



## **HMMH 2020-21 SAFE RETURN TO HOCKEY PLAN Version 1.3 (Returning Sept 21, 2020)**

### **1.0 Current Return to Hockey Phase**

On behalf of the Return to Hockey Committee and Executive, we would like to thank you for your patience during these unprecedented times. HMMH has been working closely with the Ontario Hockey Federation (OHF), the OMHA and the Town of Halton Hills to work with the provincial guidelines on a safe return to hockey, keeping the safety of all involved our top priority.

On September 1, 2020, Halton Hills Minor Hockey will enter Stage 3B of the Framework. Players must be registered for the 2020-2021 season in order to be eligible and covered by Hockey Canada insurance.

We are asking that each family returning to hockey read carefully through the below outline of Returning to Halton Hills Minor Hockey information and all attachments that are included.

*\*\*Please understand that rules and protocols are being updated frequently and are subject to change based on COVID -19 trends and in accordance with further direction from the OHF/OMHA, The Town of Halton Hills and the PHU (public health unit for Halton).*

### **2.0 Governing Rules**

All participants and spectators at programming offered by HMMH are expected to comply with all applicable government, OHF, and OMHA rules, including but not limited to (clickable links in red):

- [Hockey Canada Return to Hockey Safety and Return to Hockey Protocols FAQs](#)
- [OMHA Return to Hockey Framework COVID-19 Updates](#)
- [OHF Return to Hockey Framework](#)

#### **Town of Halton Hills, Province of Ontario, and Facilities Protocols**

- [Town of Halton Hills Return to Hockey and Skating Protocols](#)
- [Town of Halton Hills COVID19 Arena Guidelines](#)
- [Ontario Emergency Order](#)
- [Halton Hills Mask Bylaw and Class Order](#)



### 3.0 HHMH Communications Officers / Contact Persons for all team Health reporting

**Communicationofficer@haltonhillsminorhockey.com**

#### **This email is received by:**

1. Ruth Reid, Director
2. Brenda Geim, VP of Representative
3. Tim Kerr, VP of House-League

#### **Return to Hockey Committee:**

- \*Brenda Geim, VP of Representative Hockey \* *main contact for OMHA and Town of Halton Hills Facility*
- Grant Kelly, VP of Administration
- Tim Kerr, VP of House-league
- Bill Curry, President
- Ruth Reid, Director
- Steve Nelson, Secretary Email: [support@haltonhillshockey.com](mailto:support@haltonhillshockey.com)

### 4.0 Participant Communication

All participants will be provided a copy of HHMH Return to Hockey plan. Copies of the Plan and other relevant documents will be posted on the HHMH website for reference and emailed to all participants who have registered.

Prior to holding any in-person development event, HHMH will review the Return to Hockey Plan with players and parents/guardians at either an in-person or live virtual (e.g. Zoom) meeting. If being held in-person – the meeting will take place 1 hour prior to the first development skate outside the facility (socially distancing).

All Board and Executive members, coaches, trainers, team managers, other team staff, and players (and their parent/guardian if under 18) will be required to certify (see **Appendix 1** for sample Declaration of Compliance) that they have reviewed and agree to comply with the Return to Hockey Plan before conducting or participating in any in person HHMH activities.

### 5.0 Insurance

All participants must be properly registered with Hockey Canada when participating in any HHMH activities.

Hockey Canada’s current General Liability policy insures against “bodily injury” which is defined as including “disease.” Its insurance carrier has confirmed it will not implement communicable disease/COVID-19 exclusion before September 1, 2023 at the earliest.

(Section 5, Insurance, OHF Return to Play Plan and Protocols)



## 6.0 Screening Protocols

All individuals participating in or attending HHMH activities must self-screen in accordance with current public health guidelines. Individuals must not attend any HHMH 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 by public health.
- 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).

- 1) For the Town of Halton Hills - All individuals will be verbally or electronically screened before or upon arrival by an ambassador for the Town of Halton Hills (update the Town Screening app here). New screening must be conducted each day player/participant enters The Town of Halton Hills facilities.
- 2) For HHMH - All individuals will be verbally or electronically screened by HHMH assigned team trainer upon arrival each time a player/participant, volunteer and parent/guardian enter the facility for HHMH activity. (**Appendix 2**, OHF Health Screening Questionnaire/**Appendix 3**, OHF contact Tracing) a paper copy will be kept with an assigned team trainer for at least 30 days after a given activity takes place.

\*Public Health for Halton advised that temperatures taken are up to the facility, the Town of Halton Hills is not requiring this be done to enter their facility.

[Click here](#) for Government of Ontario Covid-19 Self-Assessment Tool

## 7.0 Hygiene

Participants should regularly wash hands often with soap and water for at least 20 seconds, especially after using the washroom and before or after participating in an activity. Alcohol-based sanitizer should be used if soap and water are not available.

Everyone entering the facility will be asked to sanitize.

Participants will not spit, snort, or deliberately release bodily fluids on the ice or player's bench or ice surface.

If participants must cough or sneeze, they should do so into a tissue or the bend of an arm, not the hand. Used tissues must be disposed of as soon as possible in a lined basket and hands watched. Participants should avoid touching the eyes, nose, or mouth with unwashed hands.

All participants must have their own water bottle labelled with their name or number. Absolutely no sharing of water bottles is permitted and only participants (or their parents/guardians) should touch or fill their own water bottle. Participants should also not share any other food or drink. Both benches are to be used during practice to align the water bottles up with distance between them.



## 8.0 Facilities and Equipment

### 8.1 Compliance with Facility Directions:

Participants shall comply with the directions of facility staff regarding how to enter and exit facilities, flow within the facility, and designated seating and viewing areas.

See Town of Halton Hills facility rules. In case of any conflict between this Return to Hockey Plan and town or facility rules, the most stringent set of rules shall apply.

(I.e. The Town of Halton Hills is allowing 30 participants on the ice at a time; OHF/OMHA is allowing 25 participants including instructors on the ice at a time) \*all subject to change.

### 8.2 Equipment and Changing:

All players are to arrive to the arena dressed in full equipment except for their skates. Goalies are to arrive dressed except for their chest protector and pads, they can put these on in the dressing room.

10 individuals are permitted in a dressing room at a time. Water in dressing rooms will be shut off as there are no showers allowed. The town Ambassador will assign each player a number when they arrive. Numbers will be placed on benches in the change room and each player is to sit at their assigned number.

Please note - Younger teams with players who require their skates tied will need to count each parent/guardian as one person in the dressing room. Once player's skates are tied, the player and parent/guardian are to move out to the designated hall area to allow the next player and parent/guardian to enter the change room. The 10-person protocol in change room is always to be followed. All non-players/participants must always keep their mask on while in the facility.

Players, coaches and instructors are to keep their masks on while in change room until they are ready to put their helmets on. Once helmets are on, players, coaches, volunteers are then able to put their masks in a clear zip lock bag and place them in their hockey bags. *\*each player, coach, volunteer is to bring their own zip lock bag labelled with their name on it for hygiene purposes.* Coaches and Trainers that are not going on the ice and remaining on the bench are always to keep their mask on.

When players have their skates on, they will be directed to the rink area. All parents/guardians are to be in the labelled/designated viewing area not in the player area.

Once the scheduled ice time is over, players and coaches will have 15mins to exit the building.

Players must use only their own equipment. No sharing of equipment will be permitted – (we are looking at best options for HL goalie equipment that in previous years has been shared) Players are encouraged not mandated to consider wearing a full Lexan/acrylic face shield.



### 8.3 Masks and Other PPE:

Coaches, trainers, other team staff, and parents/guardians must always wear a non-medical mask inside facilities and outside when it is not possible to maintain at least 2m physical distancing.

Players/participants must always wear a non-medical mask inside facilities and outside when it is not possible to maintain at least 2 m physical distancing until they have put on and closed their helmet and face mask/visor/shield.

### **9.0 Number of Participants and Permitted Hockey Activities**

The number of participants and types of hockey activities permitted will depend on which stage of the Return to Hockey Framework HHMH is currently in. The participant limits and permitted hockey activities below are subject to any more restrictive limits imposed by the provincial government, the local public health unit, or The Town of Halton Hills.

### **9.2 Stage 3B: (moving to this stage Sept 1<sup>st</sup>)**

Maximum of 30 participants on a rink at any one time \*this may stay at 25 based on region.

On or off-ice individual or group training permitted. Physical distancing required.

3 on 3 or 4 on 4 game play permitted with no physical contact. Physical distancing required off-ice and on benches.

Leagues must consist of a maximum of 50 players and all activities must take place within the Town of Halton Hills.

\*\*Stages following our current stage can be found on the OHF/OMHA Return to Hockey Framework

### **10.0 Outbreak Management**

It is important that there be an open communication between team staff, HHMH board, parents/guardians and players/participants with regards to the health and safety of our players/participants to the return to hockey program. This is a partnership for return to hockey to be successful.

Currently there is no such thing as 'it's just a cold'. All symptoms are taken seriously. It is important the team staff know what is 'the norm' regarding your child when they engage in physical activity and with their health in general. Parents/guardians are to complete and submit a Medical form to the team trainer so that the team staff can identify what 'is not the norm' when on the ice.

If you are unsure whether you should be tested based on current symptoms, you are encouraged to use the self-assessment tool which will help you determine next steps (<https://covid-19.ontario.ca/self-assessment/>).



10.1 Player/participant becomes unwell with symptoms of COVID-19 and 'out of the norm' (during on ice session):

If player/participant becomes unwell with symptoms of COVID-19, or if someone is aware of player/participant 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 HHMH Communications Officers shall be informed of the situation and will contact the individual or their parent/guardian to follow-up if next steps are being taken regarding testing. The Lead Communications Officer will record information and details and contact Public Health to make them aware of a situation. Public Health will open a case and investigate. The parent/guardian will follow up with Public Health for guidance and testing and Public Health will advise parent/guardian of action to be taken. Public Health will update Lead Communications Officer if there is a positive case impacting hockey or not.

10.2 Player/participant is tested for COVID-19 and waiting for results:

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 or until a negative test result is received.

HHMH Communications Officers will collect the contact log and record details of the situation, following up with Public Health. Public Health will create a case and investigate. Public Health will inform Lead Communications Officer if there is any action required or case is closed for HHMH records.

10.3 Player/participant tests positive for COVID-19:

If player/participant tests positive for COVID-19, they are required to inform the HHMH Communications Officers, who will update HHMH records. The Lead Communications officer (Ruth Reid) will advise Public Health that we have been made aware and will assist in contact tracing documentation, etc. Public Health will confirm back to Lead Communications Officer of confirmed exposure.

Public Health will contact and advise any individuals who were in close contact with the individual and advise next steps, following public health guidelines regarding self-isolation and testing. The player/participant who tested positive for Covid-19 must test negative before returning to any HHMH activities.

10.4 Return to Hockey Activities:

If a player/participant becomes ill and requires self-isolation and no test was performed or the test was negative, but is symptomatic, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19 for **48 hours**.

Following a positive COVID-19 test, the individual must follow all public health guidelines regarding return to activities, including but not limited to a negative test result.

10.5 Modification or Cancellation of Hockey Activities:

HHMH will follow all applicable public health, provincial/municipal government, and Hockey Canada, OHF, or OMHA recommendations regarding modifying/restricting/postponing or cancelling hockey activities. Participants will be informed as soon as possible of any modifications/restrictions or cancellations. Modifications and restrictions will remain in place until HHMH is advised that it is safe to resume activities by public health, government, or Hockey Canada/OHF/OMHA officials.



### **11.0 Enforcement**

All coaches, trainers, team managers, and other team officials are responsible for ensuring compliance at all HHMH activities. Any person not complying will be asked to leave.

Coaches, trainers, team managers, other team officials, parents/guardians, players, and spectators who refuse to comply may be subject to further discipline as determined by the Board, up to and including being removed from a team and/or banned from all HHMH activities.

### **12.0 Appendices**

Appendix 1 – Sample Declaration of Compliance

Appendix 2 – Sample OHF Screening Form

Appendix 3 – Sample OHF Contact Log

Appendix 4 – The Town of Halton Hills, Hockey and Skating Protocols – COVID-19 Stage 3

### **Frequently Asked Questions**

#### **My child develops sniffles or runny nose on ice during session...do they need to be removed as runny nose is a symptom of COVID-19?**

If your child arrives to the facility and is healthy (no symptoms), and the parent/guardian has completed the screening checks that their child is healthy, the question is whether the child 'normally' has a runny nose when they are engaged in physical activity/physical exertion. Physical exertion can cause red faces and runny noses 'normally'. Parents/guardians should confirm to their team trainer if their child normally has a red face and/or runny nose during sports and physical exertion. In this scenario there is no need to pull the child off the ice. Open communication is very important. Make note of this situation on the Medical Form completed and given to trainer.

#### **My child has allergies or asthma or pre-existing conditions that have the same symptoms as COVID-19. Does that mean they can't play or how can this be considered?**

Like the runny nose scenario, parents/guardians should confirm pre-existing health conditions to the trainer for their records (completion of Medical Form). Parents/guardians should also identify whether their child is displaying 'normal' symptoms. In other words, self-assessment of the symptoms is determined by the parent/guardian as not out of proportion from prior experience.

If the child has 'out of the norm' symptoms, parents/guardians should keep their child home and follow Public Health guidance of self-isolation.

**Very important to note.** When a player/participant is required to self-isolate. Other household members must self-isolate as well. As per the class order, there can be fines when individuals are not completing the self-isolation requirements.