

# **London Devilettes Girls Hockey Association**

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## **2020-2021 Return to Play Covid-19 Policy Handbook**



## Table of Contents

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Table of Contents .....	2
Introduction .....	3
Section 1: Covid-19 Response Oversight Group .....	4
Section 2: Participant & Health & Safety Protocols .....	5
Section 3: Covid-19 Communication Plans .....	7
Section 4: Health Screening and Session Participant Data Collection .....	8
Section 5: Facility Protocols .....	9
<b>Section 6: Return to Play</b> .....	11
6.1 Groups & Extended Groups .....	11
6.2 Phase 3: Competitive Development & Scrimmages.....	11
6.4 Phase 4: Competitive Team Formation .....	12
6.5 Phase 4: Full Competitive Play.....	12
6.6 House League Season Plan.....	12
APPENDIX C: Health Screening Questionnaire.....	13
APPENDIX D: Covid-19 Education Resources .....	15

## **Introduction**

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The purpose of this document is to provide guidelines and a path to return to hockey for the London Devilettes Girls Hockey Association (LDGHA) gradually and with the utmost consideration of safety for all.

This plan is, and will remain, in compliance with all laws, guidelines and recommendations from the Government of Ontario, London and Middlesex Health Unit, Hockey Canada, OWHA and the city of London Ontario.

This document builds on the Return to Hockey Protocols of OWHA (the Provincial Sports Organization (PSO) for Female Hockey in Ontario) 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 Devilettes Return to Play Plan posted on the London Devilettes website ([londondevilettes.ca](http://londondevilettes.ca)) will be the source document.

The OWHA and the Ontario Hockey Federation (OHF), are working together to develop similar protocols and practices for a safe return to hockey, there may be differences in timing of the implementation of these plans and the LDGHA must comply with the timing provided by the OWHA.

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 Appendix. Training on the Devilettes return to Hockey Plan including the COVID-19 Protocols will be held prior to coaching staff, players and parents upon our return to play.

## **Section 1: Covid-19 Response Oversight Group**

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### 1.1

The London Devilettes Covid-19 committee and return to play committee consist of the following board members:

#### **Return to play Committee:**

Steve Ryall - Chair  
Scot Chantler  
Jason Speiran  
Carrie Maguire  
Jamie Giroux  
Paul Lave

#### **Covid-19 Committee:**

Blair MacInnis - Chair  
Jamie Giroux  
Carrie Maguire  
Julie Phillips  
Mark Hannam

## **Section 2: Participant & Health & Safety Protocols**

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### **2.1 When an individual becomes unwell with symptoms of COVID-19**

- a) If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in hockey activities.
- b) The individual will be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available.
- c) The individual will be sent home and instructed to follow public health guidelines regarding self-isolation and testing.
- d) The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- e) The team coach or trainer should be informed as soon as possible. The team coach or trainer will in-turn inform the LDGHA's Covid-19 Response Oversight Group as soon as possible by emailing the information, along with their contact information for follow-up to covid19chair@londondevillettes.ca. In all cases this notification must happen within 2 hours.
- f) The LDGHA's Chief Trainer (or other individual as designated by the Chief Trainer **NEEDS TO BE IDENTIFIED**) will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.
- g) The LDGHA will inform the OWHA of the situation as soon as possible when an individual becomes unwell with symptoms of Covid-19.

### **2.2 When an individual is tested for COVID-19**

- a) 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.
- b) The LDGHA will consult the Session Participation Tracking Data to inform other participants who might have been in close contact with the individual, as soon as possible.
- c) Any LDGHA 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.

### **2.3 An individual tests positive for COVID-19**

- a) If an individual test positive for COVID-19, they should inform a member of the LDGHA's Covid-19 Response Oversight Group as soon as possible via email to covid19chair@londondevillettes.ca. Contact information numbers for members of the LDGHA's Covid-19 Response Oversight Group will also be provided to each team coach, trainer and manager.
- b) The LDGHA's Covid-19 Response Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation Tracking Data may be used to assist public health officials in informing other members who may have been in close contact with the individual.
- c) Any LDGHA 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.

- d) It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting. The LDGHA will inform and work with the facility in the case of a positive COVID19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines.
- e) The LDGHA will inform the OWHA of a positive COVID-19 diagnosis by email to team@owha.on.ca.

#### **2.4 Return to hockey activities after a negative Covid-19 test:**

- a) 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. Trainers will confirm with the player and family when return to.

#### **2.5 Return to hockey activities following Covid-19:**

- a) Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities. Currently public health is recommending the full 14 days of self-isolation or until 24 hours symptom free, whatever is later.
- b) The President or vice president will remain in contact with the OWHA with regards to players returning after Covid-19.

#### **2.6 Changes/restrictions/postponing or cancelling hockey related activities:**

- a) Based on the evolving COVID-19 pandemic, the London Devilettes organization are prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling hockey activities.
- b) The London Devilettes Board of Directors will be establishing a program cancellation policy and share this information on the Devilettes website.
- c) All players, coaching staff and volunteers will be informed via e-mail as soon as possible of any modifications/restrictions or cancelations. The London Devilettes Board of Directors will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

### **Section 3: Covid-19 Communication Plans**

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The following steps will be taken by the LDGHA to ensure effective communication is taking place with all players, parents, coaches, and other volunteers – prior to and during all stages of the 2020-21 season:

- 3.1 The LDGHA will ensure up to date contact information for all association/team members is on-file and shall ensure that this information is readily available to team coaches and trainers to allow for timely communication during urgent situations.
- 3.2 The LDGHA will ensure up to date contact information for the association's Board of Directors, Covid Oversight Group, and team coaches is maintained and easily accessible through the [londondevillettes.ca](http://londondevillettes.ca) website.
- 3.3 A specific Covid-19 section will be established on the LDGHA's website, and will include:
  - a) A copy of this plan
  - b) Communication and training materials for all Covid-19 protocols and procedures
  - c) Links to association contact lists, including the Covid-19 Oversight Group
  - d) An archival copy of all communications and update issued to members
- 3.4 LDGHA will utilize a variety of communication channels in order to maximize communication with our members – including email, our [LondonDevillettes.ca](http://LondonDevillettes.ca) website, Twitter, Facebook, Instagram, and other means. All official communications will be shared on the front of the associations [LondonDevillettes.ca](http://LondonDevillettes.ca) website.
- 3.5 The LDGHA will seek to establish a regular pattern of communication with our members during the season, to keep them up to date on any developments.
- 3.6 The LDGHA will provide all players, parents, coaches, officials, volunteers, and other members with education on safety and hygiene protocols that should be followed – including government-approved information on ways to limit spread of Covid-19

## Section 4: Health Screening and Session Participant Data Collection

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- 4.1 For the purposes of the remainder of this document, Participant shall be defined as any player, coach, official, trainer, or other volunteer who attends a LDGHA activity, including anyone else who will may have contact with any of the individuals listed during the activity, or immediately before or after the activity at the defined facility. These documents will allow LDGHA to maintain a thorough and accurate contact tracing protocol
- 4.2 Every Participant, in every LDGHA activity, will be required to complete and attest to a Health Screening Questionnaire, a copy of which can be found in APPENDIX C of this document. Health Screening Questionnaires must be completed within 24 hours of the start of the activities and must be completed no less than 30 minutes beforehand. **Individuals who have not completed a Health Screening Questionnaire may not participate in any activities – no exceptions will be made.**
- 4.3 Health Screening Questionnaires will be provided electronically, with the Participant's attestation also recorded electronically and provided to the LDGHA.
- 4.4 The LDGHA will collect the following Session Participant Tracking Data from every Participant of every LDGHA activity where participants will gather in-person:
- a) Participant Name
  - b) Participant Role (player, coach, parent, official, volunteer)
  - c) Participant Contact – Phone and Email
  - d) Participant Emergency Contact Name and Phone Number
  - e) Participant Screening Status (If not passed, participant will be sent home)

**Individuals who have not provided the required Session Participant Tracking Data may not participate in any activities – no exceptions will be made.**

In addition to the Participant-provided information listed above, the LDGHA will also track the following about each activity:

- f) Team or Group Name/Identifier
  - g) Activity Type (practice, game, training, etc.)
  - h) Coach / Activity Lead
  - i) Trainer
  - j) Start Time and End Time
  - k) Facility Location, including room
- 4.5 All data collected as defined in this plan, including the Session Participant Tracking Data defined above, will be maintained in a secure online location with adequate back-up and resiliency (i.e. Google Drive). All appropriate measures will be employed to ensure the privacy of member's information, and this data will only be disclosed to public health officials as required by law or emergency order. Members information gathered for the purposes of the LDGHA's Covid-19 response protocols will not be used or any other purposes or released to any other organizations or individuals.



## **Section 5: Facility Protocols**

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- 5.1 For the purposes of the remainder of this document, Participant shall be defined as any player, coach, official, trainer, or other volunteer who attends a LDGHA activity, including anyone else who will may have contact with any of the individuals listed during the activity, or immediately before or after the activity at the defined facility.
- 5.2 Parents/Guardians will be defined as Participants, for the explicit purpose of assisting their child to prepare for an activity only (e.g. tying skates, putting on equipment, etc.). Parents must always follow all regulations for Participants when in the facility and must immediately vacant the facility upon completing any activities necessary to prepare their child for an activity. Only 1 parent will be allowed in the facility with their child 18 years of age and younger.
- 5.3 No individual will be permitted entry into any facility for the purposes of participating in a LDGHA activity unless:
- a) The Participant has electronically completed the Health Screening Questionnaire defined by the LDGHA. Paper or verbal copies of this questionnaire will not be accepted. (See Section 4 for more information)
  - b) The participant has electronically provided the required Session Participant Data. Paper or verbal versions of this information will not be accepted. (See Section 4 for more information)
  - c) A designated LDGHA volunteer has confirmed receipt of the above items and has granted permission to the individual to enter the facility.
- 5.4 The LDGHA, and each team or development group, shall provide a volunteer who shall act as the designated individual for the purposes of controlling entry into all facilities as described above.

All Participants must always follow the direction and instructions of Facility Staff when inside the facility – including any signs, or directional markings posted.

### **5.5 General Facility Protocols**

Participants will always follow all protocols provided by the Facility Operator, including:

- a) Entering and/or exiting facilities, and spaces inside, only through designated/controlled doors
- b) Completing all required screening questions in advance, or as asked upon entry
- c) Wearing a mask at all times when moving through the facility, and prior to the start of any activity (i.e. entering the ice)
- d) Following any directional markings or arrows on walls, floor or doors and respecting where one-way traffic has been identified
- e) Maintaining minimum physical distancing of 6 feet (2 meters) at all times
- f) As a reminder, the Two Deep Rule must always be followed in accordance with OWHA and LDGHA policy. A trainer must be present on the bench at each training session (on and off ice).

### **5.6 Pre-Activity Facility Protocols**

- a) Participants will be permitted to enter the facility only 15 minutes ahead of the start of their activity.
- b) Participants will be escorted from the designated entrance to the area where their activity will take place (i.e. the rink) by their coach or other designated LDGHA volunteer.

- c) Dressing Rooms are not available. Players and coaches must come to the rink ready to go on the ice. Skates On/Off Players and coaches may put their skates on/remove their skates at their designated rink side chair while maintaining physical distancing guidelines.
- d) Hockey bags are permitted. It is recommended that you bring only your skates, gloves and helmet all other equipment shall be put on prior to arrival. Your bag must remain directly in the area around your rink side chair. No stacking of hockey bags. It is mandatory players bring their own personal tissues, water bottle, hand sanitizer and mask. These should be in small containers that can be easily sanitized upon leaving the rink and before returning. Players and coaches must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home.

## **5.7 Activity Facility Protocols**

- a) On-Ice activities will be limited to 20 participants per ice surface – to include all players, coaches, and assistants.
- b) Participants will only engage in activities which are in accordance with provincial standards requiring physical distancing and approved play.
- c) Player benches may not be used unless explicit permission is provided by the Facility.
- d) Pucks and Pylons will be managed by the coaching staff. Players are not to pick up the pucks with their hands. Goalies can “block and catch” pucks as they would normally during drills.

## **5.8 Post-Activity Facility Protocols**

- a) Following the completion of their hockey activity, Participants will exit the activity area, and shall immediately wear a face mask.
- b) There will be no warm down or social activities after the ice time. Participants will need to conduct any warm down outside of the facility, while maintain adequate distance.

## Section 6: Return to Play

### 6.1 Groups & Extended Groups

- a) Groups are defined as 17 Players + 1 Coach. Groups will begin in September. Date TBD (dependant on registration open/close and 10 days to organize groups, educate coach's and inform players).
- b) Extended Groups are defined as 34 Players + 2 Coach's.
- c) Groups will be selected by current 2020/2021 coaches. Groups to be identified by a U-Age and a group number (example: Group U15-1 will select 17 players, Group U15-2 will select 17 players to define 2 practice groups combining on weekends to become an Extended Group for scrimmage play. Group U15-3 will be grouped with Group U15-4, etc).
- d) Group 1 will select players first, followed by Group 2, 3, 4, etc. until all registered players are placed in a Group.
- e) Each Group will be submitted to the Competitive Director who will share with a Coach's Committee for final approval and shared with LDGHA Board.
- f) Each Group will develop separately with their coach for 2 ice times per week during Phase 1 till Board votes to move to Phase 2.
- g) Association fees will be structured to include the cost of all ice assigned the players to team. Initial registration fees will cover September.
- h) Player Imports:
  - i. -U9-U11 Group 1 will allow unlimited player imports.
  - ii. -U12 – U18 Group 1 will allow a maximum of 4 players.
  - iii. -all other teams are closed to imports for 2020/21
- i) Player Import closure will be effective 10 days from opening of general public registration.

### 6.2 Phase 3: Competitive Development & Scrimmages

#### Development:

- a) Groups from Phase 1 will continue through Phase 2 where each team will continue to develop separately with their coach for 2 ice times per week.
- b) Association fees will be structured to include the cost of all ice assigned the players development group. Initial registration fees will cover September, then a second payment for October to December once ice has been confirmed.
- c) Association fees will be structured to include all Group Formation practices and games. Fees will be charged first for October to December, with payment options spread through that period.
- d) "Team fees" will be collected for members of each development group based on any additional development planned by coaches.

## Scrimmage Teams & Games:

- e) Extended Groups will be assigned to 4 balanced Scrimmage Teams that will play a balanced schedule of games against each other. Players would not play games against teams outside their Extended Group.
- f) Coaches assigned to each Extended Group will coach two of the four scrimmage teams during scrimmage play accompanied by a trainer. This combination must include one female. Trainer must be present on the bench at each training session (on and off ice)
- g) Extended Group Coach's will work to ensure the 4 Scrimmage Teams are as balance as possible – through draft, or other means. Scrimmage Teams should include an equal number of players from each development group within the bubble group where possible.
- h) Scrimmage Teams will not practice together.

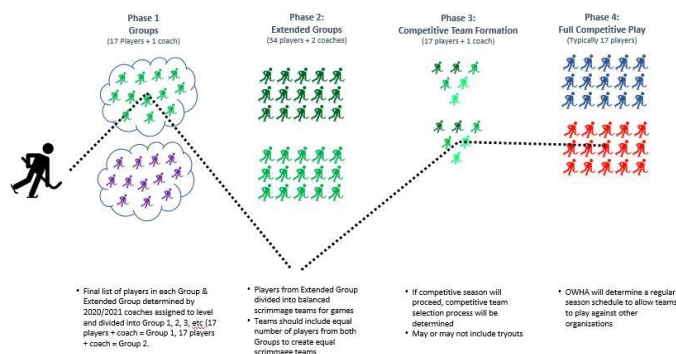
### 6.4 Phase 4: Competitive Team Formation

- a) Once it has been determined that competitive play will proceed, the process for selecting competitive teams will be determined and communicated.
- b) The current OWSHA Framework indicates that tryouts will not be permitted through all of Stage 3 for the Province of Ontario – tryouts would only proceed if/when allowed.
- c) In the absence of tryouts due to available ice or timing, some other team selection process may be used if approved by the LDGHA Board.

### 6.5 Phase 4: Full Competitive Play

- a) Competitive teams play full games against opponents from other associations.
- b) Could be regional play only.
- c) May or may not include tournaments.
- d) May or may not include playoffs.
- e)

#### 2020-21 Competitive Season Plan: Player Journey



### 6.6 House League Season Plan

- a) House League players and coach's will follow the same format as Competitive Plan, with the exception that Groups will be of equal skill but will still combine to form Extended Groups for equally skilled Scrimmage Teams across the age category.
- b) Planned start date of week of October 1, 2020.

## APPENDIX C: Health Screening Questionnaire

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity.

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 for ALL of the following questions must be NO in order to participate in any LDGHA activity. If you answer YES to any of the following questions, please do not participate in any activities and seek medical attention as appropriate:

Are you experiencing any of these symptoms?	YES	NO
Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)		
Chills		
Cough that's new or worsening (continuous, more than usual)		
Barking cough, making a whistling noise when breathing (croup)		
Shortness of breath (out of breath, unable to breathe deeply)		
Sore throat		
Difficulty swallowing		
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's 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		
For young children and infants: sluggishness or lack of appetite		

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For the following 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.

	YES	NO
In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?		
In the last 14 days, have you been in close physical contact with a person who either: <ul style="list-style-type: none"> <li>• Is currently sick with a new cough, fever, or difficulty breathing?</li> <li>-OR-</li> <li>• Returned from outside of Canada in the last 2 weeks?</li> </ul>		
Have you travelled outside of Canada in the last 14 days?		

**If an individual has answered “Yes” to any of the above questions, they are not permitted to participate in any on-ice or off-ice activities and should refrain from having contact with any other participants.**

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

**Reporting after a failed health screen questionnaire:**

If an individual fails the Health Screening Questionnaire at home, the individual should remain at home and inform the Trainer as quickly as possible. The individual should begin following the protocol in 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. This may include sending the individual home, cancelling practice etc. The London Devilettes Covid-19 committee should be notified immediately, the committee will initiate our response plan.

The COVID-19 committee will manage all communication pertaining to each report. The team will inform the City of London (facility) and will communicate back to participants any required steps to be taken at the facility that will impact LDGHA staff, coaching staff, players volunteers and families. The team and/or Public Health will inform other players and any other people who might have been in close contact with the individual, and advised not to participate in activities and follow public health guidelines until the diagnosis of Covid-19 is ruled out by health professionals.

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## APPENDIX D: Covid-19 Education Resources

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The LDGHA will provide all players, parents, coaches, officials, volunteers, and other members with education on safety and hygiene protocols that should be followed – including government-approved information on ways to limit spread of Covid-19.

The following links will be shared:

### Middlesex-London Health Unit – COVID-19 Resource Page:

<https://www.healthunit.com/>

### Ontario Public Health Public Resources:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectiousdiseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are provided by the Ontario Public Health website:

Topic	Link
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 and 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>

### Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

### Ontario COVID-19 Online Self-assessment Tool

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

### Ontario Women’s Hockey Association Website:

<http://www.owha.on.ca>

### London and Middlesex health unit information for Covid-19:

<https://www.healthunit.com/novel-coronavirus>

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