



**Ancaster Avalanche Girls Hockey Association  
COVID-19 Response Protocol**

**Version 2 August 2021**

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## **INTRODUCTION**

COVID-19 has had a profound impact upon all aspects of society including the way we operate at home, work and play. The OWHHA is permitting some sanctioned hockey activities providing they comply with requirements and have prior written approval of the OWHHA. The following AAGHA COVID-19 Response Protocol is developed with the safety of all players, coaches, spectators, staff and volunteers in mind. The AAGHA protocols are based on current Ontario statutes, regulations and current Hamilton public health directives. These protocols address physical distancing measures, health and safety regulations, size of permitted gatherings, OWHHA regulations, rules, policies and procedures. Federal, provincial and municipal laws, regulations, by-laws and OWHHA rules may change and the AAGHA will communicate in subsequent versions of these protocols as new information becomes available, through our COVID-19 communication strategy. The AAGHA has established a COVID-19 safety committee that will oversee the implementation of this protocol. The committee is made up of four board members: President, Rep Convenor, House League Convenor and Head Trainer.

## **COVID-19 COMMUNICATION STRATEGY**

The AAGHA has established a specific COVID-19 communication strategy to ensure that all members are aware of any updates or changes as they arise. The AAGHA has established a specific COVID-19 portal on its website that will allow members quick access to information and resources as needed. The strategy will also utilize all social media platforms to communicate updates. A COVID-19 safety committee email box has been established for quick communication of any issues that arise. The COVID-19 safety committee will also utilize email and communication with coaches to ensure all players and parents are informed.

## **COVID-19 EDUCATION AND TRAINING**

All AAGHA staff, coaches, trainers, participants, parents, administrators and volunteers will receive training through electronic communication on new safety and hygiene protocols as directed from Hamilton Public Health and the Government of Ontario. Training will be tracked by the AAGHA COVID-19 safety committee and will address respiratory etiquette, hand hygiene, physical distancing and use of Personal Protective Equipment (PPE). Training will also cover the protocols and procedures when involved in team activities.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

<https://www.hamilton.ca/coronavirus/physical-distancing>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

<https://www.hamilton.ca/coronavirus/face-coverings-and-masks>

<https://www.hamilton.ca/coronavirus/face-coverings-and-masks-by-law>

## **PUBLIC HEALTH GUIDELINES**

The AAGHA should follow all Hamilton public health guidelines regarding COVID-19. These may include:

- Any AAGHA 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.

## **COVID-19 EXPOSURE PROTOCOLS**

The AAGHA COVID-19 safety committee will monitor and ensure the following protocols are followed in the following situations:

### ***IF 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 contact Hamilton Public Health guidelines regarding self-isolation and testing. <https://www.hamilton.ca/coronavirus> (905) 974-9848
- The AAGHA COVID-19 safety committee will also be notified and will contact public health to receive direction. <https://www.hamilton.ca/coronavirus>(905) 974-9848
- The AAGHA COVID-19 safety committee will take direction from public health to determine if 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.
- A member of the AAGHA COVID-19 safety committee will notify the the OWHHA President and/or Director Operations should be informed of the situation as soon as possible.

***PROTOCOL FOR INDIVIDUALS TO REPORT TO THE AAGHA IF THEY HAVE DEVELOPED, OR BEEN EXPOSED TO SOMEONE WITH COVID-19 SYMPTOMS***

- Self isolate and contact Hamilton Public Health for direction.  
<https://www.hamilton.ca/coronavirus> (905) 974-9848
- Notify the AAGHA COVID-19 safety committee via the email.
- AAGHA COVID-19 safety committee will contact Hamilton Public Health  
<https://www.hamilton.ca/coronavirus> (905) 974-9848 for direction.
- AAGHA COVID-19 safety committee to notify the OWHA President and/or Director Operations.

***PROTOCOL IF 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 from Hamilton Public Health.
- The AAGHA COVID-19 safety committee will consult the Session Participation tracking sheets to inform other participants who might have been in close contact with the individual
- Any AAGHA members who were in close contact with the individual should contact Hamilton Public Health and follow public health guidelines until the diagnosis of COVID-19 is ruled out.

***PROTOCOL AN INDIVIDUAL TESTS POSITIVE FOR COVID-19***

- If an individual tests positive for COVID-19 they should follow Hamilton Public Health self isolation protocols and inform the AAGHA COVID-19 safety committee.
- The AAGHA COVID-19 safety committee will work where requested with the facility and Hamilton 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 AAGHA members who were in close contact with the individual should not participate in hockey activities and contact Hamilton Public Health until the diagnosis of COVID-19 is ruled out.
- The AAGHA COVID-19 safety committee will also communicate with the members of the organization when a positive COVID-19 test result within the hockey program setting.
- The AAGHA COVID-19 safety committee in consultation with Hamilton Public Health inform and work with the facility in the case of a positive COVID19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines.
- The AAGHA COVID-19 safety committee will inform OWHA of a positive COVID-19 diagnosis by e- mailing [team@owha.on.ca](mailto:team@owha.on.ca) .

Protocol for the AAGHA or team to inform designated individuals if there has been an exposure to COVID-19 within the association/team or female hockey group

***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 CANCELLING HOCKEY ACTIVITIES***

- Based on the evolving COVID-19 pandemic, the AAGHA COVID-19 safety committee must be prepared to follow Hamilton public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Using the AAGHA communication strategy event cancellations will be communicated to the members as soon as possible.
- The AAGHA will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

### ***FACILITY CO-ORDINATION***

The AAGHA will coordinate with the City of Hamilton and Hamilton Public Health to ensure compliance with OWHA rules and municipal legislation. The AAGHA will mandate the appointment of two COVID-19 monitors at each session that will ensure all protocols are being followed including:

- Implementing effective measures to manage the flow of traffic in and out of the facility
- Ensure that all individuals complete the questionnaire and are tracked as they enter the facility utilizing the: OWHA HEALTH SCREENING QUESTIONNAIRE OR THE CITY OF HAMILTON SCREENING TOOL and OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID-19 LIST OF ALL PEOPLE IN ATTENDANCE
- 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.

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Monitors will attempt to address any issues onsite and report any violations to the AAGHA COVID-19 safety committee email.

### **SELF SCREENING MEASURES**

All individuals taking part in OWHA sanctioned association/team activities must self-screen in accordance with current public health 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.)

### **HEALTH SCREENING OF INDIVIDUALS**

The team trainer will 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 using the OWHA HEALTH SCREENING QUESTIONNAIRE OR THE CITY OF HAMILTON SCREENING TOOL. The questionnaire will be retained by the team trainer for an indefinite period of time.

### **TRACKING OF PARTICIPANTS**

All AAGHA 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. Tracking will be conducted using the OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID- 19 LIST OF ALL PEOPLE IN ATTENDANCE form and retained for an indefinite period of time by the team trainer in attendance.

### **PROGRAMMING**

The AAGHA shall limit 2021-2022 programs as dictated and approved by the OWHA and in accordance with the Province of Ontario Road Map to Re-Opening.

### **TRYOUTS**

Tryouts shall be held in accordance with OWHA guidelines as required.

### **LIMITATIONS ON SIZE OF TRAINING GROUP**

All training sessions must follow provincial and local public health as well as facility guidelines including compliance with the size of gatherings. 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.

## **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.

## **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.

## **FACILITY ACCESS AND TRAFFIC FLOW**

Individuals shall follow facility and City of Hamilton guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.

## **SPECTATORS**

Spectators are permitted at the facility and are required to follow the screening and contact tracing guidelines as stated above. Anyone attending an AAGHA activity is expected to follow facility guidelines with respect to physical distance, must remain at least 2m apart, and is required to wear a face covering that covers the nose and mouth at all times. 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 ensure the process of drop off and pick up are clearly understood and followed to ensure the safety of the participant.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

<https://www.hamilton.ca/coronavirus/physical-distancing>

<https://www.hamilton.ca/coronavirus/face-coverings-and-masks-by-law>

## **PERSONAL HYGIENE**

Individuals should wash / sanitize hands upon entry to facility.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

## **WARM-UP/COOL DOWNS**

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



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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.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

<https://www.hamilton.ca/coronavirus/physical-distancing>

## **PERSONAL PROTECTIVE EQUIPMENT (PPE)**

### **Coaches/Trainers/Team Staff:**

- Required 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.
- Not required to wear a non-medical face mask while skating
- Must wear a CSA approved hockey helmet
- Must not share hockey equipment

### **Skaters/Goaltenders:**

- Required 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

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

<https://www.hamilton.ca/coronavirus/face-coverings-and-masks>

## **DRESSING ROOMS**

Players may use dressing rooms. They are required to wear a face covering while dressing/undressing and should maintain as much distance as possible while in the dressing room.

## **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.

## **Resource Links**

The following resource links will be posted on the AAGHA website under the COVID-19 portal.

City of Hamilton Screening Tool

<https://screening.hamilton.ca/Login?ReturnUrl=%2f>

What to do if you have symptoms of COVID-19

<https://www.hamilton.ca/coronavirus/what-do-if-you-have-symptoms-covid-19>

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>

<https://www.hamilton.ca/coronavirus/physical-distancing>

How to self-monitor

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>

Hamilton Face Coverings and Masks By-Law

<https://www.hamilton.ca/coronavirus/face-coverings-and-masks-by-law>

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>

<https://www.hamilton.ca/coronavirus/face-coverings-and-masks>

How to Self-Isolate

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

<https://www.hamilton.ca/coronavirus/how-self-isolate>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

Ontario COVID-19 Online Self-assessment Tool

<https://covid-19.ontario.ca/self-assessment/>

Ontario Women's Hockey Association Website:

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[www.owha.on.ca](http://www.owha.on.ca)

Hamilton Public Health

<https://www.hamilton.ca/coronavirus>