



RETURN TO HOCKEY PROTOCOLS FOR THE  
FLAMBOROUGH GIRLS HOCKEY ASSOCIATION



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## INTRODUCTION

As we enter phase 3, with some easing of restrictions, we would like to offer the FGHA's **development program**, which will be made available starting September 1<sup>st</sup>, 2020. While this is not a full return to normal play, we are excited to be able to get athletes back on the ice and to safely engage socially and athletically, in the weeks to come.

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 [Safety Ambassador](#)

### **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.

## HYGIENE GUIDELINES

### PRIOR TO ACTIVITIES, the FGHA IS TO MEET AND DISCUSS WITH FACILITY:

- Facility guidelines and requirements specific to physical distancing.
- Restrictions specific to the number of people allowed in public areas.
- Areas not accessible- main lobby, dressing rooms, observation areas showers, washrooms, etc.
- Have a common area to put skates or remove skate guards with marked physical-distancing seating.
- Cleaning processes in the facility, including how often it is disinfected.
- General facility rules specific to practicing good hygiene.
- Personal hygiene requirements.

## FACILITY MANAGEMENT

- Only FGHA registered athletes and coaches to be on the ice.
- Athletes to arrive fully dressed no more than 15 minutes before ice time.
- Athletes must exit within 10 minutes after conclusion of activity.
- Each ice time will be 60 minutes with a 30-minute break between ice times for facility staff to clean and wipe down all contact areas in order to eliminate cross overs between groups.
- There will be no access to dressing rooms.
- Facility will provide one set of doors for entry and another set of doors for exiting.
- Concession stands will be **closed at all times**.
- Access to a male and female washroom will be granted if need be.
- There will be a designated portion of the arena for first aid treatment.

## OFF-ICE ACTIVITIES

ITEM	PROTOCOL
Facility access and traffic flow	Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people in the facility.
Spectators	No spectators are permitted at the facility, other than up to one accompanying parents, guardian, or other adult for each athlete under the age of 18. Anyone accompanying such an athlete is expected to follow facility guidelines with respect to physical distancing, must remain 2m apart, and is encouraged to wear a face mask. 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.
Personal Hygiene	Individuals should wash/sanitize hands upon entry and departure of the facility.
Warm-up/Cool down	Warm-ups and cool downs will be conducted outside the following physical distancing protocols by remaining at least 2m apart. If weather does not permit warming up outside, players may (if permitted by the facility) warm-up inside in an area designated by the facility while following physical distancing protocols (2m apart).
Personal Protective Equipment	Coaches/Trainers/Staff: <b>REQUIRED</b> to wear a non-medical face mask when in open areas of facility and must be in compliance in areas and facilities where it is mandated.  Players: <b>REQUIRED</b> to wear non-medical face mask when in open areas of facility and if warming up inside the facility and must be in compliance in areas and facilities where it is mandated.
Dressing Rooms	Players must arrive at the arena in their equipment or partially dressed. Dressing rooms, locker rooms, changerooms, showers and clubhouses in the facility shall remain closed.
Skates On/Off	Players should put their skates on/remove skates outside of the arena respecting physical distancing protocols and remaining 2m apart. Players can use their own vehicles or bring their own outdoor chairs. If weather does not permit being outside if the arena, players may use open areas of the arena while following physical distancing guidelines.
Personal Items	Personal items such as anything other than hockey bags should be left outside in the relevant individual's vehicle and not be brought into the arena. Players and coaches may carry their own water bottles into the arena.
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.

## ON-ICE ACTIVITIES

<b>ITEM</b>	<b>PROTOCOL</b>
Physical Distancing	<p>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.</p>
Personal Items	<p>Players must use individual water bottles, tissue boxes, etc. during training session. No sharing of these items is permitted.</p>
Pucks	<p>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.</p>
On-Ice Coaching	<p>Coaches are not permitted to skate alongside players; coaches and skaters/goalies are to remain at least 2m apart from each other.</p>
Health Screening of Individuals	<p>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 OWHA Health Screening Questionnaire.</p>
Tracking of Participants	<p>All on-ice sessions will be tracked using the OWHA 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.</p>
Increased hand hygiene, symptom screening in place, first aid	<p>Athletes are required to follow proper hand hygiene protocols prior to and during activities, including frequent hand washing before and after activities.</p> <p>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.</p> <p>Participants refrain from spitting on ice or benches</p> <p>FGHA to provide a greeter for groups arriving for each ice time to enhance safety protocol and direction for athletes and families.</p>

## 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 OWA 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 should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

- Notify OWHA of any positive COVID-19 diagnosis by emailing them at [owha.on.ca](mailto:owha.on.ca)

**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 should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting
- 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](mailto: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. 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.
- Close off, clean and disinfect their work/practice/facility area immediately and ant surfaces that could have potentially be infected/touched.

**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 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 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, 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.