



RETURN TO HOCKEY PROTOCOLS

Updated – February 10, 2021



**OWHA Return to Hockey Protocols
(these “Protocols”)
Updated February 10, 2021**

OWHA Members commenced some sanctioned hockey activities on July 15, 2020 and have progressed through various updates that comply with requirements and have prior written approval of the OWHA

These Protocols are OWHA's rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and OWHA's desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted from time to time on the OWHA's website at www.owha.on.ca. These Protocols are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time.

OWHA will communicate in subsequent Versions of these Protocols as new information becomes available.

KEEPING ONTARIO SAFE AND OPEN

In consultation with the Chief Medical Officer of Health and other health experts, the Ontario government has developed the Keeping Ontario Safe and Open Framework. It ensures that public health measures are targeted, incremental and responsive to help limit the spread of COVID-19, while keeping schools and businesses open, maintaining health system capacity and protecting vulnerable people, including those in long-term care.

On November 3, 2020, in consultation the Ontario government released: COVID-19 response framework: keeping Ontario safe and open.

Within the COVID-19 Response Framework: Keeping Ontario Safe and Open, the provincial government has established five colour coded levels of public health measures. Each Public Health Unit falls within one of the following levels:

- | | |
|--------------------------|---|
| <u>Prevent (green)</u> | <u>Standard measures</u> . Restrictions reflect broadest allowance of activities in Stage 3. Highest risk settings remain close. |
| <u>Protect (yellow)</u> | <u>Strengthened measures</u> . Enhanced targeted enforcement, fines and enhanced education to limit further transmission. Public health measures for high-risk settings. |
| <u>Restrict (orange)</u> | <u>Intermediate measures</u> . Enhanced measures. Restrictions and enforcement, avoiding any closures. |
| <u>Control (red)</u> | <u>Stringent measures</u> . Broader-scale measures and restrictions across multiple sectors to control transmission (return to modified Stage 2). Restrictions are the most severe available before widescale business or organizational closure. |
| <u>Lockdown (grey)</u> | <u>Maximum measures</u> . Widescale measures and restrictions, including closures, to halt or interrupt transmission (modified Stage 1 or pre-Stage 1). |

The provincial government maintains an up to date list of the various levels and which Public Health Unit falls in each category, the list is available [here](#).



On **December 23, 2020**, in consultation, the Ontario government announced: **The Provincewide Shutdown will go into effect as of December 26, 2020 at 12:01am.**

On **January 12, 2021**, the Government of Ontario declared an Emergency under the Emergency Management and Civil Protection Act in response to the growing number of COVID-19 cases.

On **January 14, 2021**, the Government of Ontario imposed a stay-at-home order, requiring Ontarians to remain home, with exceptions for permitted purposes only.

On **February 8, 2021**, the Ontario government released the updated document: **COVID-19 Response Framework: Keeping Ontario Safe and Open.**

[COVID-19 public health measures and restrictions | COVID-19 \(coronavirus\) in Ontario](#)

Please note the following link to find your local health unit:

<https://www.phdapps.health.gov.on.ca/PHULocator/>

With the rollout of the province's COVID-19 Response Framework: Keeping Ontario Safe and Open, the OWHA is providing updated materials.

The below chart indicates the permitted activities within OWHA programming for each level of the provincial government's framework.

PHU Level	Permitted Activity
Prevent (Green)	<ul style="list-style-type: none"> • OWHA Sanctioned Instructional training with the OWHA Member Association/Team with strict on and off-ice physical distancing. • 3v3/4v4/5v5 modified play (compliant within Ontario Regulation 364/20. Specifically, Extended Groups of 50 or less) • Travel outside of PHU is permitted unless restricted by the PHUs. • NO travel is permitted outside Ontario. • Maximum participants (players & coaches) on-ice, in accordance with Ontario Law, PHU and/or facility if more restrictive.
Protect (Yellow)	<ul style="list-style-type: none"> • OWHA Sanctioned Instructional training with the OWHA Member Association/Team with strict on and off-ice physical distancing. • 3v3/4v4/5v5 modified play (compliant within Ontario Regulation 364/20. Specifically, Extended Groups of 50 or less) • Travel outside of PHU is permitted unless restricted by the PHUs. • Travel is to be limited as much as possible. • NO travel is permitted outside Ontario. • Maximum participants (players & coaches) on-ice, in accordance with Ontario Law, PHU and/or facility if more restrictive.



Restrict (Orange)	<ul style="list-style-type: none"> • OWHA Sanctioned Instructional training with the OWHA Member Association/Team with strict on and off-ice physical distancing. • 3v3/4v4/5v5 modified play (compliant within Ontario Regulation 364/20. Specifically, Extended Groups of 50 or less) • Travel outside of PHU is permitted unless restricted by the PHUs. • NO travel is permitted outside Ontario. • Maximum participants (players & coaches) on-ice, in accordance with Ontario Law, PHU and/or facility if more restrictive.
Control (Red)	<ul style="list-style-type: none"> • OWHA Sanctioned Instructional training with the OWHA Member Association/Team with strict on and off-ice physical distancing. • Maximum number of participants at one time must be limited to the number that can maintain a physical distance of at least 6 feet from other persona at the facility and may not exceed 10 players on the ice. The capacity limits apply to players not the employees, coaches, officials, trainers, and spectators. Facilities may have tighter restrictions. • Minimum 2 registered and screened on-ice/ staff, 1 of whom must be a registered trainer. • Teams are NOT permitted to leave their PHUs.
Lockdown (Grey)	<ul style="list-style-type: none"> • No programming permitted. • Teams are NOT permitted to leave their PHU.

IMPORTANT NOTES:

- 1) The OWHA recognizes the positive value of sport for the mental and physical health of participants. We remain committed to providing hockey opportunities within the province of Ontario within health and safety guidelines.
- 2) OWHA will approve development and/or non-traditional hockey programs up to the end of August with the submission of a plan that meets all OWHA and Covid-19 protocols and requirements. The form is available on the OWHA web site and must be submitted to applications@owha.on.ca.
- 3) Tryouts and Permission to Skate forms are NOT permitted. Health and Safety requirements stress limited numbers of participants who must remain within their specific group.
- 4) Any violations of OWHA Covid-19 Return to Hockey requirements and protocols will result in a minimum suspension of 3 months to the individual and/or organization responsible and a fine of \$1000.00 to the relevant association. Any repeat offence may result in a minimum 1 year suspension and/or expulsion for the individual and/or relevant organization from OWHA.



Please be advised that individual municipalities, PHU's, facilities, the OWHA and its Members may implement additional restrictions and the tightest requirement must be followed.

Individual and Team Sports (including training) are not permitted in Lockdown (Grey). Associations/Teams from areas in Lockdown (Grey) are NOT permitted to participate in training, modified games or scrimmages in any parts of the province or at private or public facilities or in other provinces.

Team Sports (includes OWHA Associations and teams) in Control (Red) are limited to training sessions only (no games or scrimmages). Associations/Teams from areas in Control (Red) are NOT permitted to participate in modified games or scrimmages in other parts of the province or at private facilities or in other provinces.

We urge you to check the detailed information that is available through the Government of Ontario web site. All OWHA programs must be in compliance with the Government of Ontario, local health unit and OWHA Return to Hockey requirements

The OWHA and its Members are committed to the health and safety of all participants, should any questions arise do not hesitate to reach out for clarification. Your support and compliance with the relevant guidelines is of great importance to the continued success in providing an opportunity for our participants to enjoy the game.



Operations

The following chart applies to OWHA Member Teams/Associations in All Zones unless specifically mentioned.

Area	Item	Protocol
OWHA Members and participants	Compliance with regulations	<p>All OWHA activities must adhere to all federal, provincial, and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:</p> <ul style="list-style-type: none"> • Physical distancing measures • Health and safety regulations • Size of permitted gatherings • OWHA regulations, rules, policies, and procedures including but not limited to certification and screening requirements and compliance with the OWHA Insurance Guide • All Safe Sport policies and procedures • Applicable occupational health and safety requirements <p>NOTE: All protocols contained within this document are the minimum standard for OWHA programming. OWHA Members must follow more restrictive protocols and procedures based on provincial, municipal and facility requirements.</p>
Small Group On-Ice Training Modified 3v3 and/or modified 4v4	Compliance with these Protocols	<p>July and August 2020 - 2019/2020 OWHA Registered Teams/Association that are in good standing may only conduct on-ice small group sessions with 2019/20 registered members providing such sessions meet all OWHA and health requirements and that are conducted in facilities that are compliant with requirements.</p> <p>Effective September 1, 2020 OWHA Registered Teams and Participants were approved to commence 2 weeks of development programs followed by 3v3 and/or 4v4 hockey following OWHA requirements including modified playing rules.</p> <p>Each OWHA member coach conducting training must implement and comply with the current Version of these Protocols. There must be a designated person in charge of each session who is responsible for the management, record keeping and reporting for the season.</p> <p>Any non-implementation or non-compliance may have consequences including removal from membership and could jeopardize insurance coverage.</p> <p>Effective December 1, 2020 OWHA Registered Teams and Participants are approved to participate on 3v3, 4v4 or 5v5 MODIFIED games ONLY when following OWHA MODIFIED RULES.</p> <p>NOTE: OWHA Members in Province of Ontario Red Zone (Control) are not permitted to scrimmage, play Modified 3v3, 4v4 or 5v5. These restrictions may also be applied in other municipalities and facilities.</p>

Operations (continued)

Area	Item	Protocol
OWHA Member Associations & Teams	COVID-19 Education	<p>Each OWHA member association/team must ensure that staff, coaches, trainers, participants, parents, administrators and volunteers receive education on new safety and hygiene protocols within the association/teams as well as Government- approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> • Respiratory etiquette • Hand hygiene • Physical distancing • Use of Personal Protective Equipment (e.g. face masks) <p><i>Note: Please see Appendix A for samples of these education resources</i></p>
OWHA Associations/Teams	COVID-19 Response Plan	<p>Each OWHA member association/team must develop a COVID-19 Response Plan which must include provisions:</p> <ol style="list-style-type: none"> 1. Designating groups of individuals to oversee the implementation of health and safety guidelines. 2. Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during sanctioned hockey activities. 3. Establishing a protocol for individuals to report to the OWHA association. Team delegate(s) and external stakeholders (i.e. OWHA, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms 4. Establishing a protocol for OWHA association/team to inform designated individuals if there has been an exposure to COVID-19 within the association/team or female hockey group. 5. Establishing procedures to modify, restrict, postpone, or cancel training sessions or other activities based on the evolving COVID-19 pandemic. 6. Establishing a communication plan to keep staff, coaches, trainers, participants, parents, administrators, and volunteers informed during Return to Hockey stages 7. Establishing a protocol for staff, coaches, trainers, participants, parents, administrators, and volunteers after a COVID-19 diagnosis <p><i>Note: Please see Appendix B for sample COVID-19 Association/ Team Response Plan protocols</i></p>
OWHA Association/Team/ League Operations	Association/Team/ League Offices and Activities	<p>All meetings and activities should be conducted on-line and virtually whenever possible. If players are involved, it must be in accordance with 2-deep (there should not be 1 adult alone with a player either in person or on-line).</p>
Small Group On-Ice Training	Scheduling	<p>Scheduling of on-ice sessions should be done on-line. Coordination with the relevant facility may be required in order to ensure staggered time between each session in order to allow for requisite cleaning and sanitizing of or by the facility between different user groups.</p>
Small Group On-Ice Training	Multiple facilities	<p>Coaching and skating at a limited number of locations is strongly encouraged. Associations / Teams may ask participants, coaches or trainers to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:</p> <ul style="list-style-type: none"> • Use new face mask at each location • Managing schedules to avoid entering different facilities on the same day

Operations (continued)

Area	Item	Protocol
Small Group On-Ice Training	Facility Coordination	<p>Each OWHA association/team must coordinate with the relevant facility in order to ensure compliance with these Protocols. This includes at minimum:</p> <ul style="list-style-type: none"> • Implementing effective measures to manage the flow of traffic in and out of the facility • 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
Small Group On-Ice Training	Self-screening measures	<p>All individuals taking part in OWHA sanctioned association/team activities must self-screen in accordance with current public health guidelines and OWHA guidelines implementing the strictest requirements before each training session. Individuals must not attend any training sessions or association/team activities if they:</p> <ul style="list-style-type: none"> • 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.)
Small Group On-Ice Training	Health Screening of Individuals	<p>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 or through the OWHA Ramp App.</p> <p><i>Note: Please see Appendix C for the Health Screening Form</i></p>
Small Group On-Ice Training	Tracking of participants in OWHA association/team	<p>Associations / 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. Records must be kept for a minimum of 12 months from the date of the session.</p> <p><i>Note: Please see Appendix D for Sample Tracking Chart</i></p>

Programming

Area	Item	Protocol
Small Group On-Ice Training	Programming	Associations/Teams shall limit programs as follows and must have prior written approval from OWHA to proceed: Participants of OWHA 2020/2021 Registered Teams/Associations that are in good standing other players should not be skating at this time.
OWHA Registration	Tryouts	There are no tryouts permitted at this time.
Small Group On-Ice Training	Limitations on size of training groups	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. The number of participants in any session must not exceed the smallest number permitted.
Small Group On-Ice Training	Skaters	All skaters must comply with current OWHA, Ontario Provincial and Regional Gathering guidelines. Players should follow the guidelines below in resuming training: <ul style="list-style-type: none"> • <u>Skaters are not permitted to contact each other on or off the ice</u> • <u>Skaters must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart at all times.</u> • All warm-ups and off-ice training should comply with current physical distancing requirements
Small Group On-Ice Training	Goaltending	All goaltenders must comply with current Ontario Provincial Gathering guidelines. <ul style="list-style-type: none"> • <u>Goaltenders are not permitted to contact each other on the ice</u> • Goaltenders must respect physical distancing guidelines within all parts of the facility by staying at least 2m apart. • All warm-ups and off-ice training should comply with physical distancing requirements Goaltenders will be doing individual drills and taking shots from outside the physical distancing requirement. <i>Note: Please see Appendix E for The Development Application</i>
Modified 3v3 Modified 4v4 Modified 5v5	Participants	All modified 3v3 and 4v4 and 5v5 must meet all OWHA requirements and MUST be played in accordance with OWHA Modified Playing Rules. Players may only participate in 1 Group of not more than 50 players who train in smaller groups using physical distancing. Players may only participate in 1 Extended Group of 50 players who participate in 3v3 and/or 4v4 and/or 5v5 modified game play. Scrimmages and modified games are NOT permitted for Associations/Teams /Extended Groups in the red zone or grey zone of the province of Ontario. All participants MUST be made aware that Modified 5v5 is NOT traditional hockey.
Transportation	Participants	Travel is to be limited as much as possible. It is recommended that travel to and from sanctioned activities be with those in the immediate household only. Car-pooling is not recommended and, if necessary, is to be kept to the Group/Extended Group only with masks, hand washing and physical distancing where possible. Bussing of Groups and/or Extended Groups is not permitted.

Off-Ice Activities

Area	Item	Protocol
Off-Ice Activities OFA – 001	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 within the facility.
Off-Ice Activities OFA – 002	No Spectators Some Spectators	No spectators are permitted at the facility, other than up to one accompanying parent, 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 at least 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. Where permitted, spectators may enter a facility and must comply with requirements of OWHA and the facility.
Off-Ice Activities OFA – 003	Personal Hygiene	Individuals should wash / sanitize hands upon entry to facility.
Off-Ice Activities OFA – 004	Warm-up / Cool down	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 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.
Off-Ice Activities OFA – 005	Personal Protective Equipment	Coaches/Trainers/Team Staff: <ul style="list-style-type: none"> • Must wear a non-medical face mask when in open areas of facility & must be in compliance in areas and facilities where it is mandated Skaters/Goaltenders: <ul style="list-style-type: none"> • Must 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 • Participants are not to touch or handle equipment belonging to another person unless there is no alternative
Off-Ice Activities OFA – 006	Dressing Rooms	Players may be required to arrive at the arena in their basic undergarments and some equipment. Dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility shall remain closed except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid. Where it is permitted to use dressing rooms, physical distancing and masks are mandatory in addition to all OWHA and facility requirements. Dressing rooms must be monitored.
Off-Ice Activities OFA – 007	Skates On /Off	If it is not possible to put skates on in the arena, players should put their skates on / remove skates outside of the arena respecting physical distancing protocols and remaining at least 2m apart. Players can use their own vehicles, outdoor benches or bring their chairs (i.e. camping chairs). If weather does not permit doing so outside of the arena, skaters/goaltenders may use open areas of the arena while following physical distancing guidelines and remaining at least 2m apart.
Off-Ice Activities OFA – 008	Personal Items	Unless the facility permits storage, personal items like equipment bags should be left in the relevant individual's vehicle (in a safe and secure location) and not be brought into the arena. Players and coaches may carry their own water bottle, tissue box etc. into the arena.
Off-Ice Activities OFA – 009	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

Area	Item	Protocol
On-Ice Activities ONA-001	Personal Protective Equipment	<p>Coaches: Recommended wearing a non-medical face mask while coaching & must be in compliance in areas and facilities where it is mandated. Must self distance from all players and staff at all times.</p> <p>Must wear a CSA approved hockey helmet</p> <p>Players:</p> <ul style="list-style-type: none"> • Not required to wear a non-medical face mask while skating • Must wear full hockey equipment • Must not share hockey equipment
On-Ice Activities ONA-002	Physical Distancing	<p>Players are required to maintain a physical distance of at least 2m from any other skaters/goaltenders and coaches during the small group training sessions.</p> <p>All coaching should be done using signals or verbal cues from a distance.</p>
On-Ice Activities ONA-003	Personal Items	<p>Players must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted. Players must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.</p>
On-Ice Activities ONA-004	Pucks	<p>Players must not touch hockey pucks with their hands. The lead on-ice instructor is responsible for the management of hockey pucks in a manner that is in accordance with health guidelines.</p> <p>On-ice officials will manage game pucks for scrimmages and Modified 3v3, 4v4 or 5v5.</p>
On-Ice Activities ONA-005	On-Ice Coaching	<p>Coaches must coach from one spot on the ice or over the boards at rink side. Coaches are not permitted to skate alongside players; coaches and skaters/goaltenders must remain at least 2m apart from each other.</p>
On-Ice Activities ONA - 006	Player Benches Penalty Box	<p>If player benches are used, there must be physical distancing of players and staff that includes procedures to enter and leave the bench.</p>
Conduct	Discipline	<p>OWHA Standards of Conduct, Discipline and Minimum Suspensions remain the same as posted in the OWHA 2019/2020 Handbook and on the OWHA web site.</p> <p>OWHA participants are reminded that every person is to take responsibility for the health and safety of themselves as well as for others both on and off the ice.</p> <p>Violations at any time are taken seriously and, with the additional requirement for responsibility during the Covid-19 pandemic, suspensions may be increased for non-compliance.</p> <p>Anyone who deliberately violates OWHA requirements is subject to suspension and expulsion and faces risk of personal liability.</p>



Appendix A: COVID-19 Education Resources

Association/Teams must ensure that staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the association/team. Members should be sent Government-approved information on ways to limit the spread of COVID-19.

The following links can be sent by the association/team to their members:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/en/health-topics/infection-prevention-control/hand-hygiene
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-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
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
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

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

Ontario COVID-19 Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/>

Ontario Women's Hockey Association Website: www.owha.on.ca



Appendix B: COVID-19 Association / Team Response Plan Protocols

The following draft information has been developed to assist associations and teams.

CONTENTS

1. Contact list for COVID-19 Association/Team Oversight Group
2. Association/Team COVID-19 Protocols
3. Association/Team COVID-19 Communication Plan



OWHA Member Associations/Teams COVID-19 Protocols

OWHA Associations and teams must create and follow a set of protocols to deal with situations related to the COVID-19 pandemic that might occur. These protocols should be included in an e-mail to members before any hockey activities resume. Associations/teams should also consult with their facility to ensure alignment between facility and access protocols. OWHA has developed the draft information below for consideration by associations/teams in creating their protocols.

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 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

An individual is tested for COVID-19

- Any individual who is part of a hockey program who is unwell and has been tested for COVID-19 must not participate in hockey activities while waiting for the results of the test and as long as they are unwell with symptoms of Covid-19.
- Any individual who is part of a hockey program who has been tested for COVID-19 and has no Covid-19 Symptoms, no known exposure to Covid-19 and no travel history is permitted to participate in Group and/or Extended Group activities while waiting for the results of the test.
- The association/team will consult its PHU for advice and direction.

An individual 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 e-mailing team@owha.on.ca

Return to hockey activities following illness or exposure to Covid-19

- Individuals must follow all public health, facility and OWHA guidelines with respect to returning to hockey following an illness or exposure to Covid-19.
- If a Covid-19 test was negative and there was no known exposure to Covid-19, the individual may return to hockey activities once they no longer have any symptoms of COVID-19 for at least 24 hours.
- If a COVID-19 test was negative and there was a known exposure to Covid-19, the individual may only return to hockey activities fourteen days after any symptoms started and 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 canceling of hockey development activities.

- Based on the evolving COVID-19 pandemic, the association/team must be prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Associations/teams should establish a program cancellation policy if one does not exist already
- Associations/team members should be informed as soon as possible of any modifications/restrictions or cancellations
- Association/teams must 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

Association/team members should follow all public health guidelines regarding COVID-19.

These may include:

- Any association/team 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



OWHA Association/Team COVID-19 Communication Plan

Associations/Teams should ensure effective communication is taking place with their membership during the Return to Hockey Stages. The following should be considered by the associations/teams.

1. Ensure up to date contact information for all association/team members is on-file
2. Determine best method to distribute information (i.e. Facebook page, direct e-mail lists, webinars...)
3. Determine the responsibility for communication within the association/team during the Return to Hockey stages (i.e. staff, volunteer, COVID-19 Oversight Group).
4. Establish consistent cadence of communication to maintain connection with association/team members during Return to Hockey (i.e. Weekly. Bi-weekly).
5. Consider holding a virtual Town Hall / Webinar to deliver information on Return to Hockey protocols and answer any questions / concerns.
6. Consider where communications/documents can be stored on a website or social media site for future reference by association/team, members.
7. Designate member of COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID-19 during hockey activities.
8. Determine paper or virtual storage location for daily Session Participation Tracking sheets
9. If it is determined that an association/team member has been tested for COVID-19, inform all association/team members that may have been in close contact with that individual.
10. If it is determined that an association/team member has tested positive for COVID-19, inform all association/team members that may have been in close contact with that individual.
11. Ensure the facility and OWHA are informed if an association/team member is diagnosed with COVID-19.



Appendix C: HEALTH SCREENING FORM

HEALTH SCREENING QUESTIONNAIRE

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity. This questionnaire may be completed verbally.

Are you currently experiencing any of these issues? Call 911 if you are.

1. Severe difficulty breathing (struggling for each breath, can only speak in single words)
2. Severe chest pain (constant tightness or crushing sensation)
3. Feeling confused or unsure of where you are
4. Losing consciousness

If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.

1. Getting treatment that compromises (weakens) your immune system
(for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
2. Having a condition that compromises (weakens) your immune system
(for example, lupus, rheumatoid arthritis, immunodeficiency disorder)
3. Having a chronic (long-lasting) health condition
(for example, diabetes, emphysema, asthma, heart condition, COPD)
4. Regularly going to a hospital or health care setting for a treatment
(for example, dialysis, surgery, cancer treatment)

The answer to all questions must be "No" in order to participate in in any and all activity.

1. Are you experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher) Yes

Yes No

Chills

Yes No

Cough that's new or worsening (*continuous, more than usual*)

Yes No

Barking cough, making a whistling noise when breathing (croup)

Yes No

Shortness of breath (out of breath, unable to breathe deeply)

Yes No

Sore throat

Yes No

Difficulty swallowing

Yes No



Runny nose, sneezing or nasal congestion (*not related to seasonal allergies or other known causes or conditions*)

Yes No

Lost sense of taste or smell

Yes No

Pink eye (conjunctivitis)

Yes No

Headache that's unusual or long lasting

Yes No

Digestive issues (nausea/vomiting, diarrhea, stomach pain)

Yes No

Muscle aches

Yes No

Extreme tiredness that is unusual (fatigue, lack of energy)

Yes No

Falling down often

Yes No

For young children and infants: sluggishness or lack of appetite

Yes No

For the remaining questions, close physical contact means: Being less than 2 meters away in the same room, workspace, or area for over 15 minutes or living in the same home.

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?

Yes No

3. In the last 14 days, have you been in close physical contact with a person who either: Is currently sick with a new cough, fever, or difficulty breathing; OR Returned from outside of Canada in the last 2 weeks? (*This does not include essential workers who cross the Canada-US border regularly.*)

Yes No

4. Have you travelled outside of Canada in the last 14 days? (*This does not include essential workers who cross the Canada-US border regularly.*)

Yes No

If an individual has answered "Yes" to any of these questions, they are not permitted to participate in any on-ice or off-ice activities.

Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).

Appendix D: SAMPLE TRACKING SHEET



**OWHA DEVELOPMENT APPLICATION
COMPLIANT WITH COVID-19
LIST OF ALL PEOPLE IN ATTENDANCE**



DATE OF ACTIVITY: _____ TIME FRAME: _____

PLACE: _____ LEAD PERSON: _____

OTHER DETAILS: _____

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home



Appendix E: DEVELOPMENT APPLICATION

OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID-19 HEALTH REQUIREMENTS



PREAMBLE: All OWHA sanctioned activities must adhere to all federal, provincial and municipal laws, OWHA Return to Hockey Protocols, regulations, by-laws and orders as they may exist from time to time. In addition, all OWHA sanctioned activities may only take place with prior written approval of the OWHA and they must be in compliance with all OWHA requirements including but not limited to By-Laws, Regulations, Policies and Procedures, No individual may participate in unsanctioned activities.

ASSOCIATION / TEAM NAME: _____	
ASSOCIATION PRESIDENT NAME: _____	SIGNATURE: _____
ASSOCIATION / TEAM WEBSITE: _____	
APPLICANT NAME: _____	POSITION: _____
APPLICATION DATE: _____	
EVENT DATE: _____	TIME: _____
LOCATION: _____	
TYPES OF ACTIVITY: _____	
NAME OF LEAD PERSON: _____	
LEAD CONTACT PHONE: _____	ALTERNATE: _____
LEAD CONTACT EMAIL: _____	
LEAD CREDENTIALS: _____	

THE LEAD...

- Understands and is responsible for being in compliance with all Federal, Provincial & Regional Health Requirements.
- Is responsible for being in compliant with all OWHA policies such as but not limited to OWHA Screening, Harassment, Abuse, Bullying & Misconduct Policies.
- Ensures the event will be monitored by the 2019/2020 OWHA registered coach.
- Ensures the event is monitored by an OWHA registered trainer.
- Agrees to screen each person, including themselves, prior to each activity in accordance with the OWHA guidelines.
- Will keep a list of names and contact information on file of all participants at each event.
- Have applied for a Certificate of Insurance.
- Understands and agrees that this event CAN NOT go forward until prior written approval from the OWHA is received.
- MUST ensure that the OWHA logo with a link to the OWHA's website is prominent on the Association/Team's website.



OWHA DEVELOPMENT APPLICATION COMPLIANT WITH COVID-19 HEALTH REQUIREMENTS



Please complete the chart below with the specific details of the activity/activities that will be taking place.

SUBMISSION DATE	ACTIVITY DATE	LOCATION / PLACE	TIME	NATURE OF PROPOSED ACTIVITY

REMINDER: Written approval MUST be obtained from the OWHA prior to any activity. The OWHA reserves the right to accept or reject applications and to cancel approval as deemed appropriate for violations of the terms of this program. The undersigned agrees to follow all OWHA and government requirements.

DATE: _____

SIGNATURE: _____

Please ensure that you have completed this form in full. Incomplete application may not be processed. The OWHA reserves the right to cancel any event as deemed appropriate for violations of the terms of this program.

Completed application must be emailed to : applications@owha.on.ca