



# *WEST OXFORD GIRLS HOCKEY ASSOCIATION*

## **RETURN TO HOCKEY PLAN**

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## **Section 1: WOGHA COVID-19 Response Team**

### **1.1 Members**

Jay Vyse, *Executive*, Kelly Ratcliffe, *Executive*, Kim Marin, *Executive*, Mark Bryce, *Executive*, Robin Bryce, *Executive*, *Team Reps TBD*

### **1.2 Contact**

Please direct all question reports and tracking to our covid response team at [woghacovid@gmail.com](mailto:woghacovid@gmail.com).

## **Section 2: Southwestern Public Health Guidelines**

<https://files.ontario.ca/mof-framework-reopening-province-stage-3-en-2020-07-13-v2.pdf>

### **2.1 Gathering Limits**

The total number of people permitted in classes or organized activities at any one time is limited to the number of people that can maintain physical distancing of at least two metres, and cannot exceed the indoor gathering limit of 50 people or the outdoor limit of 100. Assigned spaces are strongly recommended for organized fitness classes (e.g., by marking circles on the floor to designate where each person should exercise). Gathering limits do not apply in all other areas (e.g., pools, tennis courts and rinks).

### **2.2 Social Distancing**

Maintaining physical distancing of at least two metres from people outside of your household or social circle. Physical distancing must be maintained, except if playing a team sport or as needed for personal training.

### **2.3 Face Coverings**

Wearing a face covering in indoor and outdoor public spaces where physical distancing is a challenge

### **2.4 Hygiene**

Practising good hygiene (covering a cough and sneeze and avoiding touching your face). Washing your hands frequently with soap and water. Using an alcohol-based hand sanitizer if soap and water are not available.

### **2.5 Team Sports and Live Sporting Events**

Prolonged or deliberate contact while playing sports is not permitted. Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g., wrestling, judo) are not yet permitted, unless the approach can be modified to prevent prolonged or deliberate physical contact. Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players. Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50. Players are not yet permitted to play against players outside of their league or group. Spectators at all sporting events, including professional sports, will be subject to gathering limits and physical distancing measures, with assigned seating where possible.

## **Section 3: OWHA Return to Hockey Guidelines**

### **3.1 Tryouts/Team Rostering**

No tryouts are permitted. Teams may be formed for administrative purposes only. Players from teams will be assigned, by the association, to a Group and associations will determine the best approach for tiered structure based on the numbers and calibre of participants and will also work with other associations for the benefit of all players. When tryouts are permitted, there will be a process to adjust the administrative team rosters. A player in an OWHA Group may not be a part of any other hockey participant group in Ontario.

### **3.2 Playing other centres**

Associations may assign specific groups to be part of Extended Groups<sup>1</sup> within the numbers permitted. Extended groups are a maximum of 50 or less depending on the PHU. The OWHA will review the group maximum upon amendments by the Ontario Government. No player or Group may be part of more than 1 Extended Group. No pick-ups or integration will be allowed between Groups or Extended Groups and there will be no league or tournament play. The boundaries of the PHU will be a guideline for competition between teams.

*<sup>1</sup>Extended Group: A collective of specific OWHA groups that train within the OWHA requirements and do not exceed the numbers permitted by the Ontario government and PHU's*

### **3.3 Maximum Participants on the ice**

As of September 1, 2020 30 maximum participants including instructors, or a lower number if determined by the Ontario Government, local PHU, the facility or the OWHA, are permitted.

### **3.4 Physical Distancing**

Strict on-ice physical distancing is required for the purpose of individual and group training and if any of the Ontario Government, local PHU, the facility or the OWHA has further restrictions all programming must comply.

### **3.5 Off-ice Training/Activity**

Off-ice Training and Activity with physical distancing and within numbers permitted.

### **3.6 Team Travel**

Limited travel, ideally within PHU. No Group, Extended Group or team gatherings or overnight activities.

### **3.7 Competition (Modified Game Play)**

Following a minimum two-week development phase for any new programs, modified 3-on-3 or 4-on-4 is permitted. Modified game play with No Physical Contact and OWHA rules for modified game play may begin at a time yet to be determined. All modified Game Play is within OWHA requirements and local Public Health Unit requirements. There is a minimum of one registered official per game unless determined otherwise by the OWHA. All Modified Game Play must be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing.

### **3.8 Referees**

There is a minimum of one registered official per game unless determined otherwise by the OWHA.

## **Section 4: Zorra Facility Guidelines**

### **4.1 Maximum Visitors**

A maximum of 50 visitors are permitted per scheduled ice time.

### **4.2 Spectators**

Access to the facility is limited to on-ice participants only, including players, coaches, trainers and referees. Spectators will not be permitted. When minors are participating, one (1) parent or caregiver is permitted per minor for supervision. Parents/caregivers are also included in the 50-person capacity. Stands will not be available for spectator viewing.

### **4.3 Face Covering**

All visitors over the age of 2 are required to wear a face covering unless engaged in on-ice physical activities or are exempt for medical reasons.

### **4.4 Washrooms**

If possible, limit use of washrooms to participants only.

### **4.5 Physical Distancing**

Maintain 2 metres physical distance from members of other households. Wash hands or use alcohol-based hand sanitizer frequently.

### **4.6 Dressing Rooms**

Change rooms and washrooms will not be available for changing prior to skating. Come ready to skate. Rental groups will be permitted to enter the lobby to put on skates 15 minutes before their scheduled ice time.

### **4.7 Entering the facility**

The main entrance will remain locked to visitors before this time and locked at the beginning of the scheduled ice time. 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. When the rink is cleared of the previous renters 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/caregivers and belongings to allow for cleaning by arena staff.

### **4.8 Leaving the facility**

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 changeroom(s).

Users 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.

## **Section 5: Ingersoll Facility Guidelines**

### **5.1 Maximum Visitors**

The maximum number of on ice participants per session/practice/hour ice time is 18 people with 7 spectators in the stands. The 18 on ice participant limit includes players, coaches and officials. Player's benches can accommodate a maximum of 7 players. Penalty boxes can accommodate a maximum of 1 player. This 18 people on ice participant limit will allow a second group to enter the facility while the first group is still on ice. This will also allow us to maintain back to back 50 minute on-ice time rentals.

## **5.2 Spectators**

Spectators must be limited to 7, due to possible overlapping groups. Spectators must ensure they watch from the stands only, no viewing from the lobby. Spectators must be physically distanced by a minimum of 2 metres. Spectators must exit the facility from the exit doors in the stands. Spectators may access the dressing room hall to tie skates of younger participants.

Spectators may walk through the lobby to access the main washrooms. Spectators may assist with untying skates in the dressing room hall, but must not gather and ensure they leave the facility immediately after untying skates.

## **5.3 Face Coverings**

Face coverings are required and must be used at all time in the lobbies, stands, dressing rooms and washrooms. Face coverings may not be required while patrons are on the ice.

## **5.4 Washrooms**

Washrooms will be open. Washrooms will be cleaned and sanitized every two hours

## **5.5 Physical Disancing**

Maintain 2 metres physical distance at all times. Prolonged or deliberate contact while playing sports is not permitted. Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players.

## **5.6 Dressing Rooms**

Dressing rooms will be available to user groups, with a maximum of 9 patrons per room. This limit includes parent reps, coaches and participants. Showers and washrooms within the dressing rooms will not be available. Keys will not be issued for dressing rooms. All rooms will be use at your own risk. Groups have use of the dressing room for an additional 15 minutes after their ice time. Dressing rooms will be cleaned and sanitized after each use.

## **5.7 Entering and Exiting the Facility**

The main entrance will be the entrance for all facility users. All ice users and spectators must exit through the closest exit doors in the building. Dressing room 1 & 2 will exit from the East exit door, Dressing room 3 & 4 will exit through the West exit doors. Spectators will exit from the exit doors in the stands. Entrance to the facility will be permitted 15 minutes prior to the rental. Participants arriving earlier must wait outside the facility.

## **Section 6: WOGHA Season Plan**

### **6.1 Registration**

Registration will remain open for the duration of the season. WOGHA will base registration on a two-part season plan: Part I Sept 15, 2020 until Dec 31, 2020, *Part II* Jan 1, 2021 until or around April 1, 2021.

Registration must be completed online via RAMP by all members.

### **6.2 Tryouts**

Tryouts are not permitted at this time.

### **6.3 Rostering of Players**

As per OWHA, players will be assigned to teams by WOGHA. WOGHA Executive will form a committee of current and former coaches as well as coaching convenors to assign players to a team. WOGHA will follow a tiered structure based on registration numbers and calibre of participants or benefit of all players.

### **6.4 Season Format**

As per OWHA, all teams will participate in a minimum of two week skill development. After this mandatory

skill development period, teams will be permitted to begin modified 3-on-3 or 4-on-4 play with extended groups. Format of play will depend on registration numbers and local teams available to play. Extended groups will be determined by coaches, coaching convenors and WOGHA Executive. It is encouraged that extended groups remain within our local PHU.

### **6.5 Bench Staff**

Coaching certifications for the 2020/21 season have not yet been released by OWHA. In addition to minimal OWHA certification requirements, the following education is mandated for all WOGHA 2020/21 bench staff:

- Hockey University: Planning a Safe Return to Hockey;  
<https://ehockey.hockeycanada.ca/ehockey/ClinicDetail.aspx?cid=131049>
- Hand Hygiene
- Self Monitoring
- Physical Distancing
- Self Isolation; [www.wogha.ca](http://www.wogha.ca) "Members", "Bench Staff"

### **6.6 Practices**

Teams will have approximately 2 hours of ice each week. There will be no shared practices. Players are required to maintain 2m distancing at all times, on and off ice. Players must arrive to practice fully dressed with the exception of skates.

### **6.7 Spectators**

Minor members are permitted to have maximum one spectator per event, if the facility permits

### **6.8 Additional Skill Development Sessions**

External-source lead development (specific ages, skill set) will be available as per ice availability. Players are permitted to stay within their groups, thus these sessions will be available based on interest. These development sessions are not included in registration and will be an additional cost.

### **6.9 Refunds**

All COVID refunds will be prorated. All other refund requests must be submitted in writing.

## **Section 7: WOGHA COVID Protocol**

### **7.1 Personal Protective Equipment**

All WOGHA members and those attending WOGHA activity are required to wear a face mask. Players are not required to wear face coverings during on ice activity. Masks are mandatory on ice for coach/trainer. Members are expected to provide their own face coverings. Disposable masks, nitrile gloves and sanitizer will be stocked in trainer kits for emergency use only.

### **7.2 Member Education**

Members are expected to review and become familiar with our COVID resources found on our website under "Return to Hockey".

### **7.3 WOGHA Equipment**

Team pucks and pylons will remain with each team for the duration of the season. Shared goalie equipment will be thoroughly disinfected and signed off on after every use. Sanitization tracking will be completed by team rep and submitted regularly to COVID committee.

### **7.4 COVID Screening**

All WOGHA members (including players, coaching staff, parents and guardians) will be required to complete a COVID screening prior to attending WOGHA activity. Screening will be completed via TEAM APP (not yet available) or our website. All members will be given direction on how to complete required screening. If a member has not completed a screening, they will not be permitted to attend the WOGHA

event.

### **7.5 COVID Tracking**

WOGHA COVID Committee team reps will track attendance for each WOGHA activity. Tracking will be completed via TEAM APP or provided tracking sheets. Tracking ensures WOGHA COVID committee is aware of attendees to all association activity in the case of an outbreak.

### **7.6 Exposure Protocol**

Exposure cases must be reported to team reps as soon as possible. Team reps report exposure cases to COVID committee in writing via email at [woghacovid@gmail.com](mailto:woghacovid@gmail.com). COVID Committee will contact all team members at potential risk. If a player/coach is experiencing symptoms they are not permitted to participate in team activity. Team activity can proceed as normal. The symptomatic individual is asked to be assessed by their doctor and contact Southwestern Public Health. This individual must self isolate until the test results are returned. If test results are negative, the individual is to return to regular activity 24 to 48 hours after symptoms have subsided. If test results are positive public health will contact the individual. Only high risk contacts<sup>1</sup> will be notified of the exposure.

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<sup>1</sup>A high risk contact is defined as a person who has been within 2 metres of the infected person for 15 minutes.