

## **CDMHA Return to Hockey Standard Operating Procedure (SOP)**



### **Return to Play Plan with Covid-19 protocols**

#### **Introduction**

1. This SOP provides guidelines for the conduct of CDMHA Hockey year 2020-2021 under the current Covid-19 conditions. It has been broken down into categories to include:

- a. Assign someone to monitor updates;
- b. Meet with your facility;
- c. Team staff clarifies responsibilities specific to practice;
- d. Arrival at facility organized to meet guidelines;
- e. Hygiene Requirements;
- f. Physical distancing in the facility;
- g. Guidelines around dressing rooms and showers;
- h. Physical distancing during on-ice sessions;
- i. Requirements for parents/guardians at the facility;
- j. Departure from facility organized to meet guidelines;
- k. Procedure if participant is sick and
  - l. Parent Meeting.

#### **Aim**

2. The aim of this SOP is to provide guidance to CDMHA volunteers, parents and players with the measures that shall be taken when conducting on-ice practices/games. It is important to note that these are guidelines and can be considered the minimum standard. Any other ways to use other mitigating techniques to enhance these guidelines shall be adopted to help prevent the spread of COVID-19.

#### **Responsibilities**

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3. It is the responsibility of all volunteers, parents and players to follow prudent measures to protect themselves and others from being infected by the Corona Virus. This is intended for Volunteers, Players, Parents and any potential visitors to conform strictly to this SOP.

### **Conduct Procedures**

4. Assign someone to monitor updates: The Vice-President of Rep/AE will monitor all OMHA updates and provide the information directly to the President for consideration and implementation.

5. Meet with your facility: CDMHA is currently receiving updates from Haldimand County via e-mail through the ice scheduler regarding their planned opening procedures. CDMHA will continue to monitor these e-mail updates and will put forward a request to meet with the immediate arena staff prior to allowing any teams on the ice. CDMHA will provide a roster of individuals participating as per the request of Haldimand County, at least three (3) business days prior to facility use.

6. Arrival at the facility organized to meet guidelines: The following procedure will be followed when arriving at the arena. taken when monitoring updates.

- a. Volunteers, parents and players can arrive no earlier than 15 minutes prior to scheduled ice time;
- b. enhanced screening questionnaire (see Annex A) shall be completed prior to entering the facility (verbally is acceptable);
- c. anyone entering the facility will wear a mask as per the by-law if physical distancing cannot be maintained;
- d. physical distancing will be adhered to and/or PPE will be worn throughout; and
- e. CDMHA will be required to keep a roster list of all names and phone numbers for all players, referees, coaches and volunteers that attend the arena for a period of 30 days to assist with contact tracing.

7. Hygiene Requirements:

- a. There will be hand sanitizer available at the entrance of the facility and will be required when anyone enters;
- b. There will be limited washrooms available for use;
- c. use of PPE and social distancing by all volunteers, parents and players;

- d. There will be no equipment sharing between skaters;
  - e. a robust cleaning schedule will be arranged which will include a 30 minute transition time between all rentals to allow for skaters to exit, disinfection to take place and new skaters to enter.
8. Physical Distancing in the Facility. The following rules will be adhered to:
  - a. Directional floor stickers and signage will be posted throughout the facility;
  - b. There will be no water filling stations or taps available at the facility;
  - c. physical distancing will be adhered to and/or PPE will be worn throughout.
9. Guidelines around dressing rooms and showers. The following will be adhered to:
  - a. Dressing rooms and showers will not be available for use, participants will need to wear their equipment to the arena;
  - b. Chairs will be set up outside the ice pad for putting on skates.
10. Physical Distancing during on-ice sessions. The following will apply for all instruction:
  - a. There will be a maximum of 40 participants allowed on the ice at one time (subject to change as the facility updates their policies);
  - b. There will be no physical contact allowed on the ice at any time.
11. Requirements for Parents/Guardians at the facility. The following procedures will be adhered to:
  - a. If a parent/guardian is required to assist a skater, only one (1) parent/guardian per skater will be allowed in the facility. The parent/guardian may remain in the designated seating area during the rental.
  - b. There will be a maximum of 40 parents/guardians allowed in the designated public seating area; and
  - c. Parents/Guardians in the designated area should respect the 2m physical distancing requirements at all times;

12. Departure from the Facility:
  - a. All parents/guardians and skaters have 15 minutes to remove skates and vacate the premises.
  
13. Procedure if Participant is sick/Reported Symptoms/Outbreak of COVID-19:
  - a. In the event that an individual reports symptoms of COVID-19 the following procedure will occur:
    - (1) Parent/Guardian reports Symptoms to the coaching staff;
    - (2) Player(s) will not attend the facility until a negative COVID test is received;
    - (3) Coaching staff will report players information to CDMHA Executive;
    - (4) After the test player(s) will be returned to isolation for a min 10 days;
  - b. COVID-19 Outbreak: Five positive cases of COVID-19 will be considered an Outbreak by CDMHA in which case the following will occur:
    - (1) The Outbreak shall be immediately reported to Haldimand County and OMHA;
    - (2) All team activities will immediately be suspended and possible testing may be required;
    - (3) The County will determine if a deep clean of all areas will occur; and
    - (4) Contact Tracing will occur.
  
14. Parent Meeting: At this time an email will be sent to all CDMHA participants and a posting will be put on the website to include an overview of what to expect from the hockey season 2020-2021 and this SOP. We are unable to meet with our parents at this time in a group setting due to the current COVID restrictions but would be open to meeting with parents in small groups if necessary.
  
15. Summary: All personnel who are conducting on-ice instruction shall read and be familiar with these guidelines. As stated these are only guidelines and any efforts to enhance social distancing and mitigate the chance of spread when possible shall also be taken. The intent is to take a “common sense” approach to the conduct of IT under the current Covid-19 conditions.

Annex A  
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.

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 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 ( <i>continuous, more than usual</i> )	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

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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:

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

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).*

Annex B  
 OHF Contact Tracing

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	Ice Pad	Date	Time

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

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	<b>Name of each individual included in this session Please list all coaches, instructors and participants</b>	<b>Contact Phone Number</b>	<b>Health Screening Pass (Yes or No)</b>
<b>13</b>			
<b>14</b>			
<b>15</b>			
<b>16</b>			
<b>17</b>			
<b>18</b>			
<b>19</b>			
<b>20</b>			
<b>21</b>			
<b>22</b>			
<b>23</b>			
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<b>25</b>			