

Mooretown Lady Flags Girls Hockey Association
1166 Emily Street
Mooretown, ON N0M 1M0



Mooretown Lady Flags
Girls Hockey Association

Return To Play Framework

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 2020-2021 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/2020/08/GUIDANCE-COVID-19-COVID-19-Return-to-Sport-and-Recreation-Associations-Coaches-and-Volunteers-7.27.20.2.pdf>

2. Sport and Activity specific Considerations for Facility Operators and Organizations

<https://lambtonpublichealth.ca/wp-content/uploads/2020/08/GUIDANCE-COVID-19-Sport-Activity-Specific-Consideratons-7.23.20.pdf>

3. Return to Sport and Recreation – Guidance for Participants

<https://lambtonpublichealth.ca/wp-content/uploads/2020/08/GUIDANCE-COVID-19-COVID-19-Return-to-Sport-and-Recreation-Participant-Guidance-7.27.20.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. <https://mooretownladyflags.ca/>
 2. <https://www.facebook.com/Mooretownladyflags>
 3. Email will be sent to members before return to play begins and updates will be emailed as they become available
 4. A Zoom Call or Microsoft Teams Call will be held for members prior to our season commencing.

✓ Designated Covid -19 Oversight Group Contacts:

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

1. Primary Contact: Amanda Ross, RN, BScN, MN, Covid – 19 Coordinator
2. Secondary Contact: Kevin Slater, President
3. Third Contact: Kirstin Salisbury, Secretary

- ✓ 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 with in the current maximum.
3. To begin we expect to have physically distanced OWHA approved practice plans with groups of 12 -13 players and 2 to 3 coaches
4. Please reference the facilities document , OWHA document to follow proper protocol

Screening for Covid -19:

1. St. Clair Township & Walpole Island Covid Questionnaire/Waivers to be completed upon entry to facility. Should these not be completed, the player cannot enter. These waivers are available on the Lady Flags Website and must be completed electronically 1 day in advance of the participants first session. Lady Flags may also be expected to complete other COVID waivers should we be asked prior to entry to other facilities.
2. Before entering the facility, each participant/staff/volunteer/family member will self-screen at home with the screening questionnaire and hand in to the appropriate team volunteer should the centre not be screening upon entry. It will be carefully reviewed and if satisfactory for entry, entry will be granted upon following hand hygiene and PPE rules in place.
3. If the centre performs their own screening upon entry, attendance, for purposes of contact tracing will be completed by designated volunteers and handed in to their team manager. Team manager will submit all attendance forms to the COVID Coordinator routinely.
4. As per facility rules, all participants/staff/volunteers/family will come with a non-medical face mask and be wearing upon entry and during their time in the facility.
5. Data from questionnaires will be stored electronically should contact tracing by Public Health need to be conducted.
6. The following process has been implemented under the recommendation of the OWHA:

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 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 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 – not suspected to have COVID 19 – please contact Covid-19 Coordinator for directions)
- The association/team will consult the Session Participation tracking database to inform other participants who might 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 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.

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 association/team members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days
- 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/factsheetcovid-19-self-monitor.pdf?la=en>

How to Self-Isolate

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf Ontario COVID-19

Online Self-assessment Tool:

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

Ensuring Physical Distancing:

1. Participants in each activity will need to show up to enter the facility in Hockey gear, Maximum 15 minutes prior to scheduled activity. Players can get ready at home or in the parking lot of the facility, prior to this 15 minutes.
2. 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.
3. 2 deep policy will be maintained by having 1 coach in hall with doors ajar and one parent in each dressing room. Dressing rooms will be side by side. As players will be entering facility in their gear this should be manageable. Once all participants have check in with the designated covid-19 attendants, the covid-19 attendants are to help maintain 2 deep policy in dressing rooms.
4. Only one parent/guardian will be permitted to attend with each participant. 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.
5. On -ice, the players will be required to maintain social distance with in the rules established by the local health unit and the OWHA. All activities will be designed to maintain this. Coaches will also maintain 6 feet apart when communicating and instructing participants.
6. 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:

- Recommended to wear a non-medical face mask while coaching & must be in compliance in areas and facilities where it is mandated
- 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.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

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.

Players & Coaches must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.

Players must not touch hockey pucks with their hands. The lead on-ice instructor is responsible for the management of hockey pucks in a manner that is in accordance with health guidelines. If pucks cannot be safely managed, they are not to be used.

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.

Participants must refrain from Cheering or yelling of any kind to reduce the potential for droplets. If in violation of this, self removal request from the facility can be expected and will be enforced by MLFGHA and/or the Facility operators.

Hand Hygiene

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



Appendix C: HEALTH SCREENING FORM
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)

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

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).