

Responsibilities Specific to Games and Practices

All participants (Players, Coaches, and Trainers) must be registered with Embro Minor Hockey Association (EMHA) to participate in any **on- ice activity**. Players, coaches, or trainers with any risk factors, signs or symptoms of COVID-19 should not participate in, or attend any hockey-related events, including games and practices.

Participants will enter through the small hall into the lobby. Participants are to wait in the lobby until staff tell them they may enter the ice surface area.

There will be a maximum of 25 participants on the ice for training practice. 10 participants per team. Allowing room for distancing, on the ice, and on the bench.

Practice drills will be run taking into consideration physical distancing standards on the ice, and will not include prolonged or planned physical contact between participants.

There is to be no physical contact at any age group.

Drills ideally will be designed to utilize the entire ice surface to maximize social distancing as much as possible.

Players will be encouraged to refrain from spitting, blowing their nose without the use of a tissue, and spraying water on their faces or heads. Or spraying water from their water bottle onto other players. Water bottles (if using) should be clearly labelled and are for the identified individual only to use.

It is recommended that older participants attend by themselves to minimize gatherings of people in and around the facility.

Players should only arrive 15 minutes before your ice time, just early enough to go directly to the changing area, and get equipment on in time for the start of your event. You are expected to undress and leave as soon as possible after leaving the ice surface.

Pre-game talks inside the facilities should be avoided and should not be planned for. Due to timing of arrival prior to games, coaches may only have several minutes with their players before going onto the ice. **All bench staff must wear a mask when not on the ice. Coaches and trainers will not be allowed on a bench or in the dressing rooms if they are not wearing a mask.** It is recommended that coaches and trainers wear masks at all times when unable to maintain physical distance from players.

During games, coaches are strongly advised to avoid touching players. Touching includes, but is not limited to, taps on the shoulders, back or helmets, etc.

Trainers should use gloves when attending to an injured player as well as keeping their masks on when in close proximity when attending to a player. Gloves should be appropriately discarded after every use.

During gameplay, there will be no hugging or shaking hands to celebrate a goal or a win. Preventing this behaviour will be difficult, but distancing behaviours must be encouraged.

There will be no handshakes before or after games.

Following the completion of your ice times, players and coaches are to go directly to their dressing room.

General Rules

1. General rules are to be observed before, during and after any hockey activities.
2. **IF A PLAYER IS UNWELL, THEY MUST NOT COME TO ANY ON OR OFF-ICE ACTIVITIES**
3. A coach should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the facility.
4. If participants do not feel well, or have identified respiratory symptoms, ensure they advise team staff immediately and put on a mask. They should immediately go home and follow up with their physician and public health unit.
5. If a Player on the team has tested positive for COVID 19, they must remain away from the team for a minimum of 14 days and will only be allowed back with proof of a negative test result.

Please consult with your physician and public health unit as necessary.

6. Masks are mandatory when inside public facilities (arena). These need to be provided by each individual for their own personal use. Properly fitted masks are to remain in place, other than during on ice activity.

Arriving and Departing the Arena

- Come ready to skate. **Change rooms and washrooms will not be available prior to skating.** It is strongly encouraged to come to the rink dressed in as much equipment as safely possible to wear for transport to the arena.
- For contact tracing, groups must record all participants arriving for their scheduled time on a provided form. Completed forms will be placed in a secured drop box and kept at the facility.
- Upon entry to the building, groups will flow in one direction through a series of controlled spaces. This will allow arena staff to disinfect areas before and after each group.
- Participants will enter through the small hall into the lobby. Participants are to wait in the lobby until staff tell them they may enter the ice surface area. The flow in, and out of the arena is being set up with entrance through one door and exiting through another. Please follow this to help with physical distancing as players come and go through the arena.
- There will be a designated area in the lobby for skates to be put on as outlined by arena staff. Please follow any directional signs or floor markings as laid out by arena staff.
- Masks are to remain in place until just prior to entering ice surface and applying your helmet. Masks must be reapplied upon exiting ice surface and removing your helmet.
- Do not enter the ice surface or change from one area to another unless you are directed to do so by staff.

- Players will enter and exit ice surface through one doorway. Therefore it is important to follow direction from staff through areas to avoid congestion and maintain physical distancing.
- Players will be permitted to enter the lobby to put on skates 15 minutes before their scheduled ice time. The main entrance will remain locked to visitors before this time and locked at the beginning of the scheduled ice time.
- When the rink is cleared of the previous players, and arena staff have disinfected high touch surfaces, the next group will enter the ice staging area. Shelving will be provided near the ice to place participant belongings. Do not bring valuables to the arena, these areas will be unsupervised.
- The lobby will be cleared of participants, coaches, parents/guardians, and belongings to allow for cleaning by arena staff.
- Players may now access the ice for their scheduled ice time.
- Following their ice time, groups are asked to promptly leave the ice surface, collect their belongings, and proceed through the marked exit to an assigned change room(s).
- Players will have 15 minutes from the end of their ice time to change and exit the facility through the designated exit. Showers will not be available following rentals.
- Please remain physically distanced (2 metres) from members of other households, including in the parking lot while departing.
- Please adhere to the timing as outlined above for exiting change room/entering facilities. This will allow arena staff the timing they need between ice times to disinfect and clean as needed.

Parents/ Guardian Requirements

Parents/Gaurdians will play a critical role in the safe return to on-ice activities. Before the start of the season please set expectations with your child that this season will focus on skill development and fun within a safe and controlled environment . Please explain to them the importance of following the rules and the consequences that may follow.

Parents/ guardians are to practice physical distancing at the rink at all times.

Parents/ guardians are asked not to congregate in the hallways before, during or after each ice session.

Mask's must be worn at all times in the facility.

Parents/ guardians are expected to follow the rules and regulations of the facility. **Only one parent or guardian should be in attendance to assist younger on ice participants. Other family members should not be in attendance.**

Procedure if Participant is Sick

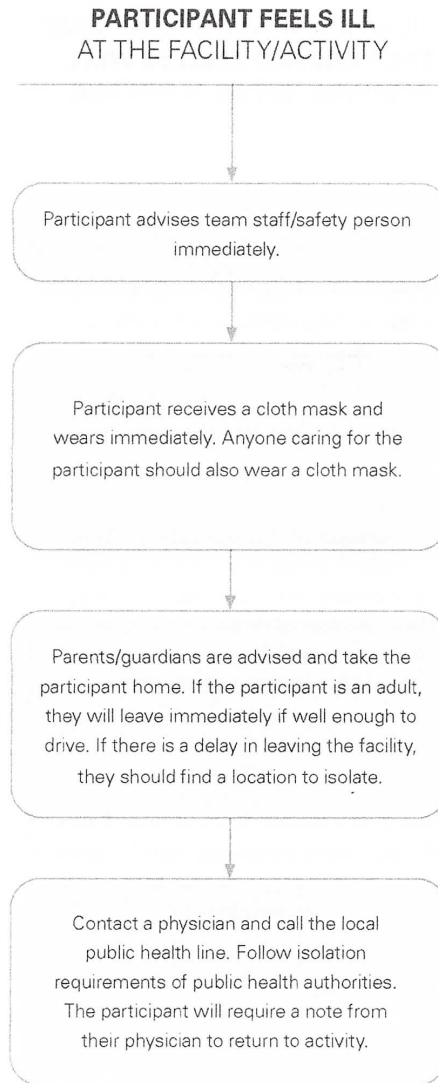
The EMHA will follow the Hockey Canada Recommended Return to Hockey Procedures Section 7 for when a participant is sick. For ease Reference this section is included here.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

SECTION 7

Recommended Return to Hockey Procedures

The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.



Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

**PARTICIPANT ADVISES TEAM STAFF
THEY ARE NOT FEELING WELL
AND WILL NOT BE ATTENDING**

Participant is advised to follow up with their physician. 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.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

**PARTICIPANT ADVISES
THEY HAVE SYMPTOMS OF COVID-19
AND WILL NOT BE ATTENDING**

If a participant has COVID-19, they should follow up with 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.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever
- Dry cough
- Shortness of breath

Less common symptoms:

- Runny nose
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste and/or smell
- Skin rash, or discolouration of fingers and toes

Serious symptoms:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility.

On average, it takes 5-6 days from infection for symptoms to show, but it can take up to 14 days.

SECTION 8

Positive COVID-19 Test in Hockey Environment

Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member 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.

Explain the communication that will take place and **NEVER** disclose the sick person's name.

PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES

IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME

REPORT TO PUBLIC HEALTH AUTHORITIES, FOLLOW GUIDELINES

PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS
COOPERATE ON ANY NECESSARY COMMUNICATION.

NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY

In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.

