



Return to Hockey Plan 2021-2022

Minor Hockey Association of Lambeth



Communication

- COVID-19 Coordinator assigned to monitor updates from Hockey Canada, OMHA, OWHA, OHF, Middlesex-London Health Unit and City of London
- Email available to members for COVID related questions/concerns mhalcovidcoordinator@gmail.com. COVID-19 Coordinator responsible for monitoring emails and taking required action
- Website kept up to date with most current available information
- Coaching staff and parent/player meetings at the beginning of the season
- Changes to protocol and reminders communicated through website and parent/player emails

Facility

- Protocols based on province of Ontario [Roadmap to Reopen](#) and City of London Arena Opening plan
- Arrival/departure protocols
 - Participants must wear a cloth mask upon entering the arena. Masks may be removed during hockey activity only
 - Participants must sanitize hands upon entering the facility
 - Players may enter the facility no earlier than 15 minutes prior to their scheduled ice time and leave the arena no longer than 15 minutes after the conclusion of ice time
 - Parent/team representative must check in with City greeter to sign in on behalf of the team and confirm health screening has been completed
 - Physical distancing of 2 metres must be maintained by all individuals while inside the facility, on facility grounds
 - Players will enter and exit ice surface using separate doors
 - Bostwick Arena
 - Players will enter/exit arena using door south of main entrance
 - Participants to follow directional flow as outlined in Bostwick Arena Path of Travel map https://lambethminorhockey.com/Public/Documents/Bostwick_Path_of_Travel-Spectator_Area.pdf
 - City of London greeter will be present at entrance
 - Lambeth Arena
 - Players will enter through the main entrance at front and exit through the back of the building
 - Participants to follow directional flow as outlined in Lambeth Arena Path of Travel map (to be posted once available)
 - City of London greeter will be present at entrance
- Availability of dressing rooms/showers

- o No more than 9-10 players should be in the dressing room to allow for physical distancing (see chart below for arena specific numbers). Chairs will be available outside of dressing room for tying of skates
- o Players should come prepared to play dressed in hockey equipment, with the exception of skates
- o Players will be instructed to leave hockey bags in vehicles. Players may bring a small bag into arena
- o The use of showers is strictly prohibited
- o Players should leave the arena dressed, with the exception of skates
- Common areas
 - o Marked physical-distanced seating available to put on skates or remove skate guards
 - o Participants will be asked to avoid congregating in common areas
 - o Signage throughout facility to outline hygiene expectations, physical distancing, directional flow to rinks and exits and other protocols
- Spectators/Parents
 - o Two spectators per player allowed in the designated viewing area
 - o All parents/guardians entering the arena must complete City of London Health Screening form
 - o All parents/volunteers must adhere to physical distancing guidelines and wear masks while inside the facility
 - o No congregating in common areas
- Cleaning and disinfection
 - o Players will not share equipment amongst team members
 - o Equipment will be sanitized by team personnel after each session
 - o On-ice sessions will be scheduled accordingly to allow for cleaning of facility between each group

2021-22 City of London Step 3 Arena Numbers

Arena	Dressing Room Limits	Number Dressing Rooms/rental	Additional Chairs/rental	Total Participants Permitted on Ice/Bench	Notes
Bostwick A and B	9	3	6	33	<ul style="list-style-type: none"> - Officials room to be used as Gender room - Chairs outside Officials room for Officials - No parents permitted in dressing room area

Lambeth	10	3	10	35-40	<ul style="list-style-type: none"> - Officials room to be used as Gender room - Viewing for lobby or stands - Lambeth dressing room permitted to be used for games as well. That is an additional 12 spots - Concession to be used as Officials room
---------	----	---	----	-------	--

General Notes

- Please be sure to only utilize the chairs that are assigned for your rink.
- There will be more chairs in the area than are needed for one ice time, to accommodate for the group before/after each ice time. Teams MUST be understanding and accommodating of where the chairs are and sharing the space with other users.
 - I.E. The first ice time of the day CANNOT take up all the chairs in one area, but must leave some to be allocated for the group after them (will arrive while they are still on the ice)
- Do not move chairs
- DO NOT leave any valuables with your belongings, as there will be no way to secure items while you are on the ice. LEAVE VALUABLES AT HOME **perhaps suggest teams designate a coach/parent to have a bag/bin that any valuables can be placed into and taken to the bench with them (ie kids phones, etc)

Hygiene Requirements

- Participants must sanitize hands upon entering the facility
- Participants will be encouraged to carry hand sanitizer
- Equipment should be washed and/or disinfected per manufacturer guidelines after each use
- Shared equipment, such as rotational goalie equipment, will be collected and cleaned by a parent representative after each use, prior to distributing to the next player. A cleaning log will be maintained and kept in the goalie bag. Instructions for cleaning and required cleaning supplies will also be provided in each shared equipment bag
- Players must bring their own labelled water bottle and wash after each session
- Visual cues will be placed on boards in 2 metre increments to promote physical distancing of water bottles and participants
- No sharing of water bottles, food, or drinks
- Strict hand hygiene will be promoted before and after each session
- Spitting, open nose blowing and rinsing mouth onto the facility floor or ice surface will not be permitted

- No handshakes between teams or between coaches and officials
- Masks are required at all times within the arena and in the dressing room. Prior to going on the ice, participants may remove their mask. Coaches who are actively participating on the ice can remove their mask but coaches on the bench must wear a mask.

Vaccination Policy

- Per the OMHA and OWHA proof of full vaccination is required for all eligible participants. This includes vaccine eligible players, game officials, instructors, associations officials, team officials and volunteers.
- OWHA is requiring participants who were born before 2010 to be fully vaccinated as soon as possible and by no later October 17, 2021. A formal policy will be made available shortly.
- OMHA is requiring all eligible participants to be fully vaccinated by October 31, 2021.
https://mcusercontent.com/ed1fb6c79cb1b8204b16b527d/files/62795759-e762-cbbf-572f-38384f7aca4c/OMHA_VACCINATION_POLICY_V1_2.pdf

Practice and Game Play

- Programming will be structured according to the OHF Return to Hockey Framework (see below), in addition to protocols established by the MLHU, City of London and facility

OHF STAGE	ONTARIO GOV. STAGE	OUTLINE	PLAYER CONTACT	# OF PARTICIPANTS	STRUCTURE	TRAVEL
STAGE 1	Step 1	No programming allowed.				
STAGE 2	Step 2	No programming allowed				

STAGE 3	Step 3	<p>Traditional Hockey</p> <p>Regular Practice and games</p> <p>Bench is considered field play</p> <p>Dressing room use minimized, masks and distancing</p> <p>Coaches must wear masks on the Bench</p>	Full contact allowed	Max participants (players & coaches) on-ice in accordance with PHU, municipality or facility; if more restrictive than Ontario government Step 3 which is based on building fire code	MHA/ Leagues/ Teams Regular Programming	Within Canada unless approved otherwise by your Member, on application
STAGE 4	Step 3 Exit	<p>Masking required except when in participation of sport programming.</p> <p>Coaches must wear mask on the Bench</p>	Full contact allowed	Based on PHU, municipality or facility requirements	MHA/ Leagues/ Teams Regular Programming	Within Canada unless approved otherwise by your Member, on application
<p>If crossing Public Health Unit boundaries or municipal boundaries, teams must comply with the regulations of the Public Health Unit or Municipality they are participating in. Minor Hockey Associations are responsible to inform incoming Teams of the requirements within the facilities the game is being played.</p>						

Safety Guidelines and Reporting

- For development, evaluation, and try-out skates and goalie clinics, participants are required to bring a completed City of London Health Assessment form and present to the parent/team representative upon entry
<https://london.ca/sites/default/files/2021-02/City%20of%20London%20COVID%20Health%20Assessment%20Form%20for%20Arena%20entry.pdf>
- Once teams have been formed, prior to entering facility participants must complete the Digital Health Screening Check (no later than 30 minutes prior to session) through the SportsHeadz app or website health.sportsheadz.com
- All parents/guardians entering the arena to assist with equipment or as a spectator must bring a completed City of London Health Assessment form and present to the City representative upon entry
<https://london.ca/sites/default/files/2021-02/City%20of%20London%20COVID%20Health%20Assessment%20Form%20for%20Arena%20entry.pdf>
- If participant is ill or displaying COVID symptoms, the below pathways will be followed (see OHF Return to Play pages 9-12)
<https://www.ohf.on.ca/media/f3hoi0bb/return-to-hockey-2021-08-27.pdf>

If anyone becomes ill at a hockey, they will:

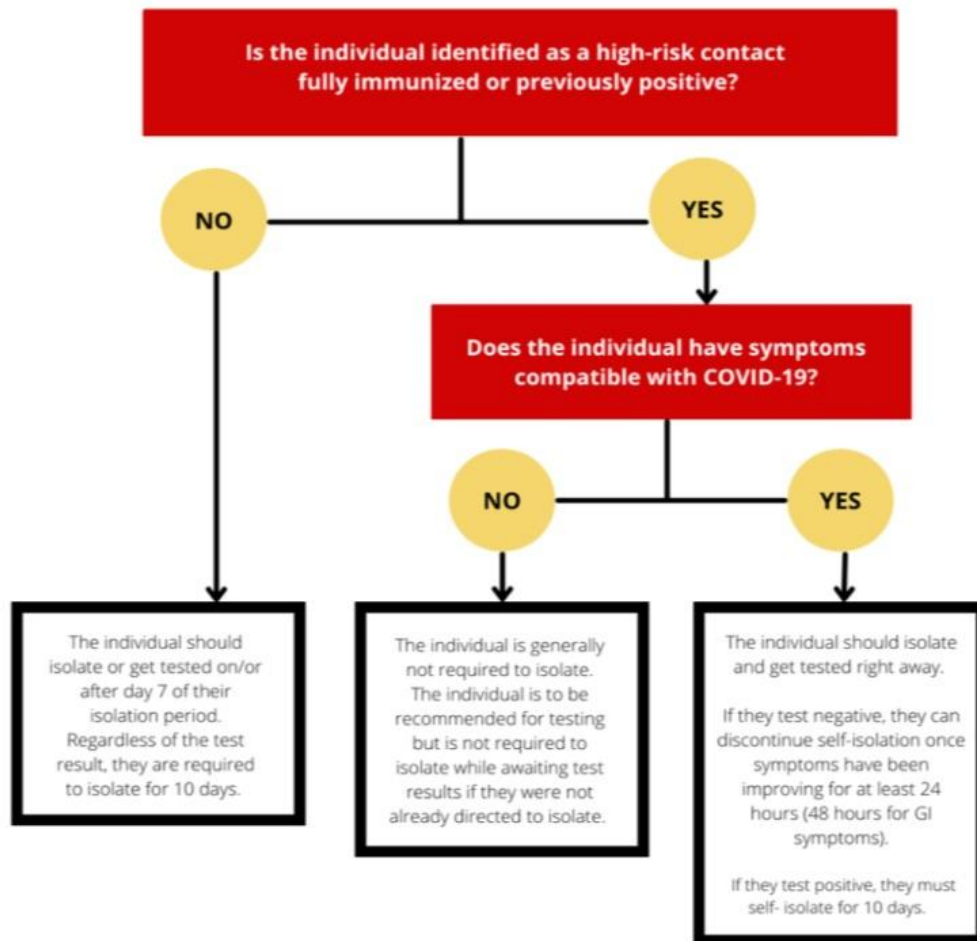
- be immediately separated from others, in a separate room if possible, until they can go home
- be provided with a medical mask
- continue to be supervised according to the local hockey associations usual policy
- be asked to maintain physical distancing
- be unable to take team or public transportation

If your child becomes ill at hockey, they must go home;

- the team or local hockey association will contact you and you'll need to arrange for them to get home, in a way that does not include public transportation.
- we encourage you to have a plan for this ahead of time. you should consult their health care provider.
- they may recommend your child [get tested for covid-19](#).
- if you or your child are tested for covid-19, [it's easy to get the results](#).
If a COVID-19 case is confirmed at hockey; the local public health unit will determine what happens and based on that direction the following flow charts will govern the Return to Programming.

Flow Chart 1: Case and Contact Management in Hockey for High-Risk Contact

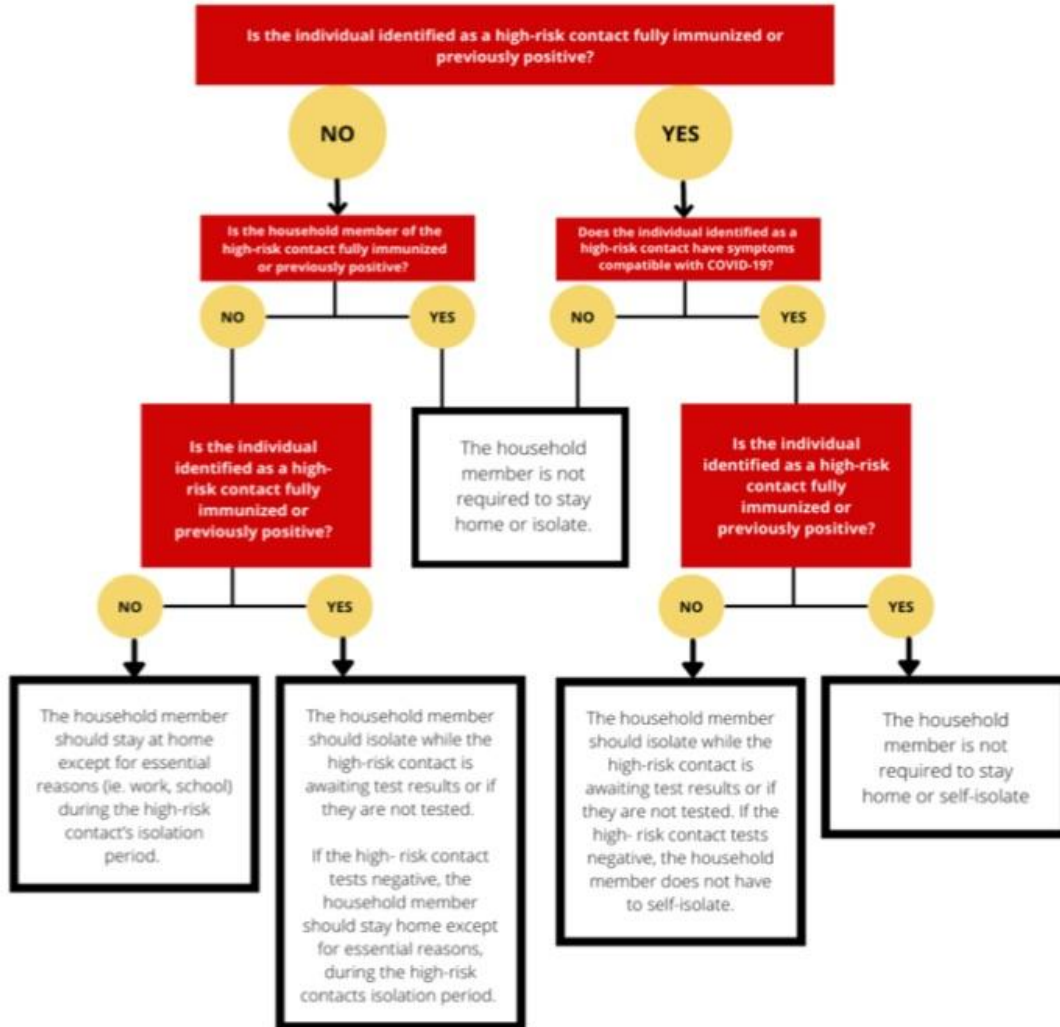
Adapted from Appendix 11 of [Management of Cases and Contacts Of COVID-19 in Ontario by the Government of Ontario](#)



For the purposes of case/contact/outbreak management, an individual is defined as fully immunized ≥ 14 days after receiving their second dose of a two-dose COVID-19 vaccine series or their first dose of a one-dose COVID-19 vaccine series that is listed for emergency use by the World Health Organization or approved by Health Canada. Individuals who are immunocompromised are excluded from this definition, in accordance with COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance. For the purposes of case/contact/outbreak management, an individual is defined as previously positive if they were a confirmed case of COVID-19 where their initial positive result was ≤ 90 days ago AND they have been cleared from their initial infection. Individuals who are immunocompromised are excluded from this definition, in accordance with COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance.

Flow Chart 2: Case and Contact Management in Hockey for Household Members of High-Risk Contacts

Adapted from Appendix 11 of [Management of Cases and Contacts Of COVID-19 in Ontario by the Government of Ontario](#)



For the purposes of case/contact/outbreak management, an individual is defined as fully immunized ≥ 14 days after receiving their second dose of a two-dose COVID-19 vaccine series or their first dose of a one-dose COVID-19 vaccine series that is listed for emergency use by the World Health Organization or approved by Health Canada. Individuals who are immunocompromised are excluded from this definition, in accordance with COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance. For the purposes of case/contact/outbreak management, an individual is defined as previously positive if they were a confirmed case of COVID-19 where their initial positive result was ≤ 90 days ago AND they have been cleared from their initial infection. Individuals who are immunocompromised are excluded from this definition, in accordance with COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance.

****If a participant tests positive for COVID-19, public health authority guidelines will determine contact tracing and isolation requirements. If there is a positive diagnosis on a team, the team and all players in the bubble will be required to pause hockey activities until the public health authority determines it is safe to return****

Parent and Participant Education and Meetings

- MHAL Return to Hockey Plan will be emailed to registrants and posted on the website prior to start of season
- Coaching staff to complete Hockey University: Planning a Safe Return to Hockey course
- COVID-19 Coordinator to review Return to Hockey Plan with coaching staff and screeners
- Coaches to hold team meetings with support of COVID-19 Coordinator
 - Topics to include:
 - What to expect during upcoming season
 - Safety protocols at facility
 - Health screening and tracking
 - Participant arrival and exit
 - Physical distancing
 - Spectators
 - Dressing rooms and common spaces
 - Hygiene practices
 - Vaccination policy
 - Precautions to keep arena clean and safe
 - Role of parent/player in creating a safe and healthy environment

Resources

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

<https://www.ontario.ca/page/reopening-ontario>

<https://www.ohf.on.ca/media/f3hoi0bb/return-to-hockey-2021-08-27.pdf>

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mgmt/management_cases_contacts.pdf

[https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationHealthScreeningTracking\(August2020\).pdf](https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationHealthScreeningTracking(August2020).pdf)

<https://www.ohf.on.ca/media/ql5fbdl5/health-screening-questionnaire.pdf>

https://e-registration.omha.net/OMHAPortal/Download/HC_RTH_SafetyGUIDELINES_8.5X11_FAQ_ENG_FINAL.pdf

<https://covid-19.ontario.ca/covid-19-test-and-testing-location-information>

<https://covid19results.ehealthontario.ca:4443/agree>

https://mcusercontent.com/ed1fb6c79cb1b8204b16b527d/files/62795759-e762-cbbf-572f-38384f7aca4c/OMHA_VACCINATION_POLICY_V1_2.pdf

<https://cloud.rampinteractive.com/whaontario/files/Bulletins/FINAL%20-%20COVID%2019%20Update%20%28Sept%20%202021%29.pdf>