ice Activities OFA – 003	Personal Hygiene	Individuals should wash / sanitize hands upon entry to facility.	
Off-Ice Activities OFA – 004	Warm-up / Cool down	Warm-ups and cool downs will be conducted outside following physical distancing protocols by remaining at least 2m apart. If weather does not permit warming up outside,	Dressing Rooms, warm up areas around the rinks and the track area will remain closed.



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		skaters/goaltenders may (if permitted by the facility) warm-up inside in an area designated by the facility while following physical distancing protocols by remaining at least 2m apart.	
Off-Ice Activities OFA – 005	Personal Protective Equipment	<p>Coaches/Trainers/Team Staff:</p> <ul style="list-style-type: none"> <li>Recommended to wear a non-medical face mask when in open areas of facility &amp; must be in compliance in areas and facilities where it is mandated</li> </ul> <p>Skaters/Goaltenders:</p> <ul style="list-style-type: none"> <li>Recommended to wear a non-medical face mask when in open areas of facility and if warming up inside facility &amp; must be in compliance in areas and facilities where it is mandated</li> </ul>	Warm up areas around the rinks and the track area will remain closed.
Off-Ice Activities OFA – 006	Dressing Rooms	Players must arrive at the arena in their equipment. Dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility shall remain closed except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.	<ul style="list-style-type: none"> <li>Skaters must come wearing their hockey gear and have their stick as well as their own refillable water bottles. Water fountains will be open for refilling ONLY at this time. Hockey bags will not be permitted.</li> <li>Once the rental time is complete, the Coaches, Trainers and skaters will have 10 mins to leave the ice surface, gather their personal items and exit the Facility.</li> </ul>
Off-Ice Activities OFA – 007	Skates On /Off	Players should put their skates on / remove skates outside of the arena respecting physical distancing protocols and remaining at least 2m apart. Players can use their own vehicles, outdoor benches or bring their chairs (i.e. camping chairs). If weather does not permit doing so outside of the arena, skaters/goaltenders may use open areas of the arena while following physical distancing guidelines and remaining at least 2m apart.	
Off-Ice Activities OFA – 008	Personal Items	Personal items like equipment bags should be left in the relevant individual's vehicle (in a safe and secure location) and not be brought into the arena. Players and coaches may carry their own water bottle, tissue box etc. into the arena.	
Off-Ice Activities	Entry / Exit from ice	Players must follow physical distancing protocols and	

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OFA – 009		remain at least 2m apart from any other individual while waiting to enter and exit the ice.	
On-Ice Activities ONA-001	Personal Protective Equipment	Coaches: <ul style="list-style-type: none"> <li>• Recommended to wear a non-medical face mask while coaching &amp; must be in compliance in areas and facilities where it is mandated</li> <li>• Must wear a CSA approved hockey helmet</li> </ul> Players: <ul style="list-style-type: none"> <li>• Not required to wear a non-medical face mask while skating</li> <li>• Must wear full hockey equipment</li> <li>• Must not share hockey equipment</li> </ul>	
On-Ice Activities ONA-002	Physical Distancing	Players are required to maintain a physical distance of at least 2m from any other skaters/goaltenders and coaches during the session. All coaching should be done using verbal cues from a distance.	
On-Ice Activities ONA-003	Personal Items	Players must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted. Players must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.	
On-Ice Activities ONA -004	Pucks	Players must not touch hockey pucks with their hands. The lead on-ice instructor is responsible for the management of hockey pucks in a manner that is in accordance with health guidelines. If pucks cannot be safely managed, they are not to be used.	
On-Ice Activities ONA-005	On-Ice Coaching	Coaches must coach from one spot on the ice or over the boards at rink side. Coaches are not permitted to skate alongside players; coaches and skaters/goaltenders must remain at least 2m apart from each other.	