

# Port Colborne Minor Hockey Association

## COVID 19 HOCKEY PROTOCOLS PARTICIPANTS

Before

1. Any participant displaying any COVID-19 symptoms (as outlined by public health at the time), or those who have returned from travel to another province/country within the last 14 days, may not enter the Port Colborne facility.

→ Participants will be screened upon entry (self-assessment or by a Port Colborne Minor hockey volunteer)

→ Participants who have been diagnosed with COVID-19 will require a doctor's note prior to being permitted inside a Port Colborne Minor Hockey facility.

→ Information regarding an individual's health should never be disclosed beyond only those staff or volunteers who need to know. The name(s) of any person(s) diagnosed with COVID-19 should NEVER be disclosed.

→ If a participant is experiencing symptoms or feeling unwell, they should not attend a scheduled activity. Instead, please contact the Head Trainer who will direct you to the proper protocol.

→ Participants with seasonal allergies or other underlying conditions (e.g. Asthma) which may cause some symptoms consistent with COVID-19 to be displayed (e.g. cough, runny nose, etc.) should notify program staff in advance and follow safety protocols (cough into arm, not hands). Where possible, the trainers should ask for this information at time of registration.

2. There will be a single dedicated entrance and exit for all participants. (RINK 2 entrance) and participants must follow directional arrows for pedestrian traffic.

3. Facility access will be restricted to 15 minutes prior to scheduled start time. Do not attempt to enter the facility early. Access will be denied. Late arrival may create delays as facility staff ensure safe traffic flow during set times before and after each session.

4. Everyone who enters the facility for any reason, must wear a mask. Participants may remove their mask immediately upon the placement of a helmet and before starting their activity.

5. Washroom and shower facilities will remain closed within each dressing room (a public washroom will be provided within the facility).

6. Participants are encouraged to use washrooms at home, as access to washrooms before, during, or after an activity will be highly restricted.

7. Water bottles must be filled at home. Bottle filling stations are closed.

8. Every participant and parent is asked to sanitize their hands upon entering the facility and are encouraged to carry their own hand sanitizer when inside the facility to reapply as needed.

9. Participants arrive fully dressed for their activity, other than:

i. Skates/Gloves/Helmet as required

ii. A small duffle bag or other, only large enough to contain gear not yet worn (e.g. no full-size hockey bags are permitted)

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10. There will be a sanitized area provided for each participant. One parent/guardian MAY accompany only those participants who REQUIRE assistance getting ready (normally U8 and below). In this case, parents must be confined to the same dedicated space as their participant. (this may or may not be inside a dressing room and can be in tents outside in pre-season).
11. Players will be permitted to leave their outdoor footwear at their designated area provided during an activity.
12. Participants must adhere to physical distancing requirements at all times (maintaining a 6 foot or 2-meter distance between themselves and another person).
13. Players are not permitted to share gear with others unless they are from the same household (e.g. another player forgets a glove, jersey, etc.)
14. User group lead or a member of the coaching staff will retrieve participants and guide them onto playing area and in all activities.
15. Wandering around the facility is forbidden.
16. Participants must adhere to any additional safety guidelines issued by the Public Health Unit, Port Colborne, the OHF and Port Colborne Minor Hockey.
17. Participants and for minors, the parent/guardian who will be attending with them, will be required to complete an acknowledgement of facility/program rules and a waiver in order to participate.

## During

1. A maximum number of participants (including coaches) will always be enforced .
  - i. Ice : maximum number allowed by the OHF stages which will allow for physical distancing (this number will be expanded per public health guidance when possible)
    - a. Stage 3a max. 25
    - b. Stage 3b as of September 1<sup>st</sup>,  
a maximum of 30, including instructors and trainers
    - c. Stage 3c max 40 people are permitted on the playing surface at a time
  - ii. For programs involving minors, a minimum of one capable adult supervisor/coach must be included in numbers above, and on the playing surface at all times.
  - iii. An activity roster must be provided to facility management in advance of each session.
2. Physical distancing must always be adhered to during activity.
  - i. All activities must be designed to ensure physical distancing (maintaining a 6 foot or 2-meter distance between each participant).
  - ii. For skill development sessions, participants must stage themselves before and between each repetition in the fashion indicated by program staff (ice-markings, cones, etc.)
  - iii. There is a zero tolerance policy for violation of physical distancing requirements. Any participant who fails to adhere to physical distancing requirements will be required to immediately leave their activity (no refunds for programs).
  - iv. Any player who becomes ill or exhibits possible COVID-19 symptoms during an activity, must immediately stop, leave the playing surface, and wear a mask until they are able to leave the facility (as soon as possible). Coaches/adult supervisors must report this as an incident to the Head Trainer for Port Colborne Minor Hockey along with any action taken.

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3. No spitting (including rinsing mouth with water) or blowing nose without a tissue or paper towel. Participants who violate this will be immediately required to leave the ice/facility (no refunds for programs). A full sanitization of the area will occur if any of the above happens.
4. Participant water bottles must be clearly labelled with names and left in the spot indicated by program staff.
5. Full equipment must be worn at all times (including player gloves).
6. Participants must not touch equipment other than that which is permitted by activity staff. Where required, pucks, cones, and other gear should be moved using sticks or a gloved hand.

## After

1. Coaches will indicate session end times to all participants. At the end of each session:
  - i. Participants must STOP and maintain their distance from all others
  - ii. Participants will be directed when and where to exit the playing surface and must return to collect outdoor footwear and change (e.g. remove skates and helmet, indoor shoes, etc.).
  - iii. Participants and parent/guardians must maintain physical distancing at all times (maintaining a 6 foot or 2-meter distance between themselves and another person) and immediately leave the facility through dedicated exit (within 5 minutes).
2. Water bottles must be washed/sanitized after every use.
3. It is highly recommended that players wash outer gear (jerseys, socks, gloves) using hot water and soap following each use. It is also highly recommended that sticks/bats, helmets, and any other personal items which have been used, be sanitized using a method appropriate for the items.
4. Participants should put their mask back on, prior to exiting their dressing room, and subsequently, the building.