

December 4, 2020



Dear OGHA families,

We hope you are all staying safe and healthy. We wanted to send an email to update you on issues related to COVID-19 and remind you about important things you can do to help keep your daughters safe!

Within our organization we have had several cases of COVID-19. Fortunately, our members are doing well! It can, and has been, stressful for those families and teams involved. It is an important reminder that COVID-19 is in our community and can enter our dressing room and activities without our knowledge.

The COVID Response Team has recommended that coaches be required to wear masks on the ice. With the support of the Board of Directors this will be mandated as of Dec 4, 2020. We also **strongly encourage** players to wear masks throughout practice as tolerated. As always, medical exemption for masks can apply.

What to do if your child has tested positive for COVID-19, or you have been contacted by Ottawa Public Health (OPH) and identified as a “high risk contact”?

- OPH will contact you to determine contact tracing and isolation requirements.
- It is possible that one case on a team could require a team to pause hockey activities, or even isolate until OPH determines it is safe to return.
- In order to better communicate with other families on your team, we ask that you provide the OPH representative with contact information for BOTH your team’s designate (coach or trainer) and the COVID Response Team.
- We also ask that you share any OPH guidance with the COVID Response Team and your team’s designate.
- Clear communication will help keep our members safe and also help avoid any unnecessary practice cancellations.

Please review the table below for important reminders and tips for players and families

If you have any questions, concerns, ideas please feel free to contact us at any time!

OGHA COVID Response Team
Sunita Nayar-Kingwell, Mélise Keays, Celeste Fung
COVID@ogha.info

TIPS TO STAY COVID-WISE AT THE RINK

Before Entering the Arena:	In the Arena:	After On-Ice Event:
<ul style="list-style-type: none"> · Avoid congregating in the parking lot · Avoid carpooling · Ensure your player's RAMP/other site-specific forms are filled out before arriving at the arena and include your name in the spectator section if attending as a guardian. · Please have your player arrive fully dressed in their hockey equipment with a full water bottle · Ensure everyone entering the arena is wearing a mask · If your player is returning to play (after testing positive, isolating because of close contact, after another illness) please ensure that the required documentation is completed. Depending on the situation this may require the OPH Attestation form, a doctor's note, or the notice received by OPH. If you have any questions as to what is required please contact the COVID Response Team at COVID@ogha.info 	<p>Parents:</p> <ul style="list-style-type: none"> · Keep your mask on at all times · Ensure social distancing · Remain in the area designated for spectators · Please do not go to the Player's bench <p>Players:</p> <ul style="list-style-type: none"> · Keep your masks on until you place your hockey helmet on (no earlier than 5 minutes before going on the ice) We encourage you to keep your mask on while on the ice · Remain in your assigned seat for skate tying · Try to remain distanced from your teammates and coaches while waiting in lines or while listening to your coach · Ensure your water bottles are spread out on the bench · No spitting at anytime · If you feel ill notify your coach or trainer ASAP 	<ul style="list-style-type: none"> · Please place your mask on immediately after removing your helmet · Please leave the dressing room once your skates are removed · Leave rink as soon as possible · Avoid congregating in the parking lot