

# Hespeler Minor Hockey Association

## Return to Hockey Plan 2020-2021 Season





## **Introduction**

Following the Ontario Hockey Federation (OHF) Return to Play Framework and OMHA guidance, HMHA will provide the following hockey program for U7 (Initiation) to U21 (Juvenile) age categories.

This plan is an outline and may change based on the Public Health Unit, OHF, OMHA, and City of Cambridge direction.

Changes due to unforeseen circumstances might cause reduction in ice times or season cancellations that are out of HMHA's control.

Further information can be found at the following sites:

- [www.hmha.ca](http://www.hmha.ca)
- [www.ohf.on.ca](http://www.ohf.on.ca)
- [www.omha.net](http://www.omha.net)
- [www.hockeycanada.ca](http://www.hockeycanada.ca)
- [www.cambridge.ca](http://www.cambridge.ca)

## **Team Layout / Season Structure**

Teams of 9 skaters + 1 goaltender

Approximately two 50-minute ice times per week for each team from September 26, 2020 to March 26, 2021 with a week off at Christmas.

While all teams will be registered as Local League there will be two groupings per age category of competitive and recreational players (if player numbers do not allow for multiple groupings, only one grouping will be utilized) .

There will be no tryouts held for player team assignments. Players will be assigned to teams by HMHA Executive and HMHA coaches based on the level played last season. Effort will be made so that players on the ice are of a similar skill level.

Players will be notified of their team assignment by their head coach via email before October 16, 2020.

Ice time schedules will be posted on the HMHA website according to teams.



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30 to 40 player bubbles (3 to 4 teams) to allow for future 3 X 3 or 4 X 4 internal games later in the season based on OMHA approval.

Potential future playing of other local centres within the Waterloo Region Health Unit boundaries later in the season if allowed by OMHA. The playing format is not yet determined.

The following will be the HMHA 2020-2021 season outline for U7 to U9:

8 Weeks Development (Within Player Bubbles)

15 Weeks of 4 x 4 Games

The following will be the HMHA 2020-2021 season outline for U10 to U21:

3 Weeks - Group Development (Within Player Bubbles)

3 Weeks - Team Development

4 Weeks - 3 X 3 Games

13 Weeks - 4 X 4 Games

U9 and below teams (Novice and below) will play cross-ice games (3 X 3 or 4 X 4) for the duration of the season utilizing the middle zone as players benches.

U10 to U21 teams will play full ice games (3 X 3 or 4 X 4) and will utilize the players benches (physically distances).

All activities during ice times led by coaches who will incorporate physical distancing.

A development plan that follows OHF and OMHA development templates will be created and implemented by the HMHA Executive for the 2020-2021 season.

The season outline, the safety steps being implemented and the parent's role in creating a safe and healthy environment will all be communicated by email to all registered family's as well as posted on the HMHA website. A copy of this communication can be found in Appendix I.



## ONTARIO HOCKEY FEDERATION

*Return to Play Plan and Protocols*

### PRIOR TO INITIATING A RETURN TO HOCKEY PLAN HAVE YOU READ:

<a href="#">Hockey Canada Return to Hockey Safety Guidelines</a>	✓
<a href="#">Hockey Canada RTH Safety Guidelines FAQ</a>	✓
<a href="#">OHF Return to Hockey Framework</a>	✓
<a href="#">Ontario Emergency Order</a>	✓
<a href="#">A Framework for Reopening our Province</a>	✓
<a href="#">Ontario Law and Safety</a>	✓

### ONCE YOU HAVE READ THESE DOCUMENTS YOU ARE PREPARED TO DRAFT YOUR RETURN TO HOCKEY PLAN. YOUR RETURN TO HOCKEY PLAN SHOULD INCLUDE:

Assign someone to monitor updates	✓
Meet with your facility	✓
Team staff clarifies responsibilities specific to practices	✓
Arrival at facility organized to meet guidelines	✓
Hygiene requirements	✓
Physical distancing in the facility	✓
Guidelines around dressing rooms and showers	✓
Physical distancing during on-ice sessions	✓
Requirements for parents/guardians at the facility	✓
Departure from facility organized to meet guidelines	✓
Procedure if participant is sick	✓

### YOUR PLAN SHOULD ACCOUNT FOR A MEETING WITH PARENTS WHICH SHOULD INCLUDE:

Overview of what to expect	✓
Safety steps put in place	✓
Their role in creating a safe and healthy environment	✓

### LASTLY, YOUR PLAN SHOULD INCLUDE THE FOLLOWING DOCUMENTS FOR ALL ON-ICE ACTIVITIES (PRACTICES OR GAMES):

<a href="#">OHF Health Screening Questionnaire</a>	✓
<a href="#">OHF Contact Tracing</a>	✓



### **Communications Officer**

The HMHA Communications Director will be assigned as the primary Communications Officer.

Matthew Broga  
HMHA Communications Director  
communications@hmha.ca  
### ### ####

The responsibilities of the HMHA Communications Officer will include:

- Monitor all relevant updates from the Government of Ontario;
- Monitor all relevant updates from the City of Cambridge;
- Monitor all relevant updates from Region of Waterloo Public Health and Emergency Services;
- Monitor all relevant updates from the Hockey Canada, OHF and OMHA;
- Communicate relevant updates to the HMHA Board of Directors;
- Receive updates from the HMHA Ice Director regarding changes to facilities use guidelines;
- Monitor that teams are following all prevention guidelines; and,
- Ensure any COVID-19 cases are reported as required.

The Communications Officer will also be responsible for sending regular updates to the HMHA membership via email. In addition to the regular email updates, virtual online information sessions may be scheduled.



## **Facility Meeting**

The HMHA Ice Director is the primary contact between HMHA and the City of Cambridge regarding the usage of arena facilities.

Lori Hall  
HMHA Ice Director  
icedirector@hmha.ca  
### ### ####

The responsibilities of the HMHA Ice Director will include:

- Meet with City of Cambridge facility representatives as required;
- Monitor all relevant updates from the City of Cambridge regarding the usage guidelines for arena facilities; and,
- Communicate relevant updates to the HMHA Board of Directors.

For the 2020-2021 season, the City of Cambridge has only allocated ice time to HMHA at Hespeler Memorial Arena, ice pads 1 and 2.



## Current City of Cambridge Arena Facility Guidelines

### Active Screening of all Participants:

This will be a requirement before entering the facility and will be completed by a City staff person.

### Contact Tracing Plan:

Ice users are required to record the attendance and contact information of your participants for every ice time and a copy will need to be submitted to City staff at the end of each rental.

### Facility Cleaning:

City staff will disinfect points of contact within the facility between ice times.

### Facility Capacity:

Maximum of 20 participants per ice time plus a maximum of 5 coaches and volunteers.

### General Facility Guidelines:

- All doors will remain locked until 10 minutes before the scheduled ice time;
- Participants are required to use the designated markings outside of the entrance when waiting to get in;
- Participants will be required to use specified entrances and exits and follow signage to and from designated chairs and ice surface;
- Masks are required for all individuals entering the building;
- Participants masks must be kept on until seated in designated chairs and your helmet is put on;
- Participants are required to take off their skates and helmets and leave the facility immediately;
- All participants must be gone within 10 minutes (by the time the ice resurfer is done flooding);
- All ice bookings have been booked 15 minutes apart. (i.e. for a 2:30pm booking, the next rental will be 3:45pm);
- All dressing rooms will remain closed;
- Participants are expected to enter the arena dressed and ready to go, except for skates and helmets;
- Chairs will be provided in a dedicated location;
- A dedicated washroom will be available as needed;
- One parent or guardian per skater will be permitted as a spectator;
- All spectators will be required to adhere to designated seating and wear a mask or face covering at all times when in the facility; and,
- If a child requires assistance with their helmet or tying skates a parent may do so and then immediately proceed to the designated seating area.



### **Responsibilities of Team Staff (Practices)**

During practice ice times all team staff must adhere to all public health authority guidelines and all instruction must be given while practicing physical distancing.

A trainer or coach may need to be within two metres of a player if the player suffers an injury. In such occurrences, the trainer or coach is required to wear a mask and, as recommended in the Hockey Canada Safety Program, non-latex gloves if treating a player for an injury.

The following coach and trainer responsibilities are in addition to their normal responsibilities related to practices:

#### **Coaches Responsibilities:**

- Ensure all participants, team staff, parents and guardians adhere to all facility rules and guidelines;
- Ensure that all participants, team staff, parents and guardians are organized prior to entering the facility;
- Ensure that the trainer completes the OHF Health Screening Questionnaire prior to entering the facility;
- Ensure that the trainer completes the OHF Contact Tracing Form prior to entering the facility;
- Ensure that all participants, team staff, parents and guardians complete the required City of Cambridge health screening;
- Ensure that all participants, team staff, parents and guardians leave the facility in an organized manner;
- Reinforce the message that players need to observe physical distancing while on and off the ice; and,
- Emphasize to participants the importance of strict hand hygiene before and after training.

#### **Trainer Responsibilities:**

- Administer the OHF Health Screening Questionnaire (See Appendix II);
- Complete the OHF Contact Tracing Form (See Appendix III);
- Provide a copy of the completed OHF Contact Tracing Form to the City staff;
- Ensure that all spectators adhere to designated seating;
- Ensure that parents proceed directly to the designated seating area after they have provided any needed skate tying and helmet assistance;
- Reinforce the message that players need to observe physical distancing while on and off the ice; and,
- Emphasize to participants the importance of strict hand hygiene before and after training.





### **Arrival at Facility**

In order to maintain an organized arrival and entry into the arena facility, the following guidelines have been implemented:

- All participants are expected to arrive and enter the arena dressed and ready to go, except for skates and helmets;
- All doors will remain locked until 10 minutes before the scheduled ice time;
- All participants, team staff, parents and guardians are required to use the designated markings outside of the entrance when waiting to get in;
- Only one (1) parent or guardian per skater will be permitted into the facility; and,
- All participants, team staff, parents and guardians will be required to use specified entrances.

The team trainer will administer the OHF Health Screening Questionnaire and OHF Contact Tracing Form for all participants and team staff prior to entering the facility.

The City of Cambridge will be conducting active screening of all participants, team staff, parents and guardians as they enter the facility. This is a requirement before entering the facility and will be completed by a City staff person.

Following the City of Cambridge active screening:

- All participants, team staff, parents and guardians will be required to follow signage to designated chairs and ice surface; and,
- If a participant requires assistance with their helmet or tying skates a parent may do so and then immediately proceed to the designated seating area.



## **Hygiene Requirements**

All participants, team staff, parents and guardians are required to follow all hygiene protocols as outlined below. This will assist in creating an environment that is safe for all participants in hockey activities.

### **Basic Hygiene**

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

- Washing hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food; and,
- Using 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; and,
- Avoid touching the eyes, nose or mouth with unwashed hands.

### **Facility Cleaning**

City staff will disinfect points of contact within the facility between ice times.

### **Hygiene Requirements Prior to Arrival that the Facility**

- Any participant that does not feel well, has a fever or a cold (runny nose, sore throat, cough, etc.) is required to stay home and advise the coach;
- All participants, team staff, parents and guardians are required to adhere to strict hand hygiene before arriving at the facility and after leaving the facility.
- Players are required to have their own individual labelled water bottle and use only that water bottle when participating in the activity;
- Water bottles are required to be filled at home;
- Water bottles are required to be washed after each session;

### **Proper Hand Hygiene**

When running water is available, wash your hands with plain soap and water and dry thoroughly. Follow these steps for perfectly clean hands:



- Remove jewellery such as rings;
- Wet hands up to the wrists;
- Apply enough soap to cover hands;
- Work soap under fingernails and around and between joints and fingers for a minimum of 20 seconds;
- Rinse off all lather with water;
- Dry hands with a clean cloth or paper towel - take special care to dry thoroughly between fingers; and
- Turn off the tap with a paper towel or cloth.

### **Hygiene Requirements At Facility & During Activity**

#### **Masks**

- Masks are required for all individuals entering the arena facility;
- Participants masks must be kept on until seated in designated chairs and your helmet is put on; and,
- Coaches and team staff are required to wear masks at all times on and off the ice and while on the bench.

#### **Signs of Sickness**

- Anyone exhibiting signs or symptoms of illness will be required to leave the activity;
- When coughing or sneezing, cough or sneeze into a tissue or the bend of the arm, not the hand;
  - Dispose of any tissues as soon as possible in a lined waste basket and wash hands.
  - Avoid touching eyes, nose or mouth with unwashed hands.
  - Avoid contact with anyone who is sick.
- All participants that do not feel well or have identified respiratory symptoms, are required to advise team staff immediately and put on a cloth mask. They will then be required to leave the facility immediately and follow up with their physician.
- Facility staff will be provided with an incident report prior to the coaching staff leaving the facility.

#### **Hygiene Requirements**

- Absolutely no sharing of drinks or food;



- Team warm-ups and practices will incorporate physical distancing including when players coming together in one group for instruction.
- No player use towels are permitted on the bench. Only towels being used by the team trainer for emergency use only will be permitted on the bench.
- Paper towels and tissue will be available for use on the bench to wipe the face or blow the nose if needed.
- Used paper towels and tissues are to be immediately and properly disposed of in a proper receptacle;
- Spitting or blowing the nose without tissues is absolutely forbidden;
- Each player is required to have their own individual labelled water bottle and use only that water bottle when participating in the activity;
- All water bottles are required to be filled at home;
- Water bottles are required to be washed after each session;
- No pre-game or post-game handshakes;
- Referees will only verbally greet coaches and will not shake their hands;
- Players are not permitted to share equipment, clothing or personal items; and,
- Equipment is required to be washed (jerseys, pant shells, socks) after each practice or game. It is important that players equipment is kept clean.

### **Physical Distancing in the Facility**

All participants, team staff, parents and guardians must observe physical-distancing guidelines while inside the arena facility.

Physical distancing means making changes in routines to minimize close contact with others.

Physical distancing includes:

- Avoiding crowded places and gatherings;
- Avoiding common greetings, such as handshakes;
- Limiting contact with people at higher risk (older adults and those in poor health); and,
- Keeping a distance of at least two arm-lengths (approximately two metres) as much as possible.

City of Cambridge facility guidelines for physical distancing include the following :

- Participants are required to use the designated markings outside of the entrance when waiting to get in;
- Participants will be required to use specified entrances and exits and follow signage to and from designated chairs and ice surface; and,
- All spectators will be required to adhere to designated seating and wear a mask or face covering at all times when in the facility.



### **Dressing Room and Shower Guidelines**

At this time, the City of Cambridge has deemed that all dressing rooms will remain closed.

As the alternative to dressing rooms, the following guidelines have been implemented:

- All participants are expected to arrive and enter the arena dressed and ready to go, except for skates and helmets;
- Participants masks must be kept on until seated in designated chairs and their helmet is on;
- Participants are required to take off their skates and helmets and leave the facility immediately; and,
- All participants must be gone within 10 minutes (by the time the ice resurfacer is done flooding).

When the facility guidelines are updated to allow use of dressing rooms, players will be appropriately physically distanced using multiple dressing rooms if available.

Use of showers will not be permitted at any time throughout the season.

### **Physical Distancing During On-Ice Sessions**

During all on-ice sessions all participants and team staff must adhere to all public health authority guidelines and must practice physical distancing.

A trainer or coach may need to be within two metres of a player if the player suffers an injury. In such occurrences, the trainer or coach is required to wear a mask and, as recommended in the Hockey Canada Safety Program, non-latex gloves if treating a player for an injury.

The following physical distancing requirements must be followed by all participants and team staff:

- Participants will respect and listen to team staff as they create a safe environment;
- All participants and team staff will be familiar with facility guidelines and requirements specific to the prevention of COVID-19;
- All participants and team staff will minimize going in and out of doors. Facility doors are considered high-risk touchpoints;
- Participants will assist the coach in establishing required physical distancing guidelines during hockey activities while on or off the ice.
- Team meetings are to be held in a controlled environment with physical distancing; and,
- All participants and team staff will be leaders in practicing physical distancing both in and off the ice.



### **Requirements for Parents and Guardians at the Facility**

All parents and guardians must observe physical-distancing guidelines while inside the facility and adhere to the following guidelines:

- Masks are required for all individuals entering the building;
- One parent or guardian per skater will be permitted as a spectator;
- Spectators are required to use the designated markings outside of the entrance when waiting to get in;
- Spectators are required to use specified entrances and exits and follow all signage;
- All spectators will be required to remain in the designated seating area and wear a mask or face covering at all times when in the facility;
- If a child requires assistance with their helmet or tying skates a parent may do so and then immediately proceed to the designated seating area.
- All participants and spectators must be gone within 10 minutes (by the time the ice resurfacer is done flooding);

### **Departure from Facility**

In order to maintain an organized departure from the facility, the following guidelines have been implemented:

- Participants are required to take off their skates and helmets and leave the facility immediately;
- All participants must be gone within 10 minutes (by the time the ice resurfacer is done flooding);
- If a child requires assistance with their helmet or tying skates a parent may do so and then immediately proceed from the facility.
- Participants, parents and guardians are responsible for tidying up their seating and dressing areas and properly disposing of all their garbage.

The team coach will ensure that all participants, team staff, parents and guardians leave the facility in an organized manner.



### **Procedures if Participant is Sick**

The following procedures must be followed by all participants, team staff, parents and guardians who are sick or showing symptoms of COVID-19. Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

It is important to remember that public health authority guidelines and advice from physicians must be also followed in any situation where a participant is sick.

### **Participant Feels Ill At The Facility**

- Individuals feeling ill while at the facility are required to advise a member of the team staff immediately;
- They will be required to immediately leave the ice surface and put on a mask. Anyone caring for the participant is also required to wear a mask;
- Parents/guardians are required to take the participant home. If the participant is an adult, they will leave immediately if well enough to drive;
- Once at home, contacting a physician and call the local public health line is recommended. Follow isolation requirements of public health authorities; and,
- The participant will require a note from their physician to return to activity.

### **Participant Advises Team Staff They Are Not Feeling Well And Will Not Be Attending**

- The participant will be advised to follow up with their physician; and,
- They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed.

They will require a note from their physician or public health authority to return to activity.

### **Participant Advises They Have Symptoms of COVID-19 And Will Not Be Attending**

- If a participant has COVID-19, it is recommended that they contact their physician and public health authority for instructions.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed.



They will require a note from their physician or public health authority to return to activity.

#### **PARTICIPANT TESTS POSITIVE FOR COVID-19 AND CONTACTS THEIR PHYSICIAN**

- THE PARTICIPANT IS REQUIRED TO FOLLOW PUBLIC HEALTH GUIDELINES;
- IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME;
- REPORT TO PUBLIC HEALTH AUTHORITIES AND FOLLOW GUIDELINES;
- PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS;
- COOPERATE ON ANY NECESSARY COMMUNICATION; AND,
- NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY.

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team or hockey association that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent. The informed individual should explain the communication that will take place and that they will NEVER disclose the sick person's name.

#### **Parent or Family Member Test Positive of Covid-19**

If a parent or family member tests positive for COVID-19, the player and their family will need to stay out of the hockey environment.

They should contact their physician and public health authority for instructions.

The player will need a note from their physician or public health authority to return to play.

#### **Team Member Test Positive of Covid-19**

If someone on the team tests positive, the public health authority guidelines will determine contact tracing and isolation requirements.

The entire team may be required to pause hockey activities until the public health authority determines it is safe to return.





## **Appendix I – Communication to Parents**

We are excited to get back to hockey! HMHA is working to put together programming that will get our players back in the rink, in the safest way possible and we thank you for your patience.

We know there are questions regarding the upcoming season. The following is a brief outline of what to expect this season.

### **What to Expect This Season**

- Saturday, September 26 is the season start date;
- Teams of 10 players (9 skaters + 1 goaltender);
- Approximately two 50-minute ice times per week for each team from September 26, 2020 to March 26, 2021 with a week off at Christmas;
- Changes due to unforeseen circumstances might cause reduction in ice times or season cancellations that are out of HMHA's control.
- All ice times will be at the Hespeler Memorial Arena (Pad 1 and Pad 2);
- While all teams will be registered as Local League there will be two groupings per age category of competitive and recreational players;
- There will be no tryouts held for player team assignments. Players will be assigned to teams by HMHA Executive and HMHA coaches based on the level played last season. Effort will be made so that players on the ice are of a similar skill level.;
- Players will be notified of their team assignment by their head coach via email before October 16, 2020;
- Ice time schedules will be posted on the HMHA website according to teams;
- 30 to 40 player bubbles (3 to 4 teams) playing 3 X 3 or 4 X 4 internal games exclusively within their own bubble;
- Potential future playing of other local centres within the Waterloo Region Health Unit boundaries later in the season if allowed by OMHA. The playing format is not yet determined;
- The following will be the HMHA 2020-2021 season outline:
  - 3 Weeks - Group Development (Within Player Bubbles)
  - 3 Weeks - Team Development
  - 4 to 6 Weeks - 3 X 3 Games
  - 12 to 14 Weeks - 4 X 4 Games
- U9 and below teams (Novice and below) will play cross-ice games (3 X 3 or 4 X 4) for the duration of the season utilizing the middle zone as players benches;
- U10 to U18 teams will play full ice games (3 X 3 or 4 X 4) and will utilize the players benches (physically distances);



- All activities during ice times led by coaches who will incorporate physical distancing; and,
- A development plan that follows OHF and OMHA development templates will be created and implemented by the HMHA Executive for the 2020-2021 season.

### **What to Expect at the Arena**

- There will be mandatory Health Screening for all participants, team staff, parents and guardians entering the arena;
- All arena doors will remain locked until 10 minutes before the scheduled ice time;
- Participants are required to use the designated markings outside of the entrance when waiting to get in;
- Participants will be required to use specified entrances and exits and follow signage to and from designated chairs and ice surface;
- Masks are required for all individuals entering the building;
- Participants masks must be kept on until seated in designated chairs and your helmet is put on;
- Participants are required to take off their skates and helmets and leave the facility immediately;
- All participants must be gone within 10 minutes;
- There are no dressing rooms at the arena. All dressing rooms will remain closed;
- Participants are expected to enter the arena dressed and ready to go, except for skates and helmets;
- A dedicated washroom will be available as needed;
- Only one (1) parent or guardian per skater will be permitted as a spectator;
- All spectators will be required to adhere to designated seating and wear a mask or face covering at all times when in the facility; and,
- If a child requires assistance with their helmet or tying skates a parent may do so and then immediately proceed to the designated seating area.

### **Your Role in Creating a Safe and Healthy Environment**

Please help create a safe and healthy environment this season by observing the following guidelines:

- Observe physical-distancing guidelines at all time while at the arena facility;
- Practice proper hygiene. This can help reduce the risk of infection or spreading infection to others;
- Stay home and self isolate if anyone in the home is feeling ill; and,
- Communicate with the team staff if there are any questions or concerns.



## APPENDIX II - 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 (*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)



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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



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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).*



**APPENDIX III - OHF Contact Tracing Form**

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 Number	Phone	Health Screening Pass (Yes or No)
01				
02				
03				
04				
05				
06				
07				
08				
09				
10				



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<b>14</b>			
	<b>Name of each individual included in this session Please list all coaches, instructors and participants</b>	<b>Contact Number</b>	<b>Phone</b>
			<b>Health Screening Pass (Yes or No)</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>			
<b>24</b>			
<b>25</b>			