

Pickering Hockey Association

Safe Return to Hockey Plan & Protocols



## **STATEMENT OF PURPOSE AND RESPONSIBILITIES**

Pickering Hockey Association strives to provide a safe, healthy, and secure environment to implement our Return to Play hockey program. All possible preventive measures will be taken to ensure the safety of our hockey members.

The purpose of this document is to outline the Pickering Hockey Association Return to Play draft. The following will outline plans, procedures, protocols and requirements for all members of the Pickering Hockey Association to provide a safe hockey program that complies with the regulations and guidelines set out by the Ontario Government, Hockey Canada (HC), the Ontario Hockey Federation (OHF), the Ontario Minor Hockey Association (OMHA), Durham Region Health Officials and the City of Pickering.

## **DISCLAIMER**

This plan is to provide direction and information for the upcoming 2020/2021 season. Rules and regulation have been outlined in this plan to help participants and coaches start their season. These items may change quickly so please monitor the website for any updates. The rules and regulations provided in this plan are not to replace common sense which should always be exercised. As always, all participants should show respect towards fellow participants and their coaching staff.

## **COMMUNICATIONS OFFICER/COVID-19 REPRESENTATIVE**

The Pickering Hockey Association will have a designated communications officer. They will be responsible to ensure all updated and relevant information is passed on to all members of the PHA. Information monitored by the communications officer will be passed along to administrators, officials, team staff, volunteers, parents and players to ensure all members have the most up to date information required to provide a safe and enjoyable return to hockey.

The responsibilities of the communications officer will include:

- Monitoring all relevant updates from the public health authorities.
- Monitoring all relevant updates from the OMHA, OHF and Hockey Canada
- Communicating with local facilities on guidelines and updates
- Ensuring teams are following the prevention guidelines set out by the PHA
- Ensuring any COVID-19 cases are reported as required by the City of Pickering, Public Health Authorities, OHF, OMHA, OHA and facility operations.

The communications officer will have continuous communication with all members of the PHA regarding safety guidelines and regulations, covid-19 updates, and facility updates.

## **FACILITY OPERATIONS**

The PHA has been in constant communications with the City of Pickering and Facility Operations. The following guidelines have been determined by the City of Pickering:

- Social distancing requirements (6 feet) (floor and door stickers will be placed throughout the arena to identify proper social distancing)
- Non-medical face masks are required
- Hand sanitizer dispensers are located throughout the building and we encourage frequent use.
- Facility employees will be responsible for following the safety guidelines set out by their employer.
- The PHA will follow facility operation guidelines regarding the use of washroom facilities (used by participants or facility visitors) in the facility. Showers will be off limits.
- The PHA will follow the effective use of entrances and exits, in conjunction with appropriate fire and emergency preparedness, set out to the PHA by the City of Pickering and facility operations. Those guidelines and regulations will be passed on to all PHA members.
- Representatives from the PHA have met The City of Pickering and during this meeting the city has provided our association with guidelines for traffic flow within the arena, their expectations of the association, and the responsibilities of the association including the COVID representatives. Appendix "A" – facility map is attached.

## **ARRIVAL AT THE FACILITY**

Each ice pad has been separated into its own rink. Players, team officials, and guardians must only enter the doors permitted for use for each rink. Players, team officials and guardians are not permitted to enter the arena more than 15 minutes prior to their contracted ice time. Each team for allotted ice time will enter as a group, while social distancing. All players must be dressed as fully as possible (excluding skates and helmets) before entering the arena, as dressing rooms are not available for use. Players can bring their skates and helmets into the arena in a small bag and a safe area to continue getting ice ready will be available.

When you get to the arena doors, you must be wearing a mask and sanitize your hands. You will also be required to have completed the online COVID questionnaire provided to you by the PHA. The COVID questionnaire can be completed up to 3 hours prior to arrival. This questionnaire must be completed every time you enter the arena. This will ensure we meet the City and public health requirements surrounding contact tracing (OHF Contact Tracing, Appendix "B"). The team's COVID representative will be at the arena entrance and will verify that you have completed the COVID health check. Upon entering the arena, you will follow the team ambassador and the appropriate foot path to where players can continue getting dressed. Players are required to wear their masks until they go on the ice. Players will bring their bags with them on the ice and place them behind the home and visitor's team player benches. Please refer to Appendix "A" for more information.

## **TEAM ON-ICE RESPONSIBILITIES**

The Team Ambassador/COVID Representative must be present at all ice times. This person is someone who does not participate ON the ice during games or practices. All team officials are required to always wear masks unless they are on the ice (no exceptions). When on the ice, coaches should have masks readily available in case there is a situation where social distancing is not possible.

The PHA program for the 2020-2021 season follows our governing bodies plans for return to game play with reduced roster sizes and less players on the ice at one time, allowing for more effective on-ice social distancing and on the benches. Social distancing during on-ice sessions will mean maintaining a “play the puck” attitude. Players and coaches will refrain from adopting a “play the player” mentality. The PHA will effectively work with on-ice officials to ensure a safe on-ice atmosphere for all involved.

Coaching staff are responsible for having a practice plan for the allotted ice time; these plans need to always cater to social distancing. Coaching staff are responsible to make sure they have the necessary equipment, are responsible for ensuring players are maintaining social distancing on the ice and maintain cones or markers showing players how to social distance.

Coaching staff need to be aware of signs that a player may be unwell. Team officials are required to have players off the ice at the exact time allocated to prevent too many players in the building (max 25 people on the ice at one time which includes players and coaches). Teams will consist of 9 Players and 1 goalie. A “bubble” can contain a maximum of 5 teams. Teams are restricted to games and practices within that “bubble”. No crossover can occur between “bubbles”.

Hockey Canada discusses their expectations in the following link:

[https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC\\_RTH\\_Safety-GUI DELINES\\_EN.pdf](https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUI DELINES_EN.pdf)

Please note the City of Pickering and PHA will have “Zero Tolerance” to any participant, parent or guardian, or coaching staff that does not adhere to the rules and regulations. Please

## **HYGIENE REQUIREMENTS**

The PHA hygiene requirements are based heavily on PHA safety protocols, Hockey Canada safety guidelines and public health officials’ recommendations. The PHA hygiene requirements are as follows:

- Absolutely no sharing of drinks or food.
- Team activities will adapt to proper spacing.
- All participants will be made aware that spitting/blowing a nose without tissue is absolutely prohibited.
- Each player must have a properly labelled and clearly marked water bottle. Sharing a water bottle with a teammate is prohibited.
- Pre-game and post-game handshakes have been eliminated.
- Proper hand washing etiquette is required.
- PHA players are responsible for the cleanliness and sanitization of their own equipment and apparel.

## **DRESSING ROOMS/WASHROOMS/SHOWERS**

Should dressing rooms become available, the PHA will appropriately schedule on-ice activities to allow for the proper social distancing, as well as sanitation time needed for dressing room use. Each dressing room will have the regulated number of persons to comply with social distancing regulations set out by public health officials and the City of Pickering. The responsibility of sanitizing the dressing rooms, as well as other high traffic areas of the facility, will belong to facility employees and the City of Pickering. Showers will be off limits. Available washrooms have been designated by the City; each separate “rink” will have access to its own washrooms. Crossing ice pads for the use of washrooms is not permitted.

## **REQUIREMENTS FOR PARENTS/GUARDIANS AT THE FACILITY**

One spectator per player will be permitted to enter the arena with their player. The parent/guardian must always wear a mask when in the facility and are also required to complete an additional COVID questionnaire health check for themselves. The parent/guardian must be added to the participants list ahead of time to go along with tracing protocols.

Parents/Spectators will be required to enter the proper arena entrance and stay within their designated pad. Crossing pads is not permitted while in the facility. Parents are required to:

- Observe safety rules and procedures established by the PHA, the facility and the City of Pickering
- Be safety-conscious in all activities inside and outside the facility
- Report as soon as possible any unsafe condition/risk of exposure to the PHA and appropriate public health authorities.
- Effectively use and care for all personal protective equipment
- If parents/spectators are not feeling well or are exhibiting signs/symptoms of illness, they must advise the PHA staff immediately and remove themselves from the facility.

## **DEPARTURE FROM THE FACILITY**

Players must depart the arena no longer than 15 minutes after their contracted ice time. At the completion of the players' ice time, they exit safely (while social distancing) to either their designated dressing rooms OR their designated safe space to remove helmets and skates. Players are not allowed to completely undress in the arena. The player will then check out with the team's COVID representative; the team will leave the designated rink as a group – the same as how they entered.

## **PHA MEMBER MEETING**

The PHA is committed to open communication with our members and has been providing regular updates as information has become available. When a Return to Play plan is finalized the PHA will move forward with plans to communicate our Return to Play guidelines to all PHA families. The supervisors of Players, Coaches, and Managers will meet with parents in a socially distant setting (i.e. parking lot) before their child's first ice time to discuss the following:

- PHA Team Welcome
- All members will be required to wear a mask
- Members will be socially distanced during the meeting
- An overview of what PHA families can expect
- Outline all safety measures put in place for a safe return to play
- Define the role that PHA members play in creating a safe and healthy environment, such as:
  - The responsibilities of parents, guardians, spectators, and facility visitors
  - Encouragement of families to be familiar with all public health guidelines
  - Learning and following all PHA/OHF/OMHA guidelines
  - Understanding the importance of talking to PHA players about Covid-19 prevention within the hockey environment (including all physical distance guidelines)
  - Stressing proper hygiene measures for all players
  - The importance of open communication between players and families regarding players and family members feeling unwell.
  - Parents will not bring their child to hockey if they show any signs of illness and advise the COVID representative.
  - The parent will make sure the player will complete the pre-screening questions online every time before they attend the ice time.
  - The parent will have completed the COVID health check if they are the spectator/guardian entering the facility.
  - The parent must understand that if they do not provide all necessary information and complete all forms as required their child may not be allowed to step on the ice.
  - Review all PHA protocols on the association website.
  - Review with their child regarding what is recommended to be brought to the arena: own water bottle, a bag only into the arena big enough to carry your skates, helmet, mouthguard, towel, etc. (IF dressing rooms end up being closed at the start of the season); make sure your child has a mask and review with your child that they have to wear it at all times in the arena unless on the ice.

## **PHA PARTICIPANT ILLNESS + POSITIVE COVID-19 CASE PROTOCOLS**

The health and safety of PHA members is our top priority. The following guidelines are to be followed if there is ever a positive case of Covid-19 within the PHA. The PHA will cooperate completely with public health officials, the City of Pickering, and the Region of Durham on all necessary communications in the result of a positive Covid-19 case within the hockey environment. PHA members will be made aware of any necessary information, within the scope of privacy laws and guidelines, that will assist in keeping PHA participants safe and healthy.

#### If participant becomes sick while at the facility:

- Participant advises the coaching staff and COVID representative immediately.
- Participant leaves the ice immediately putting on their mask and anyone helping the participant should be wearing a mask also.
- COVID representative contacts the parent/guardian (if they are not at the facility) and the participant is escorted out of the building to meet with their parent/guardian.
- The participant must contact their physician.
- The participant is to follow local isolation requirements and will require a note from a physician to return to play within the PHA.

#### If participant is not feeling well and will not be attending the facility

- The participant needs to contact the COVID 19 representative and a physician.
- Participant will require a note from their physician to be able to return to play.
- If participant is suspected or confirmed to have COVID 19 they need to follow the local health unit protocols.

#### If participant has positive test for COVID 19

- The participant needs to contact the COVID 19 representative and a physician.
- Immediate removal from hockey including any family members within the organization
- Report to the local public health unit and follow guidelines.
- Public health unit determines communication protocol and tracing of all contacts. (COVID representative may be asked to provide attendance list and participant lists for tracing purposes)
- Participant will require a note from their physician or public health unit to be able to return to play within the PHA

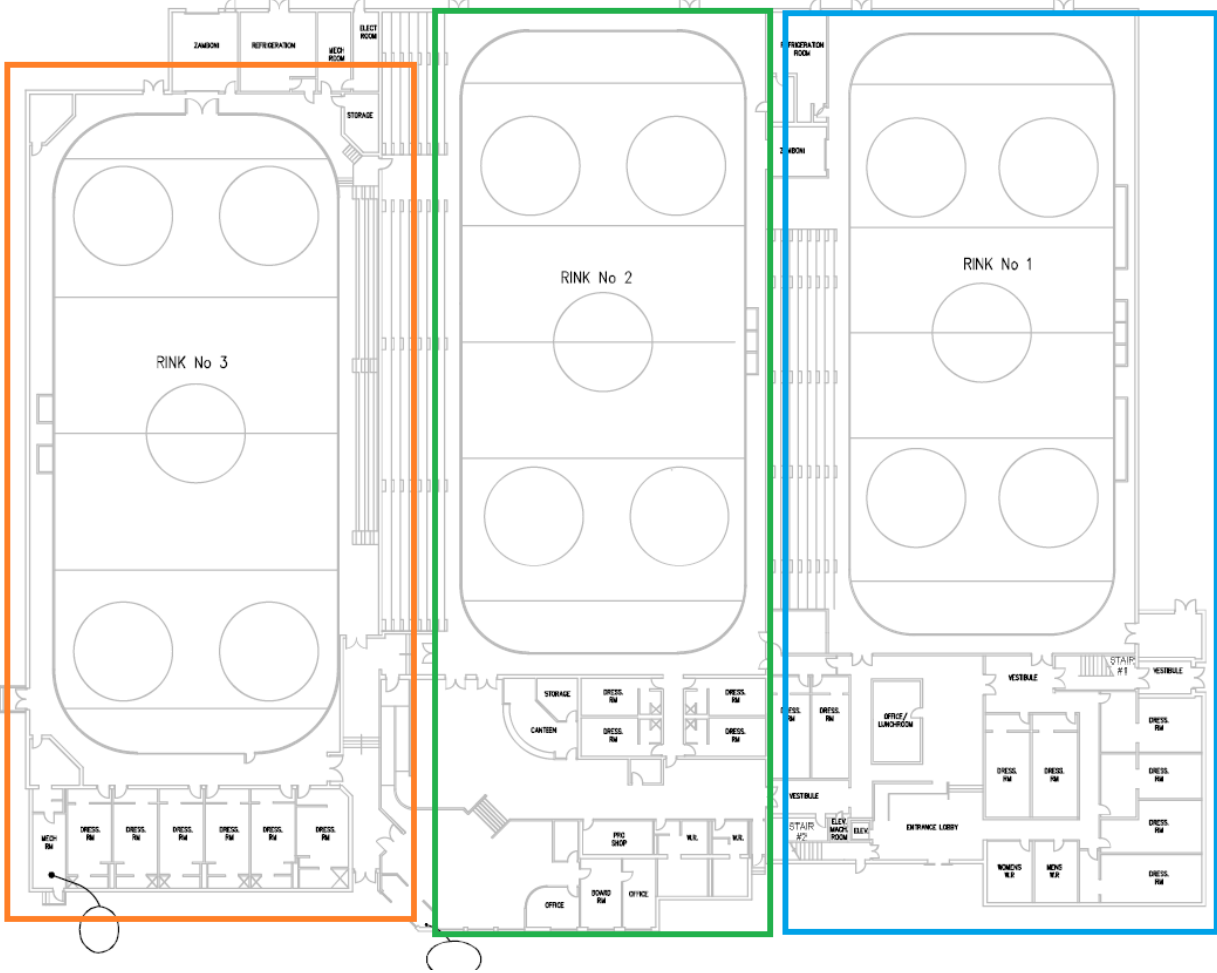
Note: if sick, participant and/or their parents/guardian elects to inform the association that they have been diagnosed with COVID 19 the association needs the participant's and/or parent's/guardian's consent to be able to contact the local health unit. The PHA can only urge members to elect to call local health units for the safety of our community. The participant and/or parent/guardian needs to advise the local health unit consent has been given. Any cases of COVID 19 will remain discrete and names will not be disclosed.

### **HEALTH SCREENING AND TRACING**

All participants will be required to complete a screening questionnaire before they enter the facility every time they attend. This will be provided in a mobile app format that can be completed 3 hours in advance or there will be opportunities to fill out the paper questionnaire at home or the facility. We strongly recommend you complete this in advance as the participants only have 15 minutes to enter as a group and get onto the ice. Any participant that will be on the ice multiple times in the same day has to have their name appear on all attendance lists they participate in for tracing purposes. Every participant will be required to provide attendance every time they attend the facility. This will occur before you go into the arena via our "At Facility Wellness Check". Attendance will be monitored by the designated COVID representative for your child's ice time. This is mandatory for tracing purposes. PHA will be using the OHF Health Screening Questionnaire.

**APPENDIX A**

**Don Beer Arena Occupancy Zones**



Rink number 3 will designate 2 change rooms as public washrooms to allow for rink 3 to act as a bubble.



## **APPENDIX B**

### OHF Contact Tracing

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.



# ONTARIO HOCKEY FEDERATION

*Session Participation Tracking*

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)
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