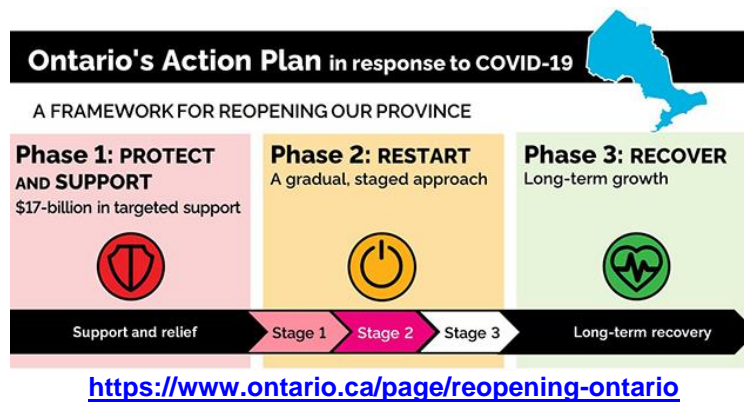


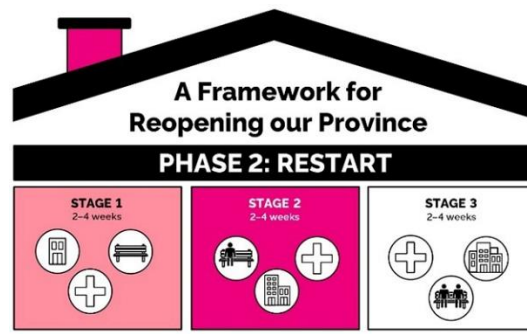
**Sarnia Hockey Association
RETURN TO PLAY PLAN AND PROTOCOLS
For
Return to Hockey Framework
Phase 2 Stage 1 - Individual In-Person Training**

Current Situation

1. COVID-19 continues to impact our community and all facets of life in Canada. Hockey is no exception, and must adapt to the reality of the current situation. It must be assumed that the current environment will not substantially change in the near-term, as a result, planning for the conduct of hockey activities needs to be undertaken, to carry out desired activities safely.
2. Ontario has adopted a three Phase approach to reopening;



Ontario is currently in Phase 2 (Restart)



3. Basically, the stages within Phase 2 can be understood this way;

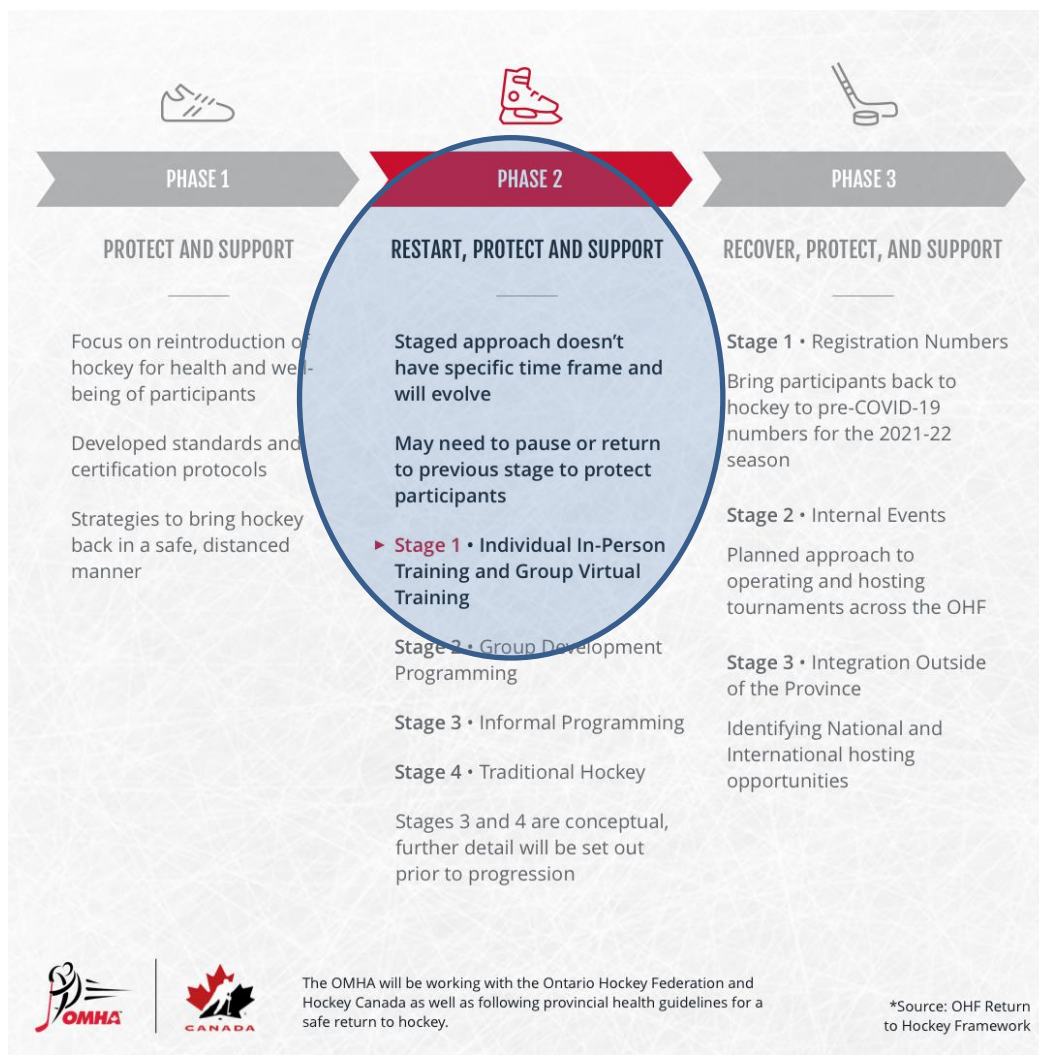
Stage 1	Stage 2	Stage 3
Opening businesses that can immediately meet or modify operations to meet public health advice and workplace safety measures.	Taking a regional approach to opening more businesses and services, as well as community, recreational and outdoor spaces, while emphasizing	Reopening most remaining workplaces and community spaces, while carefully and gradually lifting restrictions. Public health advice and workplace safety guidance will

	public health advice and personal responsibility.	remain in place and available. Large public gatherings will continue to be restricted.
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Lambton County moved into Stage 2 of Phase 2 in June.

4. Hockey Canada and the Ontario Hockey Federation have developed a Framework for Return to Hockey. This Framework is mandatory guidance on OHF Members. ALLIANCE Hockey is a member of Hockey Canada (HC) and the Ontario Hockey Federation (OHF). The Sarnia Hockey Association (SHA) is a Member Association of ALLIANCE Hockey. As a result, SHA planning for returning to hockey must be clearly synchronized with both Hockey Canada and the OHF's Framework for Return to Hockey.

The OHF Return to Hockey Framework



5. Currently, OHF has authorized Members to begin the process to start Phase 2/Stage 1 - Individual In-Person Training and Group Virtual Training. This can include individual athlete training on or

off ice sanctioned by the OHF in compliance with the Ontario Government Emergency Order and OHF policies.

Compliance with Regulations

6. The Sarnia Hockey Association (SHA) Return to Hockey Framework for Stage 1 is derived from the [Ontario Hockey Federation \(OHF\) Return to Hockey Protocols](#), [Hockey Canada Safety Guidelines](#), and the [Ontario Recreational Facilities Association \(ORFA\) Re-opening Guidelines](#). Additionally, this plan must be understood, within the context of current guidance from the [Lambton County Public Health](#). Activities undertaken must be in compliance with all of the above.

Mission Statement of Sarnia Hockey Association (SHA)

- 1) To provide a rewarding hockey experience for all players and participants through exceptional programming with a focus on fun, safety, teamwork, respect and sportsmanship;
- 2) To protect and serve the mutual interest of players and participants and to place the players and the game in the forefront;
- 3) To enhance the positive value of our hockey programs by providing leadership and initiatives to develop better citizens, to encourage and direct the fostering of a strong sense of community pride and participation;
- 4) To develop coaches, officials and volunteers to carry out the goals of our Association;
- 5) To work with our parent hockey organizations (Alliance Hockey, OHF and Hockey Canada) to promote the cooperative development of hockey programs and their effective administration.

7. The Mission of SHA does not change, because of the current situation. In fact, the fundamental values of the organization are re-affirmed in this document. Some emphasis will change, until such time as COVID-19 is no longer a health threat in our community. Until that time all participants, players, supporters and leadership should understand that our absolute priority is on providing a safe environment that will enable the fun, teamwork, respect, and sportsmanship that is the hallmark of the hockey experience. We will continue to place the players at the forefront of our actions, and will rebalance our efforts to ensure that activities are only undertaken when deemed safe. We will develop coaches, officials, and volunteers to provide leadership during this current environment, to model the safe and considered actions necessary for hockey activities to be conducted safely, while also seeking out opportunities to develop the players, and offer a fun experience that supports our shared desire to instill a sense of normality, despite constraints. In all of this, we will seek authoritative guidance from our parent hockey organizations, national and provincial health authorities, and our local expertise within Lambton Public Health.

Compliance with Protocols

- 1) OHF Members may conduct programming with the use of an instructor who meets the qualifications under the OHF Hockey Canada Licensed Skill Development Program Policy.
- 2) SHA may conduct, with the approval of the Alliance, training for players registered with the SHA during the 2019-2020 season, where such training is conducted by a registered coach with the SHA during the 2019-2020 season. *This can be any coach registered with SHA.*
- 3) Private skills instructors may conduct training of individuals once the lead skills instructor on the ice has qualified as a Hockey Canada Licensed Development Specialist or as compliant with the OHF Hockey Canada Licensed Skill Development Program Policy.

- 4) If utilizing a private skills instructor, SHA will need to validate that the skills instructor qualifies under the OHF Hockey Canada Licensed Skill Development Program Policy.
- 5) Junior hockey Teams may conduct programming with the approval of their Member for players that they have registered for the 2020-2021 season or any players that are on their protected list. If utilizing a private skills instructor will need to validate that the skills instructor qualifies under the OHF Hockey Canada Licensed Skill Development Program Policy.

Code of Conduct

8. The [ALLIANCE HOCKEY CODE OF CONDUCT](#) states that Members and participants of the ALLIANCE shall not engage in any activity or behaviour which endangers the safety of others. As a result of this, all members and participants (includes all players, guardians, parents, coaches officials, volunteers, directors, officers, committee members, conveners, team managers, trainers, administrators, referees and employees) are required to undertake appropriate measures to prevent the spread of COVID-19 by or during, hockey-related activities. Failure to comply with this Code of Conduct may result in disciplinary action in accordance with the Discipline Policy of the ALLIANCE. Such action may result in the member losing the privileges which come with membership in the ALLIANCE, including the opportunity to participate in ALLIANCE activities and events, both present and future.

EXECUTION

9. COVID-19 Health and Safety Communications Officer

In accordance with Hockey Canada and the OHF's Return to Play guidance, the SHA has appointed a COVID-19 Health and Safety Communications Officer to provide positive and open communication involving measures aimed at returning safely to the rink. This position will be responsible to ensure all updated and relevant information is passed on to everyone within the SHA. Responsibilities also include:

- 1) Monitoring all relevant updates from the public health authority,
- 2) Monitoring all relevant updates from their Member,
- 3) Communicating with local facilities on guidelines and updates,
- 4) Ensuring teams are following the prevention guidelines set by the Alliance, SHA, OHF, and Hockey Canada,
- 5) Ensuring any COVID-19 cases are reported as required by the public health authority, Member, hockey association, league and facility.

SHA COVID Protocols for Phase 2/Stage 1

10. SHA Executive will be the sole point of contact with Sarnia Recreational Facilities Management in determining how best to integrate SHA policies and protocols, with respect to COVID-19. This will enable commonality of implementation across the organization. Team Staff can and should seek clarification and guidance from facility staff, as and when required, however questions of a more general nature should be addressed to the SHA. Guidance provided within the document has been developed in collaboration with the City of Sarnia and Lambton Public Health authorities and is drawn from parent hockey organizations. It is mandatory guidance from issue.

Safety Guidelines

Symptoms of COVID-19

10. Symptoms of COVID-19 can vary from person to person. Symptoms may also vary in different age groups. Some of the more commonly reported symptoms include:

- 1) new or worsening cough
- 2) shortness of breath or difficulty breathing
- 3) temperature equal to or over 38°C
- 4) feeling feverish
- 5) chills
- 6) fatigue or weakness
- 7) muscle or body aches
- 8) new loss of smell or taste
- 9) headache
- 10) gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- 11) feeling very unwell

Children have been more commonly reported to have abdominal symptoms, and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven [preventative measures](#).ⁱ

11. **If you or your child become ill**

If you are showing symptoms of COVID-19, reduce your contact with others:

- [isolate](#) yourself at home for 14 days to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance
- visit a health care professional or call your local [public health authority](#)
 - call ahead to tell them your symptoms and follow their instructions

What to do: Before Commencing an Activity

12. **Screening**

All participants and staff must self-screen, before arriving at a facility, to undertake an activity.

All participants or Guardians must visit <https://covid-19.ontario.ca/self-assessment/> and take the assessment prior to departing for the hockey activity. Participants should adhere to the direction provided in that self-assessment. The self-assessment is safe, fast, and easy, and provides immediate feedback/information. If participants are unable to complete the online version of this form, in exceptional cases, they can access it at Appendix D (OHF Health Screening Questionnaire) and hand carry in or simply text the responses to this form, by number, to the Activity Leader.

When the self-assessment is complete, simply text or email the pdf of the results to the activity leader. If using a mobile device, a screenshot of the result page (with date and time) is acceptable. Persons that have no symptoms may then proceed to the facility, to undertake the activity. Persons that identify symptoms should adhere to the direction provided through the app and/or seek medical advice.

While only participants are required to provide proof of self-screening, Parents/Guardians are encouraged to utilize the same means of self-screening. These results are not required by activity staff.

At this time, SHA will not implement a Temperature check, prior to commencing an activity. This is subject to change, and upon direction of Lambton Public Health.

13. If a Participant is Symptomatic Before Undertaking an Activity

If a participant exhibits a fever or a combination of two or more of the above symptoms, they must not take part in a hockey activity until they have been tested and found negative for COVID-19. Participants should self-isolate until directed by a medical authority.

If a participant exhibits a single symptom (and no fever) they must not participate in a hockey activity until the symptoms have ended.

14. If a Participant Becomes Symptomatic During an Activity/Symptoms are Detected at an Activity

See below “Recommended Return to Hockey Procedures”

Required Activities

15. Planning and Preparing for an Activity

Coach/Activity Leader

When planning and preparing for activities, confirm the following:

Facilities

- 1) Facility guidelines and requirements specific to physical distancing, masking, etc,
- 2) Restrictions specific to the number of people allowed in public areas,
- 3) Areas that may not be accessible in the facility – main lobby, dressing rooms, observation areas, showers, washrooms, etc.
- 4) If dressing rooms are not available, confirm common area to put on skates or remove skate guards with marked physical-distanced seating,
- 5) Cleaning processes in the facility, including how often it is disinfected,
- 6) General facility rules specific to practicing good hygiene, and
- 7) protocols for spacing/limits, number of patrons using the parking lot for drop-off/pick-ups entering and leaving the building and/or dressing room, washroom restrictions and other limits and patterns.

Activity

1) Staffing

In order to maintain the “2-deep” rule, no activity can be undertaken, without a minimum of 4 identified persons;

- a. 1 x Coach/On-Ice Instructor,
- b. 1 x Safety Person & Trainer (not-required to be on-ice),
- c. 2 x Guardians/Parent Assistants (to assist if a minor requires access to washroom, private area, etc).

- 2). Promote a flexible policy around supporting, and not punishing, a player if they decide not to attend training sessions, out of an abundance of caution.

Participants Understand;

1) Preconditions of Participation

- a. All participants and staff must visit <https://covid-19.ontario.ca/self-assessment/> and take the assessment prior to departing for the hockey activity. Participants should adhere to the direction provided in that self-assessment.
- b. Parents, Guardians, and Players have a special obligation to do their part, in keeping others safe. If the anyone, in a participants household is feeling ill, the participant must cancel their participation for that day. As team mates, athletes, and friends, it is critical that all support a participant's decision to use caution if in doubt.

2) Arrival Procedures;

- a. Facility guidelines for the number of people that are permitted in the facility at any given time. Families should be prepared to minimize the number of parents/guardians or spectators.
- b. The system to be employed to limit the number of participants entering and exiting the facility at one time.
- c. Importance of players arriving dressed in their equipment and player accessibility to showers.
- d. Limitations on carrying in items (bags, food, drink, etc.) Players should be instructed to leave their hockey bags in their cars or carry out bags between arrival and departure. Nothing should be left to prevent/hinder sanitation operations.
- e. Player arrival/departure – what to expect on arrival and how soon players need to leave.

3) Activity Expectations

- a. They should stay home if sick or if they have been around someone who is sick.
- b. Measures in place to protect players.
- c. Players should have a labelled water bottle. Use only that water bottle when participating in the activity. Failure to arrive with a personal, marked water bottle will result in player being unable to participate. Parents/players should wash water bottles after each session.
- d. What to do if Players are not feeling well during the activity and steps to be taken.

16. Prior to Departure for Activity

Coach/Activity Leader

- 1) All staff must visit <https://covid-19.ontario.ca/self-assessment/> and take the assessment prior to departing for the hockey activity. Participants should adhere to the direction provided in that self-assessment.
- 2) Remind parents of the requirement to self-assess prior to undertaking the activity. A reminder email now, can avoid disappointment later. This is also a good time to send a confirmatory email, letting participants know that the activity will proceed.

Participant/Guardian/Family

- 1) All participants and staff must visit <https://covid-19.ontario.ca/self-assessment/> and take the assessment prior to departing for the hockey activity. Participants should adhere to the direction provided in that self-assessment.
- 2) Confirm the activity will proceed, as close to the time of departure as practical. If your activity leader exhibits any symptoms, the activity could be cancelled, with little notice. Additionally, if facilities become contaminated or are suspected to be contaminated, they can be closed with no notice.
- 3) Where practical, participants should dress for the hockey event, at home, and travel to the facility dressed to start the event. Where this is impractical, participants can dress in their vehicles, outside the facility, before entering. The only exception to this will be coaches and assistants, who may have duties that make being “suited-up” impractical. During stage 1 - Individual In-Person Training, participants should expect to have no access to change rooms in any facility.

17. Arrival at Facility

Coach/Activity Leader

- 1) Be a role model. Wear a cloth face cover and encourage parents, fans, officials, and sports staff to wear one. Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing. Model all of this behaviour.
- 2) Entrances are points where people may find maintain physical distancing difficult. Insist on masks on entry.
- 3) Carry hand sanitizer with at least 60% alcohol. While players should have their own, it may be necessary to provide some if required. Confirm location of hand sanitizing stations with arena staff.
- 4) Confirm entrances and exit, and scheduled times for each. If this is not clearly marked, it may be necessary to have an assistant stationed outside, to guide participants.
- 5) Clean and disinfect any equipment that you will use and may come into contact with a participant.
- 6) In case of contamination or infection, contact tracing is very important. Ensure a means of tracking attendance for all persons that attended and/or took part in the activity is in place. This must include all those that accessed the facility. This can be done electronically (via text/messenger service/email) in order to avoid crowding around a sign-in sheet and/or sharing pens, however, after the practice it should be recorded in the OHF Session Participation Tracking Sheet. (See Appendix C).
- 7) Confirm set-up of appropriate sitting area for participants to put on skates.
- 8) When public health authority protocol and facility guidelines allow use of dressing rooms, have players
- 9) appropriately physically distanced (using multiple dressing rooms could help). Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- 10) Ensure the health and safety of the players and help to create a safe and welcoming environment.

Participant/Guardian/Family

- 1) Be a role model. Wear a cloth face cover and encourage others to wear one.
- 2) Have hand sanitizer (with at least 60% alcohol) available.
- 3) Most facilities will not permit spectators, guardians, or parents to remain in the facility, during the activity. Ensure the Activity Leader has a means of contacting you, during the activity. Stay available, by phone, and be able to return to the facility when required. Ensure the Activity Leader has a completed Medical Information sheet.
- 4) Players and Guardian/Parent must only use designated entrances. This may change by day and time, so extra care must be taken.
- 5) At all times, ensure not less than 2 meters separation between people. Where 2m separation is not possible, adults children should where a mask.
- 6) Players without a personal water bottle that is clearly marked, and will not be permitted to take part in the activity if they arrive without one. Players should arrive with the water bottle full, to avoid gathering at fountains. Fountains may or may not be operational. When required and where possible, use only touch free bottle-filling options.
- 7) Parents, Players, and Assistants must maintain strict compliance with go/no-go areas of the facility. Facilities are integral to Hockey and loss of access, because of an inability to maintain safe hygiene conditions with the arenas, if a real possibility. Do your part to keep them open!
- 8) Parent/Guardian may arrive with one small bag. The bag should be carried in and out by the Parent/Guardian (during arrival/departure) and cannot remain in the facility after the Parent/Guardian departs. The facility must remain completely uncluttered to allow disinfecting operations.

18. During Activity

Coach/Activity Leader

- 1) A coach may choose to wear a mask on the ice because they don't have the same level of physical exertion as their players do.
- 2) Every activity should begin with a safety brief. Remind the participants of the need to keep physical distance, never share water bottles, and educate players about covering coughs and sneezes with a tissue or their elbow. Strongly discourage spitting. Encourage players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- 3) No warm-up activity will be permitted within the facility. If a team is warming up, the coach should ensure physical-distancing is practiced and there is no sharing of foam rollers or warm-up equipment. Please observe facility rules regarding team warm-ups, including physical distancing requirements.
- 4) If there are multiple entrances to the ice surface, split the players into groups and have them space appropriately to meet physical-distancing standards at each entrance.
- 5) Do not let players share towels, clothing, or other items they use to wipe their faces or hands.

- 6) Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- 7) Follow Hockey Canada guidelines for best practices related to on- and off-ice activities.
- 8) Avoid utilizing benches or depending on local government regulations, work with your facility to determine appropriate protocol.
- 9) Avoid drills that require players to stand in line.
- 10) When designing practice, utilize station based practices and have players/coaches spread out to maintain needed physical distancing.
- 11) Minimize chalk talk sessions where players could congregate.
- 12) Utilize non-contact drills.
- 13) Coaches need to be cognizant to avoid talking within close proximity of players' faces.
- 14) When leaving the ice, coaches could excuse players one-by-one giving appropriate time for each player to get off the ice. Coaches need to plan to leave an appropriate amount of time at the end of their ice session to complete the dismissal process.

Participant/Guardian/Family

- 1) When coughing or sneezing:
 - a. Cough or sneeze into a tissue or the bend of the arm, not the hand.
 - b. Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
 - c. Avoid touching the eyes, nose or mouth with unwashed hands.
- 2) Most facilities will not permit spectators, guardians, or parents to remain in the facility, during the activity. Ensure the Activity Leader has a means of contacting you, during the activity. Stay available, by phone, and be able to return to the facility when required.

19. Departing Activity

Coach/Activity Leader

- 1) Activity Leaders need to actively remind all of the need to depart the facility directly, and quickly. Post activity analysis can take place via a teleconference or in the parking lot, if required.
- 2) Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly.
- 3) Remind players and parents to follow physical-distancing guidelines when leaving.

Participant/Guardian/Family

- 1) Players should not shower at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.

- 2) Please ensure that players remember that spitting is strictly forbidden inside any facility, near entranceways and exits, or during any activity. This needs to be discouraged to the greatest extent possible. Where necessary, expectorate into a Kleenex and dispose of in a plastic-bag lined garbage receptacle.
- 3) Activity participants must depart the facility within 20 mins of completion of the activity.
- 4) To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical-distancing requirements of the public health authority and local facilities.
- 5) Minimize congregation in areas of the facility, such as the lobby, as much as possible. Conversations can be had outside, away from exits.

20. After Activity

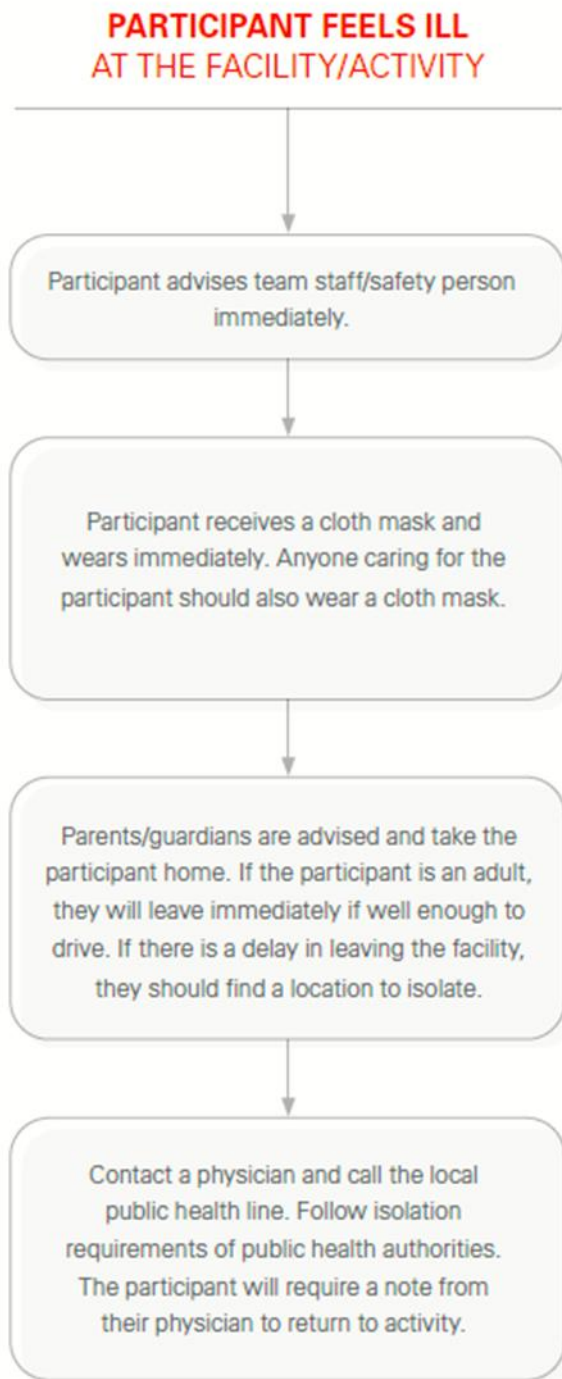
Coach/Activity Leader

Clean and disinfect any equipment that may have come into contact with anyone or another surface.

Participant/Guardian/Family

Players should disinfect helmets, sticks and skates after each training session. Wash cloths (jerseys, pant shells, socks and gloves) with high temperature after each training session.

21. RESPONSE PLAN ACTIONS TO BE TAKEN FOR SUSPECTED CASE OF COVID-19



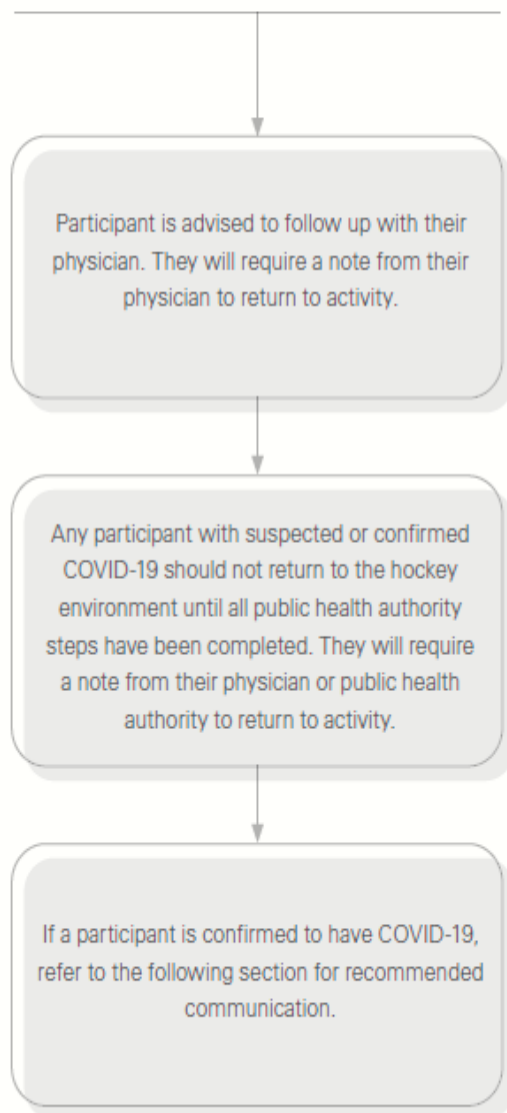
These guidelines are general in nature and cannot cover every situation. The primary goal is always to prevent people from becoming sick. SHA activities will be conducted with a view to lessening the likelihood of a sick person infecting others, through pre-screening, screening, and proper hygiene. In the absence of guidance, always act to prevent or mitigate the likelihood of transmitting or spreading the virus. This is most easily achieved by keeping persons separated, and where this is not possible, though the use of masks and proper hygiene.

Questions can be directed to SHA Health and Safety Communications Officer (519 328 6161) or to Lambton Public Health at 519 383 8331.

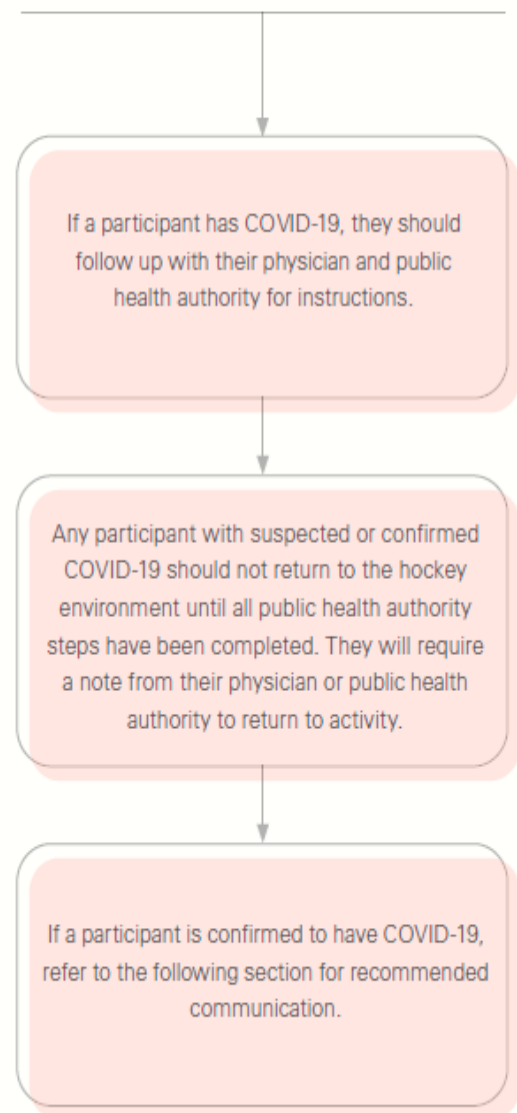
Participants exhibiting or reporting any symptoms should be directed to seek medical advice. If symptoms are severe, they should be directed to call 9-1-1 or visit an Emergency medical Facility.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

**PARTICIPANT ADVISES TEAM STAFF
THEY ARE NOT FEELING WELL
AND WILL NOT BE ATTENDING**



**PARTICIPANT ADVISES
THEY HAVE SYMPTOMS OF COVID-19
AND WILL NOT BE ATTENDING**



Positive COVID-19 Test in Hockey Environment

Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and **NEVER** disclose the sick person's name.

PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES

IMMEDIATE REMOVAL FROM HOCKEY
ENVIRONMENT FOR ANYONE IN THE HOME

REPORT TO PUBLIC HEALTH AUTHORITIES,
FOLLOW GUIDELINES

PUBLIC HEALTH AUTHORITY DETERMINES
COMMUNICATION PROTOCOL AND
TRACING OF ALL CONTACTS

COOPERATE ON ANY NECESSARY
COMMUNICATION.

NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC
HEALTH AUTHORITY TO RETURN TO PLAY

In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.

22. Coordination with Facilities

- 1) SHA will coordinate with Lambton Public Health and facilities in Lambton County, on behalf of all SHA participants. To the greatest extent possible, SHA COVID guidance and plans will be written so as to achieve uniformity across all facilities in Lambton. This will provide general information, and activity leaders are expected to confirm up-to-the minute instructions, by making contact with facilities management, upon arrival.
- 2) Specifically, these policies cover procedures to be followed when accessing Progressive Auto Sports Arena, Sarnia.
- 3) SHA Coaches, conducting activities outside Lambton County must take extra precautions to understand current COVID-19 safety measures at the facility they will train at. This understanding must be developed in advance of the activity so that it can be transmitted to activity participants before they depart for the activity. All other SHA policies remain in-place, wherever the activity may take place.

23. Tracking / Organizing Groups

- 1) Activity Leaders are required to maintain a record of all persons that attended the activity. To avoid congregating at entrances and the sharing of pens/paper, Parents/Guardians should email or text the names of those that will attend the facility in the same text/email used to provide proof of screening.
- 2) Activity Leaders are to maintain this record and be able to produce, for Public Health Authorities, upon request. This record must be maintained using the OHF Session Participation Tracking Form (Appendix C). Copies may be destroyed after 30 days.
- 3) In order to assist in the contact tracing process, Activity Leaders should plan and undertake activities to limit the number of times a player comes into closer contact with another player. Having pods reduces the number of people potentially exposed if you have a case of COVID-19 and also makes it easier to quickly identify close contacts. This is most easily done by “co-horting” players into like-skilled “pods”. Coaches can also modify practices so players work on individual skills, rather than on competition. Coaches may also put players into pods that remain together and work through stations, rather than switching or mixing pods. .
- 4) During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

24. Logistics

- 1) Arena Facilities are responsible for ensuring an appropriate supply of hand sanitizers are on hand, for participants. This will likely include an ability and requirement to sanitize on arrival. They will also provide cleaning products and services for the safe operations of their facilities. Where possible, facilities will provide access to washing facilities, however their availability will vary.
- 2) SHA will provide coaches with hand sanitizer and sanitizing spray for immediate use, as required. Coaches will also be required to maintain a supply of tissue and disposable masks for non-forecasted requirements.

- 3) Parents and Guardians must ensure participants have access to personal protective equipment like hand sanitizer and masks, as required. These will not be provided by SHA or the facilities. Failure to maintain an appropriate supply of PPE may result in persons being denied entry to the facilities or asked to leave.

25. Training Specifics

- 1) No hockey activity takes precedence over the need to keep our participants safe. In Stage 1 (Individual In-Person Training) Instructional Training – individual athlete training on or off ice sanctioned by the OHF in compliance with the Ontario Government Emergency Order and OHF policies.

- 2) **ONTARIO REGULATION 82/20 of the Emergency Management and Civil Protection Act states that for Indoor sports facilities**

7. (1) Every person responsible for a facility described in paragraph 34.2 or 34.3 of Schedule 2 shall ensure that,

- i. any person who enters or uses the facility maintains a physical distance of at least two metres from any other person who is using the facility;***
- ii. team sports are not practised or played within the facility;***
- iii. other sports or games that are likely to result in individuals coming within two metres of each other are not practised or played within the facility; and***
- iv. any locker rooms, change rooms, showers and clubhouses in the facility 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.***

- 3) OHF Members may conduct programming with the use of an instructor who meets the qualifications under the OHF Hockey Canada Licensed Skill Development Program Policy.
- 4) Minor Hockey Associations may conduct with the approval of their Member Partner instructional training for players registered with their MHA during the 2019-2020 season, where such training is conducted by a registered coach with the MHA during the 2019-2020 season.
- 5) Private skills instructors may conduct training of individuals once the lead skills instructor on the ice has qualified as a Hockey Canada Licensed Development Specialist or as compliant with the OHF Hockey Canada Licensed Skill Development Program Policy.
- 6) If utilizing a private skills instructor, MHAs will need to validate that the skills instructor qualifies under the OHF Hockey Canada Licensed Skill Development Program Policy.

Who Can Participate?

- 1) ALLIANCE Hockey Member Associations who choose to participate and follow the rules as outlined in the Bulletin

- 2) Insurance Coverage is for the remainder of the year 2019-20 insurance year which runs until August 31st, 2020
- 3) Participation must be for 2019-20 registered participants in your ALLIANCE Hockey Member Minor Association with no exceptions

26. Roles and Responsibilities

SHA COVID Health and Safety Communications Officer

- 1) Positive and open communication will be an important part of returning safely to the rink. Members, hockey associations and leagues will want to ensure they understand what controls and guidelines are in place. This information must be passed along to administrators, officials, team staff, volunteers, parents and players in advance to ensure the return to hockey and facility use is enjoyable.
- 2) It is recommended that hockey associations/leagues assign a person who will be responsible to ensure all updated and relevant information is passed on to everyone within their jurisdiction.
- 3) Responsibilities can include:
 - a. Monitoring all relevant updates from the public health authority.
 - b. Monitoring all relevant updates from their Member.
 - c. Communicating with local facilities on guidelines and updates.
 - d. Ensuring teams are following the prevention guidelines set by the Member/hockey association/league.
 - e. Ensuring any COVID-19 cases are reported as required by the public health authority, Member, hockey association, league and facility.

SHA Board Members

- 1) Be familiar with public health authority guidelines, and adhere to them.
- 2) Communicate with your Member on requirements specific to the Return to Hockey plan.
- 3) Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- 4) COVID-19 conditions are different across the country. It will be important to assess the current situation in the province/territory to help to build programming that fits.
- 5) Prior to starting hockey activities, reach out to the facility and discuss the following:
- 6) Facility guidelines and requirements specific to physical distancing.
- 7) Restrictions specific to the number of people allowed in public areas.
- 8) Areas that may not be accessible in the facility – main lobby, dressing rooms, observation areas, showers, washrooms, etc.
- 9) If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
- 10) Cleaning processes in the facility, including how often it is disinfected.
- 11) General facility rules specific to practicing good hygiene.
- 12) Relay information to coaches, managers, players and parents.
- 13) Work with the coaching staff and managers on any health-related issues with teams, and be prepared to advise the hockey association board and Member.

Coaching Staff & Managers

- 1) Be familiar with public health authority guidelines, and adhere to them.
- 2) Review the Return to Hockey plan from your Member.
- 3) Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.

- 4) COVID-19 conditions are different across the country. It will be important to assess the current situation in the province/territory to help to build programming that fits.
- 5) Host an initial meeting with parents/guardians/participants to review how programming will look and allow them to ask questions (can be done virtually if required).
- 6) Coaches have to be aware that they may be more susceptible to COVID-19 than our young athletes. The same personal hygiene, social distancing and personal protection applies to them.

Safety Person & Trainer

- 1) Ensure the health and safety of the players and help to create a safe and welcoming environment.
- 2) Advise players and parents that a prevention kit, as identified in the Hygiene section, is a good idea.
- 3) Educate parents and players on the need for each player to have their own water bottle labelled with their names. Players should take their water bottles home and wash them before the next session.
- 4) Emphasize to players the importance of washing their hands regularly with soap and water or hand sanitizer. Carry extra hand sanitizer and disinfectant wipes in the first-aid kit.
- 5) Emphasize to players the importance of keeping their equipment clean.
- 6) Be familiar with the Hygiene section of this document, as well as the Return to Hockey plan from the Member, and emphasize to players and parents the need for total cooperation concerning hygiene.
- 7) Work with coaches to support physical distancing, hygiene and return to play after illness.
- 8) The safety person/trainer should wear non-latex gloves on the bench for practices and games.
- 9) Gloves should be worn when handling equipment and when treating a player.
- 10) Hands must be washed and gloves changed between each player contact.
- 11) Cloth masks should be worn when treating players and when physical distancing cannot be practiced.

Players

- 1) Always respect and listen to team staff as they create a safe environment.
- 2) Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- 3) Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touchpoints. Use the elbow to open.
- 4) Absolutely no sharing of food or drinks.
- 5) Assist the coach in establishing required guidelines during hockey activities while on or off the ice.
- 6) Bring a kit bag filled with recommended items (see Hygiene section).
- 7) When coughing or sneezing:
 - a. Cough or sneeze into a tissue or the bend of the arm, not the hand.
 - b. Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
 - c. Avoid touching the eyes, nose or mouth with unwashed hands.
- 8) Avoid contact with anyone who is sick.
- 9) Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Parents

- 1) Be familiar with public health authority guidelines, and adhere to them.
- 2) Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- 3) Learn and follow the guidelines put in place by your Member, hockey association and team staff.

- 4) Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical distancing guidelines.
- 5) Stress washing of hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility.
- 6) Stress to kids not to touch their faces while at the hockey activity.
- 7) Make sure kids let parents know if they are not feeling well.
- 8) Make sure kids have their own clean water bottle, labelled clearly with their name, and stress the importance of not sharing water bottles.
- 9) Review public health authority guidelines for any province/territory that will be visited.
- 10) Travel with family to all hockey activities, including away events.
- 11) If staying at a hotel, consider the recommendations outlined in the Hygiene section.
- 12) Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Attachments

- Appendix A. Medical Consent Form**
- Appendix B. Hygiene Checklist**
- Appendix C. OHF Session Participation Tracking Sheet**
- Appendix D. OHF Health Screening Questionnaire**

ⁱ https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?utm_campaign=gc-hc-sc-coronavirus2021-ao-2021-0005-10020125402&utm_medium=search&utm_source=google-ads-107800103024&utm_content=text-en-434525470065&utm_term=covid