



CYGHA Return to Play – COVID-19 Protocols

The CYGHA has created this Return to Play Protocol document so that all of our players have an opportunity to return to the ice in a safely prepared fashion. However during these times we may have to deal with a situation related to the COVID-19 pandemic. These protocols will be posted on our website and also part of our online town hall sessions so that everyone has a chance to ask questions and seek clarification during the resumption of any hockey activities. The CYGHA has been and will continue to be in close contact with the facilities departments for all of the towns that we have previously received ice from in our yearly contracts. We want to make sure that our protocols align with the protocols for the various facilities that we may use during these coming months. Outlined below are the response protocols for individuals (players, coaches, trainers, safety ambassadors, volunteers) showing symptoms of COVID-19 and subsequent testing:

An individual becomes unwell with symptoms of COVID-19:

- 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 any CYGHA hockey activities
- The individual should be isolated from all others in a well-ventilated area or outside and be provided with an unused non-medical/medical face mask if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- The CYGHA Communications Officer or a CYGHA Executive should be informed of the situation and will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

An individual is tested for COVID-19:

- Any individual that is part of the CYGHA 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. Once the test results are received they must still refrain from any CYGHA activity participation if they are unwell with COVID-19 symptoms
- If an individual becomes unwell and has one or more COVID-19 symptoms and has gone to be tested, the CYGHA will consult the Session Participation tracking sheets to inform other participants who might have been in close contact with the individual
- Any CYGHA members who were in close contact with the individual should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

An individual tests positive for COVID-19:

- If an individual tests positive for COVID-19, they should inform the CYGHA Communications Officer or a member of the CYGHA Executive
- The CYGHA 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 CYGHA 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
- The CYGHA will also inform all CYGHA members of a positive COVID-19 result within this CYGHA 2020-21 season setting
- The CYGHA 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
- The CYGHA will inform OWHA of a positive COVID-19 diagnosis by emailing team@owha.on.ca



Return to hockey activities following illness:

- Individuals must follow all public health, facility, and OWHA guidelines with respect to returning to hockey following an illness or exposure to COVID-19
- If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19

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 and self isolate for at least 14 days
- Returning to CYGHA sanctioned ice activities will require a written physician's approval or a negative test result after a period of 14 days from cessation of COVID-19 symptoms

Exposed to COVID-19

If you have been in contact with someone who has tested positive for COVID-19, you should:

- Find out how to get tested.
- If you do not get tested, you must stay home and self-isolate for 14 days after your last contact with that person
- Monitor for symptoms of COVID-19
- If you do get tested you must self-isolate while you wait for your results. Even if your test result is negative you must continue to self-isolate for the full 14 days
- An asymptomatic individual who has been advised by local public health to get tested due to exposure to a case or as part of an outbreak investigation should be tested within 14 days from their last exposure. A single negative result is sufficient to exclude COVID-19 at that point in time. However, the individual must continue to follow public health advice provided to them based on their exposure risk for the rest of their 14 days from last exposure to the case, regardless of the negative result as they may still be incubating.

Have Symptoms of COVID-19

If you have symptoms of COVID-19, you must:

- Stay home and self-isolate for 14 days after your symptoms started. After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with physical distancing measures. You can not return to CYGHA activities until your symptoms are completely gone. If you are still unwell at 14 days, contact Telehealth or your health care provider
- Find out if you should get tested and what you need to do

Getting Tested

There is a test for COVID-19. The test tells you if you have the infection right now.

You should get tested for COVID-19 if:

- You have one or more symptoms of COVID-19, even if they are mild;
- You have been exposed to a confirmed case of COVID-19, as informed by public health or through the COVID Alert app;
- Public health has asked you to get tested (e.g. there are cases of COVID-19 in your workplace or school); or



- You are eligible for testing as part of a targeted testing initiative directed by the Ministry of Health, Ministry of Long-Term Care or other Ministries

Self-Isolate

For your protection, you should take extra precautions if:

- You have a weakened immune system
- You have a medical condition

You must isolate yourself from others if:

- You have COVID-19, or
- You have COVID-19 symptoms, or
- You have been exposed to someone who has COVID-19, or
- Someone in your household was exposed to someone who has COVID-19, has symptoms and is awaiting their test results, or
- You have returned from anywhere outside Canada, including the United States, within the past 14 days, or
- You received a notification on the COVID Alert app and you are awaiting test results.