



## **North Simcoe Girls Hockey Association Response Protocols- COVID-19**

### **Contents**

1. NSGHA Rules and Restrictions for Participating in ON and Off Ice Activities During the COVID-19 pandemic
2. Contact list for the NSGHA COVID-19 Oversight Group
3. NSGHA COVID-19 Protocols
4. NSGHA COVID-19 Communication Pan
5. NSGHA Return to Play Proposed Activity Plan

## **NSGHA Rules and Restrictions for Participating in On and Off Ice Activities During COVID-19 Pandemic**

The following rules and restrictions apply to any person involved in the participation of on and off ice activities with the North Simcoe Girls Hockey Association during the COVID 19 Pandemic and in compliance with the North Simcoe Sports and Recreation Centre facility:

1. The **Acknowledgement, Release, Indemnity, and Assumption of Risk** waiver must be signed by all participants prior to their first skate. The waiver is to be filled out online at <https://www.midland.ca/NSSRC>
2. A **COVID-10 Screening Questionnaire** must be filled out and submitted by each participant before every ice session. The questionnaire is to be filled out online at <https://www.midland.ca/NSSRC>
3. The **OWHA Health Screening Questionnaire** (see appendix C) must be completed by the participant prior to each on-ice or of-ice NSGHA activity. If the individual answers 'yes' to any of the questions, the individual is not able to participate in the activity and must follow the Return to Hockey protocols in section 2.
4. A **Session Participation Tracking Sheet** must be completed by a team leader of all participants at each on-ice and off-ice activity. (See appendix D)
5. Coaches and/or trainers are responsible for getting their skaters at the door and ensuring that all paperwork has been filled out.
6. Dressing Rooms will **NOT** be available for use. All participants must come fully dressed. Chairs placed two metres apart will be set up in the Lobby for players to put on and remove their skates. Participants may enter the facility 15 minutes prior to their practice time.
7. Washroom facilities will be available in the Lobby for urgent needs only. When on the ice, participants requiring urgent use of the facilities will have access to a designated dressing room.
8. **NO** parents or spectators are permitted within the facility.
9. No more than 18 people will be allowed on the ice at one time, this number is subject to change.
10. Skaters must bring their own water bottle already filled. There will be no access to filling stations within the facility.
11. Physical distancing of two metres must be maintained at all times on and off the ice.
12. Masks or face coverings must be worn by everyone entering the facility and may only be removed by participants going on the ice and only at that time.
13. Upon entering the facility, everyone must sanitize their hands.
14. Everyone entering the facility must follow all markings and signs posted within. These include arrows on the floor directing traffic flow, dedicated areas for before and after ice activities, and separate entrances and exits.

Note: These rules and restrictions are subject to changes and may be updates where necessary upon further review of provincial regulations and orders over time.

## **Contact List for the COVID-19 Oversight Group**

1. NSGHA President (Karen Robinson)
2. NSGHA Board Member (Erin Kusek)
3. NSGHA Parent (Heather KleinGebbinck, BscN, MN, CCHN, Infection Control Trained)

## **North Simcoe Girls Hockey Association COVID-19 Protocol**

### **A. An individual becomes unwell with symptoms of COVID -19**

1. 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 hockey activities.
2. The individual will be isolated from all activities in a well-ventilated area, or outside and provided with a non-medical face mask.
3. The individual will be sent home and instructed to follow public health guidelines regarding self-isolation and testing.
4. The facility will be informed in order to determine if any arenas need to be closed off and/or require additional cleaning/disinfecting.
5. A member of the COVID-19 Oversight Group will be informed of the situation and will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.
6. The OWHA President and/or Director of Operations will be informed of the situation as soon as possible.

### **B. An individual is tested for COVID-19**

1. Any individual that is part of a hockey program that has been tested for COVID-19 will not participate in hockey activities while waiting for the results of the test and not until a negative test result is received.
2. The NSGHA and/or team designate will consult the Session Participation Tracking Sheets to inform other participants who might have been in close contact with the individual.
3. Any NSGHA and/or team members who were in close contact with the individual will not participate in hockey activities and will follow public health guidelines until diagnosis of COVID-19 is ruled out by health professionals.

### **C. An individual is tested positive for COVID-19**

1. If an individual tests positive for COVID-19, they will inform a member of the NSGHA COVID-19 Oversight Group.
2. The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets will be used to assist public health officials in informing other members who may have been in close contact with the individual.
3. Any NSGHA and/or team members who were in close contact with the individual will not participate in hockey activities for 14 days and will follow public health guidelines regarding self-isolation and testing.

4. All NSGHA members will be informed of a positive COVID-19 result.
5. The NSGHA and/or team designate 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.
6. The NSGHA and/o team designate will inform OWHA of a positive COVID-19 diagnosis by emailing [team@owha.ca](mailto:team@owha.ca)

#### **D. Return to hockey activities following illness**

1. If no test was performed, or the COVID-19 test is negative, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19.

#### **E. Return to hockey activities following COVID-19**

1. Following a positive COVID-19 test, an individual must follow all public health guidelines.

#### **F. Modifications, restrictions, postponing or cancelling of hockey development activities.**

1. Based on the evolving COVID-19 pandemic, the NSGHA must be prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying, restricting, postponing or cancelling activities.
2. The NSGHA will establish a cancellation policy for the 2020/2021 season.
3. The NSGHA members will be informed as soon as possible of any modifications, restrictions and/or cancellation throughout the 2020/2021 season.
4. The NSGHA will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

#### **G. Public Health Guidelines**

1. Any NSGHA members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside of Canada must self-isolate and not participate in any hockey activities for 14 days.
2. Any individual who has been exposed to someone with a confirmed case of COVID-19 is to self-isolate and is not permitted to participate in any hockey activities for 14 days.
3. Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities.
4. Any individual who has someone in their household showing symptoms of COVID-19, will not participate in hockey activities.

Note: These protocols are subject to changes and may be updated where necessary upon further review of provincial regulations and orders over time.

## **North Simcoe Girls Hockey Association COVID-19 Communication Plan**

The NSGHA has developed an effective communication plan with their membership during the Return to Hockey Stages. The following steps will be taken to ensure effective communication.

1. NSGHA will ensure up to date contact information is on file for all NSGHA members at time of registration.
2. Information will be distributed through NSGHA website, emails and Facebook page.
3. The COVID-19 Oversight Group which will be designated within the NSGHA board will be responsible for communication during the Return to Hockey stages.
4. All information on Return to Hockey protocols, communications and relevant COVID-19 documents will be available on the NSGHA website with a questions and concerns box for members to share their questions and concerns.
5. A member of the COVID-19 Oversight Group which will be assigned within the NSGHA board will follow up with individuals who have become unwell with symptoms of COVID-19 during hockey activities.
6. The Session Participation Tracking Sheets will be available on the NSGHA website as well as stored in the main office of the NSGHA.
7. If it is determined that a NSGHA member has been tested for COVID-19, the COVID-19 Oversight Group will notify all NSGHA members that may have been in contact with that individual.
8. The COVID-19 Oversight Group will ensure the facility and OWHA are informed if a NSGHA member has been diagnosed with COVID-19.

Note: This communication is subject to change and may be updated where necessary upon further review of provincial regulations and orders over time.

## **NSGHA Return to Play Proposed Activity Plan**

This is a living document that will change and adapt as COVID-19 Public Health Guidelines change and adapt as well.

1. NSGHA has set a registration deadline for August 28, 2020.
2. NSGHA will host on-ice development skates at the North Simcoe Sports and Recreation Centre from Sept 14, 2020 to October 31, 2020 in set 5-hour blocks of time. Ice times will be held in 50 minute blocks to allow five age groups on the ice per day.
3. Once registration is complete, groups of 15 players and 3 coaches will be formed based on age and skill level. All levels from U7 to U17 will be on the ice twice a week. To allow for all participants to participate, some groups may have mixed aged groups (i.e. U11/U13) to maximize our ice time and to adhere to the 18 person maximum on ice at a time.
4. NSGHA has the intention to host development skates for all levels and ages. The focus will be on the development of fundamental skills (i.e. skating, puck handling, shooting). Plans will be adjusted to meet the demands of each individual group.
5. All NSGHA coaches on the ice will adhere to strict distancing guidelines, demonstrating the skill and then allowing the girls to practice the skill. We will have a combination of large group activities with physical distancing and small group activities (stations) that focus on specific skills. In large group skates, coaches will coach from the top of the red and blue lines and in small group skates the ice will be divided in three sections and coaches will coach from the corner of the station while giving proper space for the skaters to practice the skill. The coach to player ratio (3:5) will allow for the proper physical distancing on the ice. This is a typical NSGHA practice format and our coaches are comfortable in establishing this style of practice.

Note: These plans are subject to changes and may be updated where necessary upon further review of provincial regulations and orders over time.