

Northumberland Minor Hockey Association

Safe Return to Hockey Plan & Protocols



STATEMENT OF PURPOSE AND RESPONSIBILITIES

Northumberland Minor 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 Northumberland Minor Hockey Association Return to Play draft. The following will outline plans, procedures, protocols and requirements for all members of the Northumberland Minor 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), Haliburton Kawartha Pine Ridge District Health Unit (HKPR), and the County of Northumberland.

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 (Committee Head - Jen Barlow)

covid19@northumberlandminorhockey.com

The Northumberland Minor Hockey Association will have a designated communications committee. They will be responsible to ensure all updated and relevant information is passed on to all members of the NMHA. 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 committee 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 NMHA
- > Ensuring any COVID-19 cases are reported as required by the County of Northumberland, Public Health Authorities, OHF, OMHA, OHA and facility operations.

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

FACILITY OPERATIONS

The NMHA has been in constant communications with the Town of Cobourg, Town of Port Hope, Cobourg Community Centre Facility Operations, and Jack Burger Sports Centre Facility Operations. The following guidelines have been determined by the Town of Cobourg and the Town of Port Hope:

- Social distancing requirements that all participants must maintain a physical distance of 2 meters and follow all facility signage.
- Masks must be worn while entering and exiting the facility, while they are putting on skates and prior to putting on helmets.
- 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 NMHA 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 NMHA will follow the effective use of entrances and exits, in conjunction with appropriate fire and emergency preparedness, set out to the NMHA by the Town of Cobourg, Town of Port Hope and facility operations. Those guidelines and regulations will be passed on to all NMHA members.
- Representatives from the NMHA have met with the Town of Cobourg, the Town of Port Hope, the CCC and Jack Burger, and during these meetings the towns have 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" – You Tube Link from CCC Facility*

ARRIVAL AT THE FACILITY

- Controlled facility access: Group participants permitted entry to the facility 15 minutes prior to each scheduled ice time and expected to exit the facility no later than 15 minutes following each scheduled ice time. Entrance and exit will be through the designated doors only. Coaches/instructors will supervise the entrance and exit of the participants. Players 12 and under will gather at the designated areas as a team and enter with their coaching staff.
- Parents/guardians may accompany participants to the entrance door. They may not enter the facility unless directed by PHU and facility.
- Coaches/instructors will complete the OHF Health Screening Questionnaire for each individual participant, including bench staff/instructors before each ice time. Coaches/instructors will complete the OHF Contact Tracing Tracking Sheet for submission to the facility (paper copy) and NMHA (electronically to riskmanagement@northumberlandminorhockey.com). Tracking Sheets MUST be submitted prior to leaving the facility. Participants will be unable to participate in NHMA activities if Health Screening Questionnaire is not completed prior to each activity and accurate contact information.
- Participants waiting to go on ice must wait in their dressing rooms until flood is finished and Zamboni has left the ice. After finishing an ice time, participants must wait in their dressing rooms until the next ice time's participants are on the ice before leaving their dressing room and the facility. The coach coming off the ice will signal that their team is safely in the dressing room by knocking on the door of the next team's dressing room. The coach

heading to the ice will signal that their team is safely at the ice surface by knocking on the dressing room of the team that is waiting to leave the rink.

- Players will be expected to adhere to physical distancing guidelines while entering/exiting and while at the facility including, ice surfaces, dressing rooms (marked for social distancing by facility with restricted numbers indicated), washrooms, etc.
- Players are not permitted to exit ice without the supervision of instructor/coach.
- Players will arrive fully or partially dressed in equipment and if necessary, will put on skates, helmets and gloves in dressing room or marked locations, depending on facility expectation. Physical distancing will be maintained.

TEAM ON-ICE RESPONSIBILITIES

The Team's COVID Ambassador 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 NMHA 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 NMHA 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

Please note the Town of Cobourg, the Town of Port Hope and NMHA will have "Zero Tolerance" to any participant, parent or guardian, or coaching staff that does not adhere to the rules and regulations.

HYGIENE REQUIREMENTS

The NMHA hygiene requirements are based heavily on NMHA safety protocols, Hockey Canada safety guidelines and public health officials' recommendations. The NMHA 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.
- NMHA players are responsible for the cleanliness and sanitization of their own equipment and apparel.

DRESSING ROOMS/WASHROOMS/SHOWERS – All NMHA Facilities

Dressing rooms are available but are limited to 9 players per room with social distancing placards posting on floor for reference. The NMHA will appropriately schedule on-ice activities to allow for the proper social distancing, as well as sanitation time needed for dressing room use. The responsibility of sanitizing the dressing rooms, as well as other high traffic areas of the facility, will belong to facility employees and the Towns of Cobourg/Port Hope. Showers will be off limits. Available washrooms have been designated by the CCC; 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 NMHA, the facilities, the Town of Cobourg and the Town of Port Hope
- Be safety-conscious in all activities inside and outside the facility
- Report as soon as possible any unsafe condition/risk of exposure to the NMHA 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 NMHA staff immediately and remove themselves from the facility.

DEPARTURE FROM THE FACILITY

- Following completion of all ice times players should remove their skates and helmets and leave the facility in the remainder of their equipment within 15 minutes. Teams should leave the room as a group and leave through the facility's designated exit.
- No on- or off-ice interactions (socializing, team meetings, dryland activities) should occur following the conclusion of a practice or game. Post ice-time video calls are encouraged as an alternative to in person talks.
- Players and families must vacate the facility immediately to avoid large gatherings in hallways, foyers or parking lots.
- All parents/guardians must be made aware of the time the players will be done. The parents or person assigned to pick up players at the arena must be punctual to avoid players waiting.
- Coaches or bench staff shall remain at facility until all players are safe and removed from premise.

NMHA MEMBER MEETING

The NMHA 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 NMHA will move forward with plans to communicate our Return to Play guidelines to all NMHA families. An executive member in cooperation with Coaching Staff will meet players and parents in a socially distant setting (i.e. parking lot) before their child's first ice time to discuss the following:

- NMHA Team Welcome
- All members will be required to wear a mask
- Members will be socially distanced during the meeting
- An overview of what NMHA families can expect
- Outline all safety measures put in place for a safe return to play
- Define the role that NMHA 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 NMHA/OHF/OMHA guidelines
 - Understanding the importance of talking to NMHA 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 NMHA 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.

NMHA PARTICIPANT ILLNESS + POSITIVE COVID-19 CASE PROTOCOLS

The health and safety of NMHA members is our top priority. The following guidelines are to be followed if there is ever a positive case of Covid-19 within the NMHA. The NMHA will cooperate completely with public health officials, the Town of Cobourg, the Town of Port Hope and the County of Northumberland on all necessary communications in the result of a positive Covid-19 case within the hockey environment. NMHA members will be made aware of any necessary information, within the scope of privacy laws and guidelines, that will assist in keeping NMHA 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 NMHA.

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 NMHA

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 NMHA 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 a requirement 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. Attendance will be monitored by the designated COVID representative for your child's ice time. This is mandatory for tracing purposes. NMHA will be using the OHF Health Screening Questionnaire.

APPENDIX A

<https://m.youtube.com/watch?feature=youtube&v=inQnS9xc08>

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. If coaches/bench staff are involved in multiple sessions they need to follow sign in protocol for each session individually.



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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