



# **RETURN TO HOCKEY PLAN**

As of September 16, 2020



# AYR ROCKETS RETURN TO HOCKEY PLAN



## Purpose

The purpose of this document is to provide guidelines and a path to return to hockey for Ayr Rockets Girls Hockey Association gradually and with the utmost consideration of safety for all. This includes programming and administration at North Dumfries Community Complex and other ice facilities.

This plan is, and will remain, in compliance with all laws, guidelines and recommendations from the Government of Ontario, Region of Waterloo Public Health, Hockey Canada, Ontario Women's Hockey Association (OWHA) and the Township of North Dumfries.

This document builds on the Return to Hockey Protocols of OWHA and is to be used in tandem with that document. The knowledge surrounding COVID-19 is evolving and therefore this plan will be updated regularly as circumstances change. Should there be a discrepancy in information the Rockets Return to Play Plan posted on the Rockets website [www.ayrockets.com](http://www.ayrockets.com) will be the source document.

The OWHA is working to develop protocols and practices for a safe return to hockey, they are our governing Provincial Sports Organization and the Ayr Rockets must comply with the timing provided by the OWHA.

## Section 1: Operations

### Compliance with Regulations:

Ayr Rockets will follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Region of Waterloo Public Health, Hockey Canada, OWHA, and the Township of North Dumfries. Once Ayr Rockets begin to operate in other rinks within the Region of Waterloo, these protocols will be followed as well. This document will be updated as circumstances change for these external parties and/or Ayr Rockets.

### Compliance with these Protocols:

Each coach, player, parent, staff and volunteer is responsible for implementing and complying with both OWHA and Ayr Rockets protocols.

### COVID-19 Education:

Ayr Rockets will educate its coaching staff, players, parents and volunteers on the safety and hygiene protocols as laid out in Appendix A "COVID-19 Education Resources.

This Appendix will be sent to all players upon registration. Every coaching staff member, parent and volunteer is required to review and keep themselves up to date with the materials in this



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Appendix. Training on the Rockets Return to Hockey Plan including the COVID-19 Protocols will be held prior to coaching staff, players and parents returning to the rink.

### COVID-19 Response Team:

Ayr Rockets have appointed the following individuals to the COVID-19 Response Team:

Name	Position
Amy Hodgson	Director - Tournaments Ice Scheduler
Becca Perriman	Director - Communications & Website
Oliver Ammendolia	Director - Conflict Resolution
Cindy Ritchie	Secretary

If anyone has questions about any aspect of the Return to Play protocols or the policies and procedures related to COVID-19, they should contact the Rockets COVID-19 Response Team at [rocketscovidresponseteam@gmail.com](mailto:rocketscovidresponseteam@gmail.com)

### Training Groups:

Until such time as we are able to form teams, training groups will be established for each age group U7, U9, U11, U13, U15 & 2 at U18. Tiering will take place based on 2019-2020 level of play, evaluation during the first two weeks of ice and discussions between the coaches and Director of Player Development, Tyler Pragnell. No formal tryouts are allowed to be conducted at this time.

### Reporting:

If an individual fails the Rockets Health Screening Questionnaire at home, the individual should remain at home and inform their Coach or Trainer as quickly as possible. The individual should begin following the protocol in Appendix B: Rockets COVID-19 Protocols.

The Trainer will take charge of the situation if there is anyone who fails the Health Screening Questionnaire or falls ill while at the rink. The trainer will notify the Rockets COVID-19 Response Team who will initiate and follow the Rockets COVID-19 Response Plan. The Rockets COVID-19 Response Team will manage all communication pertaining to each report. They will inform the Township of North Dumfries and anyone directly impacted including coaches, players, volunteers and families.

### Ayr Rockets Communication Plan:

Ayr Rockets will post updates on the website and will continue to engage with social media followers to check these updates on the websites.



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Direct email lists will be used to communicate with coaches, players, families and staff. The Director of Communication and Website, Becca Perriman is responsible for these communication pieces. The Rockets COVID-19 Response Team will be considering how best to use other social media platforms to communicate with their members.

If members need to be informed of a COVID-19 test or positive results of a test, this will be done by the Rockets COVID-19 Response Team via phone and/or email to those affected. There may be a period of time where the program is shut-down to allow for cleaning and communicating in the case where a COVID-19 case is suspected or confirmed within a program at any Township of North Dumfries facility.

The Ayr Rockets Board has designated the Past President, Tricia McEwan to be the public spokespersons for the Ayr Rockets in case of emergency (i.e. COVID-19 Outbreak declared at rink). The Covid Response Team will notify the Past President if there is a suspected case, and will notify the whole board if there is a confirmed case.

All coaches and players are encouraged to consider their own mental health and anxiety about being together (but still physically distanced) at the rink as we return to hockey. All coaches and players need to respect the comfort levels of each other and are encouraged to be polite but forthcoming about their own mental health, and level of anxiety. Trainers are encouraged to voice any health and safety concern to the Head Coach and the Rockets COVID-19 Response Team at [rocketscovidresponseteam@gmail.com](mailto:rocketscovidresponseteam@gmail.com).

### Scheduling:

All scheduling will be done online through the Rockets website. Coaches will have access to training group pages to indicate training group specific information. The schedules will be created to allow for the required cleaning time for each rink location as set out by the Township of North Dumfries.

## Section 2: Programming

### Programming

Return to Hockey at this stage will be limited to small group training on and off ice. The Ayr Rockets are currently accepting player registrations for the 2020-2021 season. All players shall be registered with the Ayr Rockets for the 2020-2021 season and paid prior to attending their first session.



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## Programming September 20 - December 31, 2020

As mentioned above, programming is subject to OWHA approvals and will follow the OWHA Return to Hockey Plan. Any changes to the 2020-2021 programming will be communicated to families. At this time, we are permitted to do skills, drills and intersquad games. Leagues are currently being created for the anticipated start on a tiered structure following Thanksgiving. U7 FUNDamentals will begin the first Saturday following Thanksgiving, as per the 2019-2020 season.

## Fee Structure September 20 - December 31, 2020

\*Non-refundable \$53 OWHA One Time Insurance Fee

\*Non-refundable \$50 Fundraising Fee (upon receipt of tickets)

	September 15	November 15	January 15	February 15
U9-U18	\$200	\$200	TBA	TBA
Fundamentals	\$200	N/A	TBA	N/A
Goalies	\$150	\$150	TBA	TBA

As the Ayr Rockets are following the OWHA Return to Hockey Plan, we will not be collecting Rep Fees at this time. The Ayr Rockets will create tiered teams as mentioned above within their training groups to participate in league play following Thanksgiving. Once tryouts are permitted and we are able to create Rep Level Programming this will be re-assessed.

## Tryouts and Evaluations:

No Rep Tryouts are being scheduled at this time. Evaluations, facilitated by the Director of Development, Tyler Pragnell and in conjunction with the coaches at each level, may take place during skills sessions to create tiered teams.

## Limitations on Size of Training Groups:

All training sessions must follow provincial and local public health as well as facility guidelines with respect to the size of gatherings. Limitation on size of training groups able to use the ice or facility may vary due to size of facility and location of facility.

### North Dumfries Community Centre:

- 25 Participants On Ice

### Plattsville Community Centre:

- 25 Participants On Ice



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## Section 3: Off-Ice Activities

### Facility Access and Traffic Flow

#### PRIOR TO ARRIVING:

1. Stay home if you are not feeling well
2. Stay home if you have been in contact with a confirmed or probable case of COVID-19
3. Stay home if you have travelled out of Canada in the past 14 days
4. Use proper hygiene and wash hands frequently
5. Players MUST complete the Rockets Health Questionnaire

#### ARRIVING AT OUR ARENAS:

1. Practice physical distancing (2 meters)
2. Masks must be worn in the facility, except when on the ice
3. Please use the hand sanitizer at the entrance to each facility
4. Please follow all signage, distance markings and barricades placed to assist with spacing and proper facility flow paths throughout
5. Spectators entering the building must go through the self screening process each time they enter
6. Spectators must sign the Ayr Rockets Spectator Contact Tracing Form prior to proceeding to allow COVID-19 contact tracing by Public Health
7. Gatherings outside the facility are strongly discouraged
8. Players will report to their Coach to confirm the Ayr Rockets Health Questionnaire was completed successfully

### North Dumfries Community Complex

1. ENTRY:
  - a. All users are required to enter through the Front Door
  - b. Players may enter no more than 15 minutes prior to their Ice Time. Players must go straight to their dressing room and follow dressing room procedures
  - c. Spectators may not enter until their players Ice Time
2. Dressing Room Use:
  - a. Dressing rooms will be available for use for 15 minutes before your ice time and 20 minutes after.
  - b. Each group will be divided as two dressing rooms will be available each Ice Time
  - c. Dressing rooms have spaces designated as 1 and 2 and measured to be 2m apart. If all spots are full players may have to wait in the hall until the room is empty.
  - d. Dressing room doors are propped open and are to be left open
  - e. Masks must be worn in the dressing rooms.
  - f. Dressing rooms will be cleaned and disinfected before each use
3. EXIT:
  - a. All users are required to exit through the Front Door
  - b. Players will have 20min following their Ice Time to exit



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- c. No one shall stop in the hallways or lobby when exiting
4. Spectator Attendance (2 max per participant):
  - a. Walking Track will be closed during all Ayr Rockets Ice Times
  - b. Attendees may bring their own non-alcohol beverage and/or water in a plastic bottle (no glass containers permitted).
  - c. Individually packed food and individually packed utensils are permitted.
  - d. Some seating areas will be closed off, it is preferred that spectators stand, if standing isn't an option, please use the seating area that is open
  - e. Social distancing is expected at all times
  - f. The seating area will not be cleaned or disinfected between each use
  - g. There will be no lost and found, anything left behind will be discarded

### Plattsville Community Centre

1. ENTRY:
  - a. Required to enter through the Front Door which will be locked at all times to control admittance
  - b. Players & Coaches will be given access 35min prior to Ice Time
  - c. Spectators will be given access 10min prior to Ice Time
  - d. If you are late, you will not have access to the arena
2. Dressing Room Use:
  - a. 12 people MAX
  - b. All garbage must be properly disposed of prior to exit
3. EXIT:
  - a. All users are required to exit through the end door down the dressing room hallway within 30min of the completion of your Ice Time
4. Spectator Attendance (1 max per participant):
  - a. Only 1 spectator is permitted in the facility and they must wait in the lobby or stands during the ice time
  - b. No food or drink is permitted in the facility. Water in plastic bottles is permitted for participants (no fountain use)
  - c. Spectators not following physical distancing requirements may be asked to leave the facility, along with the participant that they are responsible for

After each ice session, the coach or trainer will email the completed player attendance form and spectator contact tracing form to [rocketscovidresponseteam@gmail.com](mailto:rocketscovidresponseteam@gmail.com).

### Player Absence

If a player will be absent, they should email the coach and trainer so it can be noted on the attendance sheet. If any player or coach unexpectedly misses a session, one of the coaches should notify [rocketscovidresponseteam@gmail.com](mailto:rocketscovidresponseteam@gmail.com) no later than the end of the ice session. Within 24 hours, a member of the COVID-19 Response Team will follow up with the coach/player or their family by e-mail and/or phone. If the reason for not attending is related to COVID-19 the COVID-19 Response Team will notify the Ayr Rockets Past President, Tricia McEwan.



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### Spectators

#### North Dumfries Community Centre

- 2 Spectators per Participant (recommendation: 1 per participant and no children)

#### Plattsville Community Centre

- 1 Spectator per Participant

No spectators are permitted in the dressing room area. Spectators will have a designated viewing area and are expected to respect physical distancing with others in the rink. All players will be assisted with skates and helmets by the coaching staff. If more spectators per participant enter the facility they will be asked to leave. If spectators are not following the facility guidelines they will be asked to leave.

### Warm-up/Cool down

There will be no indoor warm ups or cool downs within either facility. Outdoor green spaces may be used for these purposes, no parking lots due to safety.

### Personal Hygiene

Players and coaching staff are encouraged to practice hand washing and good personal hygiene. All players, coaches and spectators are required to wear face coverings when inside the facility.

### Personal Protective Equipment – Face Masks

The Region of Waterloo passed a bylaw Number 20-035 to require the wearing of face coverings in enclosed public places. The exception to this bylaw for the Ayr Rockets is that “A person engaged in a sport or other strenuous physical activity”.

Everyone must wear a mask before entering any facility being utilized by the Ayr Rockets, including all players, coaches and spectators. Players and Coaches must wear a mask, unless wearing their helmet. Masks are required to be worn while taking skates on and off.

Ayr Rockets will be providing one face mask to each player and member of the coach staff. It is the responsibility of all players and coaches to store the mask when not being worn. Additional masks are the responsibility of each player and coach. Spectators are responsible for supplying their own mask.

### Dressing Rooms

Players and coaches must come to the rink dressed and ready to go on the ice. Dressing rooms will be used to store small bags and put on skates and helmets only.

### Personal Items





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Ayr Rockets recommend using a smaller bag than a regular hockey bag, but big enough to store skates, helmet, gloves and water bottle. Goalies being the exception. It is recommended players bring their own water bottle and mask. These should be in small containers that can be easily sanitized upon leaving the rink and before returning.

### Section 4: On-Ice Activities

#### Physical Distancing

Players and Coaches are expected to maintain physical distancing and all coaching should be done using verbal cues.

#### Pucks and Pylons

Pucks and Pylons will be managed by coaches. Goalies are able to “block and catch” pucks as they would normally in the course of drills.

#### On-Ice Coaching

Coaches need to work together and will be responsible for developing training plans to the capabilities of every player in order to avoid injury. Training plans shall take into consideration physical distancing. The Ayr Rockets will continue to follow all OWHA and Ayr Rockets policies with regards to dressing rooms and the presence of a Trainer within the facility.

Coaches will be required to attend the Rockets Zoom webinar training on Return to Hockey before returning to the ice. Emphasis will be put on following these protocols as part of the requirements to operate within Ayr Rockets Girls Hockey Association.



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## APPENDIX A: COVID-19 Education Resources

The Rockets COVID-19 Response Team will ensure that staff, coaches, players, parents, members and volunteers receive education on new safety and hygiene protocols within the Association. Members will be provided Government-approved information on ways to limit the spread of COVID-19.

It is everyone’s responsibility to ensure that they regularly check and familiarize themselves with the most up to date information contained in these resources. The following links provide helpful information for staff, coaches, players, parents, members and volunteers:

### Ontario Public Health Public Resources:

Topic	Tool
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to Self Monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When & How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>
Covid-19 Symptom Reference	<a href="http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_refer ence_doc_symptoms.pdf">http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_refer ence_doc_symptoms.pdf</a>
Ontario Covid-19 Online Self Assessment Tool	<a href="https://covid-19.ontario.ca/self-assessment/">https://covid-19.ontario.ca/self-assessment/</a>
Region of Waterloo Covid-19	<a href="https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx">https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx</a> <a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>



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### Appendix B: Ayr Rockets COVID-19 Protocols

Ayr Rockets Girls 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 the Ayr Rockets are responsible for ensuring compliance with these protocols as well as following Waterloo Public Health guidelines at all times.

If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that has become unwell with symptoms of COVID-19, that individual must immediately stop participation in Rockets hockey activities.

#### Actions to Follow:

- Individual should be isolated from in a well-ventilated area, or outside and provided with a non-medical face mask if available
- 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
- Email shall be sent to the Rockets COVID-19 Response Team to inform them of the situation at [rocketscovidresponseteam@gmail.com](mailto:rocketscovidresponseteam@gmail.com)
- Rockets COVID-19 Response Team will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

#### 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
- Rockets COVID-19 Response team will consult the Session Attendance tracking sheets 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:

- Individual or Parent/Guardian shall inform a member of the Rockets COVID-19 Response Team
- Rockets COVID-19 Response Team will work where requested with the facility and public health officials to assist in contact tracing. The Session Attendance tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual
- Rockets COVID-19 Response Team will work with the specific team, player and family. Any



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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

- ❑ Ayr Rockets Past President, Tricia McEwan will inform all members of a positive COVID-19 result within our hockey organization
- ❑ Rockets COVID-19 Response Team will inform and work with the facility to determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- ❑ Ayr Rockets Past President, Tricia McEwan will inform OWHA of a positive COVID-19 diagnosis by emailing [team@owha.on.ca](mailto: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 go 24 hours with no symptoms of COVID-19

### **Return to Hockey Activities Following COVID-19:**

- ❑ Currently public health is recommending the full 14 days of self-isolation or until 24 hours symptom free, whatever is later.

### **Modification/Restriction/Postponing or Canceling of Hockey Activities:**

- Based on the evolving COVID-19 pandemic, the Ayr Rockets are prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Ayr Rockets will be establishing a program cancellation policy and share this information on the Rockets website
- Rockets players, coaching staff, staff and volunteers will be informed via e-mail as soon as possible of any modifications/restrictions or cancellations
- Ayr Rockets will 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**

Ayr Rockets members must follow all Region of Waterloo 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



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## ROCKETS HEALTH SCREENING QUESTIONNAIRE

**This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity entering a facility. 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)

### 1. Are you experiencing any of these symptoms? (Answers must be “No” in order to participate)

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

Runny nose, sneezing or nasal congestion  Yes  No  
(*not related to seasonal allergies or other known causes or conditions*)

Headache that's unusual or long lasting  Yes  No

Digestive issues (nausea/vomiting, diarrhea, stomach pain)  Yes  No

Extreme tiredness that is unusual (fatigue, lack of energy)  Yes  No

For young children and infants: sluggishness or lack of appetite  Yes  No

Chills  Yes  No

Sore throat  Yes  No

Difficulty swallowing  Yes  No

Lost sense of taste or smell  Yes  No

Pink eye (conjunctivitis)  Yes  No

Muscle Aches  Yes  No

Falling down often  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 call your trainer immediately and let them now that you have responded positively to questions in The Rockets Health Screening Questionnaire. If you don't have contact information for your trainer please e-mail - your name; age group; date and time of activity to: [rocketscovidresponseteam@gmail.com](mailto:rocketscovidresponseteam@gmail.com).**

*Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).*