



Mooretown Lady Flags
Girls Hockey Association
Return to Play Framework
2021-2022

Meaning

Mooretown Lady Flags Girls Hockey Association (MLFGHA) is working with the Ontario Women's Hockey Association (OWHA), the Township of St. Clair, and the Lambton Public Health Return to Organized Sport and Recreation Plan, to ensure that during every phase of the return to play and beyond, the safety of our Players, Coaches, Officials, Administrators and volunteers, members and fans are our number one priority as we roll out the plan and decisions are made. The plan focuses on making the return to hockey smooth while making the best of the situation.

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The MLFGHA and its Board of Directors and staff make no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.

Updates

As new information becomes available from all parties involved, this document will be updated and posted on our website for review. Each time this document is updated, MLFGHA members and facility Operators for the 2021 – 2022 season will receive an email with a link to the revised copy. Anything revised from the previous copy will be printed in red text.

Return to Organized Sport Checklist

- The facility operator where the sport or recreational activities will be held has been contacted to ensure compliance with facility-specific guidelines or requirements. MLFGHA will continue to be in contact with Mooretown Sports Complex and Walpole Island Sports Complex to ensure compliance with facility-specific guidelines and requirements. Once these facilities have formalized their facility -specific guidelines and requirements, a link to these guidelines will be updated here and posted on our website.

- MLFGHA has consulted relevant sport or physical activity guidance documents including those from public health, the provincial government, and provincial or national sport organization (see list above).
 1. Return to Sport & Recreation – Guidance for Associations, Coaches, and Volunteers
<https://lambtonpublichealth.ca/wp-content/uploads/2020/10/COVID19-Guidance-for-Associations-Coaches-Volunteers-REV-21OCT2020.pdf>
 2. Sport and Activity specific Considerations for Facility Operators and Organizations
https://lambtonpublichealth.ca/wp-content/uploads/2020/11/Guidance-Sports-and-Activity-Specific-Considerations_NOV18.pdf
 3. Return to Sport and Recreation – Guidance for Participants
<https://lambtonpublichealth.ca/wp-content/uploads/2020/10/COVID19-GUIDANCE-Participant-sports-and-recreation-REV-13OCT2020.pdf>
 4. Re-Opening Ontario – Government of Ontario
<https://www.ontario.ca/page/reopening-ontario>

- The return to hockey plan has been developed and will be shared with participants through the following accessible communication channels:
 1. Mooretown Lady Flags Girls Hockey Association Website
<https://mooretownladyflags.ca/>
 2. Mooretown Lady Flags Girls Hockey Association – Facebook Page
<https://www.facebook.com/Mooretownladyflags>

Designated Covid -19 Oversight Group Contacts:

Contact Info Available via: <https://mooretownladyflags.ca/Contact/1005/>

1. **Primary Contact:** Amanda Ross, RN, BScN, MN, President/COVID-19 Coordinator
2. **Secondary Contact:** Andrea Lane, *Interim* Director of Risk
3. **Third Contact:** Kirstin Salisbury, Secretary
4. **Fourth Contact:** Marilyn Maoirat, Director of Sponsorship

- Guidelines will be communicated with facility operators, coaches, volunteers, participants, family members and spectators each time they are updated and as we move to the start of the season under the guidance of the OWHA. <http://www.owha.on.ca/>

Ontario Public Health Public Resources

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectiousdiseases/respiratory-diseases/novel-coronavirus/public-resources>

Group Size

1. Group Size and format will be regulated by the Arena
2. As we return to the ice after Labour day, we will adhere to the group size requested by the facility, to ensure all facilities in the arena can be used within the current maximum.
3. Please reference the facilities document, OWHA document to follow proper protocol

Screening for COVID-19

Arena Processes:

1. Ensure your player goes to the washroom prior to getting all equipment. Players are no longer required to come dressed but it is recommended to decrease amount of change time before and after practice. Ensure the parent has reviewed the screening questionnaire with the player and for and answers are sufficient to pass arena screening process. Reminder - Reporting to the arena for practice/game tells the coach/manager that both the player & parent/guardian has passed the Lady Flag Covid Screening Questionnaire and attendance needs to be collected for contact tracing if required
2. Everyone wears masks until they enter the ice surface, they will maintain social distance in the room by staying on their X.

Mooretown Arena Rules:

Covid Designate Responsibilities:

1. MUST be the first one to arrive at the arena (20 minutes prior to practice/game time);
2. Participants do not have to come dressed but this is encouraged;
3. Each team will be given 3 dressing rooms for their ice session. Rooms 1 to 3 or Rooms 4 to 6. There will be X's on the dressing room benches where the children must sit. Only 8 participants will be permitted in each dressing room. The maximum occupancy per room is 8 total in all rooms except room 5 where only 7 total is the maximum;
4. Screening will occur by Mooretown Arena Staff prior to entry;
5. Showers will be open for use but caution going over time to exit the building after;
6. Capacities for spectators in Rink 1 is 98.

NOTE: *These rules are subject to change throughout the season – Please refer to the most current Mooretown Sports Complex – Return to Play Plan on their website*

Walpole Arena Rules:

Covid Designate Responsibilities:

1. Given the size of the dressing rooms – players it is beneficial for players to come dressed and enter arena completed dressed with ONLY skates, helmets and gloves to apply to decrease the time required in change room. We must not go over the capacity of the dressing room amount. If the capacity is reached – the player is to put skates and helmet outside the change room area. Dressing Room 1 & 2 will be designated to players for skate tying only (MAX – 7 per room)
2. *Goalies* – can bring in bag but will be in separate dressing room – Dressing Room 5 will be designated to them

Sample Attendance for each team to use to use

Name	Date	Date	Date	Date	Date	Date	Date
Players							
Coaching Staff							

The following process has been implemented under the recommendation of the OSHA

***NOTE:** This list is not exhaustive and medical direction and/or Public Health's guidance will supersede guidelines in this document.*

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 hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-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
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing
- The OSHA 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 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 (If the test was completed for screening purposes – with no symptoms – No action is required)
- The association/team will review the attendance tracker to inform the health unit for contact tracing purposes.
- Any association/team 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 a member of the association/team including the COVID-19 Coordinator
- The COVID-19 Coordinator 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 association/team 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
- The association/team should inform and work with the facility in the case of a positive COVID19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The association/team will inform OWHA of a positive COVID-19 diagnosis by e- mailing team@owha.on.ca if the participant consents

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

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. (Confirmation of having a negative result may be requested by the Mooretown Lady Flags)

Modification/restriction/postponing or canceling of hockey activities

- Based on the evolving COVID-19 pandemic, the association must be prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- If it is deemed necessary, due to a member and/or participant coming into contact with Covid - 19 that could cause an outbreak, hockey activities will be modified, restricted, postponed or cancelled for a period of time for individuals or groups of players depending on the results of the contact tracing process.
- Members will be informed as soon as possible of any modifications/restrictions or cancelations
- Members must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

Public Health Guidelines

Association/team members should follow all public health guidelines regarding COVID-19. These may include:

- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in hockey activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities

How to self-monitor

https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?sc_lang=en

How to Self-Isolate

https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ipac-covid-19-work-self-isolation.pdf?sc_lang=en

COVID-19 Reference Document for Symptoms

https://www.publichealthontario.ca/-/media/documents/ncov/covid-wwksf/what-we-know-symptoms.pdf?sc_lang=en

Online Self-assessment Tool:

<https://covid-19.ontario.ca/self-assessment/>

Ensuring Physical Distancing

1. Players may be permitted to get skates on and off in designated dressing rooms. The number of participants in each room will be 7 subject to the facilities guidelines to maintain social distance requirements.
2. 2 deep policy will be maintained as per OWHA standards
3. Parent/guardian will be permitted to attend with a participant and will follow capacity guidelines. This is to maintain the facilities maximum occupancy rules. The parent/guardian must adhere to arena policy in all respects to Covid -19 protocol. Physical Distancing, wearing of masks and PPE, following flow arrows and respecting designated entry and exit doors among all other policies enforced.
4. On -ice activities must be approved by the OWHA before they commence.

Physical Distancing

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

Face Coverings & Face Masks

On-Ice Coaches:

- OWHA states that Coaches/Bench Staff on the ice do not require to wear a facemask when on the ice; however, do need to on the bench, unless a arena requests otherwise. OWHA teams are to follow the most restrictive rules
- Must wear a CSA approved hockey helmet

On-Ice Players:

- Not required to wear a non-medical face mask while skating

- Must wear full hockey equipment
- Must not share hockey equipment

All attendees to the facility must follow face mask rules set out in the facilities guidelines.

When and How to Wear a Mask

<https://www.ontario.ca/page/face-coverings-and-face-masks>

Equipment & Personal Items

Players & Coaches must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted.

Lady Flags' owned goalie equipment is allowed to be shared and will be sanitized/disinfected between the exchange process.

Hand Hygiene and other public health measures

All participant's and guardians entering the building must sanitize their hands prior to entry to the facility. Hand Sanitizer will be available via the Covid -19 attendant when entering the building.

Everyone that attends the facilities is reminded and members will be reminded frequently to help stop the spread by having proper hand hygiene, good respiratory etiquette and washing hands frequently.

Hand Hygiene

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>



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, medications 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 37.8C or higher?)

Yes No

Chills?

Yes No

Cough that's new or worsening? (continuous, more than usual)

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 Breathing?

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

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 Canada in the last 2 weeks?

Yes No

4. Have you traveled 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)