



Return to Hockey Play

Purpose

The purpose of this document is to provide guidelines and a path to return to hockey for Twin Centre Girls Hockey Association (TCGHA) gradually and with the utmost consideration of safety for all. This includes programming and administration at Wellesley Arena and St.Clements.

This plan is, and will remain, in compliance with all laws, guidelines and recommendations from the Government of Ontario, Region of Waterloo Public Health, Hockey Canada, OWHA, and the Township of Wellesley.

This document builds on the Return to Hockey Protocols of OWHA (the Provincial Sports Organization (PSO) for Female Hockey in Ontario) and is to be used in tandem with that document. 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 Hericanes Return to Play Plan posted on the Hericanes website www.hericanes.ca will be the source document.

Section 1 TCGHA Operations

Compliance with Regulations

TCGHA will follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Region of Waterloo Public Health, Hockey Canada, OWHA, and the township of Wellesley. Once TCGHA begins to operate in other rinks, these protocols will be followed as well. TCGHA will update this document as circumstances change.

Compliance with these protocols

Each coach, player, parent, staff and volunteer is responsible for implementing and complying with both OWHA and TCGHA protocols.

COVID-19 Education

TCGHA will educate its coaching staff, players parents and volunteers on the safety and hygiene protocols as laid out in Appendix A "COVID-19 Education Resources".

This Appendix will be sent to all players upon registration. Every coaching staff member, parent and volunteer is required to review and keep themselves up to date with the materials in this Appendix. Training on the Hericane Return to Hockey Plan including the COVID-19 Protocols will be held prior to coaching staff, players and parents return to the rink.

COVID-19 Response Team

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

NAME	POSITION
Wendy Henderson	Covid Leader
Claire Birrell	Registrar
Tyler Graham	Development
Andrew Miller	Scheduler
Dave Henderson	Director
Jamie Jacomen	Events

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 Heroicalness COVID-19 Response Team at covid@hericaneshockey.ca

Association/Team/ League Offices and Activities

All meetings and activities should be conducted on-line and virtually whenever possible. If players are involved, it must be in accordance with 2-deep (there should not be 1 adult alone with a player either in person or on-line).

Scheduling

All scheduling will be done on line through the Hericane website.

The schedules will be created to allow for the required cleaning time required for each rink location as set out by the Town.

Multiple facilities

Coaching and skating at multiple locations is strongly discouraged.

Individuals should consider the following:

- Use new face mask at each location
- Managing schedules to avoid entering different facilities on the same day

Facility Coordination

Signage to address public health and safety will be placed around the rink by the Township of Wellesley. Directional signage will be developed and maintained by the Township of Wellesley. The Township of Wellesley will clean chairs and rooms around the rink and high touch areas between groups. A thorough cleaning will be done by township staff upon opening, between groups, and at the end of the evening. TCGHA will follow Township and OWHHA protocols as they apply to all rinks in the Township of Wellesley. Specific details will be communicated with families upon registration.

Self-Screening

All individuals (players, coaching staff, parents/guardians) must self-screen immediately before each on ice or off ice training using the Hericane Health Screening Questionnaire. (Appendix C). This questionnaire will be sent to each player that has registered and these questions confirmed by the player to the trainer before every on ice and off ice activity.

Section 2 TCGHA Programming

Programming

Return to Hockey at this stage will be limited to small group training on and off ice. Only players and coaches registered with TCGHA for the 2020-21 season may participate in this programming.

Programming September 1, - December 31, 2020

As mentioned above, programming is subject to OWHHA approvals and will follow what is permitted in the OWHHA Return to Hockey Plan. Changes to programming will be updated and communicated to families. At this time, we are permitted to do skills and drills. Unfortunately, no games or scrimmages are permitted. Fees are still being determined and will be communicated at the earliest convenience. These meetings are being scheduled for early September.

REP

The TCGHA will form Tiered Groups based on their level of play during the 2019/20 season unless skills perform better or at the same level from 2020-21 TCGHA registered players at U11, U13, U15 such that:

- Coaches will segment this group into size-appropriate practice sessions
- define practices appropriate to the ice limitations for size, time and numbers
- regular ice times will be allocated as best as possible to each training group but may be modified by new available ice and access restrictions
- aiming for 2 practices per week- dependent upon ice availability

These groups are being formed for the purposes of assembling practice plans, ice allocations, flexible grouping sizes and coaching leadership appropriate to level, skill and the current uncertainty around return to play possibilities later in the year. Training Groups may change size and composition as circumstances evolve and the TCGHA will continue to make every effort to safely transition back to play under OWHA and Waterloo Health Region guidelines.

These groups are NOT tryout groups and are NOT teams - they are groups for TCGHA player training purposes. Training may and hopefully does include intra-squad game play subject to facility and OWHA limitations.

House League

U9 Half ice:

This program will commence on or after Sept 26/2020 Training Groups will be created for all registered U9 players meeting the maximum permitted players and coaches on the ice.

- Maintain the 5:1 Player to Coach ratio required.
- Regular schedule times as best as possible. Suggest following the same time slots as last season but likely more times will be needed due to the on-ice number limits. Ideally, we would like 15 players on the ice at one time as per last season, but this is highly unlikely due to our numbers
- At this time, we will simply continue with 2 practices per week and revisit as things unfold.
- If OWHA permits games, then League decisions (KGLL) will govern how these games take place and if there is no league for the season, we will look at opening up to play other centres near Wellesley. Alternatively, rotating rosters for intra-squad games could be done.

U11 House League: This program was planned to change this season so there is some uncertainty with the programming, but for Sept-December TCGHA would like to have each player on the ice 2x per week in their Training Group.

- 1 Coach per ice time minimum. (rest of the requirements as per normal; Trainer, female)
- Regular schedule times preferred.
- If OWHA permits games, then League decisions (KGLL) will govern how games

take place and if there is no league for the season, we will look at opening up to play other centres near Wellesley.

U13, U15 and U18 House League:

- Create Training Groups of those registered and not working out within the Rep groups.
- Training Group size may vary dependent upon the numbers registered and the numbers permitted on the ice.
- Training Groups will be allocated ice as close as possible to the allocations used in previous years
- Team formation (when and if permitted) will be partial or full depending on Rep progress.
- League decisions (KGLL) will govern how games take place and if there is no league for the season we will look at opening up to play other centres near Wellesley.

Try-outs and Evaluations

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

Limitations on size of Training Groups

All training sessions must follow provincial and local public health as well as facility guidelines with respect to the size of gatherings. Limitation on size of training groups able to use the ice or facility may vary due to size of facility and location of facility. Protocols may vary across the province by region

Maximum Training Group Sizes as of Sept 1, 2020

Training groups: Max 22 participants allowed on ice.

TCGHA and the Township of Wellesley will consider the gradual increasing of numbers of individuals on the ice. Adjustments to the numbers allowed on the ice may change as per Waterloo Region Public Health and Township of Wellesley regulations permit.

TCGHA will follow Township of Wellesley best practices in all city facilities. Changes may occur each week as numbers increase up to the maximum allowed by either OWSHA or the Township of Wellesley 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. OWHA will communicate in subsequent Versions of these Protocols updated information as it becomes available.

Section 3 Off-Ice Activities (OFA)

Facility Access and Traffic Flow

The Township of Wellesley will use the following Return to Play procedures;

- All participants will be allowed into the arena 15 minutes prior to their scheduled time. All participants are required to stay in their vehicles and not congregate in front of the arena until this time.
- One guardian will be permitted into the facility to accompany any minor aged participant.
- Anyone entering the facility will be required to screen themselves before entering the facility. We are currently developing a plan on how this screening will happen. Everyone will be required to show proof they have screened before being granted access.
- There will be a maximum of 22 participants permitted on the ice at a time.
- Dressing rooms will be available to a maximum of 10 participants. Face coverings will be required in all areas of the arena including the dressing rooms up until you put your helmet on immediately before you are to enter the ice surface. Dressing room washrooms will not be available, so please ensure all participants are aware of this before coming to the arena.
- Showers will also not be available.
- Participants must still arrive at the arena fully dressed, as the dressing rooms will only be available for putting skates and helmets on. Goaltenders will be given a separate dressing area with adequate room to put their equipment on, but must arrive at minimum with their under gear on. You may be sharing a room with goaltenders from another team.
- Participants will be required to stay in their respective dressing rooms until the ice is ready for them to use. At that time staff will make them aware the ice is ready.

- If using Rooms 1 or 2 you will enter and exit the ice surface through the lobby on the stands side of the arena.
- If using Rooms 3 or 4 you will enter and exit the ice surface on the bench side of the lobby.
- If using the Board Room to get dressed (goaltenders), you will enter and exit the ice surface on the stands side of the arena.
- Parents or Guardians will be permitted to enter the dressing rooms to tie the skates and put helmets on participants that require assistance. Face coverings must be worn.
- After your ice time you will exit directly to your room. You will remain in that room until you are notified that the next group is securely in their dressing rooms. You will vacate through the exit door at the end of the dressing room hall and not enter the lobby. This will give staff the adequate amount of time to clean and disinfect change rooms between rentals.
- Dressing rooms must be vacated 15 minutes after the rental ends. This will be strictly enforced. Groups that do not adhere to this will face the possibility of the cancellation of the remainder of their ice contracts

Player Absence

If a Trainer is aware that a player will be absent, they should e-mail the Coach and note it on the attendance sheet. If any player or coach staff unexpectedly misses a session, one of the coaches should notify covid@hericaneshockey.ca no later than the end of the ice session. Within 24 hours, 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 TCGHA President immediately.

No Spectators

Only 1 parent/Guardian is allowed per player and only if the player is 17 or younger. If a parent/guardian is accompanying the player, they must remain on or around their player's chair to observe the session (respecting physical distancing with all others in the rink). All parents/guardians are to enter at the same time as the players and the coaching staff.

If a coach sees more than one parent/guardian or anyone entering the rink who is not accompanying a player, they should approach that person to explain the TCGHA protocols and ask them to exit through the facility designated exit. Keeping as few people as possible in the rink is the goal.

Personal Hygiene

Players and coaching staff are encouraged to practice hand washing and good personal hygiene. Sanitizer and gloves will be provided to each first aid kit.

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.

Personal Protective Equipment – Face Masks

The Region of Waterloo passed a bylaw Number 20-035 which is a by-law to require the wearing of face coverings in enclosed public places. This makes it mandatory for everyone (with a few exceptions) to wear masks when indoors. The exception that is particularly notable for TCGHA is that the by-law allows an exception for “A person engaged in a sport or other strenuous physical activity”.

As of July 13, everyone must put on a mask before entering any City facility or public area. “Everyone” includes all players, coaches, parent/guardians, and office staff.

Players and Coaches must keep their masks on while putting skates on and off. When a player puts on their helmet, they can remove their mask. When coaching staff go on the ice, they can remove their mask. This must be put back on carefully as soon as you get off the ice. This applies to all coaches and players. Parents/guardians watching the training session must keep their masks on at all times.

Dressing Rooms

Dressing Rooms are available. Players and coaches must come to the rink ready to go on the ice.

Skates On/Off

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

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. Your bag must remain directly in the area you are sitting. No stacking of hockey bags.

It is recommended players 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.

Section 4 On ice activities

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.

Everyone must put on a mask before entering the building. “Everyone” includes all players, coaches, parents/guardians and office staff. Players and Coaches must keep their masks on while putting skates on and off. When a person goes onto the ice to

skate, they can remove their mask. This must be put back on carefully as soon as you get off the ice. This applies to all coaches and players. Parent/guardians must keep masks on at all times.

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.

Personal Items

See Personal Items above. Your hockey bag must remain directly in the area around your spot in the dressing room. No stacking of hockey bags.

Pucks and Pylons

Pucks and Pylons will be managed by the coaching staff. Players are not to pick up the pucks with their hands. Goalies are able to “block and catch” pucks as they would normally in the course of drills.

On-Ice Coaching

Coaches need to work together to determine their own specific rink area for their session each time. 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 OWSA and TCGHA policy. 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).

Appendix A

COVID-19 Education Resources

The Hericane’s 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:

<https://www.publichealthontario.ca>

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

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool

<https://covid-19.ontario.ca/self-assessment/>

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

Region of Waterloo COVID-19:

<https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx>

Appendix B

Twin Centre Girls Hockey Association COVID-19 Protocols

Twin Centre Girls Hockey Association (TCGHA) 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 TCGHA are responsible for ensuring compliance with these protocols as well as following Waterloo Public Health guidelines at all times.

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in Hericane hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing.
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- An e-mail should be sent to the Hericane COVID-19 Response Team (covid@hericaneshockey.ca) to inform them of the situation. A member of the Hericane COVID-19 Response Team will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

- The TCGHA President will inform the OWHA President and/or Director of Operations of the situation as soon as possible

An individual is tested for COVID-19

- 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 not until a negative test result is received
- A member of the Hericane COVID-19 Response team will consult the Session Attendance tracking sheets to inform other participants who might have been in close contact with the individual
- Any association/team members who were in close contact with the individual should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the Hericane COVID-19 Response Team
- The Hericane COVID-19 Response Team will work where requested with the facility and public health officials to assist in contact tracing. The Session 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
- The Hericane COVID-19 Response Team will work with the specific team, player and family. Any association/team members who were in close contact with the individual should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The Hericane President will inform all members of a positive COVID-19 result within the hockey program setting
- The Hericane 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
- The Hericane President will inform OWHA of a positive COVID-19 diagnosis by e-mailing team@owha.on.ca

Return to hockey activities following illness

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

Return to hockey activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.
- Currently public health is recommending the full 14 days of self-isolation or until 24 hours symptom free, whatever is later.

Modification/restriction/postponing or canceling of hockey development activities

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

Public Health Guidelines

TCGHA members must follow all Region of Waterloo Public Health guidelines regarding COVID-19. These may include:

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

TWIN CENTRE HEALTH SCREENING QUESTIONNAIRE

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity. This questionnaire may be completed verbally. **Your Trainer will ask you to confirm that you have completed the questionnaire and answered no to all questions before you will be permitted to participate in the activity. If you have answered yes to any of the questions, please inform your Coach or trainer prior to coming to the arena/facility.**

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 each on-ice or off ice activity.

1. Are you experiencing any of these symptoms?

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

☐ Yes

☐ No

Chills

☐ Yes

☐ No

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

☐ Yes

☐ No

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

☐ Yes

☐ No

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

☐ Yes

☐ No

Sore throat

☐ Yes

☐ No

Difficulty swallowing

☐ Yes

☐ No

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

☐ Yes

☐ No

Lost sense of taste or smell

☐ Yes

☐ No

Pink eye (conjunctivitis)

☐ Yes

☐ No

Headache that's unusual or long lasting

☐ Yes

☐ No

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

☐ Yes

☐ No

Muscle aches

☐ Yes

☐ No

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

☐ Yes

☐ No

Falling down often

☐ Yes

☐ No

For young children and infants: sluggishness or lack of appetite

☐ Yes

☐ No

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

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

☐ Yes

☐ No

3. In the last 14 days, have you been in close physical contact with a person who either: Is currently sick with a new cough, fever, or difficulty breathing; OR Returned from outside of Canada in the last 2 weeks?

☐ Yes

☐ No

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 call your trainer immediately and let them know that you have responded positively to questions in the Hericanes’ Health Screening Questionnaire. If you don't have contact information for your trainer please e-mail - your name; age group; date and time of activity covid@hericaneshockey.ca

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