

we build character,
we build friendships,
we build skills



STURGEON LAKE MINOR
HOCKEY ASSOCIATION

Est. 2010

(Formerly the Fessenden Falls
District Minor Hockey Assoc.
& Bullocksgrove Minor
Hockey Assoc.)

Safe Return to Hockey Plan

2020/2021 Hockey Season

Purpose

This plan has been generated to provide all participants with the highest amount of safety that can be provided along with the opportunity for the participants to enjoy the sport of hockey.

Disclaimer

This plan is to provide direction and information for the upcoming 2020/2021 season. Rules and regulation have been outlined in this plan to help participants and coaches start their season. These items may change quickly so please monitor the website for any updates. The rules and regulations provided in this plan are not to replace common sense which should be exercised at all times and all participants should show respect towards fellow participants and their coaching staff.

COVID-19 Representative

A member of our executive has been assigned to monitor all updates along with monitoring an email address (questions@sturgeonhockey.ca) that has been posted on our website inviting anyone to send in a question about any COVID related items.

Meet with Facility

Representatives from our association have participated in a zoom meeting in early August with the City of Kawartha Lakes. At that time, they provided us some insight on what the season was going to hold. Since that meeting has occurred they have provided our association with guidelines for traffic flow within the arena, their expectations of the association, and the responsibilities of the association including the COVID representatives.

Appendix "A", "B", and "C" provide more detailed information from the City of Kawartha Lakes

Responsibilities specific to practices

- There is to always be a COVID representative present at all ice times. This person is someone who does not go out on the ice during practice and/or games.
- Coaches are to wear their mask at all times unless they are on the ice. (no exceptions)
- Coaching staff are responsible to have a practice plan for the allotted ice time. These plans need to cater to social distancing at all times.
- Coaching staff are responsible to make sure they have the necessary equipment.
- Coaching staff are responsible to make sure players are maintaining social distancing on the ice.
- Coaching staff need to maintain cones or markers showing players how to social distance.
- Coaches need to be aware of signs a player may be unwell.
- Coaching staff are required to have players off at the exact time allocated to prevent too many players in the building (max 25 people on the ice at one time which includes players and coaches)
- Teams will consist of 9 Players and 1 goalie. A "bubble" can contain a maximum of 5 teams. Teams are restricted to games and practices within that "bubble" . No crossover can occur between "bubbles"

Arrival at the Facility

Players are not permitted to enter the arena more than 10 minutes prior to their contracted ice time. All players must be dressed (excluding skates and helmets) before entering the arena, as dressing rooms are not available for use. Players can bring their skates and helmets into the arena in a small bag. When you get to the arena doors, you must be wearing a mask and sanitize your hands. You will also be required to have completed the online COVID questionnaire (see attached link)

https://docs.google.com/forms/d/e/1FAIpQLSdbpXZ3F1vH9iuogDphGerrXLJpsZnAqhsCFtMhgy5Pxgo7nw/viewform?usp=sf_link

The COVID questionnaire can be completed up to 2 hours prior to arrival. Alternatively, there will be a QR code posted at the arena entrance that you can scan with your phone or device that will take you to the questionnaire. This questionnaire must be completed every time you enter the arena. This will ensure we meet the City and public health requirements surrounding contact tracing, etc. The team's COVID representative will be at the arena entrance and will verify through the website that you have completed the COVID questionnaire. Upon entering the arena, you will follow the arrows to the designated chairs for tying skates. Players are required to wear their masks until they go on the ice. Players will bring their bags with them on the ice and place them behind the home and visitor's team player benches. Please refer to Appendix "A" for more information.

Hygiene Requirements

All participants and coaches will be expected to maintain a high level of hygiene while inside the facility.

Items such as:

- a) Washing hands often if available, if not an option, use alcohol-based sanitizers.
- b) Players using their own water bottles.
- c) No sharing of drinks or food.
- d) No pre-game or post game handshakes.
- e) Washing hands after using restrooms.
- f) Washing equipment that can be washed.
- g) Cough or sneeze into a tissue or the bend of the arm, not the hand.
- h) Avoid touching the eyes, nose, or mouth with unwashed hands.
- i) Emphasize to all participants that spitting or blowing your nose without a tissue is forbidden.

Dressing Rooms and Showers

Note: Washrooms provided by the facility are for ice user access only. At this time the only access to dressing rooms is for washroom purposes only. No participant can use the dressing room to dress, undress, or use the shower facilities.

Physical Distancing during on ice sessions

All participants are expected to follow all physical distancing rules as provided by the City of Kawartha Lakes and OMHA. The volunteer COVID representative of each ice time will also be monitoring physical distancing, along with your Coaches. Coaches will be requested to monitor and advise the Association if this is not occurring. Development sessions (practices) will be oriented around maintaining social distance. Players responsibilities are to maintain social distance on the ice at all times during practices and/or games. Hockey Canada discusses their expectations in the following link: https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

Please note the City of Kawartha Lakes and Sturgeon Lake Minor Hockey will have “Zero Tolerance” to any participant, parent or guardian, or coaching staff that does not adhere to the rules and regulations. Please refer to “Appendix B” for more information.

Requirements for parents/guardians at the facility

For players aged 10 and under: One parent/guardian will be permitted to enter the arena with their child to tie their skates. The parent/guardian must wear a mask at all times when in the arena facility, and is also required to complete an additional COVID questionnaire for themselves. The parent/guardian must be added to the participants list ahead of time to go along with tracing protocols. The parent/guardian will exit the arena as soon as the player’s skates are tied, via the same door (opposite end) the players exit after their ice time. You can see this flow of traffic on the attached document (Appendix “A”). The OMHA also requires the same parent/guardian to tie the player’s skates at each ice time, meaning the same parent has to be present at every ice time. If the regular parent/guardian cannot attend, the coach or trainer can tie the player’s skates, or the player’s skates can be tied in the parking lot, and the child can enter with skate guards.

Departure from Facility

Departure: Players must depart the arena no longer than 10 minutes after their contracted ice time. At the completion of the players’ ice time, they will get their bags from the players bench and exit through the ice rink door at the opposite end of the rink (as indicated appendix “A”). Players will remove their skates and helmets only. Players are not allowed to completely undress in the arena. The player will then check out with the team’s COVID representative. It is extremely important that you check out with the team’s COVID representative, as we need to keep logs for the City of Kawartha Lakes, the public health department, and your safety..

If a participant becomes sick

If participant becomes sick while at the facility:

- Participant advises the coaching staff and COVID representative immediately.
- Participant leaves the ice immediately putting on their mask and anyone helping the participant should be wearing a mask also.
- COVID representative contacts the parent/guardian and the participant is escorted out of the building to meet with their parent/guardian.
- The participant has to contact a physician.
- The participant is to follow local isolation requirements and will require a note from a physician to return.

If participant is not feeling well and will not be attending the facility

- The participant needs to contact the COVID 19 representative and a physician. Participant will require a note from them to be able to return to play.
- If participant is suspected or confirmed to have COVID 19 they need to follow the local health unit protocols and will need a note from their physician to be able to return to play
- If a confirmed case of COVID 19 occurs please refer to the section "Positive Tests" in the below section

If participant has positive test for COVID 19

- Contact has to be made with their physician and the team's COVID 19 representative
- Immediate removal from hockey including any family members within the organization
- Report to the local public health unit and follow guidelines. (see note below)
- Public health unit determines communication protocol and tracing of all contacts. (COVID representative may be asked to provide attendance list and participant lists for tracing purposes)
- Participant will require a note from their physician or public health unit to be able to return to play

Note: if sick, participant and/or their parents/guardian elects to inform the association that they have been diagnosed with COVID 19 the association needs the participant's and/or parent's/guardian's consent to be able to contact the local health unit. The participant and/or parent/guardian needs to advise the local health unit consent has been given. Any cases of COVID 19 will remain discrete and names will not be disclosed.

Parent meeting

The supervisors of Players, Coaches, and Managers will meet with parents in a socially distant setting (i.e.: parking lot) before their child's first ice time to discuss the following:

- Welcome parents/guardians and advise them what to expect going forward. Remind parents/guardians of all information posted on the association website under the library section, the FAQ section, and what the first few weeks of hockey will entail. Remind them that we are advised by our Government, local health unit, our ice provider, and the OMHA. Given the situation we ask all parents/guardians be patient and flexible
- Expectations of the parents.
 - a. Parents will not bring their child to hockey if they show any signs of illness and advise the COVID representative
 - b. The parent will make sure the player will complete the pre-screening questions online every time before they attend the ice time.
 - c. The parent will have completed the medical questionnaire form (before first ice only)
 - d. The parent will have signed the parent contract before their child steps on the ice

- e. The parent will make sure their child has signed the player contract before they step on the ice
 - f. The parent must understand that if they do not provide all necessary information and complete all forms as required their child may not be allowed to step on the ice
 - g. Understand facility guidelines
 - h. Player Hygiene, not sharing items, no contact, no horseplay
- Review the document that will have been sent to all parents. They will have to review with their child regarding what is recommended to be brought to the arena.
- a. Bring your own water bottle
 - b. Bring a bag only into the arena big enough to carry your skates, helmet, mouthguard, towel, etc. The bag should be small enough to carry around as your child will have to move it throughout the arena. (hockey bags are recommended not to be brought into the arena)
 - c. Make sure your child has a mask and review with your child that they have to wear it at all times in the arena unless on the ice

Screening and Tracing Documents

All participants will be required to complete a screening questionnaire before they enter the facility **every time** they attend. This will be provided in an online format that can be completed 2 hours in advance or there will be opportunities to fill out the questionnaire at the arena. We strongly recommend you complete this in advance as the participants only have 10 mins to get in and onto the ice.

NOTE: any participant that will be on the ice multiple times in the same day has to have their name appear on all attendance lists they participate in for tracing purposes.

Please refer to "Appendix E" for an example of the questionnaire

Every participant will be required to provide attendance **every time** they attend the facility. This will occur before you go into the arena and when you leave the arena. Attendance will be monitored by the designated COVID representative for your child's ice time. This is mandatory to be completed for tracing purposes.

Please refer to "Appendix D" for an example of the attendance sheet that can be used.

Fenelon Falls Community Centre ARENA TRAFFIC FLOW

Phase 1 (no spectators)

Drop-off/Pick-up only. Unless 10 & under assisted drop-off/pick-up. Please follow traffic flow, wear a mask/face covering at all times.



Masks/Face coverings must be worn at all times.

Masks/Face coverings aren't necessary while skating on Ice Pad.

Put skates on here.

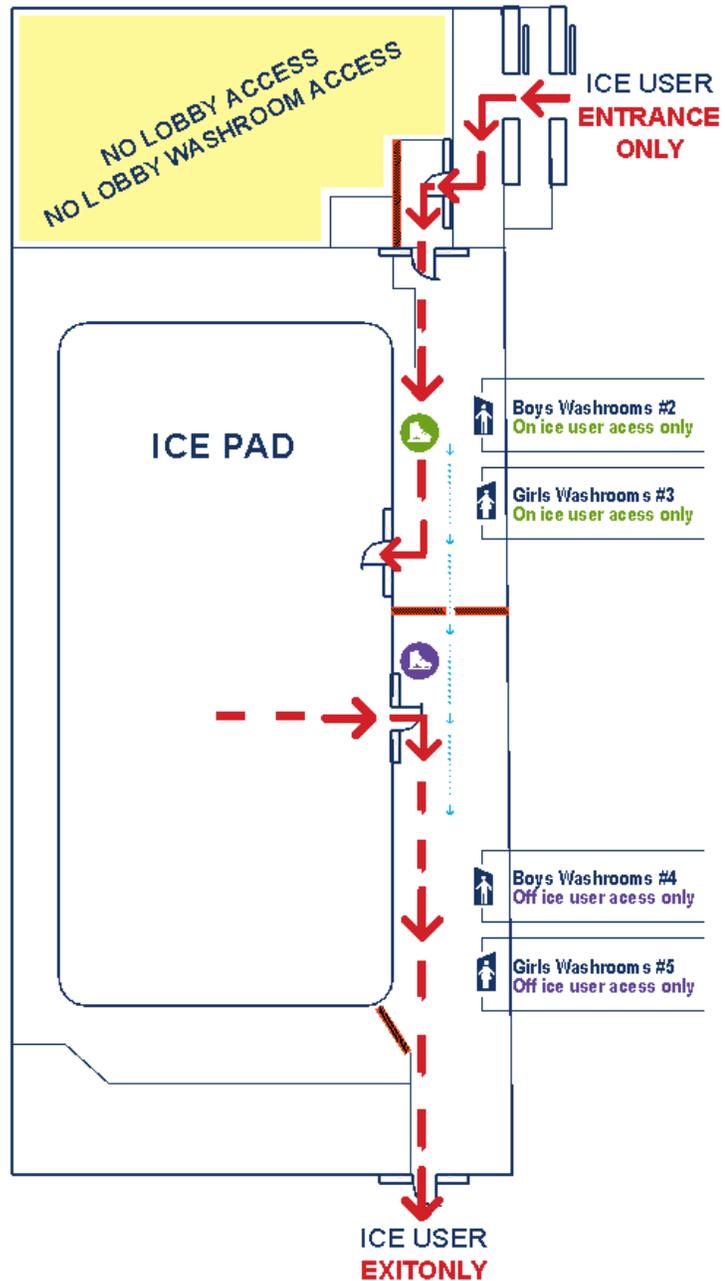
Take skates off here.

Washrooms.

10 & under assisted drop-off/pick-up traffic flow. **Wear mask/face covering at all times.**

Barricade.

One-way traffic only. Stay six feet apart.





City of Kawartha Lakes Ice Use Protocols – Phase 1

As the COVID-19 (Coronavirus) outbreak continues to evolve, health and safety is our number one priority. Proactive measures to prepare for and respond to COVID-19 in our community have been identified. To ensure the health and safety of the community cooperation is required from everyone.

Measures being put in place include, but are not limited to, the following:

- Self screening before entering the facility
- Hand sanitization upon entry and exit of the facility
- Restrictions on the number of users on the ice pad
- One-way entrance into the facility, ice pad and designated exits using directional floor markers to support physical distancing
- Enhanced cleaning of the facility following each ice rental
- No access to the general public or any spectators
- Designated COVID-19 Representative provided by each ice user group
- Canteen and Pro-shop will not be open for business

In order to ensure a safe return to facility utilization the following protocols have been adopted for ice user groups and participants. These protocols, along with the directives outlined in the Framework for Reopening our Province during Stage 3, must to be adhered to.

Ice Use Protocols - Phase 1

- Mask/face covering must be worn while in the facility, except for on-ice activity. Bench staff must wear a mask/face covering.
- Follow facility traffic flow plan. Signage and physical distancing markers have been posted.
- Arrive ready to enter the facility no earlier than 10 minutes prior to contracted ice time. Depart the facility no longer than 10 minutes after contracted ice time.
- Arrive dressed and ready to enter ice surface.
- Utilize designated area to put on skates and helmet.
- Utilize designated area to remove skates and helmet.



City of Kawartha Lakes Ice Use Protocols – Phase 1

As part of the Ice Use Protocols – Phase 1 procedures each ice user group must appoint one COVID-19 Representative for each rental.

COVID-19 Representative Responsibilities

This person is responsible for the following tasks and cannot be on the ice providing instruction:

- Maintain a log of all people who enter the facility, including name, contact information, date and time (includes all participants, assistants, volunteers) to facilitate contact tracing. Municipal and/or Health Unit staff may request the list up to 30 days after the booking.
- Perform active screening of participants/people entering facility prior to or upon entry. Record the answers to the screening questions and based on the responses allow people to enter the facility. Municipal and/or Health Unit staff may request the response log up to 30 days after the booking. Please refer to the Health Unit poster – Are You Sick? for the screening details.
- Ensure all participants are dressed (excluding skates and helmet) ready to go on the ice before entering the facility.
- Ensure all participants utilize the designated entrance and exit areas. Dressing rooms are not open for use. All bags, shoes, outdoor clothing should be stored in the designated area.
- Ensure the user group is adhering to physical distancing standards.
- Ensure there are no more than 25 participants including all coaching staff during the rental.
- Ensure each participant/person is wearing a mask as they enter the facility and while in the building excluding while on the ice.
- Ensure the user group is adhering to the ice pad traffic flow plan.
- Adhere to the protocol of no spectators allowed.
- Adhere to the protocol that participants 10 and under ONLY are allowed ONE parent/assistant to enter in order to help put on and take off skates. This person cannot remain in the building during the ice booking. When picking up, the parent/assistant may re-enter the facility at the end of the ice booking, no earlier.

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Session Participation Tracking

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating YES in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

| Session Location | Ice Pad | Date | Time |
|------------------|---------|------|------|
| | | | |

| | Name of each individual included in this session Please list all coaches, instructors and participants | Contact Phone Number | Health Screening Pass (Yes or No) |
|----|--|----------------------|-----------------------------------|
| 01 | | | |
| 02 | | | |
| 03 | | | |
| 04 | | | |
| 05 | | | |
| 06 | | | |
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| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| | Name of each individual included in this session Please list all coaches, instructors and participants | Contact Phone Number | Health Screening Pass (Yes or No) |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |

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Session Participation Tracking

| | | | |
|-----------|--|--|--|
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |



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Health Screening Questionnaire

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 any and all activity.

1. Are you currently 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

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Health Screening Questionnaire

Sore throat

Yes No

Difficulty swallowing

Yes No

Runny nose, sneezing or nasal congestion (*not related to seasonal allergies or other known causes or conditions*)

Yes No

Lost sense of taste or smell

Yes No

Pink eye (conjunctivitis)

Yes No

Headache that's unusual or long lasting

Yes No

Digestive issues (nausea/vomiting, diarrhea, stomach pain)

Yes No

Muscle aches

Yes No

Extreme tiredness that is unusual (fatigue, lack of energy)

Yes No

Falling down often

Yes No

For young children and infants: sluggishness or lack of appetite

Yes No



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Health Screening Questionnaire

For the remaining questions, close physical contact means:

Being less than 2 metres away in the same room, workspace, or area for over 15 minutes

Living in the same home

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Close physical contact means:

Yes No

3. In the last 14 days, have you been in close physical contact with a person who either:

Is currently sick 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).