

Port Colborne Girls Hockey Association



COVID-19 Protocol 2020/2021

This guide is intended to prepare players, parents, coaches and all volunteers for a gradual return to hockey through physical distancing in order to obtain individual skills or training. Hygiene and return to play protocols will be reviewed on an ongoing basis and may be updated as new health and safety information or regulation changes become available via OSHA or any other governing bodies.

The guide has the following sections included:

- Section A COVID-19 EDUCATION
- Section B COVID-19 PROTOCOL
- Section C COVID-19 HEALTH SCREENING AND TRACKING

Section A - COVID-19 EDUCATION

Best practices for good hygiene for everyone involved with return to hockey will make the transition easier and safe. In order to limit the spread of COVID-19, the following will be implemented:

- 1. Respiratory etiquette**
 - a. Wear a non-medical mask when entering and within the common area of the facility; when not in use, must be stored in a self baggage/closed container.
 - b. Ensure the mask covers chin, mouth and nose, whenever physical distancing cannot be maintained.
- 2. Hand hygiene**
 - a. Frequent and thorough hand washing
 - b. Use of hand sanitizer, when hand washing is not available; use prior to entry of facility
- 3. Physical distancing**
 - a. Maintain 2 meters apart
 - b. Do not shake hands or initiate personal contact Use of personal equipment o
Must be kept on person at all times

- c. Water bottles must be labeled, clean and brought by each player; filled prior to coming on site.
- d. No bags or other equipment, other than helmet or stick to be brought into the facility.

Although regulations are based on provincial instruction, many other factors will be implemented from municipal, regional, and public health authority guidelines.

The following links are provided to you in order to communicate to others and give an updated means of communication for recent updates:

Hand Hygiene:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid19-handhygiene.pdf?la=en>

Physical Distancing:

<https://www.publichealthontario.ca/-/media/documents/ncov/facsheet/factsheet-covid19-guidephysical-distancing.pdf?la=en>

How to self-monitor:

<https://www.publichealthontario.ca/-/media/documents/ncov/facsheet/factsheet-covid19-selfmonitor.pdf?la=en>

When and How to Wear a Mask

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid19-how-to-wear-mask.pdf?la=en>

How to self-isolate

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

SECTION B - PROTOCOL:

Establishing a protocol, of the diagnosis for any related cases of COVID-19 and to communicate prior to, during or after any type of COVID-19 situation, in order to make all individuals (facility staff, coaches, trainers, participants, parents, administrators, volunteers) aware, is of the utmost importance to everyone's health and safety.

Contact list for COVID-19 Association Oversight Group

President Tim Hoyle tim@pcwave.ca

2nd Vice President Ken Breitenbach ken@pcwave.ca

Administrator Christina Schoures cschoures@gmail.com

House League Director Tricia Panunte gpanunte@cogeco.ca

Reference document for symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs2019_refere_nce_doc_sy mptoms.pdf

Protocol for situations whereas:**Individual(s) who have become ill or show signs during hockey sessions:**

1. Immediately terminate participation in activity.
2. Isolate individuals from all others in a well ventilated area or outside and provide a non medical mask for individuals to wear if they do not have one available.
3. Individuals are directed to proceed to their home and instructed to follow public health guidelines (provided in this guide) for self isolating and testing.
4. The Facility that the individual was participating in should be informed in order for cleaning or quartering off areas that potentially could be at risk.
5. Contact one of the above members of the situation as soon as possible. Provide the parent or guardian contact information for follow up purposes.
6. The OSHA president and or Director of Operations are to be informed of the situation via email as soon as possible team@owha.on.ca. Information to be provided: Date, time, individual name, session organizer, Covid representative, parent or guardian information, facility held at (all contact information of each).

Individual(s) who have tested for COVID-19:

1. Will not participate in any hockey related session while awaiting for testing results or until a negative test is received.
2. The COVID-19 Oversight Team will review tracking sheets from the session, in order to provide communication to other participants who may have been in close contact with the tested individual.
3. All individuals who have been in close contact will not resume in any hockey activity and follow public health guidelines until diagnosis of COVID-19 is ruled negative by a health professional.

Individual(s) who tests positive for COVID 19:

1. Immediately contact a member of the COVID-19 Oversight Group.
2. COVID-19 Oversight Group will work in ensuring that the facility, public health and other officials can trace all contacted individuals. Session participation tracking sheets will be required to assist with the contact procedure.
3. Any individuals who have been in close contact with the test positive individual should not participate in any hockey activities for **14 days** and should follow public health guidelines for self isolation and testing.
4. COVID-19 Oversight Group will communicate to the association that there was a test positive case at the facility.

5. COVID -19 Oversight Group will communicate to the facility that there was a test positive case and work to ensure if further cleaning is required.
6. COVID-19 Oversight Group will communicate to OWHA via team@owha.on.ca of the test positive case and all information related to.

Return to Hockey activities:

AFTER ILLNESS – if no test was performed or COVID-19 testing was a negative result, the individual may only return to hockey activities once the individual has no longer experienced any COVID 19 symptoms.

AFTER TEST POSITIVE – the individual must follow all public health guidelines in order to return to any hockey related activities.

COMMUNICATION:

To ensure that all team groups are updated properly, the head coach or trainers, must adhere to the following:

1. Ensure that an up to date distribution list of emails is kept on file and provided to the COVID -19 Oversight Group.
2. Determine the best means of communication for a group (email or text).
3. Determine who is responsible for communication (head coach or trainer or COVID-19 Oversight Group) during communication of hockey notification stages.
4. Determine frequency of communication (weekly, biweekly) for updates.
5. Determine if virtual meeting or collection of questions via agreed upon communication method in order to resolve any questions.
6. Determine which COVID-19 Oversight member will be responsible for updates pertaining to your group.
7. Determine method in which documentation will be stored (virtual or hardcopy).
8. If an individual is tested for COVID-19, inform all team members via contact list and method, with assistance of COVID -19 Oversight Group.
9. If an individual is tested positive for COVID-19, inform all team members via contact list and method with assistance of COVID-19 Oversight Group.
10. Ensure that OWHA and facility is informed of items 8 and 9 with the assistance of COVID-19 Oversight Group.

SECTION C - COVID-19 HEALTH SCREENING AND TRACKING:

To determine if each individual, related to the hockey session or activity, is worthy of participating, a protocol has been established.

At EACH session, a team delegate (strongly suggested to be Head Coach or Trainer) to each the following:

- This questionnaire must be completed by each individual PRIOR to entering the facility or on ice activity.

- This questionnaire can be completed verbally (or online if available).
- The questionnaire responses, in their entirety, must be recorded/documented and filed for reference purposes.

Questions to be asked, must include and not limited to, the following:

Are you experiencing the following?

- Severe difficulty breathing
- Severe chest pain
- Feeling confused or unsure of your location
- Losing consciousness

If you are in any of the following risk groups, please speak with your health care professional:

- 70 yrs or older
- Receiving treatment that compromises your immune system (medication for transplants, chemotherapy, corticosteroids)
- Having a condition that compromises your immune system (diabetes, asthma, emphysema, heart condition)
- Regularly going to a hospital or health care setting

In order to participate in the On Ice activity, the participant must respond “**no**” to the following:

Questions	Yes	No
Do you have a fever?		
Do you have chills?		
Runny nose, sneezing or nasal congestion (not related to seasonal allergies or other known causes or conditions)?		
Lost sense of taste or smell?		
Pink eye (conjunctivitis)?		
Headache that is unusual or long lasting?		
Digestive issues (nausea/vomiting, diarrhea, stomach pain)?		
Muscle aches?		
Extreme tiredness that is unusual (fatigue, lack of energy)?		
Falling down often?		

If you are a young child, do you often feel sluggish or lack appetite?		
In the last 14 days, been in close contact (less than 2 meters away in same room)		
<ul style="list-style-type: none"> • With someone who tested positive for COVID-19? 		
<ul style="list-style-type: none"> • With someone who is currently sick with a new cough, fever or difficulty breathing? 		
<ul style="list-style-type: none"> • With someone who has returned from outside of Canada in the last 2 weeks? 		
In the last 14 days, have you travelled outside of Canada (Non-essential)?		
IF THE INDIVIDUAL HAS RESPONDED WITH “YES” TO ANY OF THE ABOVE QUESTIONS, THEY ARE NOT PERMITTED TO PARTICIPATE IN ANY HOCKEY ACTIVITY.		

Should you require further information on assessments, please refer to:

Assessment tool:

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

COVID-19 TRACKING OF PARTICIPANTS IN ASSOCIATION:

All participants (coaches, trainers, participants, on ice staff) in relation to the hockey activity must be tracked for many purposes. The main goal is to ensure that we have accurate records for communication and tracking purposes for contact in positive cases within association.

Many checklists can be made to accommodate the sessions but the following is best to provide all the pertinent information that is required.

Date of activity:		Timeframe:	
Place held:		Lead Person:	
		Contact number:	
Other details:			
Participant:	Contact Number	Email	Screening Result

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