



RETURN TO HOCKEY PLAN

As of August 23, 2021



AYR ROCKETS RETURN TO HOCKEY PLAN



Purpose:

The purpose of this document is to provide guidelines and a path to return to hockey for the Ayr Rockets Girls Hockey Association gradually and with the utmost consideration of safety for all. This includes programming and administration at North Dumfries Community Complex and other ice facilities.

This plan is, and will remain, in compliance with all laws, guidelines and recommendations from the Government of Ontario, Region of Waterloo Public Health, Hockey Canada, Ontario Women's Hockey Association (OWHA) and the Township of North Dumfries.

This document builds on the Return to Hockey Protocols of OWHA and is to be used in tandem with that document. The knowledge surrounding COVID-19 is evolving and therefore this plan will be updated regularly as circumstances change. Should there be a discrepancy in information the Rockets Return to Play Plan posted on the Rockets website www.ayrrockets.com will be the source document.

The OWHA is working to develop protocols and practices for a safe return to hockey, they are our governing Provincial Sports Organization and the Ayr Rockets must comply with the timing provided by the OWHA.

Compliance with Regulations:

Ayr Rockets will follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Region of Waterloo Public Health, Hockey Canada, OWHA, and the Township of North Dumfries. Once Ayr Rockets begin to operate in other rinks within the Region of Waterloo, these protocols will be followed as well. This document will be updated as circumstances change for these external parties and/or Ayr Rockets.

Compliance with Protocols:

Each coach, player, parent, staff and volunteer is responsible for implementing and complying with both OWHA and Ayr Rockets protocols.

COVID-19 Education:

Ayr Rockets will educate its coaching staff, players, parents and volunteers on the safety and hygiene protocols as laid out in Appendix A "COVID-19 Education Resources.



AYR ROCKETS RETURN TO HOCKEY PLAN



COVID-19 Response Team:

Ayr Rockets have appointed the following individuals to the COVID-19 Response Team:

Name	Position
Amy Hodgson	President
Becca Perriman	Vice President

If anyone has questions about any aspect of the Return to Play protocols or the policies and procedures related to COVID-19, they should contact the Rockets COVID-19 Response Team at info@ayrrockets.com.

Reporting:

If an individual fails the Rockets Health Screening Questionnaire at home, the individual should remain at home and inform their Coach or Trainer as quickly as possible. The individual should begin following the protocol in Appendix B: Rockets COVID-19 Protocols.

The Trainer will take charge of the situation if there is anyone who fails the Health Screening Questionnaire or falls ill while at the rink. The trainer will notify the Rockets COVID-19 Response Team (info@ayrrockets.com) who will initiate and follow the Rockets COVID-19 Response Plan.

The Rockets COVID-19 Response Team will manage all communication pertaining to each report. They will inform the Township of North Dumfries and anyone directly impacted including coaches, players, volunteers and families.

Ayr Rockets Communication Plan:

Ayr Rockets will post updates on the website and will continue to engage with social media followers to check these updates on the websites. Direct email lists will be used to communicate with coaches, players, families and staff.

If members need to be informed of a COVID-19 positive result, this will be done by the Rockets COVID-19 Response Team via phone and/or email to those affected. There may be a period of time where the program is shut-down to allow for cleaning and communicating in the case where a COVID-19 case is suspected or confirmed within a program at any Township of North Dumfries facility.

The Ayr Rockets Board has designated President, Amy Hodgson to be the public spokespersons for



AYR ROCKETS RETURN TO HOCKEY PLAN

the Ayr Rockets in case of emergency (i.e. COVID-19 Outbreak declared at rink).

All coaches and players are encouraged to consider their own mental health and anxiety about being together (but still physically distanced) at the rink as we return to hockey. All coaches and players need to respect the comfort levels of each other and are encouraged to be polite but forthcoming about their own mental health, and level of anxiety. Trainers are encouraged to voice any health and safety concern to the Head Coach and the Rockets COVID-19 Response Team at info@ayrrockets.com.

Scheduling:

All scheduling will be done online through the Rockets website and the RAMP Team App. The schedules will be created to allow for the required cleaning time for each rink location as set out by the Township of North Dumfries.

Facility Access and Traffic Flow

PRIOR TO ARRIVING:

1. Stay home if you are not feeling well
2. Stay home if you have been in contact with a confirmed or probable case of COVID-19
3. Stay home if you have travelled out of Canada in the past 14 days, unless fully vaccinated in accordance with Federal Quarantine Requirements
4. Use proper hygiene and wash hands frequently
5. Players **MUST** complete the Rockets Health Questionnaire

ARRIVING AT OUR ARENAS:

1. Practice physical distancing (2 meters)
2. Masks must be worn in the facility, except when on the ice.
3. Please use the hand sanitizer at the entrance to each facility.
4. Please follow all signage, distance markings and barricades placed to assist with spacing and proper facility flow paths throughout.
5. Spectators must go through the self screening process each time they enter
6. Spectators must scan QR code and complete the Ayr Rockets Spectator Contact Tracing Form prior to proceeding to allow COVID-19 contact tracing by Public Health.
7. Gatherings outside the facility are strongly discouraged.
8. Players will report to their Coach to confirm the Ayr Rockets Health Questionnaire was completed successfully prior to participation.



AYR ROCKETS RETURN TO HOCKEY PLAN



North Dumfries Community Complex & Ayr Community Centre

ENTRY:

- a. All users are required to enter through the Front Door
- b. Players may enter no more than 15 minutes prior to their Ice Time.
- c. Players must go directly to the assigned changeroom and remain in the changeroom until their ice time.
- d. Spectators may enter at the same time as players but must proceed directly to the spectator seating area, spectators are NOT allowed in the dressing room hallway.

EXIT:

- a. All users are required to exit through the Front Door
- b. Spectators must exit immediately following the ice time.
- c. Players and Coaches will have 15min following their Ice Time to exit

SPECTATORS:

- a. Up to 50% of capacity seating is permitted.
 - NDCC = 700 spectators
 - ACC = 100 spectators
- b. NO spectators are permitted in the dressing room hallway.
- b. Walking Track will be open 9am-9pm, masks must be worn.
- c. Masks MUST be worn.
- d. Social distancing is expected at all times
- e. There will be no lost and found, anything left behind will be discarded

If your player is unable to dress themselves in the allowed 15min window or tie their own skates they must come dressed as no parents will be allowed in the dressing room hallway.

Personal Hygiene

Players and coaching staff are encouraged to practice hand washing and good personal hygiene. All players, coaches and spectators are required to wear face coverings when inside the facility.

Personal Protective Equipment – Face Masks

The Region of Waterloo passed a bylaw Number 20-035 to require the wearing of face coverings in enclosed public places. The exception to this bylaw for the Ayr Rockets is that “A person engaged in a sport or other strenuous physical activity”.

Everyone must wear a mask before entering any facility being utilized by the Ayr Rockets, including all players, coaches and spectators. Players and Coaches must wear a mask, unless wearing their helmet. Masks are required to be worn while taking skates on and off.



AYR ROCKETS RETURN TO HOCKEY PLAN



APPENDIX A: COVID-19 Education Resources

The Rockets COVID-19 Response Team will ensure that staff, coaches, players, parents, members and volunteers receive education on new safety and hygiene protocols within the Association. Members will be provided Government-approved information on ways to limit the spread of COVID-19.

It is everyone’s responsibility to ensure that they regularly check and familiarize themselves with the most up to date information contained in these resources. The following links provide helpful information for staff, coaches, players, parents, members and volunteers:

Ontario Public Health Public Resources:

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/fa_ctsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/fa_ctsheet-covid-19-guide-physical-distancing.pdf?la=en
How to Self Monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When & How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/fa_ctsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en
Covid-19 Symptom Reference	http://www.health.gov.on.ca/en/pro/programs/publichealth/coronaviruses/docs/2019_reference_doc_symptoms.pdf
Ontario Covid-19 Online Self Assessment Tool	https://covid-19.ontario.ca/self-assessment/
Region of Waterloo Covid-19	https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en



AYR ROCKETS RETURN TO HOCKEY PLAN



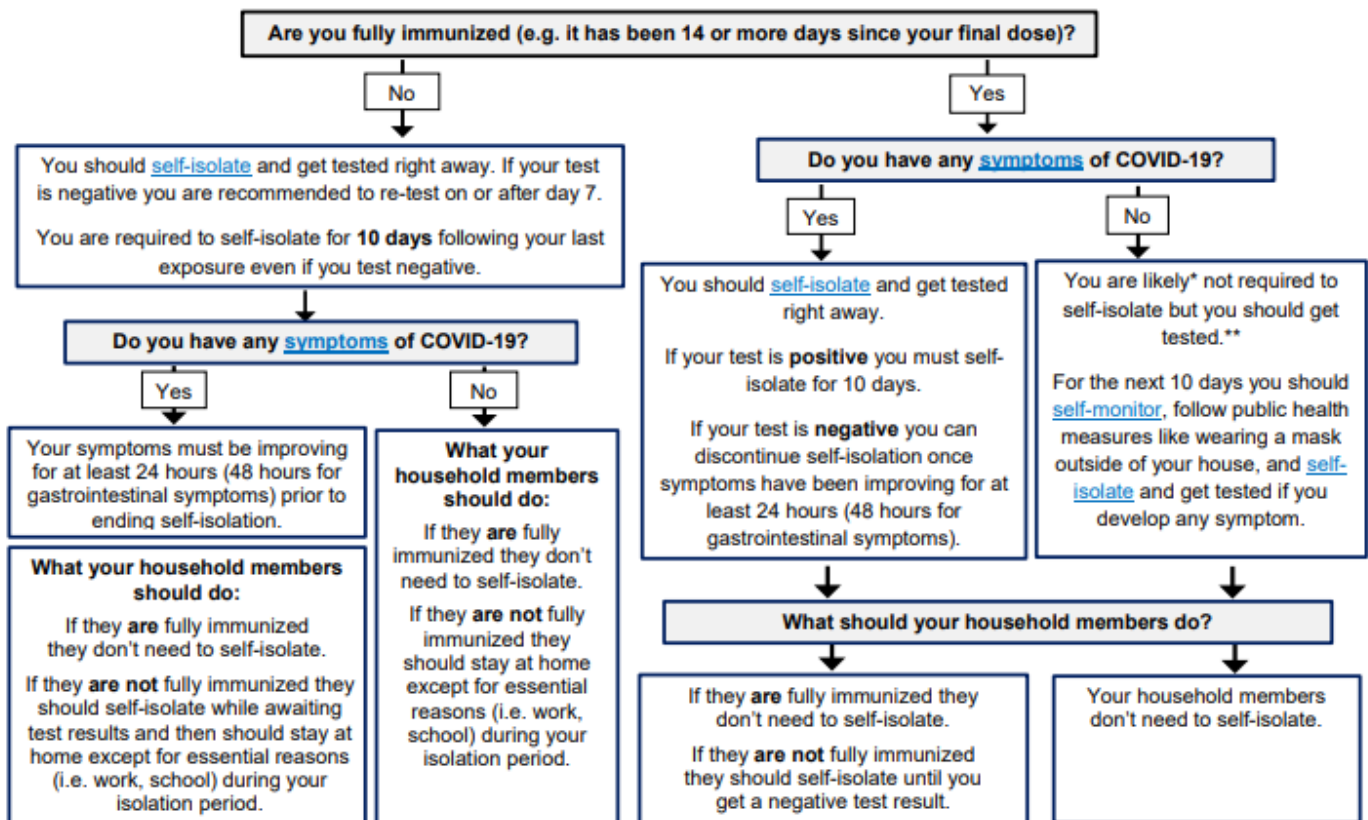
Appendix B: Ayr Rockets COVID-19 Protocols

Ayr Rockets Girls Hockey Association puts the health and safety of all players, coaches, parents, and volunteers first and foremost. These protocols are designed to ensure a healthy and safe environment for all participants. All members of the Ayr Rockets are responsible for ensuring compliance with these protocols as well as following Waterloo Public Health guidelines at all times.

If an individual becomes unwell with symptoms of COVID-19 that individual must immediately stop participation in Rockets hockey activities.

Ayr Rockets will be following the Province of Ontario guidelines for exposure to someone who has tested positive for COVID-19, see the flowchart below:

You've been exposed to someone who has tested positive for COVID-19, now what?



An Individual is Tested for COVID-19:



AYR ROCKETS RETURN TO HOCKEY PLAN

- 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.
- Any members who were in close contact with the individual will be notified and follow the above flowchart based on their vaccination status.

An Individual Tests Positive for COVID-19:

- Individual or Parent/Guardian shall inform the Rockets COVID-19 Response Team
- Rockets COVID-19 Response Team will work where requested with the facility and public health officials to assist in contact tracing.
- Ayr Rockets President, Amy Hodgson will inform all members of a positive COVID-19 result within our hockey organization and the OWHA as required by the return to play protocols.

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 go 24 hours with no symptoms of COVID-19

Return to Hockey Activities Following COVID-19:

- Currently public health is recommending the full 14 days of self-isolation or until 24 hours symptom free, whatever is later.

Modification/Restriction/Postponing or Canceling of Hockey Activities:

- Based on the evolving COVID-19 pandemic, the Ayr Rockets are prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Ayr Rockets will be establishing a program cancellation policy and share this information on the Rockets website
- Rockets players, coaching staff, staff and volunteers will be informed via e-mail as soon as possible of any modifications/restrictions or cancellations
- Ayr Rockets will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

Public Health Guidelines

Ayr Rockets members must follow all Region of Waterloo Public Health guidelines regarding COVID-19.



AYR ROCKETS RETURN TO HOCKEY PLAN



Screening Procedures

Ayr Rockets players, coaches and spectators must complete the Ayr Rockets screening prior to entering any facility. These screening tools will evolve as we finalize our teams for the 2021-2022 season. Prior to being placed on your team, you must fill out the emailed link or posted QR code at the NDCC. Once the season is underway, you **MUST** download and use the RAMP Team App to complete the COVID-19 screening.