

London Devilettes Girls
Hockey Association

COVID-19 Information

Safety Plan

2021-2022

Update: February 7, 2022

REVISED EDITION



Introduction

The London Devilettes Girls Hockey Association (LDGHA) has worked in conjunction with the Ontario Women's Hockey Association (OWHA), members and volunteers to provide a COVID-19 process specifically for LDGHA participants. It aligns with the [OHF Return Hockey Framework](#) and [Hockey Canada's Return to Hockey Safety Guidelines](#) in focusing on the safety and wellbeing of all participants.

Updates and changes will be communicated to members as the COVID-19 situation evolves based on changes to the Government of Ontario's Reopening Plan, Middlesex-London Health Unit (MLHU) and OWHA policies. The OWHA, MLHU, and the City of London may have policies and procedures that are more restrictive than the rules in the Government of Ontario Regulations and the most restrictive requirement must be followed.

Disclaimer

The information in this document is not a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances surrounding COVID-19 are ever changing and LDGHA recommends that local Public Health Unit and the [Government of Ontario COVID-19](#) sites be accessed for the most up to date information.

This Plan must be considered only in conjunction with the documents that are referenced throughout.

SECTION 1: Contact Information

For further information, please contact one of the following members of the London Devilettes board of directors:

Rebecca Lafleur-Hannam, COVID-19, LDGHA Director
Julie Phillips, LDGHA President
Glenn Hines, LDGHA VP Hockey Operations

Contact information can be found here: [Executive & Staff \(London Devilettes\)](#)

SECTION 2: Participant & Health & Safety Protocols

All participants must adhere to the regulations and rules of the Ontario Government, local public health unit, LDGHA, and the facilities regarding return to play. These regulations change frequently, and it is everyone's responsibility to stay informed and review the available information. The LDGHA, directors, volunteers, members, parents / guardians, players and officials have a key role in the return to play. These responsibilities include:

- Complete the Ontario Government COVID Health Screening prior to attending any hockey sessions [COVID-19 customer screening \(ontario.ca\)](#)
- Stay at home if feeling unwell or experiencing any symptoms on the health screening assessment
- If unwell or symptomatic follow the current isolation process and testing protocol (if applicable)
 - [Coronavirus — Middlesex-London Health Unit](#)
 - [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)
- Stay up to date on the safety protocols and procedures prior to attending sessions and adhere to them while at the session.
- Ensure each player has his/her own water bottle which is sanitized prior to each session
- Ensure equipment is dried, cleaned and/or sanitized following each session.
- Wear a mask appropriately according to the current rules.
- Follow the OWHA, local and Provincial Vaccination rules and regulations.
- Follow all facility specific rules, including: dressing room capacity, entrance and exit protocols, spectator limitations, hand hygiene, physical distancing, masking, screening, outside food and drink rules.
- Understand that rules can and will change with very little notice and all participants and spectators must abide by the lawful direction of the facilities in which they attend

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

a. Prior to attending a session

When an individual is unwell, with symptoms or has tested positive on a PCR or rapid antigen test, and therefore does not pass screening and does NOT attend a session, they must follow the most current public health guidance and notify the head coach. The health guidance can be found here:

- [Coronavirus — Middlesex-London Health Unit](#)
- [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)

b. **During a session**

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.*

1. The individual will be isolated from all others in a well-ventilated area, or outside and if they were not wearing a mask, they must put on a mask as soon as possible.
2. The individual will be sent home and instructed to follow public health guidelines regarding self-isolation and testing, if applicable.
 - [Coronavirus — Middlesex-London Health Unit](#)
 - [Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)
3. The facility should be informed to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
4. The team coach or trainer should be informed as soon as possible. The coach or trainer should follow up with the participant in the coming days to assess the situation further according to public health guidance.

2.2 When an individual is tested for COVID-19

Any participant, or a member of their household, who has been tested for COVID-19 must not participate in hockey activities while waiting for the results. The individual must follow health guidance before returning to play. [Self-Isolation Requirements — Middlesex-London Health Unit](#)

2.3 An individual tests positive for COVID-19

If an individual test positive for COVID-19, they must follow the most current isolation requirements: [Self-Isolation Requirements — Middlesex-London Health Unit](#)

2.4 Return to hockey activities after COVID-19 symptoms or positive test.

- a. The participant can return once they have met all public health requirements. [Self-Isolation Requirements — Middlesex-London Health Unit](#)

2.5 Changes/restrictions/postponing or cancelling hockey related activities

- a. Based on the evolving COVID-19 pandemic, the London Devilettes organization will follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling hockey activities.
- b. 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

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 2021-22 season:

- a. 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.
- b. The LDGHA will ensure up to date contact information for the association's Board of Directors, and team coaches is maintained and easily accessible through the londondevillettes.ca website.
- c. A specific COVID-19 section will be established on the LDGHA's website, and will include:
 - a) A copy of this updated plan
 - b) Communication and training materials for all COVID-19 protocols and procedures
- d. LDGHA will utilize a variety of communication channels in order to maximize communication with our members – including email, our LondonDevillettes.ca website. All official communications will be shared on the front of the associations LondonDevillettes.ca website.
- e. 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.
- f. 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: Vaccination Policy

The LDGHA will follow all applicable vaccination policies as provided by the Government of Ontario, the OWHA and MLHU. The vaccination policy can be found here: [OWHA COVID-19 Vaccination Policy](#)

All provincial and municipal vaccination policies must be followed.
[Ontario COVID-19 vaccination service \(ontariohealth.ca\)](#)

SECTION 5: Facility Protocols

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 may have contact with any of the individuals listed during the activity, or immediately before or after the activity at the defined facility.

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 when in the facility.

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

5.1 General Facility Protocols

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

- a. Following all communicated requirements for facility entrance and exit (arrival time allowed prior to session and leaving promptly after the session), in accordance with each facilities' rules.
- b. Completing all required screening questions in advance, or as asked upon entry.
- c. Provide proof of vaccination, as required, including QR code and ID in accordance with the Ontario Government vaccination passport regulations.
- d. Ensuring spectator limitation rules are followed where applicable in each facility.
- e. Entering and/or exiting facilities, and spaces inside, only through designated entry and exit doors.
- f. Wearing a mask at all times when moving through the facility, and prior to the start of any activity (i.e. entering the ice)

- g. Following any directional markings or arrows on walls, floor or doors and respecting where one-way traffic has been identified
- h. Maintaining minimum physical distancing of 6 feet (2 meters), as required by the facility.

SECTION 6: COVID-19 Education Resources

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

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

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

Ontario COVID-19 Online Self-assessment Tool

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

Ontario Women’s Hockey Association Website

[OWHA COVID-19 Bulletins](#)

Topic	Link
Hand Hygiene	Hand Hygiene Instructions
Physical Distancing	Physical Distancing
When and How to Wear a Mask	How, where, and when to wear a mask
How to Self-Isolate	Isolation Requirements