



CYGHA COVID-19 RETURN TO PLAY PROTOCOL

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SECTION 1

Message from CYGHA

Since early March 2020, earlier in many countries, the world as we knew it has changed dramatically. Many facets of our day-to-day routine have been altered by COVID-19. Hockey has not been immune; the pandemic has impacted each and every province and territory in Canada. The Central York Girls Hockey Association (CYGHA) has compiled this Return to Hockey document so that all participants have access to the resources they require to make a decision about having their daughter return to the ice. The CYGHA wants to ensure that every female has an opportunity to return to the ice in a responsible and safe fashion if she so chooses. This document will take you through the roles and responsibilities of the parties involved in this return to the ice, how to prepare your daughter for a return, hygiene, return-to-play protocols and the use of facilities. Resource links, both regional and provincial, will be provided. We understand the responsibility that comes with taking on this opportunity and we welcome any feedback from our members so that we can work together to create the safest environment possible for our community members.

The CYGHA will update these protocols and send emails to keep our members up to date as new information becomes available.

Please visit the following links for more information on the status and effects of COVID-19 .

Update from the Government of Ontario	https://covid-19.ontario.ca/
Updates from the OWHA	http://www.owha.on.ca/
Update from ORFA, July 14, Stage 3 Re-opening	https://www.orfa.com/page-1863800

***Please see APPENDIX A for detailed guidelines for visitors and participants ***

SECTION 2

Communications Officer

Positive and open communication will be an important part of returning safely to the rink. The CYGHA has a Communications Officer who will be in charge of the management and training of the Coaches, Trainers, and Safety Ambassadors as well as overseeing all aspects of the Return to Play protocols. This includes but is not limited to the following items:

- Ensuring that only approved rostered CYGHA players participate in the on-ice small group sessions
- Liaising with the facility to make sure that providing such sessions meets all Ontario Women's Hockey Association (OWHA), Ontario Recreational Facilities Association (ORFA) and Provincial health requirements
- Providing training and resources to make sure that each approved rostered CYGHA member coach conducting training is implementing and complying with the current version of the OWHA Protocols
- Scheduling and training of the Safety Ambassadors, who are the designated persons in charge of each session and are responsible for the management, record keeping and reporting for the session
- Ensuring that they understand what regional and provincial controls and guidelines are in place and which OWHA protocols and guidelines are in place. This information must be passed along to CYGHA administrators, Facility Departments of the various municipalities, coaches, trainers, safety ambassadors, volunteers, parents and players in advance to ensure the return to hockey and facility use is enjoyable and safe.
- Monitoring all relevant updates pertaining to current information, guidelines, recommendations, and protocols from Regional and Provincial Public Health Authorities, Ontario Recreational Facilities Association (ORFA) and the Ontario Women's Hockey Association (OWHA)
- Providing oversight to make sure that attendance and incident records are kept from each session and assisting with CYGHA staff to manage these records in a centrally accessible electronic location
- Ensuring any possible positive COVID-19 cases are reported as required by the public health authority, the OWHA, the Facility Departments of the various municipalities, and the CYGHA
- Following up with any of these cases to determine if there has been the proper follow-up with an assessment centre and public health authorities
- Assisting in any communication at the direction of the public health authorities if there is a positive COVID-19 case
- The Communications Officer will meet regularly with the CYGHA Executive to relay any relevant updates

SECTION 3

Checklist to Success

This checklist is for CYGHA administrators and participants to make sure they have a plan in place.

Review & Follow

- Provincial and Regional health authority guidelines
- Local Municipality and Ontario Recreational Facilities Association guidelines
- Ontario Women's Hockey Association Return to Play Protocols

Plan

- Assign someone to monitor updates, Communications Officer
- Communications Plan
- Meet with the Facility Departments/local municipalities
- CYGHA staff clarifies responsibilities specific to skill/fun sessions
- Training plan for all staff, participants, and parents
- Ensure staff/participant arrival at facility is organized to meet guidelines
- Hygiene requirements (masks, hand hygiene, etc)
- Physical distancing in the facility
- Guidelines around dressing rooms/changing areas
- Physical distancing during on-ice sessions
- Responsibilities of CYGHA staff (coaches, trainers, safety ambassadors)
- Requirements for players/parents/guardians at the facility
- Ensure staff/participant departure from facility is organized to meet guidelines
- Procedure if participant is sick
- Procedure for contact tracing if there is a positive COVID-19 test

Meet with Parents/Guardians/Participants

- Overview of what to expect
- Safety steps put in place
- Their role in creating a safe and healthy environment

At the Facility

- Practice physical distancing
- Practice responsible hygiene
- Record keeping and education
- Follow public health authority guidelines
- Follow CYGHA, OWHA, and Facility Departments/local municipalities guidelines
- Have fun!

SECTION 4

Operational and Safety Responsibilities

The CYGHA endeavors to provide a safe, healthy and secure environment in which to provide female players an opportunity to play hockey. Many preventive measures are being taken to eliminate any unexpected exposure to COVID-19.

Compliance with the OSHA Return to Hockey Protocols, Ontario Recreational Facilities Association (ORFA) guidelines, and Provincial Health guidelines is the minimum standard acceptable to the CYGHA.

***Please see APPENDIX A for detailed guidelines for visitors and participants ***

Facility Staff

In accordance with Occupational Health and Safety Regulations, ORFA guidelines and Provincial Health guidelines, the Town of Aurora has developed a safety program that includes but is not limited to the following items:

- Observe COVID-19 safety rules, signage, and procedures established by supervisory staff and facility General Managers
- Be COVID-19 safety-conscious in all activities, and self screen before each shift
- Report as soon as possible any accident, injury, unsafe condition, insecure condition, or threat to personal security to a supervisor or General Manager
- Properly use and care for all personal protective equipment provided by the Town.
- Practice proper handwashing and hand sanitization on a regular basis
- Wear a properly fitted and secured non-medical face mask with ties or ear loops at all times when in the facility, and make sure that the mask covers the nose and mouth at all times. Attend training in safety related matters and update work procedures as a result
- Communicate with Safety Ambassadors and/or CYGHA coaches about events or situations when potentially harmful conditions arise or are discovered
- Ensure proper records are kept with respect to the above items

Safety Ambassadors

It is the responsibility of the Safety Ambassadors to do the following:

- Provide guidance and counsel to all CYGHA participants as they enter the facility and relay the usage instructions of the facility, OSHA protocols, and Provincial Health guidelines

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- Do a temperature check of all visitors upon entry, confirm that all visitors have self-screened, and check electronically to make sure that they have filled out a health questionnaire online and passed
- Observe safety rules, signage, and procedures established by CYGHA Executive and the Town
- Ensuring players/staff have their own masks and enough water for the entire session. There is no access to water fountains/filling stations
- Be safety-conscious in all activities. Self screen and fill out the health questionnaire online before each time using the facility
- Report as soon as possible any accident, injury, unsafe condition, insecure condition, or threat to personal security to the visitors or the CYGHA Executive
- Minimize going in and out of doors including dressing room doors. Facility doors are considered high contact touch points. CYGHA staff should try to control the number of times players/coaches enter and exit dressing rooms, as this avoids hands making contact with the door handles. Use your elbows to open doors if possible
- If the group is participating in off-ice warm up this must be done outside while practicing physical distancing of at least 2 metres apart at all times. Ensure that exiting and entering the facility follows the traffic flow guidelines for the facility and the CYGHA
- Practice proper handwashing and hand sanitization on a regular basis
- Bring and wear a properly fitted and secured non-medical face mask with ties or ear loops at all times when in the facility, and make sure that the mask covers the nose and mouth at all times. They must wash their hands or use hand sanitizer before touching their masks to remove them or to put them back on
- Properly use and care for all personal protective equipment provided by the CYGHA or the Town
- Attend an online training session as well as an in person on site safety training session to go through the COVID-19/Return to Play safety procedures
- Attend daily debriefing meetings (online whenever possible) to go through any concerns/highlights and make the necessary adjustments to the COVID-19/Return to Play safety procedures

Coaches

It is the responsibility of the coaches to do the following:

- Observe safety rules, signage, and procedures established by the CYGHA and the municipality
- Maintain physical distancing of 2 metres at all times
- Be safety-conscious in all activities inside and outside the facility. Self screen and fill out the health questionnaire online before each time using the facility
- Bring and wear a properly fitted and secured non-medical face mask with ties or ear loops at all times when in the facility, and make sure that the mask covers the nose and mouth at all times. Coaches are strongly encouraged to wear a mask when on ice but may remove their mask during their on ice activities if it is deemed necessary for communication purposes. They must put the mask back on once they come off the ice. Coaches must wash their hands or use hand sanitizer before touching their masks to remove them or to put them back on
- Practice proper handwashing and hand sanitization on a regular basis

CYGHA RETURN TO PLAY

- Minimize going in and out of doors including dressing room doors. Facility doors are considered high contact touch points. CYGHA staff should try to control the number of times players enter and exit dressing rooms, as this avoids hands making contact with the door handles. Use your elbows to open doors if possible
- If the group is participating in off-ice warm up this must be done outside while practicing physical distancing of at least 2 metres apart at all times. Ensure that exiting and entering the facility follows the traffic flow guidelines for the facility and the CYGHA
- Reduce the number of players in one area including players coming together in one group for instruction
- Group meetings should only be held in a controlled environment where physical distancing can be followed
- Use cones, pucks, danglers, water based marker, and lines on the ice to divide the ice up into areas so that physical distancing can be maintained
- Coaches are strongly encouraged to create signage on the glass to denote different zones
- Ensure there is proper zone rotation and that the rotation is clearly communicated to all coaches and players before starting a session
- Report as soon as possible any unsafe condition to the CYGHA Safety Ambassador or Town of Aurora facility staff.
- Properly use and care for all personal protective equipment provided by the CYGHA or the Town of Aurora.
- Attend an online training session as well as an in person on site safety training session to go through the COVID-19/Return to Play safety procedures
- Participate in debriefing meetings (online whenever possible) if deemed necessary to go through any concerns/highlights and make the necessary adjustments to the COVID-19/Return to Play safety procedures

Players and Parents

It is the responsibility of the players and the parents to do the following:

- Observe safety rules, signage, and procedures established by the Town of Aurora
- Maintain physical distancing of 2 metres at all times
- Be safety-conscious in all activities inside and outside the facility. Self screen and fill out the health questionnaire online before each time using the facility
- Bring and wear a properly fitted and secured non-medical face mask with ties or ear loops at all times when in the facility, and make sure that the mask covers the nose and mouth at all times. Players may only remove their mask during their on ice activities. They must put the mask back on once they come off the ice. Players must wash their hands or use hand sanitizer before touching their masks to remove them or to put them back on
- Ensure that players have enough water for the entire session. There is no access to water fountains/filling stations in the facility
- Practice proper handwashing and hand sanitization on a regular basis
- Minimize going in and out of doors including dressing room doors. Facility doors are considered high contact touch points. Try to control the number of times players and parents enter and exit dressing rooms, as this avoids hands making contact with the door handles. Use your elbows to open doors if possible

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- If the group is participating in off-ice warm up this must be done outside while practicing physical distancing of at least 2 metres apart at all times. Ensure that exiting and entering the facility follows the traffic flow guidelines for the facility and the CYGHA
- Report as soon as possible any unsafe condition to the CYGHA Safety Ambassador or Town of Aurora facility staff.
- Properly use and care for all personal protective equipment provided by the CYGHA or the Town of Aurora

Trainers and Volunteers

It is the responsibility of the trainers and volunteers to do the following:

- Observe safety rules, signage, and procedures established by the Town of Aurora.
- Maintain physical distancing of 2 metres at all times
- Be safety-conscious in all activities inside and outside the facility. Self screen and fill out the health questionnaire online before each time using the facility
- Bring and wear a properly fitted and secured non-medical face mask with ties or ear loops at all times when in the facility, and make sure that the mask covers the nose and mouth at all times. Trainers and volunteers must wash their hands or use hand sanitizer before touching their masks to remove them or to put them back on
- Ensure they have enough water for hydration while they are in the facility. There is no access to water fountains/filling stations in the facility
- Practice proper handwashing and hand sanitization on a regular basis
- Follow proper glove wearing as per CYGHA Head Trainer policies and OSHA training
- Minimize going in and out of doors including dressing room doors. Facility doors are considered high contact touch points. CYGHA staff should try to control the number of times players enter and exit dressing rooms, as this avoids hands making contact with the door handles. Use your elbows to open doors if possible
- If the group is participating in off-ice warm up this must be done outside and practicing physical distancing of at least 2 metres apart at all times. Ensure that exiting and entering the facility follows the traffic flow guidelines for the facility and the CYGHA
- Report as soon as possible any unsafe condition to the CYGHA Safety Ambassador or Town of Aurora facility staff.
- Properly use and care for all personal protective equipment provided by the CYGHA or the Town of Aurora.
- Attend an online training session as well as an in person on site safety training session to go through the COVID-19/Return to Play safety procedures
- Participate in debriefing meetings (online whenever possible) if deemed necessary to go through any concerns/highlights and make the necessary adjustments to the COVID-19/Return to Play safety procedures

*****Please see APPENDIX A for detailed guidelines for visitors and participants *****

SECTION 5

Facilities

This section outlines the Town of Aurora’s protocols to minimize the risks associated with having its employees and visitors unexpectedly exposed to COVID19. The Town of Aurora’s exposure control system is comprised of the following attributes:

Skill/Fun Sessions Controls

Occupancy

Cleaning/Sanitization

Training

Skill/Fun Sessions Controls

York Region is currently in Stage 3 and as such can have up to 50 people inside the same facility. Physical distancing must be maintained except if playing a team sport or as needed for personal training. The Ontario Recreational Facilities Association states that, “Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players.”

Skill Development/Fun Sessions – Arena Occupancy

CYGHA players	12
Coaches	3
Safety Ambassador	1
Trainer	1
Arena Staff	4
Total Facility Occupancy	21
Possible Spectator Occupancy *	12
Revised Facility Occupancy	33

*Skill Development/Fun Sessions – Spectator Occupancy

Parents would be strongly encouraged to stay outside the arena or leave the arena once their player is prepared to go onto the ice. Remaining in the arena viewing area is discouraged. However, one parent per child would be allowed to stay if it is deemed necessary.

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Skill/Fun Session Protection

Although the skill/fun sessions controls will significantly reduce the amount of close interaction between players, the protection condition level may suggest that athletes consider wearing full face shields or masks while participating on the ice.

Cleaning/Sanitization

The Town of Aurora uses several engineered controls to limit the transmission of Covid-19. This includes the products it uses for disinfecting, mechanical equipment, and providing barriers between customers and its employees.

Cleaning

The Town of Aurora will be cleaning all contact areas regularly each day to minimize the possible exposure to COVID-19.

Disinfectants

Each dressing room will be sanitized by the arena staff between each user group by using a fogging machine. The disinfectants that are put into the fogging machines are approved by Health Canada and are safe to use in the Town of Aurora facilities. Sanitization time is around 15 minutes and will allow for a clean, sanitized room to be available for participants at least 15 minutes before going onto the ice. In addition to this, dispensers for disinfectant wipes have been installed outside change rooms which players may use to disinfect contact areas.

Hand Sanitizer

Hand sanitizing dispensers are in multiple areas of each facility and outside change rooms. The hand sanitizer is approved by Health Canada and authorized for use in commercial facilities.

Training

Facility Staff Training

The Town of Aurora utilizes mandatory training programs to ensure employees are properly trained to prevent and handle emergency situations. Training on the hazards and effects of COVID-19 will be performed by the employer or the employer's designate. Records of attendance, dates of training and training material will be documented and retained. Additional training or reference material on COVID-19 will be made available to employees upon request. Workers also receive training on the following COVID-19-related topics:

- Town of Aurora's COVID-19 Safety Policy
- Town of Aurora's COVID-19 Standard Operating Procedure
- The risk of exposure to COVID-19 and the signs and symptoms of exposure
- Correct use and maintenance of personal protective equipment

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- **Town of Aurora's Disinfecting Procedure**

All employees will be retrained annually on the importance of reporting to their supervisor if they feel sick and the requirement to stay home if they feel sick, display the symptoms of COVID-19, or identify any vulnerabilities to COVID-19 through the self-screening and declaration questionnaires.

Visitor Training - Safety Ambassadors, Players, Coaches, Parents, Trainers, Volunteers

Prior to starting any skill/fun sessions this CYGHA Return to Play plan will be made available to all coaches, players, parents, trainers, safety ambassadors, volunteers, and Town of Aurora staff. All coaches, players, parents, trainers, volunteers, and safety ambassadors will be required to review these documents and sign-off that they understand and will abide by them. There will be several online town hall meetings to go over the protocols with coaches, trainers, safety ambassadors, parents, and players. All Town of Aurora facilities will be outfitted with high visibility signage outlining the operating rules, self-screening, filling out of health questionnaires before each session, traffic flow, changing zones, physical distancing demarcation, hygiene procedures, and occupancy limits related to COVID-19. A Safety Ambassador will be stationed in the facility and provide on-going training to customers as they enter facilities and partake in activities. Safety Ambassadors will also oversee compliance to Town of Aurora's policies, procedures, and operating rules for COVID-19 safety.

SECTION 6

Hygiene

Public Health Authority Guidelines

The following hygiene recommendations will assist in creating an environment that is safe for all participants in hockey activities:

- Wash hands often with soap and warm water for at least 20 seconds, especially after using the washroom, upon entering the facility, and prior to exiting the facility
- Use alcohol-based hand sanitizer if soap and water are not available
- Bring and wear a properly fitted and secured non-medical face mask with ties or ear loops at all times when in the facility, and make sure that the mask covers the nose and mouth at all times. Players may only remove their mask during their on ice activities. They must put the mask back on once they come off the ice.
- Cough or sneeze into a tissue or the bend of the arm, not the hand
- Dispose of any used tissues as soon as possible in a lined wastebasket and wash hands
- Avoid touching the eyes, nose or mouth with unwashed hands

Facility Meeting

The CYGHA and the Town of Aurora have met to go through the Provincial/Regional health guidelines as well as the OWHA Return to Play Protocols prior to any activity starting. This meeting addressed the following:

- Facility guidelines and requirements specific to physical distancing

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- **Restrictions specific to the number of people allowed in the facility at any one time**
- **Areas that may not be accessible in the facility and the traffic flow through these areas**
- **If dressing rooms are not available, having a common area to put on skates or remove skate guards with marked physical-distanced seating**
- **Cleaning processes in the facility, including how often it is disinfected**
- **General facility rules and signage that will be posted for visitors**

Participant Meeting

All safety ambassadors, coaches, players, parents, trainers, and volunteers will be required to participate in an online session in order to go through these protocols and answer any questions. Topics will include but are not limited to the following:

- **Town of Aurora/CYGHA/ OWA protocols for spacing/limits, number of patrons using the parking lot for drop-off/pick-ups, entering and leaving the building and/or dressing room, washroom restrictions, traffic flow, and other limits and patterns**
- **Facility guidelines for the number of people that are permitted in the facility and/or on the ice at any given time. Families should be prepared to minimize the number of parents/guardians/spectators that attend to limit the number of people in the facility. The Town of Aurora strongly encourages all parents to remain outside but if a parent is needed inside to assist a player then one parent is allowed per player**
- **The communication plan that will be implemented by the CYGHA moving forward through these Skill/Fun Sessions**
- **Self screening, temperature checks upon arrival, participants feeling unwell, filling out a health screening questionnaire prior to each session, and the handling of a positive COVID-19 test**
- **A participant sign in sheet and tracking system for who is in the facility at any one time**
- **Execution of on-ice sessions under public health authority requirements**
- **Player arrival/departure – what to expect on arrival and how soon players need to leave**
- **Importance of players arriving dressed in their equipment and player accessibility to water**
- **Ensuring that anyone entering the facility has enough water for hydration. There is no access to water fountains/filling stations**
- **Steps to practicing good hygiene**
- **Players not feeling well during an on ice session and how that will be handled**

Prior to Activity

In order to prepare our Panthers for an enjoyable and safe experience we encourage families to consider some of the following guidelines:

- **Patrons will be required to register and pay online prior to arriving**
- **Refunds are available online so families can modify their attendance if they become uncomfortable with attending these sessions**

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- If a participant does not feel well, has a fever, shortness of breath, diarrhea, vomiting or a cold (runny nose, sore throat, cough, etc.) they must stay home and advise the CYGHA or the coach. All those participating in or attending a hockey activity should stay home if they are feeling unwell
- Be safety-conscious in all activities inside and outside the facility. Self screen, fill out the health questionnaire online, and temperature check upon arrival before each time using the facility
- Learn and follow the guidelines specific to the number of people allowed in the building i.e. parents are strongly encouraged to not enter the facility and if they do enter then look to exit as sound as possible, only one parent per player is allowed if it is deemed absolutely necessary. Parents and players should plan for this accordingly and come prepared to be self sufficient with no parental assistance
- Emphasize to participants the importance of strict hand hygiene before and after training. All participants should wash their hands upon entry and right before exit. If possible, players should be encouraged to carry hand sanitizer
- Players should have a labelled water bottle. Use only that water bottle when participating in the activity. Parents/players should wash water bottles after each session
 - Ensuring that anyone entering the facility has enough water for hydration. There is no access to water fountains/filling stations
- Players and coaches exiting the facility should do so within 15 minutes after their session. It is recommended to plan new arrival times to avoid teams entering and exiting the facility at the same time
- Warming up prior to going on the ice must be done outdoors with the physical distancing guideline of at least 2 metres followed
- For on-ice sessions, players must be prepared to be fully dressed prior to entering the facility. Players must only have skates, helmets, and gloves left to put on once in the facility. Goalies should come dressed as much as possible with only pads, skates, helmet, blocker and catcher left to put on

At Facility & During Activity

Non-Medical Face Masks

All coaches, players, parents, trainers, volunteers, and safety ambassadors wearing a non-medical face mask must ensure that the mask is laundered after each use to allow for the reuse without contamination. These masks should achieve the following:

- Allow for easy breathing
- Fit securely to the head with ties or ear loops
- Maintain their shape after washing and drying
- Be changed as soon as possible if damp or dirty
- Be comfortable and not require frequent adjustment
- Be large enough to cover the nose and mouth completely and comfortably without gaping.
- If any of these attributes are not achieved, the participant should bring this to the attention of a coach or safety ambassador for resolution
- The safety ambassador will have single use non-medical face masks available in case a replacement is needed in order for participants to remain in the facility

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- **Wearing a face mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing**

Signs of sickness

- **CYGHA coaches, safety ambassadors, and trainers will be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity**
- **If someone has a temperature above 37.8 degrees Celsius before arrival or upon arrival at the CYGHA temperature check they should immediately go home and follow up with their physician**
- **When coughing or sneezing, cough or sneeze into a tissue or the bend of the arm, not the hand**
- **Dispose of any tissues as soon as possible in a lined wastebasket and wash hands**
- **Avoid touching eyes, nose or mouth with unwashed hands**
- **Avoid contact with anyone who is sick**
- **If participants do not feel well or have identified respiratory symptoms, ensure they advise team staff immediately and put on a non-medical face mask. They should immediately go home and follow up with their physician**
- **Facility staff should be provided with an incident report based on facility protocol prior to the coaching staff, trainer, or safety ambassador leaving the facility**
- **All CYGHA staff that come into contact with someone that is exhibiting symptoms of being unwell while at the facility, must report it to the safety ambassador so that it can be documented properly and communicated to the CYGHA and followed up. If the person in question yields a positive COVID-19 test result then the Town of Aurora, OWHA, and the Regional Health Authorities will be notified**

Hygiene Guidelines

- **Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. CYGHA staff should try and control the number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use your elbows to open doors if possible**
- **Absolutely no sharing of drinks or food**
- **Maintain physical distancing whenever possible; eliminate the number of situations where the players are coming together in one group for instruction**
- **Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed**
- **Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench**
- **Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.**
- **Each player needs to have a marked water bottle which is washed after each skill/fun session**
- **After using restrooms, wash your hands with soap and water for at least 20 seconds as outlined previously. Use alcohol-based hand sanitizer if soap and water are not available**
- **Some equipment should also be washed (jerseys, pant shells, socks, undergarments) after each training session following manufacturer guidelines. It is important that players ensure equipment is kept clean**

***Please see APPENDIX A for detailed guidelines for visitors and participants ***

SECTION 7

Reporting, Screening, Contact Tracing

Below is a list of the COVID-19 assessment centres in our area for your consideration.

Markham-Stouffville Hospital
905-472-7670

Southlake Regional Health Centre
905-895-4521 ext 2162

Mackenzie Health
905-883-1212 ext 2004

Regional information on symptoms, transmission, treatment, and testing can be found at [York Region Health](#).

In the event a coach, player, parent, or safety ambassador has tested positive for COVID-19, they must remain at home and report this to the CYGHA. The CYGHA will determine the participant's history of attending the Skill/Fun sessions. The CYGHA will make a list of all known and potential contacts who may have interacted with the participant using player/coach/safety ambassador attendance records. The CYGHA will notify the local municipality, OWHA, and the Public Health Authority for the Region. The participant will not partake in any CYGHA sanctioned events until authorized by the CYGHA Executive. They will require a physician or public health authority approval before they can resume CYGHA sanctioned activities.

In the event that an arena staff member tests positive for COVID-19, they will be instructed by the Facility Departments of the various municipalities to stay at home. The local municipalities will notify the CYGHA Communications Officer immediately so that a communication can be sent out to all participants that may have come in contact with this staff member.

Self Screening

All individuals and staff taking part in the CYGHA Skill/Fun Sessions must self-screen in accordance with current public health guidelines before each training session. Individuals and staff must not attend any training sessions or association/team activities if they:

- Exhibit any COVID-19 symptoms, such as a fever(above 37.8 C, cough, difficulty breathing, sore throat, diarrhea, vomiting, feeling unwell, or other symptoms identified by health experts
- Have been diagnosed with COVID-19 and have not been cleared for removal from isolation
- Have been in contact with someone with COVID-19 in the past 14 days. Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities

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- Have returned from travel outside of Canada (must quarantine for 14 days at home)
- Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)

Contact Tracing

The CYGHA will keep attendance records for all of the Skill/Fun Sessions and use these to help with any contact tracing if the public health authorities should require it.

Ontario is implementing strengthened guidance for public health units to ensure case and contact management continues to be timely and effective in preventing the spread of COVID-19 by:

- Connecting with all individuals who have had close contact with a positive case within 24 hours of being identified
- Directing all close contacts to self-isolate for 14 days
- Following up with close contacts every day for the duration of their self-isolation
- Strongly advising testing to all appropriate close contacts

SECTION 8

Recommended Return to Hockey Procedures

The following are recommended guidelines for CYGHA staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.

If a participant feels unwell at the facility i.e. fever, cough, shortness of breath, sore throat, runny nose, diarrhea, vomiting then the following should occur:

- Participant advises CYGHA staff/safety ambassador immediately
- Participant is given a non-medical face mask (if they do not have their own) and wears it immediately
- Anyone caring for the participant should also wear a non-medical face mask
- Parents/guardians are advised and take the participant home
- If the participant is an adult, they will leave immediately if well enough to drive
- If there is a delay in leaving the facility, the participant should find a location to isolate
- The participant will contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity
- CYGHA will follow up to ensure that the participant or staff member has been assessed by a physician or assessment centre

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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 discolouration of fingers and toes

Serious symptoms:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you develop serious symptoms. Always call ahead before visiting your physician or health facility. On average, it takes 5-6 days from infection for symptoms to appear, but it can take up to 14 days.

SECTION 9

Assumption of Risk Declaration

Parents and guardians must be aware of the risks involved with this Return to Play opportunity.

I/We consent to my daughters or my attendance on the terms of this waiver of liability or in the case of a guardian of a person under 19 years of age grant our consent to the terms of this waiver. I/We acknowledge reading this Application/Waiver and Declaration and understand the conditions contained herein and agree to abide by all terms. All Participants understand and consent to their duty to wear the appropriate personal protective gear, practice physical distancing at all times, practice proper hand hygiene, follow all Provincial guidelines as it applies to their participating in the CYGHA Skill/Fun Sessions.

I would like to access the Town of Aurora facilities and/or use the Town of Aurora facilities. I am aware that the CYGHA and the Town of Aurora and its staff cannot guarantee that I will not contract COVID-19 at Town of Aurora facilities during the CYGHA Skill/Fun Sessions. I am accessing and using the Town of Aurora

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facilities at my own risk. I am registering for and participating in the CYGHA Skil/Fun Sessions at my own risk. In particular, I accept the risk of contracting COVID-19 should I attend the CYGHA Skill/Fun Sessions.

SECTION 10

Positive COVID-19 Test in Hockey Environment

IMPORTANT! If a participant (or their parent/guardian if the participant is a minor) elects to inform the CYGHA that they have been diagnosed with COVID-19, the CYGHA shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The COVID-19 positive participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent. The CYGHA will explain the communication that will take place and NEVER disclose the sick person's name or identity.

- Participant tests positive for COVID-19 and contacts their physician
- Follow public health guidelines
- Immediate removal from CYGHA hockey environment for anyone in the home
- Report to public health authorities, follow guidelines
- Public health authority determines communication protocol and tracing of all contacts
- The CYGHA will follow their lead and cooperate on any necessary communication
- Note required from a physician or public health authority to return to play

SECTION 11

Modification or Cancellation of Activities

Based on the evolving COVID-19 pandemic, the CYGHA is prepared to follow public health, municipal/provincial government, and OWHA recommendations regarding modifying/restricting/postponing or cancelling activities

- The CYGHA has a cancellation policy so that parents can withdraw their daughters from these sessions at any time. They will only be charged for the sessions they attended to the date of cancellation. The CYGHA will require notification of the cancellation in writing before processing

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- CYGHA members will be informed via email or phone as soon as possible of any modifications/restrictions or cancellations
- The CYGHA will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or the OWHA

SECTION 12

Resources

[OWHA](#)

[COVID-19 Public Resources](#)

[Ontario Self-Assessment Tool](#)

[Proper Hand Hygiene](#)

[Physical Distancing](#)

[How and When to Wear a Mask](#)

[How to Self-Monitor](#)

[How to Self-Isolate](#)

[York Region - Symptoms, Transmission, Treatment, and Testing](#)

Appendix A – Participant Guidelines

- Participant numbers will be based on Provincial Health Authority Guidelines
- Players and Coaches must show up no more than 15 minutes before the start of the Skills/Fun Sessions and leave immediately after (within 15 minutes)
- Training groups are not to be modified if at all possible. Some variance can occur if necessary but keeping the training group intact is the goal
- Traffic flow in the arena will be done so that groups do not have to come in contact with one another. All visitors to the facility are expected to follow the signage directing traffic flow through the facility
- If the group is participating in warm up this must be done outside while practicing physical distancing of at least 2 metres apart at all times. Ensure that exiting and entering the facility follows the traffic flow guidelines for the facility and the CYGHA
- Anyone entering the facility will have to use hand sanitizer/wipes and be wearing a non-medical face mask that is properly secured to the head with ties or ear loops and covering the nose and mouth ensure that hand washing/sanitizing should occur immediately before removing and before applying the masks
- Anyone entering the facility should have enough water for hydration while they are in the facility. There is no access to water fountains/filling stations in the facility
- Anyone entering the facility should refrain from touching any high contact surfaces

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- There is no spitting allowed
- Blowing of the nose without tissue covering the face is prohibited. Disposal of the tissue into a garbage receptacle or other facility recommended location is mandatory. There will be garbage receptacles placed beside the bench for ease of disposal
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room at any one time. Parental entry should be controlled to meet physical distancing requirements
- Players must not touch hockey pucks or other on-ice equipment (cones, dangles, etc) with their hands. The coaches are responsible for the management of on ice hockey equipment in a manner that limits who is touching them. Pucks should be disinfected if touched by players or other staff. If pucks cannot be safely managed, they are not to be used
- All users of the facility are strongly encouraged to not use other hockey facilities on the same day. If they are using other hockey facilities on the same day or otherwise they should be informing the CYGHA Safety Ambassador so that it can be recorded in the daily attendance sheet for contact tracing purposes
- Spacing of 2 metres throughout the facility is strongly recommended

Players

- Will have to show up at the arena dressed in their equipment except for their skates, helmet, and gloves
- Spacing of 2 metres must be respected in the facility
- Absolutely no sharing of drinks or food
- Towels should not be used by players or coaches on the bench. If they are to be used then they must be placed on the bench under the guidance of the trainer. Once a towel is used then it should be removed from the bench and placed in a plastic bag and removed immediately after the session by the owner
- Paper towels/tissue will be on hand to wipe the face or blow the nose if on the bench
- Each player must have a clearly marked water bottle/washed after each session
- All undergarments should be washed in warm water after each session and the rest of the equipment should be well dried

Coaches

- Coaches, trainers, and safety ambassadors must wear none-medical face masks while in the facility. Physical distancing of at least 2 metres should be maintained whenever possible
- Coaches are not permitted to skate alongside players. Coaches should locate themselves in areas where the occurrence of coming into close contact with a player is avoided. Coaches must instruct verbally, on coaching boards, electronically, and through demonstrations
- Minimize going in and out of doors including dressing room doors. Facility doors are considered high contact touch points. CYGHA staff should try to control the number of times players enter and exit dressing rooms, as this avoids hands making contact with the door handles. Use your elbows to open doors if possible
- Reduce the number of skaters in one area including players coming together in one group for instruction
- Group meetings should only be held in a controlled environment where physical distancing can be followed

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- Use cones, pucks, danglers, water based marker, and lines on the ice to divide the ice up into areas so that physical distancing can be maintained
- Coaches are strongly encouraged to create signage on the glass to denote different zones
- Ensure there is proper zone rotation and that the rotation is clearly communicated to all coaches and players before starting a session

Appendix B - COVID-19 CYGHA Response Plan Protocols

- 1. Contact list for COVID-19 CYGHA Communications Officer and Executive**
- 2. CYGHA COVID-19 Protocols**

1. Contact list for COVID-19 CYGHA Communications Officer and Executive

CYGHA Communications Officer, ?
CYGHA President, Richard Clarke, ?
CYGHA VP Rep, Mark Dubeau,
CYGHA VP House, Brad Protocky,
CYGHA VP Women's Division, Katie Williams

2. CYGHA 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 emailed out to our members and also part of our online town hall sessions so that everyone has a chance to ask questions and seek clarification before any hockey activities resume. 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 the CYGHA Skill/Fun Sessions hockey activities
- The individual should be isolated from all others in a well-ventilated area or outside and be provided with a non-medical face mask if one is available

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- 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
- The OWHa President and/or Director Operations should be informed of the situation as soon as possible

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
- 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 Skill/Fun Session 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 e-mailing team@owha.on.ca

Return to hockey activities following illness:

- 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
- Returning to CYGHA sanctioned ice activities will require a written physician's approval

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

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- Returning to CYGHA sanctioned ice activities will require a written physician's approval or a written approval from the public health authority

Appendix C - 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. 70 years old or older
2. Getting treatment that compromises, (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
3. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
4. 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 each on-ice activity.

1. Are you 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 (continuous, more than usual)

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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 (not related to seasonal allergies or other known causes or conditions)

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

Muscle aches

Yes

No

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Extreme tiredness that is unusual (fatigue, lack of energy)

Yes

No

Falling down often

Yes

No

For young children and infants: sluggishness or lack of appetite

Yes

No

For the remaining questions, close physical contact means being less than 2 meters away in the same room, workspace, or area for over 15 minutes or living in the same home

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?

Yes

No

**3. 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

4. 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.

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

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Appendix D - CYGHA Tracking Sheet

**CYGHA SKILL/FUN SESSIONS
LIST OF ALL PEOPLE IN ATTENDANCE**

DATE OF ACTIVITY: _____ **TIME FRAME:** _____
PLACE: _____ **SAFETY**
AMBASSADOR(S): _____
OTHER DETAILS: _____

<u>NAME</u>	<u>ROLE</u>	<u>CONTACT NUMBER</u>	<u>EMAIL</u>	<u>SCREENING STATUS</u> If not pass, sent home

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