



# Cambridge Minor Hockey COVID-19 Protocols

## Player

- Players will not gain access to a 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
- 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



## Cambridge Minor Hockey COVID-19 Protocols

- 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

### Player advises team staff they are not feeling well and will not be attending

- Player/parent/guardian is advised to follow up with their physician and a note from their physician will be required to return to activity
- Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.
- If a coach is notified that a player has been confirmed to have COVID-19, they are to inform the Director of Safe Hockey of this to begin the communication chain.



## Cambridge Minor Hockey COVID-19 Protocols

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.

### **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



## **Cambridge Minor Hockey COVID-19 Protocols**

- 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

### **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 complete the OHF Health Screening Questionnaire. Team staff must record the results prior to each and every on-ice and off-ice activity. See appendix 1 for health screening questionnaire.
- Check-in forms are to be kept for the season

### **Facility protocols**

- Ice surface is limited to 25 on ice people



## Cambridge Minor Hockey COVID-19 Protocols

- 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.

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



## Cambridge Minor Hockey COVID-19 Protocols

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 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



## Cambridge Minor Hockey COVID-19 Protocols

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 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 room for any player/participant that becomes ill. If a player has been sent into the isolation room,



## **Cambridge Minor Hockey COVID-19 Protocols**

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.





# Cambridge Minor Hockey COVID-19 Protocols

## Appendix 1 health screening questionnaire



# ONTARIO HOCKEY FEDERATION

## 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.

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. Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
2. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
3. 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 any and all activity.

1. Are you currently 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 ( <i>continuous, more than usual</i> ):	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 ( <i>not related to seasonal allergies or other known causes or conditions</i> ):	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

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



# ONTARIO HOCKEY FEDERATION

## Health Screening Questionnaire

Muscle aches:	Yes	No
Extreme tiredness that is unusual (fatigue, lack of energy):	Yes	No
Falling down often:	Yes	No
For young children: sluggishness or lack of appetite:	Yes	No

For the remaining questions, close physical contact means:

Being less than 2 metres away in the same room, workspace, or area for over 15 minutes Living in the same home

- In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Close physical contact means: Yes No
- 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.

Player Name: \_\_\_\_\_

Player/Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Contact Number: \_\_\_\_\_

Date: \_\_\_\_\_