



GLHA Return to Play Program Protocols

Section1: Prior to Activity

1. The GLHA has compiled the following protocols in accordance with Hockey Canada, Minor Ontario Hockey Association (Alliance), Ontario Hockey Federation (OHF) and Ontario Recreation Facilities association and Public Health. With these partners in place we will be taking their recommendations for facility opening and the health and safety guidelines for all players. Any player or parent not agreeing or following these guidelines will be asked to leave the rink immediately.
2. The GLHA has advised all associations to establish a communication officer in relation to Co-vid. This person will keep each association up to par with all health directives and implementation needed. This person will be responsible for all contact tracing for the association and reporting as required to the public health authority, Member, hockey association, league and facility. Ensuring the teams are following the prevention guidelines set by the Member/hockey association league.

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3. All members must be registered with our association before any activity can take place, online payment must be completed.

4. If a participant does not feel well, has a fever or a cold (runny nose, sore throat, cough etc.) they should stay home and advise the coach. All those participating in or attending a hockey activity should stay home if sick.
5. Its crucial for our organizations to stay up and running that strict protocols are in place for being ill, and hand hygiene. Players are encouraged to carry hand sanitizer with them to the rink.
6. Players should have a labelled water bottle. Use only that water bottle when participating in the activity. Parents/players should sanitize water bottles after each session.
7. There will be no team warm ups in the building, the coach should ensure physical- distancing and there is no sharing of foam rollers or warm up equipment.
8. Wearing a mask alone will not prevent the spread of COVID- 19. You must consistently and strictly adhere to good hygiene and public health measures including frequent hand washing and physical distancing
9. Coaches have the right to send home players if a sign of illness is detected and not reported properly at the entrance of the facility. Parents must then remove their players and follow the protocol labelled below for Co-vid protocols. **The Covid personnel from the team will take the ill player to a well-ventilated area until parents arrive to take the child home.**

Section 2: Arrival at the Rink:

1. One parent is permitted to drop of the child at the rink, they must follow the protocols where Co-vid Ministry of Health Unit of London Is concerned. Social Distancing is mandatory. Co-vid forms/app must be filled out prior to coming to the rink You will be greeted at the door and must comply with the questions asked failure to comply will be result in Parents/children not being allowed in the arena. Both Parent and child and anyone entering the rink must complete the co-vid questionnaire.
2. Dropping off- All players/ parent must enter through the front door of the facilities and leave through the exit doors on each side of the rink.
3. Players are to come dressed as much as possible to the rink. Each Rink will have their own protocols on dressing rooms, and we must follow them. There will be a place for one Parent to enter the building to put on skates.
4. All members must walk in with a mask, they must continue to wear the mask in the facilities. Only the players and the referee's will be allowed to not wear masks on the ice. All other members such as coaches and players must wear a cloth mask on the bench.
5. Dressing rooms must have social distancing and a maximum of 15 mins will be allowed by all players to get in and change and change after their ice time. Members must not be in and out of the dressing room.
6. The number of people in the building currently is 50 per building, this number is not very large in nature and this must include our arena staff, coaches and players, referee's and volunteer staff.
7. Restrictions on entering the building – Co-vid Volunteers will be monitoring individuals with checklists.
8. Players will not be allowed in the building prior to 15 minutes before ice time, this should give those individuals on the ice opportunity to leave safely before others arrive. Those players on the ice need to come off the ice and ensure their cloth masks are on and quickly remove their items and leave the building through the side doors asap.

9. Players need to come dressed to the arena in their equipment and player accessibility to showers is closed at this time.
10. For safety reasons coaches at IP will be required to wear a face covering as defined by the Middlesex Health unit on the ice. As defined by the Middlesex health unit Masks and face coverings include a medical or non-medical mask or face coverings such as a bandana, scarf, cloth or similar item that covers the nose, mouth and chin without gapping. <https://www.middlesexcentre.on.ca/articles/covid-19-masks-and-face-coverings>
11. ON ice sessions
 - Team is defined at 9 players plus 1 goalie x2 (OHF)
 - Cohort - 2 teams of 10 (20 per cohort), League – Group of 4 per team (40 kids)
 - MD division- 9 skaters and 1 Goalie
 - House league - 9 skaters and 1 Goalie
 - Mustangs -15 skaters and 2 goalies

House league 1.5 hour per week from Novice – Midget, 1-hour per week for Initiation and Juvenile- Some divisions may have more hours depending on ice contract and purchasing of ice availability. Scrimmages of 4/4 may occur through inter squad scrimmages.

Bantam- Juvenile- 3/3 inter squad scrimmages.

MD 2 hour per week of ice for 3/3 inter squad scrimmages, some divisions may have more hours depending on the ice contract and purchasing of ice availability.

Mustang 2 hour per week of ice development 3/3 scrimmages inter squad scrimmages, some divisions may have more hours depending on the ice contract and purchasing of ice availability.

No body contact is allowed at any level or age of play.

Section 3: Sickness and Illness

Signs of Sickness

1. A coach should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity.
2. When coughing or sneezing, cough or sneeze into a tissue or the bend of the arm, not the hand.
3. Dispose any tissues as soon as possible in a lined waster basket and wash hands.
4. Avoid touching eyes, nose or mouth with unwashed hands or sanitized hands.
5. Avoid contact with anyone who is sick.
6. If participants do not feel well or have identified respiratory symptoms, ensure they advise team staff immediately and put on a cloth mask. They should immediately go home and follow up with their physician.

7. Facility staff should be provided with an incident report based on facility protocol prior to the coaching staff leaving the facility.
8. Minimize going in and out of doors, including the dressing room. Facility doors are considered High Risk touchpoints. Team staff should try and control the number of times players enter and exit the dressing rooms, as this avoids contact with the door handles. Use the elbow to open.
9. Absolutely no sharing of drinks or food
10. Team warmups and practices should adapt to proper spacing reduce the number of one area stations, including the players coming together in one group for instruction.
11. Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.
12. Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench.
13. All participants/ members are not allowed to spit and /or blow their nose without a tissue is absolutely forbidden. Consequences such as removal from the arena, Removal could be for an extended period.
14. No handshakes will be allowed at the beginning of the game or after. Coaches should verbally greet their players.
15. Players are not allowed to share clothing, soap, shampoo or other personal items such as razors or towels.
16. Wash your hands after using restrooms with soap and water for at least 20 seconds at outlined Middlesex Health unit. Use alcohol-based hand sanitizer where soap and water are not available.
17. Equipment should be washed (jerseys, pant shells, socks) after each training session following manufacture guidelines. It is important that players ensure equipment is kept clean.
18. If there is a suspected illness, they will have to wait 24 hours before returning to hockey and be symptom free. Please contact the MLHU for directions. All members in that household must also not be infected.

Please contact the following locations if there are signs of illness

Middlesex London Health Unit	https://www.healthunit.com/covid-19-concerns	519-663-5317
City of London Screening Centre's	Carling Heights Optimist Community Centre 656 Elizabeth St. London ON Monday to Sunday 11:00 am to 7:00 pm	Oakridge Arena Assessment Centre 825 Valetta St. London, ON Monday to Friday 9:00 am to 5:00pm
If required: Hospital Emergency Departments or by calling 9-1-1		

Co-vid Guidelines

- Team staff, parents/guardians, volunteers, scorekeepers and players should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity ***immediately***. The unwell participant must be supported by their parent /guardian or a coach / volunteer wearing protective gloves, face mask. If participants do not feel well, they need to advise team staff immediately, put on a face mask and immediately leave the hockey event.
- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Clean and disinfect frequently touched surfaces in your home such as doorknobs and handles.
- **Any individual experiencing the following symptoms are to report to their coach if they are on the ice, the co-vid volunteer at the door and rink operator if they are at the rink. Failure to comply can cause players from returning to play in our cohorts or teams.**
- The following are symptoms in relations to Co-vid

Most common Symptoms

Fever
Cough
Shortness of Breath

Less Common Symptoms:

Runny Nose
Aches and Pains
Sore Throat
Diarrhea
Conjunctivitis
Headache
Loss of taste and or smell
Skin rash, or discolouration of fingers and toes

Serious symptoms

Difficult Breathing
Chest pain or pressure
Loss of Speech or movement

- Seek immediate medical attention if you have serious symptoms.
- On average, it takes 5-6 days from Infection for symptoms to show, but it can take up to 14 days.

If the Participant Advises team Staff that they are not feeling well and will not be attending

- Participant is advised to follow up with the physician. They will require to stay home 24 hours of not feeling well and provide a negative co-vid test to return. All parents and family members will also be required to do so before entering the rink.
- Any participant with suspected or confirmed Co-vid –19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.
- If a participant is confirmed to have CO-VID- 19 Communication will occur with the association regarding the participant having a confirmed case. Protocols will be followed by the Middlesex health unit until we are cleared to open.

IF Participant Advises they have symptoms of COVID-19 and will not be attending

- If a participant has CO-VID-19, they should follow up with their physician and public health authority for instructions.
- Any participant with suspected or confirmed CO-VID-19 Should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.
- If a participant is confirmed to have CO-VID-19 Communication will occur with the association.

IF Participant test Positive for Co-vid 19

- Immediate removal from hockey environment for anyone in the home.
- Report to public health authorities and follow guidelines
- Public Health advises and determines communication protocols and tracing of all contacts
- Cooperate on any necessary Communication
- Note required from a physician or public health authority to return to play.

Co-vid Questionnaire for Tracking purposes

ONTARIO HOCKEY FEDERATION Health Screening Questionnaire This questionnaire must be completed by everyone 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. 70 years old or older
2. Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
3. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
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 any and all activity.
1. Are you currently experiencing any of these symptoms?
2. Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher) Yes No
3. Chills Yes, No Cough that's new or worsening (continuous, more than usual) Yes No
4. Barking cough, making a whistling noise when breathing (croup) Yes No
5. Shortness of breath (out of breath, unable to breathe deeply) Yes No

ONTARIO HOCKEY FEDERATION Health Screening Questionnaire

1.Sore throat Yes No
2.Difficulty swallowing Yes No
3.Runny nose, sneezing or nasal congestion (not related to seasonal allergies or other known causes or conditions) Yes No
4.Lost sense of taste or smell Yes No
5.Pink eye (conjunctivitis) Yes No
6.Headache that's unusual or long lasting Yes No
7.Digestive issues (nausea/vomiting, diarrhea, stomach pain) Yes No
8. Muscle aches Yes No
9. Extreme tiredness that is unusual (fatigue, lack of energy) Yes No
10. Falling down often Yes No
11.For young children and infants: sluggishness or lack of appetite Yes No

ONTARIO HOCKEY FEDERATION Health Screening Questionnaire For the remaining questions, close physical contact means:

1. Being less than 2 meters away in the same room, workspace, or area for over 15 minutes 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? Close physical contact means: 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? Yes No
4. Have you travelled outside of Canada in the last 14 days? 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).

OHF Tracking form

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating YES in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

Session Location	Ice Pad	Date	Time

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			

13			
14			

Facility Guidelines.

- The following rinks will be used in the GLHA and under the City of London and will be required to follow the building guidelines for Co-vid.

Western Fair 4 pads	865 Florence St London, ON N6W 6G6 519 439-7203
Bostwick 2 pads	501 Southdale road West London, On 519 661-5575
Medway Arena 1 pad	119 Sherwood forest Square London, ON 519-661-4421
Kinsmen Arena 2 pads	20 Granville street London, On 519661-5777
Argyle Arena 2 pads	1948 Wavell Street London, ON 519 661-4419
Stronach Arena 2 pads	1221 Sandford Street London,ON 519 661-4426
Earl Nichols Arena 3 pads	799 Homeview Road London, On 519 661-4422
Carling Arena 2 pads	675 Grosvenor St London,ON 519 661-5774

- Physical distancing is required, signage is through the facility indicating this and in dressing rooms have been well marked where people can sit physically distanced from each other.
- 9-10 players allowed into the dressing rooms based on space
- 20 participants maximum of participants with a maximum of 25 including instructors/ coaches. 1 spectator will be allowed per household as of Oct. 19, 2020.
- Teams will be asked to check in with a City of London employee when they are entering. Front door may be locked after teams enter the facility
- allowed into facility 15 minutes before time and must leave 15 minutes after coming off the ice.

- all areas are open except no showers and upstairs viewing arenas at this time. Areas are opened based on facility layout. Signs will be posted throughout facility indicating what is open and not open
- Facilities will have dressing rooms are available but if at capacity chairs will be set up outside dressing rooms or in lobbies. Gender identity change rooms and girls change rooms will be available
- The rink will be disinfected by the City of London employees where high areas are used such as washrooms, dressing rooms, doors, handles and Benches
- Parents must follow the rules of each city arena. If parent is permitted, the arena staff have the right to not allow members into the facilities.
- Facilities will have co-vid information marked on each door
- Sanitizer will be provided by city staff for all patrons to use
- Entrance and Exit doors will be clearly marked by arena staff and arrows directing traffic
- If a suspected case happens the rink personnel must be notified as they will be required to fill in an accident report.
- Full ice drills could be run if 12 players are on the ice and 12 players are on the bench. The players on the benches must be 2 metres apart.
- For teams' sports with substitutions, a maximum of 12 are permitted, the Alliance rules are 10 players at the current time. We will maintain the 10-person cohort. The 12 players on the benches need to be 2 metres apart.
- The use of penalty boxes should be used to separate all players
- Helmets must be worn at all times for players entering and exiting the rink till they get to the dressing room.
- Flow drills are permitted
- All coaches must wear a mas while on the ice surface
- No body Contact – no touching at all.
 - Players must not spit, blow their nose freely or release any bodily fluid anywhere in the facility due to an extremely high risk of virus transfer. Above all else, respect the facility and all those that work within it.

Compliance and Protocol

- All on ice instructors will be certified by the Alliance
- All on ice participants must have filled out the tracing documents and provide to the volunteer prior to entering the building.
- If on ice participants fail to provide the necessary information this can result in suspension for the rest of the season.

Hockey Association Staff/Volunteers with the Teams

Bench Staff

- Work with facility staff to ensure the bench area is wiped down and disinfected after each session
- Non latex gloves and disinfectant wipes should be available
- Ensure a garbage can or plastic bag is available for all waste, tie up the bag and get around it
 - Ensure physical distancing in the bench area, bench staff should always wear cloth masks on the bench, on the ice and in the arena.

Coaching Staff

- Members of the coaching staff must maintain physical distancing with players whenever possible.
- Team meetings should only be held in controlled environment with physical distancing (use zoom or team meetings online, they should not be held in the arenas.
- Ensure physical distancing in the bench area, bench staff should always wear cloth masks on the bench, on the ice and in the arena.

Trainers and Equipment Staff

- Gloves must be worn when handling equipment
- Non- latex gloves must be worn when on the bench for each practice and game.
- Cloth masks should be worn if treating players dealing with players equipment or if physical distancing is not possible.
- Gloves must be changed when required and hands must be washed frequently.

On Ice Officials

- Come fully dressed in uniform if possible.
- Personal towels only (officials should shower at home).
 - If possible, hands should be washed prior to start of each period (officials can carry a small bottle of sanitizer with them on the ice).
- Wear a cloth mask when entering the arena when physical distancing cannot be followed such as in the dressing room (it may also be required by the facility). The cloth mask can be removed when going on to the ice. Continue to monitor public health authority guidelines specific to the wearing of masks.
- Have personal hand sanitizer and disinfectant wipes.
 - Have hand sanitizer in the penalty box for officials to use.
- Physical distancing is required in dressing rooms. Work with facility staff to see if more rooms are available, as well marked space/stalls within the dressing rooms. If the dressing room is small, a rotation system should be considered.
- Only game officials should be in the dressing room – no visitors.
- It is prohibited for officials to drink from water bottles belonging to skaters or goaltenders. If officials require water during a game, they should have their own water bottle at the penalty bench.

- Referees should verbally greet coaches as they generally do, but should not shake hands.
- When reporting penalties, do not speak through the hole in the glass – work from a distance.
- Some equipment should also be washed (jerseys, pant shells, etc.) after each session, following manufacturer guidelines. It is important that officials ensure equipment is kept clean.
- Work with the facility to see if the dressing room can be cleaned and sanitized after each use

Other Safety Measures

- No community or sponsor appearances by players or staff
- Players and staff will be leaders in practicing physical distancing off the ice.
- Any violation will result in the player or staff member being subject to team discipline.