

WEST GREY Minor Hockey



Return to Hockey
September 18, 2020

Version 1.0



SECTION 1

Purpose

West Grey Minor Hockey has developed a 'Return to Hockey' Plan in conjunction with Hockey Canada, the Ontario Hockey Federation (OHF), the Ontario Minor Hockey Association (OMHA), The Western Ontario Athletic Association (WOAA), And the Grey Bruce Health unit. Our main purpose and goal is the safety of our Players, Coaches, Officials, Administrators and volunteers. This plan focuses on making the return to hockey fluid while enhancing the experience. This document is used for the purposes of West Grey Minor Hockey only and does not make assertion to hockey programming that falls outside of its jurisdiction.

SECTION 2

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. West Grey Minor Hockey and its Executive Members 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 our Public Health Authority.

SECTION 3

Framework for Return to Hockey

The impacts of the COVID-19 outbreak have been felt across Ontario, by families, workers, businesses, and communities. Our hockey family has also felt the impacts of this.

COVID-19 has created a unique situation for every person, business, and government body to deal with. Sport for our youth and adults alike closed on March 12, 2020 with no identified return. While the situation is still evolving, West Grey Minor Hockey continues to work with our Public Health Unit and our Governing Bodies and Members to develop a Return to Hockey plan with the necessary measures in response to COVID-19.

Our plan will follow the direction and protocols set out by the Ontario Hockey Federation (OHF), in conjunction the Ontario Minor Hockey Association (OMHA) and the Western Ontario Athletic Association (WOAA).

COVID-19 Response Team

WGMHA has appointed the following individuals to the COVID-19 Response Team. If anyone has questions about and aspect of the Return to Play contact one of the members below for information.

Name	WGMH Position	Contact
Jeff Marshall	President	226-974-0936 president@westgreymenorhockey.com
John Kollias	Vice-President	519-369-4613 vicepresident@westgreymenorhockey.com
Alex Neuman	Town Contact	519-379-3694 towncontact@westgreymenorhockey.com
Becky Weltz	Ice Scheduler	scheduler@westgreymenorhockey.com
Kim Tone	Registrar	519-665-7743 registration@westgreymenorhockey.com
Teena Rahn	Secretary	519-369-6002 secretary@westgreymenorhockey.com

Phases & Stages

West Grey Minor Hockey's Return to Hockey Plan will follow the phases and stages as set out be Ontario Hockey Federation in the [OHF Return to Hockey Framework](#).

Registration

- Players Must Register on or Before September 15th, 2020
- Registration will be for an 8 week block intervals with the option to continue or cancel membership at that time. After each block new participants will have the opportunity to register.
- Payment for Registration will be calculated in Monthly intervals
- Players are encouraged to register online, but manual forms are still available [WGMHA - Online Registration](#)
- Volunteer Deposit Checks will not be required at this time
- Cost for Registration (See Appendix C)
- Registration costs will be re-evaluated after each block and subject to change through approval of the WGMHA Executive
- Gate fees will not be collected and have been factored into registration costs

Volunteer Hours

- There will not be an hourly requirement for volunteering this year
- Each team will be required to fulfill the requirements of their team amongst the parents and guardians as equal as possible. (i.e. Scorekeeper, clock, etc)
- If there are issues the parent rep is encouraged to reach out to the WGMHA Parent Rep Coordinator – Peggy Hutchinson

Season Structure

- Season will be broken down into 8-week interval blocks
- Season will begin with 2 week Developmental Phase Including; Practices, Skills, etc
- No tryouts
- Teams of 10 Max (9 Skaters + 1 Goalie)
- Teams will consist of 3 Bench Staff 2 coaches and 1 trainer
Note only 2 bench staff are permitted on the bench during games
- Games will consist of 3vs3 or 4vs4 based on numbers
- Players will be Tiered based on Skill
Evaluations will be based on previous years and coaches / private evaluators
Teams will be divided as equal as possible
Players from the same household will be placed on the same teams if possible
- Teams will play within West Grey Minor Hockey if possible, if not neighbouring Minor Hockey Centers within our Public Health Unit
Teams will play within 50 player max “Bubble” determined by the WOOA
- Teams will have 2 ice times per week (2 hours total)
1 Game slot 1 Practice Slot
- Schedule will be pre-determined by ice scheduler

Block 1	October 1 – November 25
Block 2	November 26 – January 27 *Includes 1 Week break for Holidays
Block 3	January 28 – March 25

- Development programs may be implemented during the year, with more information to follow
- All updates will be communicated Via the Coaches, Parents Reps and the West Grey Minor Hockey Website
- Rules for game play will be use in accordance with the OHF – Return to Hockey Framework – Section 14 – Appendix F

Reporting and Tracking

- Each participant is required to self screen or with a parent/guardian prior to arrival at the facility using the OHF Health Screening Questionnaire
See Appendix D
- Each team will be required to track all participation using the OHF Contact tracing.
See Appendix E
- If a participant fails the OHF Health Screening Questionnaire or becomes ill while at the facility, they shall notify the trainer immediately. The individual should begin following the protocol in Appendix B
- The trainer must then notify WGMH Secretary immediately
Teena Rahn
secretary@westgreymenorhockey.com

SECTION 4

Facilities

Off-Ice Guidelines

- Facilities will be use in accordance with the guidelines outline by the Municipality of West Grey. See Appendix F for current guidelines
- One door will be dedicated for entry and an alternate door dedicated for exiting the facility
- Any member of West Grey Minor Hockey not adhering to Municipal Guidelines will have their membership revoked
- Facemasks will be required by all people entering the facilities
- Physical Distancing is to be maintained at all times when possible
- Participants will be admitted 15 minutes prior to their session and are asked to vacate 15 minutes after completion
- Players are encouraged to come to the arenas dressed with the exception of skates, helmet and gloves
- Dressing rooms will be available as per municipal guidelines
Maximum numbers of participants per dressing rooms will be posted in each arena
- Showers will not be permitted to be used
- One Parent/Guardian per participant is permitted in the building and is required to maintain physical distancing while inside the facility

On-Ice Guidelines

- Players and Coaches are required to maintain a physical distance of at least 2m from any other players and coaches at all times during the session. All coaching should be done using verbal cues.
- Pucks and Pylons will be managed by the coaching staff. Players are not to pick up the pucks with their hands. Goalies are able to “block and catch” pucks as they would normally in the course of drills.
- Coaches need to work together to determine their own specific rink area for their session each time. Every coach will be responsible for developing/modifying training plans to the current fitness level and capabilities of every player in order to avoid injury.

As a reminder, the Two Deep Rule must be followed at all times in accordance with WGMHA policy. A trainer must be present on the bench at each training session (on and off ice).

SECTION 5

Hygiene

As hockey prepares to reopen, it is important to be familiar with federal guidelines, as well as provincial/territorial and local health authority guidelines, and adhere to these requirements.

Visit the Grey Bruce Health Unit website for more information

<https://www.publichealthgreybruce.on.ca/COVID-19>

Recommendations

Proper hygiene can help reduce the risk of infection or spreading infection to others.

- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.
- When coughing or sneezing:
 - 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 waste basket and wash hands.
 - Avoid touching the eyes, nose or mouth with unwashed hands.

Guidelines

- 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.
- Coaches and team staff should wear cloth masks where physical distancing is not possible, such as in the dressing room or on the bench.
- Minimize going in and out of doors, including the dressing room.
- Spitting and blowing the nose without tissue is absolutely forbidden.
- Some equipment should also be washed (jerseys, pant shells, socks) after each session following manufacturer guidelines. It is important that players ensure equipment is kept clean. Players will be responsible for their own jersey once games begin

SECTION 6

Roles & Responsibilities

Coaching Staff

- Be familiar with public health authority guidelines, and adhere to them.
- Review the West Grey Minor Hockey Return to Hockey plan.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Host an initial meeting with parents/guardians/participants to review how programming will look and allow them to ask questions (can be done virtually if required).
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly.
- Remind players and parents to follow physical-distancing guidelines when leaving.
- Dressing room use will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- When public health authority protocol and facility guidelines allow use of dressing rooms, have players appropriately physically distanced
- Players should not shower at the facility.
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.
- Follow Hockey Canada guidelines for best practices related to on- and off-ice activities.
- All participants must adhere to public health authority guidelines. Remember to review guidelines.

Trainer & Parent Rep

- Ensure the health and safety of the players and help to create a safe and welcoming environment.
- Educate parents and players on the need for each player to have their own water bottle labelled with their names. Players should take their water bottles home and wash them before the next session.
- Emphasize to players the importance of washing their hands regularly with soap and water or hand sanitizer. Carry extra hand sanitizer and disinfectant wipes in the first-aid kit.
- Emphasize to players the importance of keeping their equipment clean.
- Be familiar with the Hygiene section of this document, as well as the Return to Hockey plan from the Member, and emphasize to players and parents the need for total cooperation concerning hygiene.
- Work with coaches to support physical distancing, hygiene and return to play after illness.
- Gloves should be worn when handling equipment and when treating a player.
- Hands must be washed and gloves changed between each player contact.
- Cloth masks should be worn when treating players and when physical distancing cannot be practiced.
- Track and record all participation
- Follow the Warriors COVID-19 Protocols
- Parent Rep will ensure there are volunteers to operate the clock and game sheet when required

Players

- Always respect and listen to team staff as they create a safe environment.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touchpoints. Use the elbow to open.
- Absolutely no sharing of food or drinks.
- When coughing or sneezing:
 - 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 waste basket and wash hands.
 - Avoid touching the eyes, nose or mouth with unwashed hands.
- Avoid contact with anyone who is sick.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Parents / Guardians

- Be familiar with public health authority guidelines, and adhere to them.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Learn and follow the guidelines put in place by your Member, hockey association and team staff.
- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical distancing guidelines.
- Stress washing of hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility.
- Stress to kids not to touch their faces while at the hockey activity.
- Make sure kids let parents know if they are not feeling well.
- Make sure kids have their own clean water bottle, labelled clearly with their name, and stress the importance of not sharing water bottles.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

SECTION 7

Appendix A

Hockey Canada Resources

[Hockey Canada's Safety Guidelines](#)

[Hockey Canada's Safety Guidelines FAQs](#)

OHF Resources

[OHF Return to Hockey Framework](#)

[OHF Health Screening Questionnaire](#)

[OHF Participation Tracking](#)

[OHF Return to Hockey FAQs](#)

OMHA Resources

SECTION 8

Appendix B

WGMH COVID-19 Protocols

West Grey Minor Hockey Association puts the health and safety of all players, coaches, parents, and volunteers first and foremost. These protocols are designed to ensure a healthy and safe environment for all participants. All members of WGMHA are responsible for ensuring compliance with these protocols as well as following Grey Bruce Public Health guidelines at all times.

The following are recommended guidelines for team 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.

Individual Becomes Unwell – At the Facility

- Participant advises team staff/safety person immediately.
- Participant receives a cloth mask and wears immediately. Anyone caring for the participant should also wear a cloth 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, they should find a location to isolate.
- 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.
- An email should be sent to WGMH Secretary to inform them of the situation
Teena Rahn
secretary@westgreymhockey.com

Individual is Tested for COVID-19

- Any individual that has been tested for COVID-19 must not participate in WGMH activities while waiting for the results of the test, and not until a negative result is received
- A member of the Warriors COVID-19 response team will consult the attendance tracking sheets to inform the other participants who might have been in close contact with the individual
- Anyone who were in close contact with the tested individual should not participate in WGMH activities until the diagnosis of COVID-19 is ruled out by the health professionals

Individual Tests Positive For COVID-19

- If an individual test positive for COVID-19, they should inform WGMH Secretary immediately
Teena Rahn
secretary@westgreymenorhockey.com
- The Warriors COVID-19 response team will work where requested with the facility and public health officials to assist in contact tracing.
- The Warriors COVID-19 response team will work with the specific team, player and family. Any individual who has been in close contact with the positive individual should not participate in WGMH activities for 14 days and should follow public health guidelines regarding self-isolation and testing.
- WGMH President will inform all members of the Results
- WGMH President will inform the WOAA and the OMHA accordingly

Return to Play Following Illness

- If no test was performed, or the COVID-19 test was negative the individual may only return to WGMH activities once they go 24 hours with no symptoms of COVID-19
- Team trainer will confirm with the player and family when return to hockey is appropriate

Return to Play Following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities
- Currently public health is recommending the full 14 days of self-isolation or until 24 hours symptom free, whatever is later.

Modifications/Restrictions/Postponing or Cancelling

- Based on the evolving COVID-19 Pandemic, WGMHA is prepared to follow all public health, municipal/provincial government, and sport recommendations regarding modifying, restricting, postponing and or cancelling activities
- WGMHA will establish a cancellation program in necessary
- All members will be informed of any changes

Public Health Guidelines

WGMHA Members must follow all Grey Bruce Health Unit guidelines regarding COVID-19. These may include;

- Any individual who themselves has travelled outside of Canada, or has someone in their household who has travelled outside of Canada must self-isolate and not participate in WGMH 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 WGMH activities for 14 days.
- Any individual with symptoms of COVID-19 is not permitted to take part in WGMH activities
- Any individual who has someone in their household showing symptoms of COVID-19 should not participate in WGMH activities.

SECTION 9

Appendix C

Registration Costs

West Grey Minor Hockey is committed to providing safe and affordable programming for all its participants. Due to the circumstances this year WGMH has had to increase pricing, but will continue to monitor the status and make changes as necessary.

Registration is based on approximately 8 week blocks

Volunteer cheques will not be required at this time

Block 1	October 1 – November 25
Block 2	November 26 – January 27 *Includes 1 Week break for Holidays
Block 3	January 28 – March 25

One Time Fee Includes Insurance, OMHA and WOAA Fees	\$65
U7 (Initiation)	\$200 / Block
U8 (Minor Novice)	\$200 / Block
U9 (Novice)	\$200 / Block
U11 (Atom)	\$250 / Block
U13 (Peewee)	\$250 / Block
U15 (Bantam)	\$250 / Block
U18 (Midget)	\$250 / Block

SECTION 10

Appendix D

OHF 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.

- Severe difficulty breathing (struggling for each breath, can only speak in single words)
- Severe chest pain (constant tightness or crushing sensation)
- Feeling confused or unsure of where you are
- Losing consciousness

If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.

- Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
- Having a condition that compromises (weakens) your immune system (for example, lupus, rheumatoid arthritis, immunodeficiency disorder)
- Having a chronic (long-lasting) health condition (for example, diabetes, emphysema, asthma, heart condition, COPD)
- Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

The answer to all questions must be “No” in order to participate in any and all activity.

1. Are you currently experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

Yes No

Chills

Yes No

Cough that's new or worsening (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 metres away in the same room, workspace or area for over 15 minutes

Living in the same home

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

Yes No

2. In the last 14 days, have you been in close physical contact with a person either;

Is currently sick with a new cough, fever, or difficulty breathing; OR returned from outside Canada in the last 2 weeks? (This does not include essential workers who cross the Canada-US border regularly)

Yes No

3. Have you travelled outside of Canada in the last 14 days? (This does not include essential workers who cross the Canada-US border regularly)

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 (September 14, 2020).

SECTION 11

Appendix E

Participation Tracing Record

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating YES in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

Session Location	Date	Time

	Name of each individual in this session Please list all coaches, instructors and participants	Contact Phone #	Health Screening Pass (Yes or No)
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			
15			

Appendix F

Municipality of West Grey – Facility Guidelines



Facility Guidelines

1. Users are encouraged to self-screen for COVID-19 Prior to entering the facility.
2. Access to change rooms and washrooms are permitted with the exception of showers. (maximum of 10 participants per change room)
3. Please practise good personal hygiene, including washing hands & physical distancing.
4. Face coverings are required for all users entering the facility; they are not required on the ice surface.
5. Food or drink are not to be shared between users. Each user is required to bring their own water bottle.
6. Participants will be admitted 15 minutes prior to their session and are asked to be vacated within 15 minutes of program completion.
7. One spectator per participant is permitted in the building. Spectators are required to adhere to physical distancing guidelines.
8. Maximum users permitted on the ice surface is 20 unless stated otherwise by the facility manager.