

RETURN TO HOCKEY PROTOCOLS

Version 1 – July 15, 2020



OWHA Return to Hockey Protocols (these "Protocols")

Commencing July 15, 2020 OWHA is permitting some sanctioned hockey activities providing they comply with requirements and have prior written approval of the OWHA

These Protocols are OWHAs rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and OWHA's desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted from time to time on the OWHA's website at www.owha.on.ca. These Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time.

OWHA will communicate in subsequent Versions of these Protocols as new information becomes available.

Area	Item	Protocol
OWHA Members and participants	Compliance with regulations	 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: Physical distancing measures Health and safety regulations Size of permitted gatherings OWHA regulations, rules, policies, and procedures including but nor limited to certification and screening requirements and compliance with the OWHA Insurance Guide All Safe Sport policies and procedures Applicable occupational health and safety requirements
Small Group On-Ice Training	Compliance with these Protocols	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. 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. Any non-implementation or non-compliance may have consequences including removal from membership and could jeopardize insurance coverage.

Operations



Operations (continued)

Area	Item	Protocol	
OWHA Member Associations & Teams	COVID-19 Education	 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 limit the spread of COVID-19 including: Respiratory etiquette Hand hygiene Physical distancing Use of Personal Protective Equipment (e.g. face masks) Note: Please see Appendix A for samples of these education resources 	
OWHA Associations/ Teams	COVID-19 Response Plan	 Each OWHA member association/team must develop a COVID-19 Response Plan which must include provisions: Designating groups of individuals to oversee the implementation of health and safety guidelines Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during sanctioned hockey activities 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 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 Establishing a communication plan to keep staff, coaches, trainers, participants, parents, administrators and volunteers informed during Return to Hockey stages Establishing a protocol for staff, coaches, trainers, participants, parents, administrators and volunteers after a COVID-19 diagnosis 	
OWHA Association/Te am/League Operations	Association/Team/ League Offices and Activities	All meetings and activities should be conducted on-line 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	Scheduling	Scheduling of on-ice sessions should be done on-line. Coordination with the relevant facility may be required in order to ensure staggered time between each session in order to allow for requisite cleaning and sanitizing of or by the facility between different user groups.	
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: Use new face mask at each location Managing schedules to avoid entering different facilities on the same day 	



Operations (continued)

Area	Item	Protocol		
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: Implementing effective measures to manage the flow of traffic in and out of the facility Complying with current Ontario Provincial Gathering guidelines 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 Scheduling and implementing cleaning between each training group on the ice or the use of any other facility Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc. 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 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 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 		
Small Group On-Ice training	Self-screening measures	 All individuals taking part in OWHA sanctioned association/team activities must self-screen in accordance with current public heath guidelines before each training session. Individuals must not attend any training sessions or association/team activities if they: Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts Have been diagnosed with Covid-19 and have not been cleared for removal from isolation Have been in contact with someone with COVID-19 in the past 14 days Have returned from travel outside of Canada (must quarantine for 14 days at home) 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.) 		
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 into a facility. This screening may be conducted verbally. <i>Note: Please see Appendix C for the Health Screening Form</i>		
Small Group On-Ice Training	Tracking of participants in OWHA association/team	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. <i>Note: Please see Appendix D for Sample Tracking Chart</i>		



Programming

Area	Item	Protocol
Small Group On-Ice Training	Programming	Associations/Teams shall limit programs as follows and must have prior written approval from OWHA to proceed:
		PWHPA, OWHA Quest for Gold players, OWHA designated High
		Performance players Participants of OWHA 2019/2020 Registered Teams/Associations that are in good standing
		Other players should not be skating at this time.
OWHA Registration	Tryouts	There are no tryouts permitted at this time
Small Group On-Ice Training	Limitations on size of training	All training sessions must follow provincial and local public health as well as facility guidelines including compliance with the size of gatherings.
	groups	Follow current Ontario Provincial and Regional guidelines regarding gathering restrictions.
		Note: Subject to facility guidelines, all individuals on the ice count as part of gathering size, including coaches and trainers.
Small Group On-Ice Training	Skaters	All skaters must comply with current Ontario Provincial and Regional Gathering guidelines.
		Players should follow the guidelines below in resuming training:
		 Skaters are not permitted to contact each other on or off the ice Skaters must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart at all times. All warm-ups and off-ice training should comply with current physical distancing requirements
Small Group On- Ice Training	Goaltending	All goaltenders must comply with current Ontario Provincial Gathering guidelines.
		 Goaltenders are not permitted to contact each other on the ice Goaltenders must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart. All warm-ups and off-ice training should comply with physical distancing requirements
		Goaltenders will be doing individual drills and taking shots from outside the physical distancing requirement.
		Note: Please see Appendix E for The Development Application



Off-Ice Activities

Area	Item	Protocol
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.
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, 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	 Coaches/Trainers/Team Staff: Recommended to wear a non-medical face mask when in open areas of facility & must be in compliance in areas and facilities where it is mandated Skaters/Goaltenders: Recommended to wear a non-medical face mask when in open areas of facility and if warming up inside facility& must be in compliance in areas and facilities where it is mandated
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.
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 OFA – 009	Entry / Exit from ice	Players must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice.



On-Ice Activities

Area	Item	Protocol
On-Ice Activities ONA-001	Personal Protective Equipment	Coaches: Recommended to wear a non-medical face mask while coaching & must be in compliance in areas and facilities where it is mandated Must wear a CSA approved hockey helmet Players: • Not required to wear a non-medical face mask while skating
		 Must wear full hockey equipment Must not share hockey equipment
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.
On-Ice Activities ONA-003	Personal Items	All coaching should be done using verbal cues from a distance. 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.



Appendix A: COVID-19 Education Resources

Association/Teams must ensure that staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the association/team. Members should be sent Government-approved information on ways to limit the spread of COVID-19.

The following links can be sent by the association/team to their members:

Ontario Public Health Public Resources: <u>https://www.publichealthontario.ca/en/diseases-and-</u> conditions/infectiousdiseases/respiratory-diseases/novel-coronavirus/public-resources

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Торіс	ТооІ
Hand Hygiene	https://www.publichealthontario.ca/- /media/documents/ncov/factsheet/factsheet-covid-19-hand- hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/- /media/documents/ncov/factsheet/factsheet-covid-19-guide-physical- distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet- covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/- /media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear- mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet- covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms: <u>http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf</u>

Ontario COVID-19 Online Self-assessment Tool https://covid-19.ontario.ca/self-assessment/

Ontario Women's Hockey Association Website: www.owha.on.ca



Appendix B: COVID-19 Association / Team Response Plan Protocols

The following draft information has been developed to assist associations and teams.

Contents

- 1. Contact list for COVID-19 Association/Team Oversight Group
- 2. Association/Team COVID-19 Protocols
- 3. Association/Team COVID-19 Communication Plan



OWHA Member Associations/Teams COVID-19 Protocols

OWHA Associations and teams must create and follow a set of protocols to deal with situations related to the COVID-19 pandemic that might occur. These protocols should be included in an e-mail to members before any hockey activities resume. Associations/teams should also consult with their facility to ensure alignment between facility and access protocols. OWHA has developed the draft information below for consideration by associations/teams in creating their protocols.

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing
- The OWHA President and/or Director Operations should be informed of the situation as soon as possible

An individual is tested for COVID-19

- Any individual that is part of a hockey program that has been tested for COVID-19 must not
 participate in hockey activities while waiting for the results of the test and not until a negative
 test result is received
- The association/team will consult the Session Participation tracking sheets to inform other participants who might have been in close contact with the individual
- Any association/team members who were in close contact with the individual should not
 participate in hockey activities and should follow public health guidelines until the diagnosis of
 COVID-19 is ruled out by health professionals

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the association/team COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health
 officials to assist in contact tracing. The Session Participation tracking sheets may be used to
 assist public health officials in informing other members who may have been in close contact
 with the individual
- Any association/team members who were in close contact with the individual should not
 participate in hockey activities for 14 days and should follow public health guidelines
 regarding self-isolation and testing
- It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting
- The association/team should inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The association/team will inform OWHA of a positive COVID-19 diagnosis by e- mailing team@owha.on.ca



Return to hockey activities following illness

• If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19

Return to hockey activities following COVID-19

• Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of hockey development activities

- Based on the evolving COVID-19 pandemic, the association/team must be prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Associations/teams should establish a program cancelation policy if one does not exist already
- Associations/team members should be informed as soon as possible of any modifications/restrictions or cancelations
- Association/teams must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

Public Health Guidelines

Association/team members should follow all public health guidelines regarding COVID-19. These may include:

- Any association/team members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in hockey activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities



OWHA Association/Team COVID-19 Communication Plan

Associations/Teams should ensure effective communication is taking place with their membership during the Return to Hockey Stages. The following should be considered by the associations/teams.

- 1. Ensure up to date contact information for all association/team members is on-file
- 2. Determine best method to distribute information (i.e. Facebook page, direct e-mail lists, webinars...)
- 3. Determine the responsibility for communication within the association/team during the Return to Hockey stages (i.e. staff, volunteer, COVID-19 Oversight Group)
- 4. Establish consistent cadence of communication to maintain connection with association/team members during Return to Hockey (i.e. Weekly. Bi-weekly)
- 5. Consider holding a virtual Town Hall / Webinar to deliver information on Return to Hockey protocols and answer any questions / concerns
- 6. Consider where communications/documents can be stored on a website or social media site for future reference by association/team, members
- 7. Designate member of COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during hockey activities
- 8. Determine paper or virtual storage location for daily Session Participation Tracking sheets
- 9. If it is determined that an association/team member has been tested for COVID-19, inform all association/team members that may have been in close contact with that individual
- 10. If it is determined that an association/team member has tested positive for COVID-19, inform all association/team members that may have been in close contact with that individual
- 11. Ensure the facility and OWHA are informed if an association/team member is diagnosed with COVID-19.



Appendix C: HEALTH SCREENING FORM

HEALTH SCREENING QUESTIONAIRE

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity. This questionnaire may be completed verbally.

Are you currently experiencing any of these issues? Call 911 if you are.

- 1. Severe difficulty breathing (struggling for each breath, can only speak in single words)
- 2. Severe chest pain (constant tightness or crushing sensation)
- 3. Feeling confused or unsure of where you are
- 4. Losing consciousness

If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.

- 1. 70 years old or older
- 2. Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
- 3. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
- 4. Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

The answer to all questions must be "No" in order to participate in each on-ice activity.

1. Are you experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

Yes No

Chills

🗌 Yes 🔄 No

Cough that's new or worsening (continuous, more than usual)

Yes No

Barking cough, making a whistling noise when breathing (croup)

Yes No

Shortness of breath (out of breath, unable to breathe deeply)

Yes No

Sore throat

Yes	No
-----	----

Difficulty swallowing

Yes No



Runny nose, s causes or con	neezing or nasal congestion (not related to seasonal allergies or other known ditions)
Yes	
Lost sense of t	aste or smell
Yes	No
Pink eye (conju	inctivitis)
Yes	No
Headache that	's unusual or long lasting
Yes	□ No
Digestive issue	es (nausea/vomiting, diarrhea, stomach pain)
Yes	No
Muscle aches	
Yes	No
Extreme tiredn	ess that is unusual (fatigue, lack of energy)
Yes	□ No
Falling down o	ften
Yes	□ No
For young child	dren and infants: sluggishness or lack of appetite
☐ Yes	No
	close physical contact means: Being less than 2 meters away in the same room, ace, or area for over 15 minutes or living in the same home.
2. In the last 14 days COVID-19? Close	, have you been in close physical contact with someone who tested positive for physical contact
mean	S:
Yes	No
3. In the last 14 days	, have you been in close physical contact with a person who either:
Is currently sid	k with a new cough, fever, or difficulty breathing; OR
Returned from	outside of Canada in the last 2 weeks?
Yes	No

4. Have you travelled outside of Canada in the last 14 days?

Yes No

If an individual has answered "Yes" to any of these questions, they are not permitted to participate in any on-ice or off-ice activities.

Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).



OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID- 19 LIST OF ALL PEOPLE IN ATTENDANCE



DATE OF ACTIVITY:	TIME FRAME:

PLACE: _____

LEAD PERSON:_____

OTHER DETAILS: _____

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home



Appendix E: DEVELOPMENT APPLICATION

OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID- 19 HEALTH REQUIREMENTS



PREAMBLE: All OWHA sanctioned activities must adhere to all federal, provincial and municipal laws, OWHA Return to Hockey Protocols, regulations, by-laws and orders as they may exist from time to time. In addition, all OWHA sanctioned activities may only take place with prior written approval of the OWHA and they must be in compliance with all OWHA requirements including but not limited to By-Laws, Regulations, Policies and Procedures, No individual may participate in unsanctioned activities.

ASSOCIATION / TEAM NAME:	
ASSOCIATION / TEAM WEBSITE:	
APPLICANT NAME:	_ POSITION:
APPLICATION DATE:	
EVENT DATE:	TIME:
LOCATION:	
TYPES OF ACTIVITY:	
NAME OF LEAD PERSON:	
LEAD CONTACT PHONE:	ALTERNATE:
LEAD CONTACT EMAIL:	
LEAD CREDENTIALS:	

THE LEAD...

Understands and is responsible for being in compliance with all Federal, Provincial & Regional Health Requirements.			
Is responsible for being in compliant with all OWHA policies such as but not limited to OWHA Screening, Harassment, Abuse, Bullying & Misconduct Policies.			
Ensures the event will be monitored by the 2019/2020 OWHA registered coach.			
Ensures the event is monitored by an OWHA registered trainer.			
Agrees to screen each person, including themselves, prior to each activity in accordance with the OWHA guidelines.			
Will keep a list of names and contact information on file of all participants at each event.			
Have applied for a Certificate of Insurance.			
Understands and agrees that this event CAN NOT go forward until prior written approval from the OWHA is received.			
MUST ensure that the OWHA logo with a link to the OWHA's website is prominent on the			



OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID- 19 HEALTH REQUIREMENTS



Please complete the chart below with the specific details of the activity/activities that will be taking place.

SUBMISSION DATE	ACTIVITY DATE	LOCATION / PLACE	TIME	NATURE OF PROPOSED ACTIVITY

<u>REMINDER</u>: Written approval MUST be obtained from the OWHA prior to any activity. The OWHA reserves the right to accept or reject applications and to cancel approval as deemed appropriate for violations of the terms of this program. The undersigned agrees to follow all OWHA and government requirements.

DATE: _____

SIGNATURE: _____

Please ensure that you have completed this form in full. Incomplete application may not be processed. The OWHA reserves the right to cancel any event as deemed appropriate for violations of the terms of this program. Completed application must be emailed to : <u>applications@owha.on.ca</u>