



East Lambton Minor Hockey Association

Return to Play Guidelines

Purpose

East Lambton Minor Hockey Association (ELMHA) is working with Hockey Canada, OMHA, the townships of Warwick and Alvinston, and the Lambton Public Health Unit in making this plan. This plan is to ensure that in every phase of our return the safety of our players, coaches, officials and volunteers are top of mind, and is used in all decision making. This plan focuses on bringing the players back to the ice, for skill development and fun, while also being flexible to the changing environment we are dealing with due to COVID-19.

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice. The ELMHA board make no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing. Any information on COVID-19 should be obtained by your public health authority.

Information

The impacts of COVID-19 have been felt across Ontario by families, businesses and communities. It has also affected ELMHA. Sports for youth and adults were closed in early March with no identified return date. Our plan to return recognizes that we were shutdown playing 5 on 5 traditional hockey, but our return to that traditional hockey will take time and be phased in as governments allow.

ELMHA will be taking a phased approach as well. This staged approach does not have specific timelines but will evolve as more guidelines are put in place by governments, health officials and Hockey Canada/OMHA. At any point in our return we may need to pause, return to previous phases or move forward with new guidance.

Meetings with municipalities are ongoing and we have all agreed to work together towards common goals of getting the kids on the ice in an effective and safe manner. As more information and guidelines get implemented at our facilities in Alvinston and Watford, these will be communicated to our association and parents. Having open lines of communication with facilities will be key to making this return to play be successful.

This Return to Play document will be made available on our ELMHA website under the "Hockey Parents" tab, under "Return to Play – COVID-19". An information session will also be scheduled with our membership prior to the season commencing.

ELHMA has designated three board members to oversee activities related to COVID-19:

1. Adam MacKellar – President
2. Brad Rombouts
3. Brian Jubenville

During each ice time, a coach/manager/parent will responsible for keeping attendance of who is participating. This coach/manager will have a team checklist, including phone numbers, so they can track who is at each ice time. This list serves three purposes:

1. Documentation for COVID-19 tracing, if needed
2. Emergency Contact for parents/guardians in case of an emergency while their child is on the ice
3. Tracking of verbal health screening results.

This sign in person will also have responsibilities after practice to direct players out of the building to the designated exits.

As noted, each participant will also be asked a series of screening questions before being allowed in the facility. When entering the facility everyone must wash their hands with hand sanitizer and are encouraged to avoid touching their eyes, nose or mouth. Participants will be encouraged to use good respiratory etiquette. Ex. Sneezing or coughing into crook of elbow, no spitting etc. ELMHA will discourage cheering, chanting or yelling at these practices as this presents a high risk of spreading droplets. Social distancing will be consistently enforced in all areas of the arena. Masks at this point are not mandatory in our facilities. If this changes we will update this guideline document.

No sharing of water bottles or any other equipment is allowed. Please bring your own water and fill it at home.

At this point there is a maximum of 50 people in the arena at any given time. ELMHA is working with the municipality on keeping our numbers below 25 at each ice time so this “50” person limit will never be jeopardized.

Players are to arrive at the facility 20 minutes before their ice time and be half to fully dressed. At 15 minutes to ice time rental, these players will be allowed to enter the facility, sign in and go to their assigned dressing room. They will have 10 minutes to get their skates, helmets, and gloves on and be ready to hit the ice. Each dressing room has an assigned route to and from the ice surface, so players do not cross over with other users. Once an ice time is complete, the players will undress quickly and leave the arena via their designated side door. Dressing rooms will be marked with specifically outlined areas where players can sit so, they are staying appropriately distanced. Coaches will have chairs in the rooms to get their gear on as well. Benches are not to be used during ice times.

Attached is a map of the Watford arena facility. It shows the breakdown of which doors are used for entering and which are used for exits. No door will be used for both. It also shows routes to and from ice for each dressing room. At this point, room 3 will be used as a girls change room only.

Players can only use their allotted dressing rooms. Showers may not be used. To ensure the “two deep rule” for dressing rooms, as well as follow social distancing rules, coaches will leave the dressing room doors open at all times. Players need to stay in their dressing rooms until their scheduled time. There will be no congregating at the benches.

At this time no spectators will be allowed in the arena. This is set by the arena staff and follows with the rule of 50 people maximum in the facility at a time.

Failure to comply with the facility requirements or the requirements of ELMHA return to play may result in disciplinary action. Such action may result in the member losing privileges, which includes opportunities to participate in events both present and future.

Registration

ELMHA understands that it is important to provide flexibility in registration for this season 2020-21. Due to COVID-19, some participants will want to start right away, and some will want to start later. As such, ELMHA will be flexible in waiving all late fees at anytime of registration. We will be using the same fee's as the previous year with no increase in registration cost. If for some reason we need to refund parents due to COVID-19, we will do this on a pro-rated basis. For example, if registration is \$500 for the season (Note: Sept 15- Mar 15 = 6 months), and we must shut down December 15, then half of the registration would be refunded. This is an example only.

ELMHA is willing to work with all parents financially, if needed, to get their children back on the ice.

Framework

Starting September 14 – November 1, we are setting up “Bubbles” of players as per directed by OMHA. These bubbles are of a maximum of 50 players. We have also been directed by OMHA that we are not to do any tryouts at this time.

All practice and games are restricted to only our Lambton County Health Unit at this stage, and all practices and games will remain within their set bubbles.

Therefore, ELMHA has decided that we will organize all our division categories in their own “bubbles”.

Ex. Midgets (U18), Bantam (U15), Peewee (U13), Atom (U11), Novice (U9) and IP (U7).

Bubble #1: Midget – Approx. 32 skaters – 2 goalies

Bubble #2: Bantam – Approx. 29 skaters – 5 goalies

Bubble #3: Peewee – Approx. 38 skaters – 3 goalies

Bubble #4: Atom – Approx. 36 skaters – 5 goalies

Bubble #5: Novice – Approx. 34 skaters – 1 goalie

Bubble #6: IP – Approx. 34 skaters

To start the season, we will be further dividing these groups up into Major/Minor for practices. This was the easiest way to split the kids up into groups under 20 for each practice. Once the season gets started, we plan to be flexible in the way we split up the categories for practices.

Each bubble will be “managed” by 1-2 board members. The roles of these managers are to oversee the operations of their bubble. This includes maintaining communication with parents about ice times and new procedures, and to provide leadership in creating and implementing a skill development plan collaboratively with all coaches and volunteers for the first couple months of hockey.

For the IP group. We are planning on a staggered start. We will be having the grade 1 kids start first and then phase in the SK kids over the first couple weeks. This group will be challenging as coaches are not physically allowed to help these players. At this level sometimes players need help up from the ice. For the first couple weeks it will be only players that are in grade 1 or SK who have played before and are self-sufficient that will be allowed to attend ice times. If this goes well, we will consider opening up ice times for the younger/first time players to attend with their parents on ice to help.

At this point, ELMHA will focus its emphasis on skill development and having fun. We see this as a unique opportunity to help develop skills in a fun and meaningful environment. We can also use different techniques than the normal to promote these skills and keep the players entertained and enjoying hockey.

Positive Covid-19 Test

If a member tests positive for Covid-19 they are to report this immediately to Adam Mackellar and to the manager of their respective bubble.

They should consult their doctor or respective health unit to get the best health advice, in that situation.

They cannot interact with anyone in the hockey community and must quarantine for 14 days before being allowed back to any hockey activities. All family members are included in this quarantine.

ONTARIO HOCKEY FEDERATION Health Screening Questionnaire – Highlighted will be USED at DOOR.

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?
2. Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher) Yes No
3. Chills Yes No
4. Cough that's new or worsening (continuous, more than usual) Yes No
5. Barking cough, making a whistling noise when breathing (croup) Yes No
6. Shortness of breath (out of breath, unable to breathe deeply) Yes No
7. Sore throat Yes No
8. Difficulty swallowing Yes No
9. Runny nose, sneezing or nasal congestion (not related to seasonal allergies or other known causes or conditions) Yes No
10. Lost sense of taste or smell Yes No
11. Pink eye (conjunctivitis) Yes No
12. Headache that's unusual or long lasting Yes No
13. Digestive issues (nausea/vomiting, diarrhea, stomach pain) Yes No
14. Muscle aches Yes No
15. Extreme tiredness that is unusual (fatigue, lack of energy) Yes No

16. Falling down often Yes No

17. 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 physical contact with someone who tested positive for COVID-19? Yes No

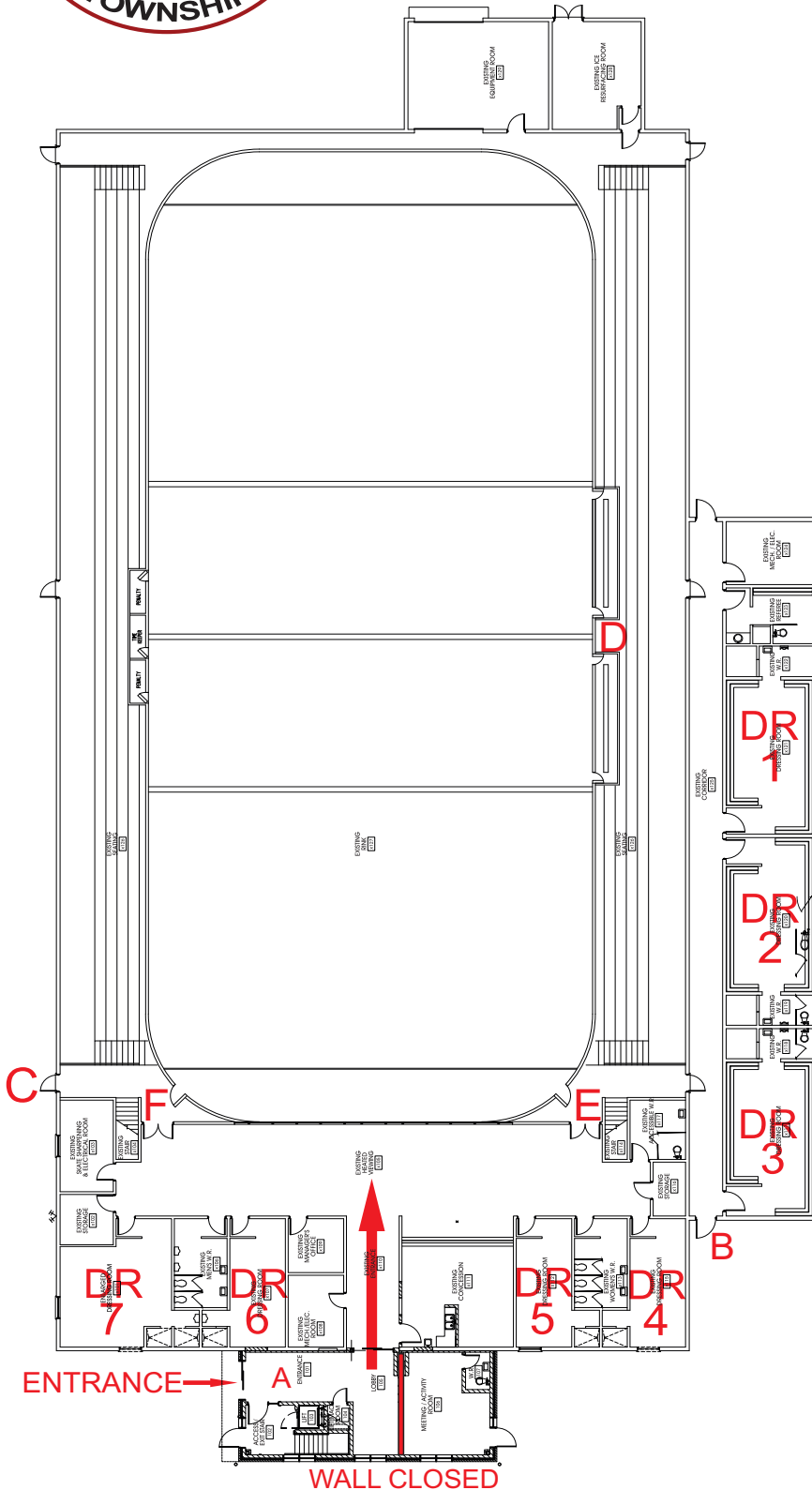
2. In the last 14 days, have you been in close physical contact with a person who either: Is currently sick with a new cough, fever, or difficulty breathing; OR Returned from outside of Canada in the last 2 weeks? Yes No

3.. 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).



Watford Community Arena COVID 19- Reopening Plan



**A. Players / Skaters Check IN
(NO Parents / Guardians
beyond this point)**

B. Exit Building DR 1,2,3

C. Exit Building DR 4,5,6,7

D. On / Off Ice- DR 1,2,3

E. On / Off Ice- DR 4,5

F. On / Off Ice- DR 6,7



GROUND FLOOR PLAN
SCALE 3/8" = 1'-0"



NORTH