



## Cambridge Minor Hockey COVID-19 Protocols

*Due to the changing nature of COVID-19 guidelines; only the document found on CMHA website can be considered current.*

### Player

- Players will not gain access to a City of Cambridge facility until 10 minutes before their scheduled ice time
- Players must wear a face mask and hand sanitize to enter the facility. They must keep their mask on until they put their helmet on. When they remove their helmet after a game or practice, they must put their mask back on and wear it until they exit the building.
- Players are encouraged to bring with them a paper bag to store their face mask when not in use and fold so the inner cloth that contacts the mouth remains protected from any contaminated surfaces
- Players must be fully dressed prior to entering the facility with the exception of skates, gloves and helmet. Goalies will have to be fully dressed prior to entering the facility with the exception of goalie pads, chest protector, skates, gloves and helmet
- Players must use their own water bottles – **absolutely no sharing**. They can fill water bottles at home or at the facility fill stations. Water bottles should be washed after each session and must be labelled with the player's name to ensure no confusion over ownership.
- Players are not to share any equipment under any circumstances
- During evaluations, parents/guardians will not be allowed inside of the facility with the exception of needing to tie their child's skates. Parents/guardians will be allowed inside to complete this and will then be required to exit the facility. They must wear a mask at all times while in the facility.
- After evaluations, when practices/games begin, 1 parent/guardian will be allowed to enter the facility to watch. Follow the signs to where you will be able to sit/stand. See additional information in the facility section of this protocol.
- Players must exit the facility within 10 minutes after their session and are to exit as a full team, not individually
- Players are reminded that spitting, and blowing their nose without a tissue is absolutely forbidden



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- Absolutely no sharing of food or drinks
- Pre-game and post-game handshakes have been eliminated
- Players should practice proper cough/sneeze etiquette (sneeze and cough into their sleeve), and wash or sanitize their hands immediately after for at least 20 seconds
- If teams are participating in group activities, players should wash or sanitize their hands frequently for at least 20 seconds, and always before and after eating and before touching their eyes, nose, or mouth
- Players are reminded to wash their hands after using restrooms with soap and water for at least 20 seconds
- Equipment should be washed (jerseys, pant shells, socks) after each ice session following manufacturer guidelines. It is important that players ensure equipment is kept clean.
- Goalie gear that is owned by the league and shared amongst players must be completely disinfected between player use
- Jerseys and pennies are not to be shared between players

### Signs of Sickness

- Anyone exhibiting signs or symptoms of illness should leave the practice/game and go into the isolation room that has been made available at each arena. Parents/guardians will then be contacted to ask them to go to the isolation room. Parents/guardians are advised to follow up with their physician.
- It is not to be presumed when a player feels unwell that they have COVID-19. Communicate to the player that all necessary precautions are to be taken to ensure that any potential risk is mitigated.
- If coaches do not feel well or have identified respiratory symptoms, they must advise team staff immediately, put on a mask and then leave the facility
- The Safe Hockey Director of CMHA is to be informed of any suspected cases of COVID-19



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## **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
- Copy of the negative results is to be provided to the coach and a copy emailed to the Safe Hockey Director
- Any CMHA members who were in close contact with the individual that has tested positive for COVID-19 will not participate in hockey activities and will follow public health guidelines

## **An individual tests positive for COVID-19:**

- If an individual tests positive for COVID-19, they should inform the coach of the team and the Safe Hockey Director immediately
- The Safe Hockey Director will inform the President of CMHA of the situation. The Safe Hockey Director will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual
- Any CMHA 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
- It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting
- CMHA 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

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

If a member comes down with an illness other than COVID19, the individual may only return to hockey activities once they no longer have any symptoms for a 24- hour period



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## 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.

### COVID-19 Symptoms

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization

#### ***Most common symptoms:***

- Fever
- Dry cough
- Shortness of breath

#### ***Less common symptoms***

- Runny nose
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste and/or smell
- Skin rash, or discoloration of fingers and toes

#### ***Serious symptoms***

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement
- Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility.
- On average, it takes 5-6 days from infection for symptoms to show but it can take up to 14 days.



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## Coaches

- Minimum of 2 team staff are to remain with their team when the players are getting on their hockey gear (skates, helmet, gloves) and until they are on the ice
- Minimum of 2 team staff are to remain with their team when the players are getting off their hockey gear (skates, helmet, gloves). Once all players have their gear off, one coach will lead the entire team out of the facility and one coach will take up the end of the team line to ensure all players have exited the facility.
- Coaches are to disinfect their on-ice training equipment after each session
- Trainers should wear non-latex gloves when providing care to a player
- Trainers are to hand sanitize and change gloves in between providing care from one player to another
- Gloves must be worn by coaching staff if handling equipment
- Coaching staff should stress to players not to touch their faces while at the hockey activity
- Coaching staff should remind players to let their parents know if they are not feeling well
- The player benches can be used during practice/games
- If a team is having any off-ice activity, coaches are to ensure that they have hand sanitizer available for team. Hand sanitizer should have 70% alcohol content.
- Any devices that may be shared between coaching staff (ie. iPad) within a team must be disinfected before being shared
- Each team is to assign a COVID staff person that handles the health screening questionnaire and the session participation tracking sheet

## Pre-screening and self-assessment

- Check-in procedure for participants will be required to be completed prior to participation in any on-ice or off-ice activity. The check-in procedure will require each participant (coaches, players and parents) to read the OHF



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Health Screening Questionnaire. Once they have read the health screening questionnaire they will complete the session participation tracking sheet, indicating whether they have passed or failed. The team COVID staff member is responsible for monitoring this process. See appendix 1 for health screening questionnaire and appendix 2 for the session participation tracking sheet.

- The team COVID staff person is to submit the participation tracking sheet to the city of Cambridge before leaving the arena. The tracking sheet can be emailed to the address: [icecontacts@cambridge.ca](mailto:icecontacts@cambridge.ca). You can achieve this by taking a picture of it and emailing the picture, or if you don't have that ability, ask the arena staff to take a picture on their work phone and have them submit it to the e-mail address above.
- Session participation tracking sheet is to be kept for the year and to be returned at the end of the season to the Safe Hockey Director. CMHA will retain these records for 2 years.

### Facility protocols

- Ice surface is limited to 25 on ice people
- Building staff will limit the number of people to enter based on Public Health regulations
- Follow all building signage in regards to entrance, exit and the direction to walk when you enter any of the arena facilities.

### Galt Arena

Entrance – Far right front doors only

Exit – Far left front doors only

Players – When players arrive they are to proceed to the dressing room area where there will be chairs located in the hallway for players to sit and put on their skates, helmet and gloves. Once the ice is ready, one of the coaches will let the players know they can go onto the ice. Players are to remain in the seat until they have been notified the ice is ready.



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Washroom:

Dressing Room #6 has been allocated for the male washroom

Dressing Room #5 has been allocated for the female washroom

Isolation Room – Dressing room #3 has been allocated as the isolation room for any player/participant that becomes ill. If a player has been sent into the isolation room, one of the team staff is to contact the parent/guardian to notify them of the situation and ask them to come to the isolation room. At a minimum, 2 team staff are to be with the player while in the isolation room until the parent/guardian arrives.

Seating location – There are red benches located inside the ice area of the arena. This is where parents/guardians will be able to sit. You will see an **X** for each person to sit once practices/games begin. Follow directional/indicator signs.

### Prestan Arena

Entrance – Main front doors

Exit – Door on the basement level of the arena. Door exits to the back of the arena. Follow the exit indicators on the boards and wall.

Players – When players arrive they are to proceed downstairs to the dressing room area where there will be chairs located in the hallway for players to sit and put on their skates, helmet and gloves. Once the ice is ready, one of the coaches will let the players know they can go onto the ice. Players are to remain in the seat until they been notified the ice is ready.

Washroom:

Both male & female washrooms on the basement level of the arena will be open for use.

Isolation Room – Dressing room #3 has been allocated as the isolation room for any player/participant that becomes ill. If a player has been sent into the isolation room, one of the team staff is to contact the parent/guardian to notify them of the situation and ask them to come to the isolation room. At a minimum, 2 team staff



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are to be with the player while in the isolation room until the parent/guardian arrives.

Seating location – First row of seats on the ground level inside the ice area of the arena will be open to parents/guardians to sit. Follow directional/indicator signs.

### Hespeler Arena Rink 2

Entrance – Main front door on the right will be the door that players/parents/guardians will enter if playing on rink 2

Exit – Players/guardians/team staff will exit on the main level by going down the corridor towards the Optimist room and exit the side door of the building.

Players – When players arrive, they are to proceed downstairs to the dressing room area where there will be chairs located for one group in the main foyer and a second group in the hallway for players to sit and put on their skates, helmet and gloves. Arena staff will let the coach know which set of chairs are available for their ice time. Once the ice is ready, one of the coaches will let the players know they can go onto the ice. Players are to remain in the seat until they been notified the ice is ready.

Players/coaches that are using the foyer chairs on the basement level will enter the ice pad going through the doors that lead to dressing rooms 7 and 8. Players/coaches that are using the chairs in the corridor in front of the dressing rooms will enter the ice pad going through the doors in front of dressing room #12

Washroom:

Both male & female washrooms on the basement level of the arena will be open for use.

Isolation Room – Dressing room #9 has been allocated as the isolation room for any player/participant that becomes ill. If a player has been sent into the isolation room, one of the team staff is to contact the parent/guardian to notify them of the situation and ask them to come to the





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isolation room. At a minimum, 2 team staff are to be with the player while in the isolation room until the parent/guardian arrives.

Seating location – Top row of seats on the main level of the arena for Rink 2 will be open for parents/guardians to sit. Follow directional/indicator signs.

### Hespeler Arena Rink 1

Entrance – Main front door on the left will be the door that players/parents/guardians will enter if playing on rink 1

Exit – Players/guardians/team staff will exit on the main level by going out the door that is on the far right when you are walking towards the front doors from the inside.

Players – When players arrive, they are to proceed downstairs to the dressing room area where there will be chairs located in the corridor. There are two groups of chairs for two teams for players to sit and put on their skates, helmet and gloves. One group of chairs are located in front of dressing rooms #1, 2 and 3 and group two chairs are located in front of dressing rooms #4, 5 and 6. Arena staff will let the coach know which set of chairs are available for their ice time. Once the ice is ready, one of the coaches will let the players know they can go onto the ice. Players are to remain in the seat until they been notified the ice is ready.

Players/coaches that are using the chairs in front of dressing rooms #1, 2 and 3 will enter the ice pad going through the doors in front of dressing room #1.

Players/coaches that are using the chairs in front of dressing rooms #4, 5 and 6 will enter the ice pad going through the doors in front of dressing room #5.

Washroom:

Both male & female washrooms on the basement level of the arena will be open for use.

Isolation Room – Dressing room #1 has been allocated as the isolation



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room for any player/participant that becomes ill. If a player has been sent into the isolation room, one of the team staff is to contact the parent/guardian to notify them of the situation and ask them to come to the isolation room. At a minimum, 2 team staff are to be with the player while in the isolation room until the parent/guardian arrives.

Seating location – Top row of seats on the main level of the arena for Rink 1 will be open for parents/guardians to sit. Follow directional/indicator signs.

### **Duncan McIntosh Arena**

Entrance – Main front door on the south side of the facility

Exit – Players/guardians/team staff will exit on the doors at the end of the hallway on the north side of the facility

Chairs for putting on skates are located in the lobby and hallway. Once ready to enter the ice players and coaches will go through dressing room 4 to enter and exit the ice.

Players – When players arrive, they are to proceed inside the main lobby and hallway where there will be chairs located. Once the ice is ready, one of the coaches will let the players know they can go onto the ice. Players are to remain in the seat until they been notified the ice is ready.

Players/coaches will enter the ice pad going through dressing room 4 to enter and exit the ice.

Washroom:

Both male & female accessible washrooms will be open for use.

Isolation Room – the First Aid room has been allocated as the isolation room for any player/participant that becomes ill. If a player has been sent into the isolation room, one of the team staff is to contact the parent/guardian to notify them of the situation and ask them to come to the isolation room. At a minimum, 2 team staff are to be with the player while in the isolation room until the parent/guardian arrives.



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Seating location – Seating has been identified in the bleachers with sit here stickers, and a few standing spots around the front corner of the ice surface.



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## Appendix 1 Health Screening Questionnaire



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## Appendix 2 Session Participation Tracking Sheet