

Oshawa Girls Hockey Association

COVID-19 Protocols



In conjunction with the City of Oshawa, and under the direction of the OWHA, Hockey Canada, and our local Public Health Unit (PHU), the Oshawa Girls Hockey Association (OGHA) has put together the following document to provide clarity and assurance that we are committed to providing a safe and healthy environment for our participants.

The OGHA will be strictly adhering to the following measures, in addition to others:

- Participants will be screened prior to scheduled ice time, and records of attendance will be kept for contact tracing purposes
- The number of participants during a given activity will be limited as per the OWHA rules, guidelines determined by the local PHU, and restrictions set by the facilities
- Entry and exit procedures will be enforced, as will physical distancing measures, and the wearing of masks
- Games will operate with modified rules (as directed by the OWHA) in order to reduce physical proximity and contact

The following document should be read and understood prior to participating in any hockey-related activities, either on- or off-ice. The information contained within will be revised should the OGHA receive new information from the OWHA, the City of Oshawa, or the Region of Durham Health Department.



The following is the OGHA's COVID-19 Response Plan.

It contains:

1. OGHA COVID-19 Association Liaisons
2. OGHA COVID-19 Protocol
3. OGHA COVID-19 Communication Plan

1. OGHA COVID-19 Association Liaisons

The following individual members are the COVID-19 Association Liaisons:

Lynne Dinsmore, President
Laurie Ferguson, VP of Senior
Cheryl Rankin, Director of Communications

COVID-19 concerns should be directed to the Association Liaisons at: covidcontacts@oshawagirlshockey.ca

Responsibilities:

- Ensure all association members (e.g. coaches, staff, and players) are aware of COVID-19 protocols
- Develop and update any association COVID-19 protocols in accordance with new information provided by the OWHA, the City of Oshawa, and the Region of Durham Health Department
- Communicate any changes to the COVID-19 protocols to association members
- Report any COVID-19 incidents to the OWHA
- Work with teams, public health, and facilities in the event of a COVID-19 incident
- Review and address any incidents of COVID-19 protocol non-compliance by association members

2. OGHA COVID-19 Protocol

For the purposes of this document, an “association member” is defined as any coach, team staff, player, or board member that is in attendance at any OGHA hockey activity.

Association members **must not** take part in any hockey activities (on- or off-ice) if they:

- Are experiencing any COVID-19 symptoms

COVID-19 Symptoms	
- Fever/chills	- Sore throat
- Cough	- Stuffy nose and/or runny nose
- Shortness of breath	- Headache
- Decreased or loss of smell or taste	- Nausea and/or vomiting and/or diarrhea
- Difficulty swallowing	- Fatigue, lethargy, muscle aches, or malaise
- Conjunctivitis (pink eye)	

- Have been diagnosed with COVID-19 and have not been cleared by a health professional for removal from isolation
- Have been in contact with someone with COVID-19 in the past 14 days
- Have returned from travel outside of Canada (14 days of quarantine must be completed)
- Are considered a vulnerable or at-risk individual (over 70 years old, weakened immune system, or medical conditions that would predispose to elevated risk of complications from COVID-19)

The OGHA will implement on-site screening using a Health Screening Questionnaire (see Appendix A for example) and will also complete a Contact Tracking Sheet (see Appendix B for example) for each hockey activity.

If an association member becomes unwell during an OGHA event:

- He/she must immediately stop participating in hockey activities
- He/she must be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- He/she shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- An Association Liaison should be informed of the situation and should contact the association member or his/her parent/guardian to determine if next steps are being taken

If an association member exhibits symptoms (refer to chart on page 4) of COVID-19:

- He/she must not participate in any on- or off-ice hockey activities
- He/she should call the Durham Health Connection Line 905-668-2020 (or 1-800-841-2729) or his/her family doctor
- He/she should adhere to all public health guidelines and should refer to the *“Return to hockey activities following illness/COVID-19”* section on this page for more guidance

If the association is informed that a member is being tested for COVID-19:

- The association member that is being tested for COVID-19 must not engage in hockey activities while waiting for the result of the test
- Once the result is known, the member must follow the requirements of Public Health, and should refer to the *“Return to hockey activities following illness/COVID-19”* section on this page
- If requested, the Association Liaisons will cooperate with Public Health and consult the Contact Tracking sheets to inform other association members who might have been in close contact with the individual who was tested
- Association members who were in close contact with the individual who was tested should be mindful to watch for any potential symptoms in themselves and may continue to participate in hockey activities, provided the Public Health Unit has not asked them to isolate

If the association is informed of a member testing positive for COVID-19:

- The COVID-19 Association Liaisons will notify the OWHA President and/or Director Operation by emailing team@owha.on.ca
- The COVID-19 Association Liaisons will work, where requested, with the facility and Public Health officials to assist in contact tracing (the Contact Tracking sheets may be used to assist Public Health officials in informing other association members who may have been in close contact with the individual who tested positive)
- Association members who were in close contact with a COVID-19 positive participant should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing; at the conclusion of the self-isolation period, they should refer to the *“Return to hockey activities following illness/COVID-19”* section of this document

Return to hockey activities following illness/COVID-19

Association members must follow all public health guidelines and be symptom-free for 48 hours before returning to hockey activities. Members must also submit a written statement to their Team Manager or Trainer, indicating that they have abided by all Public Health guidelines, and have been symptom-free for 48 hours. The statement must be provided by an adult, and therefore may be completed by a parent/guardian on behalf of a player. Should a member fail to follow this protocol, he/she must not return to hockey activities until 10 days have passed from the date of symptom onset, and he/she must also be symptom-free for 48 hours.

Modification/restriction/postponing or cancelling of hockey development activities

- Based on the evolving COVID-19 Pandemic, the OGHA is prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or cancellation of activities
- The OGHA does have an established cancellation policy should COVID-19 disrupt the season
- Association members will be informed as soon as possible of any modifications, restrictions, or cancellations
- The OGHA and their member teams will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials

Summary of Public Health Guidelines

Association members will follow all public health guidelines regarding COVID-19. In this document, these include (but are not limited to):

- Any association member who has travelled outside of Canada, or has someone in his/her household who has travelled outside of Canada, must self-isolate and not participate in hockey activities for 14 days
- Any association member 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 association member with symptoms of COVID-19 (see chart on page 4) should contact Public Health and follow the advice given

3. OGHA COVID-19 Communication Plan

The following plan has been created in order to ensure the OGHA effectively communicates all pertinent COVID-19-related information to its association members.

1. The OGHA will ensure that contact information for all association members is up to date.
2. The OGHA will promptly distribute COVID-19 information to its members via the league's website (www.oshawaladygenerals.ca) and social media accounts, or via direct e-mail, if required.
3. The responsibility for communication to association members regarding COVID-19 information falls to the Director of Communications, at the direction of the members of the Executive.
4. A specific COVID-19 section will be added to the website, which will include this document, contact tracking sheets, the screening questionnaire, referral to the required Safe Return to Hockey course, and links to various COVID-19 education resources (e.g. Public Health sites).
5. One of the Association Liaisons will follow up with any individuals who become unwell with symptoms of COVID-19 during hockey activities. The VP of Senior will follow up with the Senior House League registrants, while the President or Director of Communications will follow up with participants in the younger divisions.
6. A physical copy of the Contact Tracking sheets for each session will be kept by Team Managers (or Team Reps in Senior HL).
7. If it is determined that an association member has tested positive for COVID-19, all association members that may have been in close contact with that individual will be informed as per public health guidelines.
8. If the OGHA is informed of an association member testing positive for COVID-19, the facility and the OWHA will be notified.



Health Screening Questionnaire



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

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. Getting treatment that compromises (weakens) your immune system (for example: chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
2. Having a condition that compromises (weakens) your immune system (for example: lupus, rheumatoid arthritis, immunodeficiency disorder)
3. Having a chronic (long-lasting) health condition (for example: diabetes, emphysema, asthma, heart condition, COPD)
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 any and all activity.

1. Are you experiencing any of these symptoms?
 - Do you have a fever? (Hot to the touch, temperature of 37.8C or higher) Yes No
 - Chills Yes No
 - Cough that’s new or worsening (continuous, more than usual) Yes No
 - Barking cough, making a whistling noise when breathing (croup) Yes No
 - Shortness of breath (out of breath, unable to breathe deeply) Yes No
 - Sore throat Yes No
 - Difficultly swallowing Yes No
 - Runny nose, sneezing or nasal congestion (non-allergy) Yes No
 - Lost sense of taste or smell Yes No
 - Pink eye (conjunctivitis) Yes No
 - Headache that’s unusual or long lasting Yes No
 - Digestive issues (nausea/vomiting, diarrhea, stomach pain) Yes No
 - Extreme tiredness that is unusual (fatigue, lack of energy) Yes No
 - Falling down often Yes No

For young children/infants: sluggishness or lack of appetite Yes No

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

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

3. 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? (This does not include essential workers who cross the Canada-US border regularly).
Yes No

4. Have you travelled outside of Canada in the last 14 days? (This does not include essential workers who cross the Canada-US border regularly.)
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.

Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).

