



North London Hockey Association Return to Hockey Guidelines

October 7, 2020

Welcome to the 2020 – 2021 Hockey Season!

The North London Hockey Association has assembled the following presentation to outline the new health and safety procedures that have been established and will be in effect as we start our season.

These guidelines have been assembled following the specific procedures required by: The Greater London Hockey Association and The City of London.

Health and safety guidelines *could* change over the course of the season, North London will be communicating any changes and updates through your players coach and updates will be posted on our association website: www.northlondonhockey.ca

Links to all supporting procedures used to create this guideline are available on the North London Hockey Website.

Return to Hockey Guidelines

1. General Expectations

2. Health Screening Requirements

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1. General Expectations

- **Under no circumstance is a** player, parent/guardian, coach, volunteer or member of the community associated with NLHA to come to a hockey event when they are feeling unwell, have traveled where quarantine requirements apply or where they have been told to isolate by a health professional or authority.
- All community members are obligated to follow current medical and public health guidance regarding COVID-19.
- There are not any equipment changes required for players on the ice – face masks are not required by players on the ice during practice.

- Urgent medical inquiries and questions about COVID-19, testing, exposure, contact tracing etc should be immediately directed to:
 - **Middlesex London Health Unit: 519-663-5317 / www.healthunit.com**
 - **London's COVID-19 Assessment Centers: <https://www.healthunit.com/covid-19-concerns>**
 - **If required:** Family Doctor, Hospital Emergency Departments or by calling 9-1-1
- Questions and inquiries associated with Hockey Specific COVID-19 protocols and requirements should be directed immediately to:
 - Your Players Coachor
 - Director - Minor Development: Ryan Finnon rfinnson@gmail.com
 - Director(s) House League: Gerry Vanderhoek gvanderhoek@flylondon.ca
Chris Robertson clrobertson43@gmail.com
 - Director Initiation Program: Jason Lehouillier jlehouillier@gmail.com

2. Health Screening Requirements

- Health Screening must be completed for every player, coach, volunteer, for each practice.
- Anyone who does not pass screening requirements is **not** permitted to attend practices.
- NLHA will be using the Javelin App to complete Health Screening requirements according to the GHLA / OHF requirements. Some teams may be using paper-based screening forms for the first few weeks of the season – your coach will provide you with the required forms or App.
- The Javelin App will compile participant lists from practices to satisfy contact tracing requirements if required.
- Your Coach will be emailing instructions for Javelin App enrollment and use as practice schedules are established. Coaches will have paper-based screening forms if families cannot access Javelin.

3. Arrival at Practice

- Carling and Stronach Arenas will be the only two arenas being used for the first half of the season.
- Your players' coach will be emailing in advance of your first practice with the times and specific arena entry procedures.
- Your player will check in with their coach in the parking lot at the established time in advance of your practice start time.
- Your coach will be validating your health screening completion and sign your player into practice using the Javelin App or paper based forms.
- Social distancing requirements must be followed in the parking lots
- All players and parents / guardians must be wearing masks in the parking lots during check in and waiting to enter the arena
- Players are encouraged to arrive to practice dressed in order to minimize time spent in dressing rooms

4. Entering the Arena

- The City of London has established arena specific check in procedures. Your team will enter the arena as one group with your coach demonstrating completion of team health screening to the Arena Employee. Teams will be allowed in 15 min ahead of their scheduled practice time. Players should try their best to arrive on time.
- Everyone entering the arena must be wearing a face mask.
- Players are encouraged to only bring the required equipment for practice into the arena
- No outside food or drink will be permitted in the arenas! Vending machines will be operating, there will be no concession stands open. Skate sharpening will be available at Carling and Stronach in November

- The City of London has established protocols for their arenas – all signage, social distancing, dressing room procedures they have established must be followed. Refer to our website for the Carling and Stronach specific procedures that you can expect.
- There will be no team warmups in the building and players cannot share any equipment
- There are dressing room protocols for masking, capacity and social distancing that must be followed. Dressing room time is 15 minutes maximum. Showers will not be open.
- Frequent hand washing or use of hand sanitizer is strongly recommended

Spectators

- **Before October 19 - 1 adult only may accompany a player into the rink to tie skates only and then promptly leave and wait in the parking lot. Other family members and young children are not permitted to accompany a player / parent into the rink! *No exceptions!**
- **After October 19 – the City will permit only 1 spectator per player to watch from the designated viewing area - **no exceptions!* Other family members and young children are not permitted to accompany a player / parent into the rink! *No exceptions!**
- Any spectator entering the rink (before or after Oct 19) will be required to complete the City of London Health Screening Form – this is a paper form. *Families are encouraged to print this form from our website to speed up entry into the arena.*

5. On Ice Requirements

- Coaches will be following practice requirements established by GLHA to support distancing and minimizing physical contact. (including 2m distancing on team benches)
- All coaches will be required to wear face masks when in close contact with players / coaches on the ice and off as required by the City of London. (whistles can be used)
- Water bottles must be clearly labeled and not shared between players. City water fountains will be open.
- 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
- Coaches and trainers must ensure that established protocols are followed for on ice first aid incidents.
- At the end of practice, players will put their masks on immediately and are required to change and leave dressing rooms / arenas as quickly as possible
- 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.

6. Illness Procedures

Signs of Sickness / Illness

- A coach will require that anyone exhibiting signs or symptoms of illness leave the practice immediately.
- If participants do not feel well, they need to advise team staff immediately, put on a face mask and immediately leave the hockey event.
- The unwell participant must be supported by their parent /guardian or a coach wearing a face mask. Avoid touching eyes, nose or mouth with unwashed hands or sanitized hands.
- Close physical contact with anyone who is sick is not recommended.
- Coaches will review whether any disinfecting is required when a player leaves unwell.

- Procedures have been established by the GLHA and will be followed in the following circumstances:
 - Players are unwell and cannot attend practice
 - Players fail health screening requirements
 - Players test positive for COVID-19
- For a full and current list of the symptoms associated with COVID-19, please visit: <https://www.healthunit.com/covid-19-concerns> (*Symptoms of COVID 19 Section*)
- Advice and procedures are evolving often with respect to these requirements. Coaches will be providing updates regularly over the course of the season.

Tips for Coaches and Parents

- Ensure thorough Health Screening is completed, every practice – sick players or coaches must stay home and follow specific guidance before returning to the arena!
- Advise players and coaches to immediately report illness during practice to ensure support is provided and to send unwell participants home
- ***Treat all arena staff with respect and courtesy – they are enforcing rules that the city or GLHA established, please address any concerns to your players coach or with the NLHA.***
- Plan your hockey schedule – there is no deviation from the City of London Spectator Rules (1 spectator per player – no exceptions!)

- Maintain social distancing at all times as required
- Ensure masks are worn appropriately and all times as required
- Ensure hand washing and hand sanitizing are completed often
- Ensure players are dressed at home to save time and ensure distancing in the dressing rooms
- Discuss any concerns with your players coach immediately to ensure resolution.
- Please note that arena staff are allowed to remove their masks within City office areas and while driving Zambonis / ice cleaning equipment.