

**Sudbury District Girls Hockey Association
2020 - 2021 Return to Hockey Plan
Updated November 7, 2020**

Table of Contents

Purpose

Section 1: Operations

Section 2: COVID-19 Response Team

Section 3: Participant Health & Safety Protocols

Section 4: COVID-19 Communication Plan

Section 5: Health Screening and Session Participant Data Collection

Section 6: Programming

Section 7: On Ice Activities

Section 8: Off Ice Activities

Appendix A: COVID-19 Education Resources

Appendix B: Health Screening Questionnaire

Appendix C: Session Participant Tracking Sheet

Appendix D: City of Greater Sudbury's Return to Facility Protocols

Purpose

The purpose of this document is to provide guidelines and a path to return to hockey for Sudbury District Girls Hockey Association (SDGHA) gradually and with the utmost consideration of safety for all. This includes programming at all ice facilities within the Greater City of Sudbury.

The document describes the approach the SDGHA will take to plan and manage the 2020 - 2021 hockey season. This includes a description of the envisioned season structure, the measures which will be followed to ensure the safe delivery of hockey programs and the protocols that all teams and individuals must follow in response to any COVID-19 related situations that might arise. This plan is, and will remain, in compliance with all laws, guidelines and recommendations from the Government of Ontario, Sudbury & District Public Health Unit, Hockey Canada, OWHA and the city of Greater Sudbury.

This document builds on the Return to Hockey Protocols of OWHA. This document will be communicated to all members before any hockey activities resume. 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 SDGHA Return to Play Plan posted on the Sudbury Girls website (www.sudburygirlshockey.com) will be the source document.

Our plans and protocols, as defined in this document are informed and guided by:

Ontario Government regulations, including “A Framework for Reopening our Province: Stage 3”
<https://www.ontario.ca/page/framework-reopening-our-province-stage-3>

Direction, advice and guidance provided by the City of Greater Sudbury and Sudbury & District Public Health Unit, including the City of Greater Sudbury’s Return to Facility Protocols (Appendix F)

Protocols and guidelines provided by the Ontario Women’s Hockey Association including:

OWHA’s Return to Hockey Protocol - July 15, 2020
<http://www.owha.on.ca/>

OWHA’s Stage 3 Modified Programming - August 19, 2020
<http://www.owha.on.ca/>

Section 1 - Operations

1.1 Compliance with Regulations

SDGHA will follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Greater Sudbury & District Public Health, Hockey Canada, OWHA, and the City of Greater Sudbury. As SDGHA begins to operate in Greater Sudbury arenas, the arena protocols will be followed as well. This includes but is not limited to compliance with: • 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.

1.2 Compliance with these protocols

Each coach, player, parent, staff and volunteer is responsible for implementing and complying with both OWHA and SDGHA protocols, as well as facility 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. Any non-implementation or non-compliance may have consequences including removal from membership and could jeopardize insurance coverage.

1.3 COVID-19 Education

SDGHA will educate its coaching staff, trainers, players, parents, administrators and volunteers on the safety and hygiene protocols as laid out in Appendix A “COVID-19 Education Resources”. Every staff member, parent and volunteer is required to review and keep themselves up to date with the materials in Appendix A. Training on the SDGHA Return to Hockey Plan including the COVID-19 Protocols will be held prior to coaching staff, players and parents return to the arena.

1.4 COVID-19 Response Plan

See Section 2 and 3.

1.5 Scheduling

All scheduling will be done online through the SDGHA Teamsnap website. Coaches/Managers will have access to training group pages and scrimmage group pages to indicate group specific information.

1.6 Multiple Facilities

Coaching and skating at multiple locations with multiple teams is strongly encouraged.

1.7 Facility Coordination - see Appendix D

SDGHA will coordinate with the relevant facility in order to ensure compliance with the City of Greater Sudbury Facility Protocols (see Appendix D)

1.8 Self-Screening

All participants taking part in team activities with the SDGHA must self-screen, using the TeamSnap app, in accordance with current public health guidelines before each training session. Members WILL NOT be able to attend hockey related activities if the Health Screen is incomplete. 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.)

1.9 Health Screening and Tracking of Participants - see Section 3

All participants taking part in OWSA sanctioned SDGHA activities MUST self-screen, using the TeamSnap app, in accordance with current public health guidelines before each training session/group activity. The SDGHA will track ALL participants, coaches, trainers and other individuals in activities on a session by session basis. All players MUST update their availability using the TeamSnap app. In addition, the parent/guardian in attendance MUST be added under their child's availability. It will be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the Association. Anyone who deliberately fails to follow these rules will be subject to discipline.

Section 2 - COVID-19 Response Team

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. Sudbury District Girls Hockey Association (SDGHA) 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 SDGHA are responsible for ensuring compliance with these protocols as well as following Sudbury & District Public Health guidelines at all times. These protocols outlined below will be distributed to all members before any hockey activities resume.

SDGHA has appointed the following individuals to the **COVID-19 Response Team**:

Individual	Role	Contact
Nicole Adams	COVID-19 Lead	covid-sdgha@outlook.com
Kristen Pascal	Assistant COVID-19 Lead	covid-sdgha@outlook.com
Derek McKinnon	Committee Member	covid-sdgha@outlook.com

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 SDGHA COVID-19 Response Team at ***covid-sdgha@outlook.com***

Section 3: Participant Health & Safety Protocols

3.1 When an individual becomes unwell with symptoms of COVID-19

- a) 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 SDGHA hockey activities. If applicable, a staff is assigned to supervise the individual.
- b) The trainer/identified staff must isolate the individual from all others in a well-ventilated area, or outside and ensure use of a non-medical face mask. (Face masks are required in all indoor facilities in Greater Sudbury). Where possible, everyone should maintain a distance of 2 metres from the ill individual.
- c) The ill individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing. The identified staff may be required to assist with contacting the parent/guardian as well as providing instruction on public health guidelines.
- d) The facility that the ill individual is being isolated in shall be informed, as soon as possible, in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- e) The team coach or trainer should be informed as soon as possible. The team coach or trainer is responsible to inform the SDGHA's COVID-19 Response Team by emailing the information, along with their contact information for follow up, to covid-sdgha@outlook.com. In all cases this notification must happen within 2 hours. The COVID-19 Response Team will manage all communication pertaining to each report.
- f) A member of the SDGHA COVID-19 Response Team will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.
- g) The SDGHA President will inform the OWHA of the situation as soon as possible when an individual becomes unwell with symptoms of COVID-19.

3.2 When an individual is tested for COVID-19

- a) 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 cannot return to any hockey related activities until a negative test result is received.
- b) A member of the SDGHA COVID-19 Response Team will consult the Session Participation Attendance tracking sheets to inform other participants who might have been in close contact with the individual, as soon as possible.
- c) Any SDGHA 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.

3.3 An individual tests positive for COVID-19

- a) If an individual tests positive for COVID-19, they must inform a member of the SDGHA's COVID-19 Response Team as soon as possible, via email to covid-sdgha@outlook.com. Contact numbers for members of the SDGHA's COVID-19 Response Team will also be provided to each team coach, trainer and manager.
- b) Any positive cases of COVID by any participants (players, coaches, trainers, managers, parents, spectators, etc...) MUST be reported to the Manager of Arenas immediately.
- c) The SDGHA's COVID-19 Response Team will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation Attendance tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual.
- d) The SDGHA COVID-19 Response Team will work with the specific team, player and family. Any SDGHA 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.
- e) The SDGHA President will inform all members of a positive COVID-19 result within the hockey program setting. The SDGHA COVID-19 Response Team will 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.
- f) The SDGHA President will inform OWhA of a positive COVID-19 diagnosis by emailing team@owha.on.ca

3.4 An individual has been identified as a close contact with someone who has tested positive for COVID-19:

- a) Follow Public Health Guidelines.
- b) If you do not get tested, you must stay home and self-isolate for 14 days after your last contact with that person.
- c) Monitor for symptoms of COVID-19.
- d) If you do get tested you must self-isolate while you wait for your results. Even if your test result is negative you must continue to self-isolate for the full 14 days.
- e) An asymptomatic individual who has been advised by local public health to get tested due to exposure to a case or as part of an outbreak investigation should be tested within 14 days from their last exposure. A single negative result is sufficient to exclude COVID-19 at that point in time. However, the individual must continue to follow public health advice provided to them based on their exposure risk for the rest of their 14 days from last unprotected exposure to the case, regardless of the negative result as they may still be incubating.
- f) If a School or Workplace has sent one of your participants/players home or identified that the participants/player must remain in isolation due to close contact of a confirmed or suspected COVID Case or a school or workplace closure, the participant/player CANNOT attend an extracurricular until the 14 day isolation period has ended.

3.5 Return to hockey activities following illness

- a) 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.
- b) Training Group Trainers will confirm with the player and family when return to hockey is appropriate.

3.5 Return to hockey activities following COVID-19

- a) Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

3.6 Modification/restriction/postponing or canceling of hockey development activities

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

3.7 Public Health Guidelines

SDGHA members must follow all Sudbury & District Public Health guidelines regarding COVID-19. These may include:

- a) Any association/team members who themselves have travelled outside of Canada, or have someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days.
- b) 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.
- c) Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities.
- d) Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities.

Section 4 - SDGHA COVID-19 Communication Plan

The following steps will be taken by the SDGHA to ensure effective communication is taking place with all players, parents, coaches, and other volunteers - prior to and during the 2020 - 2021 season:

OWHA Suggestion Communication Plan	SDGHA Communication Plan
<p>Ensure up to date contact information for all association/team members is on file</p>	<ul style="list-style-type: none"> - The SDGHA will ensure up to date contact information for all SDGHA members is on file and that this information is readily available to team coaches and trainers to allow for timely communication during urgent situations. - The SDGHA will ensure up to date contact information for the association's Board of Directors, COVID-19 Response Team, and training group/scrimmage coaches is maintained and easily accessible through the SDGHA website. - Paper files will be stored by the manager of each team.
<p>Determine best method to distribute information (i.e., Facebook page, direct email list, etc)</p>	<ul style="list-style-type: none"> - The SDGHA will utilize a variety of communication channels in order to maximize communication with our members - including TeamSnap, the SDGHA website, and Facebook - Information will be dated and posted under the <i>2020-21 COVID-19 section</i> on the SDGHA Main Page Menu Bar - - Direct email lists will be used to communicate with coaching staff, players, families and staff. The Rep/HL director will be responsible for these communication pieces. - The SDGHA will use the TEAMSnap health check app to track and assess the health of their players before hockey activities. The TEAMSnap app will also be used to track player availability and parent/guardian in attendance.

<p>Determine the responsibility for communication within the association/team during the Return to Hockey stages (i.e., staff, volunteer, COVID-19 oversight group)</p>	<ul style="list-style-type: none"> - SDGHA will disseminate all communication via TeamSnap, the SDGHA website and Facebook. - COVID 19 Response Team - receives communication from team managers and disseminates communication to team managers - Team managers receive information from COVID 19 Response Team to share with team members - Team members (players, staff, family members) will notify team coach/manager of symptoms/testing activity
<p>Establish consistent cadence of communication to maintain connection with association/team members during Return to Hockey (i.e., weekly, bi-weekly)</p>	<ul style="list-style-type: none"> - The SDGHA will establish a regular pattern of communication with the members during the season to keep them up to date on any developments.
<p>Consider where communications/documents can be stored on a website or social media site for future reference by association/team members</p>	<ul style="list-style-type: none"> - A specific COVID-19 section will be established on the SDGHA's website, and will include: <ul style="list-style-type: none"> - A copy of this plan - Communication and training materials for all COVID-19 protocols and procedures - Links to association contact lists, including the COVID-19 Response Team - An archival copy of all communications and updates issued to members
<p>Designate member of COVID-19 Oversight Group to follow up with any individuals who become unwell with symptoms of COVID 19 during hockey activities</p>	<ul style="list-style-type: none"> - Nicole Adams (lead) - Kristen Pascal - Derek McKinnon
<p>Determine paper or virtual storage location for daily Session Participation Tracking sheets</p>	<ul style="list-style-type: none"> - TeamSnap will be used to track player availability and parent/guardian in attendance. All TeamSnap information will be stored by the team and given to the COVID-19 ResponseTeam, as requested

<p>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</p>	<ul style="list-style-type: none"> - Relevant members are notified but no identifying information of the affected individual is shared - See Participant Health & Safety Protocols
<p>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</p>	<ul style="list-style-type: none"> - Relevant members are notified but no identifying information of the affected individual is shared
<p>Ensure the facility and the OWHA are informed if an association/team member is diagnosed with COVID 19</p>	<ul style="list-style-type: none"> - The SDGHA Board has designated the President to be the public spokesperson for SDGHA in case of emergency (i.e. COVID-19 Outbreak declared at rink). The COVID 19 Response Team will notify the President if there is a suspected case, and will notify the whole board if there is a confirmed case. - Trainers are encouraged to voice any health and safety concern to the Head Coach with a cc to the SDGHA COVID-19 Response Team at covid-sdgha@outlook.com

Section 5 - Health Screening and Session Participant Tracking

5.1 For the purposes of this section, "Participant" shall be defined as any player, coach, official, trainer, parent, or other volunteer who attends a SDGHA activity, including anyone who may have contact with any of the individuals listed during the activity, as well as immediately before or after the activity at the defined facility.

5.2 Every on ice Participant, in every SDGHA activity, will be required to complete and attest to a Health Screening Questionnaire on TeamSnap. Health Screening Questionnaires must be completed prior to participation in hockey related activities. Participants who have not completed a Health Screening Questionnaire MAY NOT participate in any activities.

5.3 Health Screening Questionnaires will be provided electronically, with the Participant's attestation also recorded prior to entering the facility. Team staff will ensure the Health Check has been completed prior to entry into the facility/changeroom.

5.4 If a Trainer is aware that a player will be absent, they should email the Coach and note it on TeamSnap. If any player or coach staff unexpectedly misses a session, the trainer/coach should contact the family no later than the end of the ice session if the availability was not submitted by the player. If symptom related, a member of the COVID-19 Response Team will follow up with the coach/player or their family by e-mail and/or phone. If the reason for not attending is related to physical health, the member of the COVID-19 Team will notify the SDGHA President immediately.

5.5 Once at the rink, players will report to their trainer to confirm that the questionnaire was completed successfully prior to arrival at the rink. Using the TeamSnap app, the SDGHA will collect the following Session Participant information from every Participant of every SDGHA activity where participants will gather in person. A paper copy may be used, if necessary.

- a) Participant Name and Role (player, coach, parent, official, volunteer, etc.)
- b) Participant Contact - Phone and Email
- c) Participant Screening Status (if not passed, participant will be sent home)

Participants who have not provided the required Session Participant Tracking Information using the TeamSnap app MAY NOT participate in any activities.

In addition to the Participant provided information listed above, the SDGHA will also track the following about each activity:

- d) Team or Group Name
- e) Date and Time of Activity
- f) Activity Type
- g) Coach/Activity Lead and Contact Phone Number
- h) Facility Location, including specifics such as ice pad, room, etc.

5.6 All data collected as defined in this plan, including Session Participant Tracking, will be maintained in a secure location. All appropriate measures will be employed to ensure the privacy of the member's information. This data will only be disclosed to public health officials, as required, by law or emergency order. Member's information gathered, for the purposes of the SDGHA's COVID-19 response protocols, will not be used for any other purposes or released to any other organizations or individuals.

5.7 If an individual fails the SDGHA Health Screening Questionnaire at home, the individual should remain at home and inform the Trainer/Coach as quickly as possible. The individual should begin following the protocol in Section 3: SDGHA Participant Health & Safety Protocols.

Section 6 - Programming (September 1 - December 31, 2020)

6.1 Programming is subject to OWHA approvals and will follow what is permitted in the OWHA Return to Hockey Plan - including procedures and requirements for Operations, Programming, On Ice & Off Ice Activities. Changes to programming will be updated and communicated to families. At this time, we are permitted to run a two week development phase with skills and drills. Modified game play with NO physical contact and OWHA rules for modified game play may begin at a time yet to be determined. All activities will comply with all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time. Please refer to the following documents for more detailed information:

- a) OWHA Return to Hockey Protocol - <http://www.owha.on.ca/>
- b) OWHA Stage 3 Modified Programming - <http://www.owha.on.ca/>

6.2 Try-outs and Evaluations

NO Rep Try-outs or House League evaluations are being scheduled at this time.

6.3 Limitations on size of Training Groups

All training sessions will follow provincial and local public health as well as facility guidelines, including compliance with the size of gatherings. All training sessions will follow current Ontario Provincial and Regional guidelines regarding gathering restrictions. All individuals on the ice will count as part of gathering size, including coaches and trainers. Protocols may vary across the province by region.

6.4 Maximum Training Group Sizes as of September 1, 2020

Maximum of 30 participants on the ice, including instructors, or a lower number if determined by the Ontario Government, local PHU, the facility or the OWHA. Strict on-ice physical distancing is required for the purpose of individual and group training and if any of the Ontario Government, local PHU, the facility or the OWHA has further restrictions all programming must comply.

SDGHA will follow the City of Greater Sudbury best practices in all city facilities. Changes may occur each week as numbers increase up to the maximum allowed by either OWHA or the City of Greater Sudbury up to the maximum allowed in a gathering by the province on Ontario

All warm-ups and off-ice training should comply with current physical distancing requirements.

Note: Subject to facility guidelines, all individuals on the ice count as part of gathering size, including coaches and trainers.

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

6.5 Skaters

All skaters will comply with current Ontario Provincial and Regional Gathering guidelines.

Players will be expected to 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.
- All warm-ups and off-ice training will comply with current physical distancing requirements.

6.6 Goaltending

All goaltenders will comply with current Ontario Provincial Gathering guidelines.

Goaltenders will be expected to follow the guidelines below in resuming training:

- Goaltenders are not permitted to contact each other or skaters on the ice.
- 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 will comply with physical distancing requirements.
- Goaltenders will be doing individual drills and taking shots from outside the physical distancing requirement.

Section 7 - Off-Ice Activities (OFA)

7.1 Facility Access and Traffic Flow

On ice participants may enter the building no earlier than 15 minutes prior to the start of their ice time. All other individuals will remain outside the facility until the designated start time.

All players, coaches, parents/guardians, staff and volunteers are required to enter through facility designated entrances. Coaches, players, parents/guardians, staff and volunteers will exit through facility designated exits.

Members must follow all signage to the designated area as posted at the entrance of the arena. Please listen to and be respectful of the City Employees.

Parent gatherings during pick up and drop off are strongly discouraged.

7.2 Spectators

Only 1 Parent/Guardian is allowed per family. If a parent/guardian is accompanying the player, they must follow the guidelines set out by the facility and respect physical distancing with all others in the rink. Parents/guardians watching the training session MUST keep their masks on at all times. A minimum of 2 metres or 6 feet between spectators is mandatory at all times, even when wearing a mask. Spectators must immediately leave the facility once the ice booking is completed. Spectators must not loiter in the hallways / lobby area. Social gatherings of participants and spectators both before and after the booking inside the arena is not permitted. This includes spectator stands, change rooms, lobbies, hallways, etc... Please limit gathering outside of arenas.

The parent/guardian MUST add their name to the availability note section on TeamSnap to indicate their attendance. Keeping as few people as possible in the rink is the goal. Coaches will be required to ensure only one parent/guardian is in attendance per family. Bench/team staff are considered spectators. Any member who fails to follow these rules will be asked to leave the facility.

7.3 Personal Hygiene

All participants will be expected to wash/sanitize their hands upon entry to the facility and exit from the facility. Trainers will need to carry hand sanitizer, gloves and extra masks during the training session.

7.4 Warm-up/Cool down

Warm ups and cool downs will need to take place prior to the start of session either at home or outside the building in the green space around the parking lot, maintaining physical distance requirements. Coaches are asked to be in contact with their players to remind them of proper warm-up exercises to ensure their health and safety.

7.5 Personal Protective Equipment - Face Masks

Face masks are mandatory for everyone (with a few exceptions) when indoors. Members who are not wearing a face mask will not be permitted to enter the dressing room area. Members who remove their mask and do not immediately put on their helmet will also be asked to leave the dressing room.

ALL individuals entering the arena facility are REQUIRED to wear a mask ([COVID-19 Update: Face Coverings Required at City Facilities and on GOVA Transit](#)). "Everyone" includes all players, coaches, and parents/guardians. Players must keep their masks on while putting skates on and off. Players will put on their helmet just prior to their ice time at which point they can remove their mask. Masks must be put back on carefully as soon as you get off the ice. This applies to all players. Coaches will be required to wear a mask while on the ice and on the bench, unless an exemption has been requested. Parents/guardians watching the training session MUST keep their masks on at all times.

7.6 Dressing Rooms

Players should arrive at the arena as dressed as possible. The arena staff will assign dressing rooms. Player dressing rooms have signage/markers to indicate seating for proper social distancing. These marked spots allow for proper physical distancing. Players MUST remain at their spot for the duration of time spent in the dressing room. At no time, should the number of players in a dressing room exceed the allotment permitted. Players must wear their masks in the changeroom at all times until they are permitted to leave the changeroom. Furthermore, two adults will be present at all times to ensure proper protocols are being followed. Players must leave the dressing room within the 15 minute time period allotted after the ice time. After that time, the dressing rooms are needed by arena staff for cleaning.

7.7 Skates On/Off

Players and coaches may put their skates on/remove their skates at their designated area while maintaining physical distancing guidelines.

7.8 Personal Items

Hockey bags are permitted. It is recommended that you bring only your skates, gloves, water bottles and helmet. Blocker, trapper and goalie pads for goalies. Hockey bags must remain directly in the players personal area. Players must bring their own personal tissues, water bottle, hand sanitizer and mask. These should be in small containers that can be easily sanitized upon leaving the rink and before returning. Players and coaches 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.

7.9 Entry / Exit Ice

Participants / coaches are to wait in their assigned dressing rooms **with masks on** until the flood is complete. Once the flood is complete, players may remove their mask and put on their helmet.

Participants waiting to enter the ice must not congregate at the rink entrance door/s.

At the end of the booking, participants must exit the ice promptly in single file and return to their assigned dressing room.

Section 8 - On-Ice Activities

8.1 Personal Protective Equipment

Individuals must follow local Public Health guidelines with respect to wearing face masks within facilities. See Personal Protective Equipment – Face Masks above.

Coaches:

- Must enter the facility wearing a non-medical face mask.
- Must be in compliance in all areas and facilities where face masks are mandated.
- Must wear a non-medical face mask while coaching on the ice and on the bench, unless a request for an exemption has been made or they are engaging in vigorous activity.
- Must wear a CSA approved hockey helmet

Players:

- Must enter the facility wearing a non-medical mask.
- Must be in compliance in all areas and facilities where face masks are mandated.
- Not required to wear a non-medical face mask while skating
- Must resume use of a non-medical face mask once exiting the ice surface.
- Must wear full hockey equipment.
- Must not share hockey equipment.
- Players may not enter the dressing room area if they are not wearing a mask.

8.2 Physical Distancing

Players and Coaches are required to maintain a physical distance of at least 2m from any other players and coaches at all times during the session. All coaching should be done using verbal cues. Drills must meet guidelines for maintaining physical distancing. No contact drills allowed.

8.3 Personal Items

See Personal Items above.

8.4 Pucks and Pylons

Pucks and pylons will be managed by the coaching staff. Players are not to pick up the 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. If pucks cannot be safely managed, they are not to be used. Goalies are able to “block and catch” pucks as they would normally in the course of drills.

8.5 On-Ice Coaching

Coaches need to work together to determine their own specific rink area for their session each time. Coaches and skaters/goaltenders must remain at least 2m apart from each other. Every coach will be responsible for developing/modifying training plans to the current fitness level and capabilities of every player in order to avoid injury.

As a reminder, the Two Deep Rule must be followed at all times in accordance with OWHA and SDGHA policies. A trainer must be present on the bench at each training session (on and off ice). One of the coaching staff (coach or trainer) must be female. All bench staff and on ice helpers will be required to attend the training on Return to Hockey before returning to the ice. Emphasis will be put on following these protocols as part of the requirements to operate within SDGHA.

Appendix A
Sudbury District Girls Hockey Association
COVID-19 Education Resources

The SDGHA 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:

Coronavirus Disease 2019 (COVID-19)

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/team as well as Government approved information on ways to limit the spread of COVID-19 including:

- Respiratory etiquette
- Hand hygiene
- Physical distancing
- Use of Personal Protective Equipment (e.g., face masks)

Topic	Link
Hand Hygiene	<u>Coronavirus Disease 2019 (COVID-19) - How to Wash Your Hands</u>
Physical Distancing	<u>COVID-19: Physical Distancing</u>
Self-Monitoring	<u>Coronavirus Disease (COVID-19) - How to self-monitor</u>
Face Masks	<u>Coronavirus Disease 2019 (COVID-19) - Self-Isolation: When and How to Wear a Mask</u>
How to Self-Isolate	<u>COVID-19: How to Self-Isolate</u>

The following resources are 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.

Ontario COVID-19 Online Self-assessment Tool

Coronavirus (COVID-19) self-assessment

Ontario Women's Hockey Association Website
OWHA

Sudbury & District Public Health
Coronavirus

Appendix B Sudbury District Girls Hockey Association Health Screening Questionnaire

PRE-ACTIVITY SCREENING

-ALL PLAYERS MUST COMPLETE TEAMSAP HEALTH CHECK PRIOR TO EACH ACTIVITY.

HEALTH CHECK ONTARIO MINISTRY OF HEALTH:

Screening Questions

Q1: Did you travel outside of Canada in the past 14 days?	Yes / No
Q2: Did you test positive for COVID-19 or had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?	Yes / No
Q3: Do you have any of the following symptoms?	
<ul style="list-style-type: none"> • Fever Yes / No • New onset of cough Yes / No • Worsening chronic cough Yes / No • Shortness of breath Yes / No • Difficulty breathing Yes / No • Sore throat • Difficulty swallowing Yes / No • Decrease of loss of sense of taste or smell Yes / No • Chills Yes / No • Headaches Yes / No • Unexplained fatigue/malaise/muscle aches (myalgias) Yes / No • Nausea/vomiting, diarrhea, abdominal pain Yes / No • Pink eye (conjunctivitis) Yes / No • Runny nose or nasal congestion without other known cause Yes / No 	
<p>Page COVID-19 Screening Results If response to ALL of the screening questions is NO: COVID Screen Negative If response to ANY of the screening questions is YES: COVID Screen Positive</p>	

Appendix D
City of Greater Sudbury Facility Protocols

<https://pmcontent.blob.core.windows.net/fc4436c7732d4ea0ad0c6f6877bf9bd5/MyDocuments/Facility+Agreement/COVID-19%20Important%20Information%20V2.4.pdf>