



RETURN TO HOCKEY PROTOCOLS FOR THE
FLAMBOROUGH GIRLS HOCKEY ASSOCIATION



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INTRODUCTION

To maximize safety and hockey experience, the FGHA has implemented the direction from the City of Hamilton, Hamilton Municipal Arenas and the Provincial sport authorities to form our association's specific return to hockey protocols. It is essential that all participants are diligent in following instructions and communicate the importance of this to their children. Collectively, we want to be leaders in bringing people back to the rinks safely and we all have a role to play to make this happen. We also understand that families may have different comfort levels with the risks associated with returning to hockey; ultimately, individuals will need to assess our skills-based hockey development program and make an informed decision that best suits their family's risk tolerance.

We want to acknowledge the leadership and guidance from the OWHA, OHF, the City of Hamilton and the Province of Ontario for their ongoing efforts and support.

RISK MANAGEMENT

Appointment of a **Communication Officer**

This roll will:

- Monitor advice and direction from health and sport authorities
- Manage all contract tracing reports
- Oversee all program implementation to ensure compliance
- Ensure Staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the association/team.

All sessions will be delivered by FHGA approved coaches.

The Flamborough Girls Hockey Association is committed to keeping athletes on the ice. In order to do this safely and ultimately move towards return to games in the future, as approved by the authorities, we will be holding our staff and participants to the highest standards of the recommendations from the health authorities. We recognize that some of these protocols are inconvenient, **but we expect 100% compliance from everyone involved.** We all have a role to play to get our sport back on the ice and to keep the community safe and healthy.

- All persons entering the arena will wear a mask
- All persons entering the arena will sanitize their hands upon entry to the facility
- Social distancing will be required when inside the facility
- Masks will be worn until players and coaches are on the ice
- Coaches and bench staff will wear masks on the benches
- No sharing of water bottles

- Dressing room capacity limited will be adhered to
- Social distancing and masks will be required in dressing rooms

ON-ICE ACTIVITIES

ITEM	PROTOCOL
Physical Distancing	Players are required to maintain a physical distance of at least 2m from any other skaters/goalies/coaches during the session where possible. All coaching should be done using verbal cues from a distance.
Personal Items	Players must use individual water bottles, tissue boxes, etc. during training session. No sharing of these items is permitted.
Pucks	The lead on-ice instructor is responsible for the management of hockey pucks in a manner that is in accordance with the health guidelines. If pucks cannot be safely managed, they are not to be used.
On-Ice Coaching	Coaches are not permitted to skate alongside players; coaches and skaters/goalies are to remain at least 2m apart from each other.
Health Screening of Individuals	FGHA will have a secondary screening protocol where all participants will be screened on site before entering the arena. All screening will be done verbally or online utilizing the OWHHA Health Screening Questionnaire in RAMP.
Tracking of Participants	All on-ice sessions will be tracked using the OWHHA List of All People in Attendance Tracking Sheet or the RAMP app. These sessions will be recorded and kept to assist in contact tracing in the event of any positive COVID-19 cases within that team. The FGHA will have a designated person in charge of each session who will be responsible for the record keeping for the season.
Increased hand hygiene, symptom screening in place, first aid	Athletes are required to follow proper hand hygiene protocols prior to and during activities, including frequent hand washing before and after activities. Should first aid be required during an activity, all persons attending to the injured individual must first put on gloves and a mask. A first aid kit along with extra gloves and masks should be kept near the ice during all on-ice activities. Participants refrain from spitting on ice or benches

ILLNESS POLICY

1. INFORM:

- The FGHA staff immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. ASSESSMENT:

- Athletes and parents must review and conduct the self-assessment prior to participating in any association activities.
- Safety Ambassadors will screen athletes prior to entering the facility and also visually monitor athletes during the session to assess any early warning signs as to the status of their health if needed. This will be reported to the Administrator and parents.

3. IF A TEAM MEMBER IS FEELING SICK WITH COVID-19 SYMPTOMS:

- They should remain home.
- 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 follow public health guidelines regarding self-isolation and testing
- 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
- The OWHA President and/or Director Operations should be informed of the situation as soon as possible
- No Team Member is to participate in activities if they are symptomatic.

4. IF A TEAM MEMBER IS TESTED FOR COVID-19:

- They must not participate in hockey activities while waiting for the results of the test and not until a negative test result is received
- The association/team will consult the Session Participation tracking sheets to inform other participants who might have been in close contact with the individual
- Any association/team members who were in close contact with the individual who are not double vaccinated should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals.

5. IF A TEAM MEMBER TESTS POSITIVE for COVID-19:

- If an individual tests positive for COVID-19, they should inform a member of the association/team COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and 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 association/team members who were in close contact with the individual and are not double vaccinated should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The association/team should inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The association/team will inform OWHA of a positive COVID-19 diagnosis by emailing team@owha.on.ca

6. IF A TEAM MEMBER HAS COME IN CONTACT WITH SOMEONE WHO IS CONFIRMED TO HAVE COVID-19:

- Team members must advise the association and coach if they reasonably believe they have been exposed to COVID-19.
- Once the contact is confirmed, the team member will be removed from the facility/activity for at least 14 days or as otherwise directed by public health authorities if they are not double vaccinated. Team members who may have come in close contact with the team member will also be removed from the facility/activity for at least 14 days if they are not double vaccinated.

7. QUARANTINE OR SELF-ISOLATE IF:

- Any team member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any team member who has been exposed to someone with a confirmed case of COVID-19 if they are not double vaccinated should self-isolate and is not permitted to participate in hockey activities for 14 days
- Any team members with any symptoms of COVID-19 is not permitted to enter any facility and must quarantine and self-isolate.
- Any team member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility if they are not double vaccinated and must quarantine and self-isolate.

- Any team member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating if they are not double vaccinated, is not permitted to enter any part of the facility.

8. 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

9. 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.