

**Sudbury District Girls Hockey Association
2021 - 2022 Return to Hockey Plan
Updated Dec 15, 2021**

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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 2021 - 2022 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
<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 will be permitted.

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 public health
- 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 follow Government guidelines)

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. 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.ca

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.ca***

Section 3: Participant Health & Safety Protocols

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

- a) 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.

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) Any SDGHA members who were in close contact with the individual should not participate in hockey activities and should follow all direction received from public health.

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.ca. 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 relying on the direction from public health.

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.

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.

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.

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 2021 - 2022 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>2021-22 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

	<p>communication from team managers and disseminates communication to team managers</p> <ul style="list-style-type: none"> - Team managers receive information from COVID 19 Response Team to share with team members
<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 - 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)
<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 Response Team, as requested

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 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.

Section 6 - Programming (December 15, 2021 – April 30, 2022)

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. 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. This could change depending upon OWHA direction.

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 July 16, 2021

Maximum of 40 participants on the ice, including instructors, or a lower number if determined by the Ontario Government, local PHU, the facility or the OWHA. Strict off-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:

- 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:

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

Section 7 - Off-Ice Activities (OFA)

7.1 Facility Access and Traffic Flow

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.

7.2 Spectators

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.

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

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 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

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.

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 doors.

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 face mask.
- Must be in compliance in all areas and facilities where face masks are mandated.
- Must wear a face mask while on the bench.
- Must wear a CSA approved hockey helmet

Players:

- Must enter the facility wearing a mask.
- Must be in compliance in all areas and facilities where face masks are mandated.
- Not required to wear a mask while skating
- Must resume use of a face mask once exiting the ice surface.
- 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 for off-ice activities.

8.3 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/ Facility Specific Questionnaire

All players must complete TeamSnap health check and facility specific questionnaires prior to each activity.

Appendix D
City of Greater Sudbury Facility Protocols

<https://www.greatersudbury.ca/city-hall/news-and-public-notice/2021/covid-19-update-additional-public-health-measures-being-implemented-in-greater-sudbury1/>