

The Greater Kingston Girls Hockey Association believes that engaging young women in hockey builds a commitment to healthy active living and a love of sport. Through sport, we empower girls and women by building self-confidence and leadership skills. As such, we are committed to continue to provide hockey opportunities for girls and women in the Greater Kingston area as long as it is safe and feasible to do so.

The resumption and continuation of hockey is contingent on all participants following the Return to Hockey Plan.

Our plans and protocols are informed and guided by:

The Ontario Government Regulations

The Ontario Women’s Hockey League Return to Hockey Protocols

Direction and guidance provided by the City of Kingston, The Kingston, Frontenac and Lennox & Addington Public Health Department.

Section 1:

GKGHA Covid Committee		
Lisa Gerlsbeck Covid Committee Chair/OWHA Rep	lisagerlsbeck@gmail.com	416-457-8029
Jonathan Walker VP of Admin	jon@andola.ca	613-561-3746
Tracy Mackenzie Safety Director	Tracy_gough@hotmail.com	613-453-6408
Casey Held Communications Director	Casey_held@yahoo.ca	613-329-9040
Paul Held Office Manager	paulheld@yahoo.ca	613-305-1083
Ron Murphy	Ron_murphy@hotmail.com	343-363-9508
Kevin Douglas	douglask@alcdsb.on.ca	613-331-4390
Wendy Earle	wearle@cogeco.ca	613-484-6598
Jeremie Bailey	Jeremie.bailey@ckingston.ca	613-770-2588
Angie Reed	Angie.reed1979@icloud.com	613-453-6043
Michelle Yeo	Mdyeo415@gmail.com	613-453-4067

Section 2:

GKGHA Covid-19 Safety Protocols

An individual becomes unwell with symptoms of COVID-19 while participating in an Ice Wolves activity

- If an individual becomes unwell with symptoms of COVID-19, **or if someone is aware** of an individual who becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask – where possible everyone should maintain a distance of 2 metres from the ill participant.
- Individual to be supervised by Den mom and/or the Rink Marshall.
- The individual shall be sent home and instructed to contact public health and follow all guidelines regarding self-isolation and testing.
- The Rink Marshall will inform the facility in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- The team trainer will notify GKGHA Safety Director Tracy MacKenzie by email to covidgkgha@gmail.com within 2 hours. Tracy Mackenzie will ensure that one of the following Covid-19 Committee members - Wendy Earle, Angie Reed or Michelle Yeo contact the individual or their parent/guardian to determine if next steps are being taken regarding testing/isolating.
- The Rink Marshall will inform GKGHA Covid-19 Committee immediately by emailing the information to covidgkgha@gmail.com In all cases this notification must happen within 2 hours.

An individual is tested for COVID-19/player or close contact-result pending

- Any individual who is part of a hockey program who has been tested for COVID-19 must not participate in hockey activities while waiting for the results of the test and not until a negative test result is received and with direction from public health.
- GKGHA Communications Rep Casey Held will supply KFL&A with tracking sheets and if requested by health unit committee members will work together to inform other participants who might have been in close contact with the individual.
- Any association/team members who were in close contact with the individual should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by public health.

An individual tests positive for COVID-19 – player or close contact

- If an individual tests positive for COVID-19, YOU MUST inform a member of the GKGHA COVID-19 Committee as soon as possible, via email to covidgkgha@gmail.com. Contact information for the committee will be provided to all team coaches, trainers and managers.

- The COVID-19 Committee will work when requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual.
- Any association/team members who were in close contact with the individual should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing.
- GKGHA Communications Rep Casey Held will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines.
- The OWHA Rep Lisa Gerlsbeck will inform OWHA of a positive COVID-19 diagnosis.

Return to hockey activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19 for 24 hours.

Return to hockey activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities and be cleared by public health before returning.

Modification/restriction/postponing or canceling of hockey development activities

- Based on the evolving COVID-19 pandemic, GKGHA is prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities.
- GKGHA has established a program cancellation policy.
- GKGHA members will be informed as soon as possible of any modifications/restrictions or cancellations.
- The GKGHA will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

Public Health Guidelines

GKGHA members should follow all public health guidelines regarding COVID-19. These may include:

- Any association/team members who themselves have travelled outside of Canada, or have someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days.

- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in hockey activities for 14 days.
- Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities.
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities.

Section 3:

Communications Plan

The following steps will be taken by the GKGHA Association to ensure effective communication is taking place with all players, parents, coaches, and other volunteers – prior to and during all stages of the 2020-21 season. GKGHA Communications Director Casey Held will be the communications lead.

- The GKGHA will ensure up to date contact information for all association/team members is on-file.
- The GKGHA will ensure up to date contact information for the association's Board of Directors, Covid-19 Committee and team coaches is maintained and easily accessible through the GKGHA website.
- A specific Covid-19 section will be established on the GKGHA website and will include: a copy of this plan, communications and training materials for all Covid-19 protocols and procedures and contact information for board and committee.
- The GKGHA will use email, website, Twitter, Facebook, Instagram and all other methods to maximize communication.
- The GKGHA will seek to establish a regular pattern of communication with our members during the season, to keep them up to date on any developments. Host virtual town hall meetings when needed.

Section 4:

Health Screening and Contact Tracing

Anyone who attends a GKGHA activity, including player, coach, official, trainer or other volunteers will be required to complete a Health Screening. A copy of the questionnaire is attached. The Health Screening Questionnaire must be completed within 1 hour of the start of the activities.

Individuals who have not completed a Health Screening Questionnaire may not participate in any activities - no exceptions will be made.

- The Health Screening Questionnaires will be collected and accessed electronically.
- It will include participant's name, role, contact information and screening status.

All data collected will be maintained in a secure online location and will only be disclosed where mandated by a government agency. Member information gathered for the purpose of the GKGHA Covid-19 protocols will not be used for any other purposes or released to any other organizations or individuals. Tracing information will be kept for 30 days and then deleted.

Section 5:

Facility Protocols

Individual rink protocols provided by the City of Kingston, Loyalist Township, Town of Greater Napanee and Town of Gananoque are attached.

No individual will be permitted entry into any facility for the purposes of participating in a GKGHA activity unless:

- The individual has electronically completed the Health Screening Questionnaire defined by the GKGHA no more than one hour before activity. Paper or verbal copies will not be accepted.
- A designated GKGHA volunteer has confirmed receipt of the above items and has granted permission to the individual to enter the facility.
- Each GKGHA team/group will have a trainer/volunteer who shall act as the designated individual for the purposes of controlling entry into facilities and confirming Health Screening Questionnaire.
- Individuals must always follow the direction and instructions of Facility Staff when inside the facility – including any signs, or directional markings posted.
- Individuals will wear a mask at all times inside the facility. No mask is required on the ice.
- On-ice participation will be limited to the individual facility protocols – which will be updated as they change.
 - City of Kingston arena facilities – 30 skaters to including players/coaches per rink (per OWHA regulations)
Strathcona Paper Centre – 22 on ice including players and coaches
WJ Henderson Rec Centre – 20 on ice and 5 coaches/trainers
Lou Jeffries Arena –
- At this time, spectators are limited to one companion (parent/adult/guardian) accompanying each player in U11/U9 (formerly Atom and Novice) and fundamentals age groups ONLY. Companions in this age group may assist players with skates and then must go to the designated spectator areas. Spectators must leave the facility immediately following the ice time. Spectators must maintain social distancing at all times in the facility and may only come within two metres of each other if they are in the same social bubble. NO SIBLINGS WILL BE ALLOWED IN THE FACILITY.

- Spectators for skaters in programs U13 (Peewee and up) and up will not be allowed in the facility at this point but this policy will be reviewed on an ongoing basis and the association will advise members accordingly.
- Anyone entering the facility MUST maintain a physical distance of at least two metres from any other person who is using the facility.
- Water bottles must be clearly labeled with the player's name and must not be shared under any circumstances. No player should touch another player's water bottle at any time.

Pre-Activity Facility Protocols

- Individuals are to come to the arena dressed to skate. Blades on when possible – but benches will be available inside the facility to tie skates. Dressing rooms will not be used at the facility – with the exception of goalies. Goalies may have access to one changeroom where necessary. Two-deep supervision by certified volunteer will apply for any dressing room use. No showers will be permitted in any facility. Use of dressing rooms for all participants will be considered at a future date.
- Duffle bags only will be allowed inside the facility.
- Goalies may put on pads and skates inside the facility.
- Individuals will be permitted to enter the facility 15 minutes before the start of their ice time.
- The team/group trainer will meet the individuals at a designated area to confirm screening requirements and will then be escorted to the rink.
- Individuals will wear a mask into the facility and right up until they are getting on the ice. Masks are to be stored inside the duffle bag while on the ice.
- No pre-game warm up/dryland activities will be allowed in facility.

Post-Activity Facility Protocols

- At the end of the hockey activity, individuals will exit the ice and put on masks immediately after removing helmets.
- When you exit the ice, individuals must immediately leave the building following the designated paths and exit doors, with no re-entry permitted. You will only be permitted to put take off skates if necessary and helmet. Trainers/volunteers will escort the group to the designated pick up area.



Section 6:

Hockey Season Structure & Activities

All activities will fully comply with:

The OWHA’s Return to Hockey Protocol

The OWHA’s Stage 3 Modified Programming document

All federal, provincial, and municipal laws and regulations

All GKGHA activities will be sanctioned by the Ontario Women’s Hockey Association and will only proceed once prior written approval has been received from the OWHA.

Only registered members of the GKGHA will be permitted to participate in GKGHA activities.

The GKGHA plans to execute the following season structure for our Competitive program:

Step	Dates	Description	Limitations
Competitive Program Registration and Bubble formation for teams from U9 to U22	September 1-14 2020	Players will be organized in groups for skill development and games. Player assignment will be done by Head Coaches in consultation with the VP of Competitive based on age-category and identified skill level.	Groups will be limited to 50 or less. Players will only be assigned to one group and once groups are formed they will not be changed.
Competitive Program Skill Development	September 14 – October 1	Players from the same bubble will be divided into 2 to 4 smaller groups for the purposed of development sessions (practices).	15 to 25 players per development group (lower if required by facility). Physical distancing of 2m maintained at all times.

		Small group development activities and skill exercises.	No games, scrimmages or similar activities in these sessions.
Competitive Program Games	October 1, 2020 to TBD	Players from the same Bubble will be divided into up to 4 teams for games. Teams will be as balanced as much as possible, including an equal range of skill levels from within the bubble.	9-12 players per team (lower if required by facility). Games will include 2 teams on the ice at the same time. Modified 4on4 game play will be used as defined by the OWHA
Competitive Team Formation	TBD	Competitive teams will be formed when/if permitted by the OWHA Resumption of traditional hockey activities	Competitive team activities will only proceed if allowed by the provincial regulations and the OWHA

The GKGHA plans to execute the following season structure for our Youth House League Program:

Step	Dates	Description	Limitations
House League Program registration and bubble formation . House League bubbles will include members of the Gananoque Royals Minor Hockey Association where applicable.	September 1 to October 2020	Players will be organized in groups for skills development and games. Player assignment will be based on age-category and identified skill level.	All groups will be limited to a maximum of 50 players. Players will only be assigned to one group. Once groups are formed
House League Bubble Development	October 1 to TBD	Players from the same bubble will be divided into up to 4 teams for games and practices. Teams will be balanced as much as possible, including an equal range of skill levels.	9-12 players per team. Games will include 2 teams on the ice at the same time. Modified 4 on 4 game play will be used as defined by the OWHA.
Fundamentals			
House League Fundamentals (Learn to skate/play program)	Nov. 1 to TBD	Registration and skills development small group	

Step	Dates	Description	Limitations
Senior House League Program registration and bubble formation	September 1 to October 2020	<p>Players will be organized in groups for skills development and games.</p> <p>Player assignment will be based on age-category and identified skill level.</p>	<p>All groups will be limited to a maximum of 50 players.</p> <p>Players will only be assigned to one group.</p> <p>Once groups are formed</p>
Senior House League Bubble Development	September 14 to October	<p>Players from the same bubble will be divided into up to 4 teams for games and practices.</p> <p>Teams will be balanced as much as possible, including an equal range of skill levels.</p>	<p>9-12 players per team.</p> <p>Games will include 2 teams on the ice at the same time.</p> <p>Modified 4 on 4 game play will be used as defined by the OWHA.</p>

Covid-19 Health Screening Questionnaire – to be done electronically.

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity.

Are you currently experiencing any of these issues? Call 911 if you are.

1. Severe difficulty breathing (struggling for each breath, can only speak in single words)
2. Severe chest pain (constant tightness or crushing sensation)
3. Feeling confused or unsure of where you are
4. Losing consciousness

If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.

1. 70 years old or older
2. Getting treatment that compromises, (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
3. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
4. Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

The answer to all questions must be “No” in order to participate in each on-ice activity.

Are you experiencing any of these symptoms?

YES/NO

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

Chills

Cough that’s new or worsening (*continuous, more than usual*)

Barking cough, making a whistling noise when breathing (croup)

Shortness of breath (out of breath, unable to breathe deeply)

Sore throat

Difficulty swallowing

Runny nose, sneezing or nasal congestion (*not related to seasonal allergies/other known causes or conditions*)

Lost sense of taste or smell

Pink eye (conjunctivitis)

Headache that's unusual or longlasting

Digestive issues (nausea/vomiting, diarrhea, stomach pain)

Muscle aches

Extreme tiredness that is unusual (fatigue, lack of energy)

Falling down often

For young children and infants: sluggishness or lack of appetite

For the remaining questions, close physical contact means: Being less than 2 meters away in the same room, workspace, or area for over 15 minutes or living in the same home.

In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Yes/No

In the last 14 days, have you been in close physical contact with a person who either: Is currently sick with a new cough, fever, or difficulty breathing; OR Returned from outside of Canada in the last 2 weeks? Yes/No

Have you travelled outside of Canada in the last 14 days? Yes/No

If an individual has answered "Yes" to any of these questions, they are not permitted to participate in any on-ice or off-ice activities.



Covid 19 Education Resources

Ontario Public Health Public Resources	https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources
KFL&A Public Health	https://www.kflaph.ca/en/index.aspx
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
How to self-isolate	https://www.kflaph.ca/en/healthy-living/resources/Infection-Prevention-and-Control/Coronavirus/2020-03-25_COVID19-Self-Isolation.pdf
What is Covid-19	https://www.youtube.com/watch?v=FqaXBtSaiUE
Self-isolation Caregivers	https://www.kflaph.ca/en/partners-and-professionals/resources/Coronavirus/2020-02-27-COVID-19_Caregivers_Fact_Sheet_EN-2.pdf
Ontario Covid-19 Online Self-assessment Tool	https://covid-19.ontario.ca/self-assessment/

Ontario Women's Hockey Associations Website:	http://www.owha.on.ca
Physical Distancing	https://www.kflaph.ca/en/healthy-living/resources/Infection-Prevention-and-Control/Coronavirus/2020-03-23-Coronavirus-notice-to-visitors_8.5x11.pdf
How to clean a fabric mask	https://www.kflaph.ca/en/healthy-living/resources/Infection-Prevention-and-Control/Coronavirus/COVID-19_How-to-Clean-a-Face-Covering_8.5x11.pdf