



NORTH DURHAM MINOR HOCKEY ASSOCIATION RETURN TO PLAY

COVID-19 RESPONSE

JULY 2020

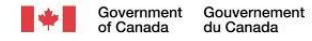


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RISK MITIGATION

National to Local Hockey



Canada



National to Local Government

WHEN CANADA IS READY, WE WILL BE READY!





OHF Stage	Ontario Gov. Stage	Outline	Player Contact	# of Participants†	Structure	Travel
STAGE 1 Return to Ice	Phase 2 Stage 1	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Skill Development Only • Off-Ice Training & Activity • Limited/No Use of Bench • Variety of On-Ice Set Ups 	None	Limited to 10 in group including instructor	<ul style="list-style-type: none"> • Private Instruction • Association Instruction • Team Instruction 	Community Based Only
STAGE 2 Return to Practice	Phase 2 Stage 2	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Group Skill Development • Off-Ice Training & Activity • May be Limited Use of Bench 	None	Limited to 15 in group including instructor	<ul style="list-style-type: none"> • Private Instruction • Association Instruction • Team Instruction 	Community Based Only
STAGE 3a Return to Play	Phase 2 Stage 3	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Off-Ice Training & Activity • Limited or Normal Use of Bench 	No Physical Contact	Maximum of 25 for individual training	<ul style="list-style-type: none"> • MHA/Leagues/Teams • May be Modified Game Play or Cohort Groups 	Limited Public Health Unit (PHU)
STAGE 3b	Phase 2 Stage 3	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Off-Ice Training & Activity • Limited or Normal Use of Bench • Registration of Players for the 2020-2021 programming • Allocation of Player Groups • Group Training Prep Phase 	No Physical Contact	Maximum of 30 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Public Health Unit
STAGE 3c	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3 or 4 v 4, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Public Health Unit
STAGE 3d	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3, 4 v 4, 5 v 5, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Adjacent Public Health Units
STAGE 3e	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3, 4 v 4, 5 v 5, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Expanded Local Health Integrated Network
STAGE 4 Return to Regular Competition	Phase 3	<ul style="list-style-type: none"> • No On-Ice Physical Distancing • Regular Practice • Off-Ice Training & Activity • Standard Competition • May be Normal Use of Bench 	Contact Allowed	Regular Team Sizes	<ul style="list-style-type: none"> • Rules TBD • MHA/Leagues/Teams • Regular Game Play 	Expanded Tournament Year end events

- **September 1 to a date to be determined**

- Return to Modified Practice and Play - for participants who are registered for the 2020/2021 hockey season OWHA Approved Programming in Geographic Area that is in Ontario Government Stage 3

- **Individual and Group Training**

- Maximum of 30 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or the OWHA.
- 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.
- Off-ice Training and Activity with physical distancing and within numbers is permitted.
- Limited or normal use of the bench with physical distancing
- Allocation of Extended Groups
- Extended Group training
- Limited travel, ideally within PHU
- No Group, Extended Group or team gatherings or overnight activities.

- **Competition (Modified Game Play)**

- Following a minimum two-week development phase for any new programs, modified 3on3 or 4on4 Modified game play with No Physical Contact and OWHA rules for modified game play may begin at a time yet to be determined.
- 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.
- 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 sanitization and physical distancing.



ONTARIO WOMEN'S HOCKEY
ASSOCIATION

At a time yet to be determined

Member Approved Programming in Geographic Area that is in Ontario Government Stage 3

Individual and Group Training

- Maximum of 40 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or Member.
- Physical distancing is required for the purpose of individual and group training and if a facility has further restrictions, all programming must comply.
- Limited travel, ideally within PHU and adjacent PHU's
- No Group, Extended Group or team gatherings or overnight activities.

Competition (Modified Game Play)

- Following a two-week development phase for any new programs, Stage 3 Modified Programming.
- Physical Contact hockey 3on3, 4on4, and 5on5 may begin at a time yet to be determined.
- Extended groups are a maximum of 50 or less depending on the PHU. The OWHA will review the extended group maximum upon amendments by the Ontario Government.
- All Modified Game Play is within local PHU's that are at a similar Phase/Stage.
- 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 OWHA and local PHU and facility rules for the purpose of sanitization and physical distancing.

At a time yet to be determined:

Traditional Hockey (may be modified) This stage will involve the introduction of traditional hockey (5on5). Any such introduction will be in compliance with the Ontario Government Emergency Order and OWHA policies.

- No on-ice physical distancing
- Regular practice
- Off-ice training and activity
- Standard Competition with modifications
- May have normal use of bench
- May have normal use of dressing rooms
- Regular team sizes
- League play
- Tournament play
- OWHA provincial championships



**ONTARIO WOMEN'S HOCKEY
ASSOCIATION**



NDMHA
RETURN TO
PLAY PLAN



WARRIORS – PHASE 1 – TIERED HOUSE LEAGUE

SEPTEMBER 28, 2020-DECEMBER 31, 2020

Registered players will be divided into tiers based on the division they played in the previous season. These tiers by age group would form bubbles of no more than 50 participants. Players are all primary to North Durham Minor Hockey or were on a North Durham roster from the 2019-2020 season.

Tier 1 – Former AA and A players and anyone returning from AAA divided by birth year

Tier 2 – Former AE players of major and minor from one division (U12 & U13 AE players) as well as teams from Brock Minor Hockey Rep C division

Tier 3 – Former house league players and team from Brock Minor hockey local league.

- Players Tiered as above into bubbles of max 50.
- NDMHA coaches and trainers would provide the programming
- Maximum 20 players on the ice at any time (2 teams of 10 + bench staff)
- Drills will be consistent within the age group progressing in an age appropriate manner
- Strict on-ice Physical distancing
- All current safety protocols will be adhered to based on current public health recommendations and facility requirements
- Limited to no-use of benches during practices
- Equipment needs will be provided by North Durham MHA (pucks, pylons, PEP machines)
- Players divided into teams of 10 (9 plus a goalie) and coach and trainer, possibly assistant coach
- All Tiers will begin in Stage 3b transitioning to 3c when approved (minimum 2 weeks of development sessions before game play begins)
- Games to follow OHF Stage 3c game play in 3 v 3 or 4 v 4 format playing only other North Durham teams & Brock Minor Hockey
- Ideally, every team would have 1 practice and 1 game per week, Tier 1 may have 2 practices and 1 game per week, but this would be dependent on ice availability. Tier 3 (HL) may have 3, 1 hour sessions in a 2 week period (Due to current shortage of ice, we will rotate through the ice that we have available – at most 1 skate per week for everyone until more ice is available. – Subject to Uxbridge arena opening and as facilities open in Brock
- No physical contact in games - Rules as per Appendix E and F in OHF guidelines.

WARRIORS TIERING EXAMPLE – U12

U12 Tier 1

- AA/A Players from 19/20 U11 Rosters
- 4 Teams of 9-10 players
- Maximum Bubble of 50 players
- 4 on 4 Hockey
- Full-Ice
- Coach, Trainer & Team Safety Officer per Team
- Ideally 3 hours per week (due to ice limitations this may not be possible)

U12/U13 Tier 2

- AE Players from 19/20 U11 & U12 Rosters & BMHA Rep "C" Teams
- 4-5 Teams of 9-10 players
- Maximum Bubble of 50 players
- 4 on 4 Hockey
- Full-Ice
- Coach, Trainer & Team Safety Officer per Team
- Ideally 2 hours per week (due to ice limitations this may not be possible)

U12/U13 Tier 3

- House League Players from 19/20 U11 & U12 Rosters
- 12+ Teams of 10 players
- Maximum Bubble of 50 players
- Create 3-4 Bubbles
- 4 on 4 Hockey
- Full-Ice
- Coach, Trainer & Team Safety Officer per Team
- Ideally 2 hours per week (due to ice limitations this may not be possible)

Players/Teams only play teams in their own bubble.



BLADES – PHASE 1 PROGRAMMING



- Blades former representative teams are forming teams of maximum 17 skaters and 2 goalies.
- House league will form teams of 10 (9 skaters and 1 goalie)
- They can create their own internal group of 50 players who can practice and play games together
- They may also create an external group of 50 (possibly 1 or 2 more teams from other centres) who they can participate in games with
- 3 on 3 or 4 on 4 Hockey
- Half-ice (U9) Full-Ice (U10-U18)
- Coach, Trainer & Team Safety Officer per Team
- Teams are working with other centres to create their own external groups should they choose
- Ideally 2-3 hours per week (due to ice limitations this may not be possible)

WARRIORS/BLADES – PHASE 2 – PROGRAMMING JANUARY 1, 2021-MARCH, 2021



- We will follow direction from our governing bodies for NDMHA Phase 2
- This could mean a return to Representative hockey
- This could mean 5 on 5 hockey in a tiered recreational setting
- This could mean repeating NDMHA Phase 1 for January - March

OHF GAME PLAY STRUCTURE

Since all programming must comply with rules of the Public Health Unit and the facility, the following are considerations for Associations when developing Game Play Structure:

- Game play does allow for players to engage within the 2-meter physical distancing as long as the rules of play modified for No Physical Contact.
- When participants are not engaged in on-ice activity they must maintain their physical distance. As such:
 - benches will require physical distancing of players;
 - Ice surface size needs to be taken into account to determine number of players on the ice and the impact on rules for No Physical Contact (smaller ice less players);
 - change rooms require physical distancing;
 - cleaning requirements of permanent structures by the facility including change rooms, benches and penalty boxes between games; and
 - coaches and trainers impact on physical distancing.
- In structuring your program there may be benefits in limiting the use of benches at younger ages to avoid delays for sanitation between games and management of players
 - U9 and below 4 on 4 cross ice using middle zone as benches (the U6, U7, U8 and U9 Pathways must be implemented but suggested for the U9 program that is full ice to consider cross ice)
 - U10, U11 and U12, U13 – 3 on 3 cross ice middle zone as benches
 - U14 and U15 –4 on 4 full ice using benches with physical distancing (two lines)
 - U16 and older including Junior – 3 on 3 or 4 on 4 full ice using benches with physical distancing (two lines in 4 on 4 or three lines in 3 on 3)
- Consider the ice size when choosing to conduct 5 on 5 programming. Based on the varied sizes of ice the 5 on 5 programming may promote players to come within contact with each other – even unintentionally, due to less space on the ice. Further, when considering leagues evaluate the ice surface available for other teams. 5 on 5 Game Play may be better conducted on one ice surface, while another team’s ice may require a reduced number

RULES FOR 3 ON 3, 4 ON 4 – U7-U11

Game Play

- Game time structure based on a 50-minute ice rental
 - 5 min warm up
 - 2 x 21 min period run time
- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession
 - Period 2 – home team has first possession
- No Physical Contact
 - Players must remain one stick length apart
 - Accidental/incidental contact may occur
 - No body checking
 - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
- A player that loses a glove must immediately retrieve the glove or leave the ice.



Line Changes

- 1.5 min shifts (timekeeper will sound the horn to notify shift change).

Goals

- Goals result in a change of possession. The attacking team must retreat and allow the team that was scored against the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must retreat and allow the team that froze the puck the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Icing

- There is no icing in cross-ice hockey.

Offside

- There are no offsides in cross-ice hockey.

Penalties

- Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player Pathways. Intentional body contact or body checking may result in removal from the game at the discretion of the referee.

Roster

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

RULES FOR 3 ON 3, 4 ON 4 – U12 TO U21

At the divisions of U10 and U11 a program may chose to operate a full ice program based on the limited size of some rinks. If this occurs, those programs would follow the U12 to U21 rules.

Game Play

- Game time structure based on a 50-minute ice rental
 - 5 min warm up
 - 2 x 22 min period run time
 - 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession
 - Period 2 – home team has first possession
- No Physical Contact
 - Players must remain one stick length apart
 - Accidental/incidental contact may occur
 - No body checking
 - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
 - A player that loses a glove must immediately retrieve the glove or leave the ice.

Line Changes

- Teams will change on the fly.

Goals

- Goals result in a change of possession. The team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the team that scored to proceed with the attack.
- Example:
 - Team A scores goal
 - Team A must allow Team B to advance the puck past center ice before applying pressure.

Icing

- Icing the puck results in a change of possession. The team that iced the puck must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.
- Example:
 - Team A ices the puck
 - Team B retrieves puck
 - Team A cannot apply pressure until Team B has advanced the puck past center ice.

Offsides

- Offsides will result in a change of possession. The team that was called for offside must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.
- Example:
 - Team A is called for offside and all players must exit their attacking zone
 - Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.
- Example:
 - Team B goaltender freezes puck
 - Team A must exit their attacking zone
 - Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Penalties

- Penalty shots will be awarded for penalties as per:
 - 2 min penalties = 1 penalty shot
 - 4+ min penalties = 2 penalty shots
 - All major penalties will result in 2 penalty shots and an ejection from the game
 - Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee
 - Intentionally entering the goaltenders crease = 1 penalty shot
 - Co-incident penalties will result in NO penalty shot being awarded

- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during a penalty shot. If the buzzer sounds while the penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.
- If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

Penalty Shot Procedure

- • When a penalty is called, the clock will not stop (all divisions)
- • Penalty shot must be taken by the player infringed upon (if applicable) and all players on the ice must remain there until the shot is taken
- • The player taking the penalty shot will line up at center ice
- • All other players from both teams will line up by the far blue line
- • All players will start from a standing position
- • Referee will blow the whistle to start play
- • All players may begin skating on the whistle; players on the non-penalized team may “chase” the player taking the shot and can prevent it if able to do so.
- • Penalties can still be called on penalty shots.
- • Should the player miss the penalty shot, play will continue.
- • If a goal is scored, the team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not proceeded past the hashmarks within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

Roster

- • 9 players plus 1 goaltender (per team)
- • Both teams must start the game with a minimum of 5 players plus 1 goaltender

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.

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

The answer to all questions must be “No” in order to participate in any and all activity.

Are you currently experiencing any of these symptoms?

- 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 or other known causes or conditions*)
- Lost sense of taste or smell
- Pink eye (conjunctivitis)
- Headache that’s unusual or long lasting
- 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

HEALTH SCREENING QUESTIONNAIRE

Are you in any of these at-risk groups?

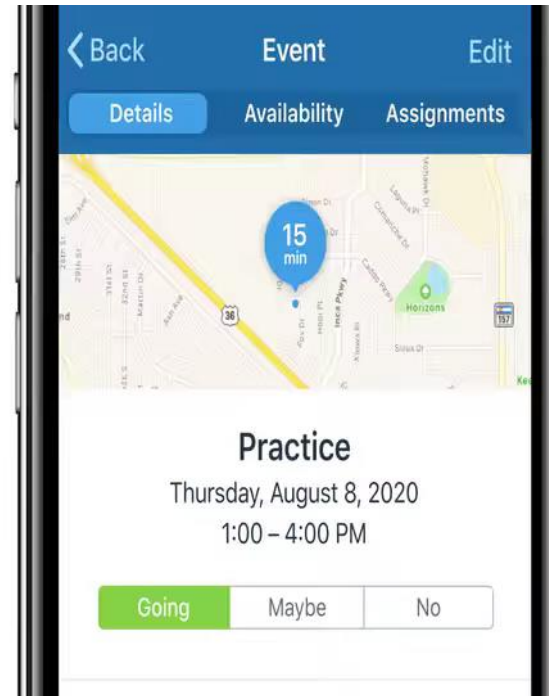
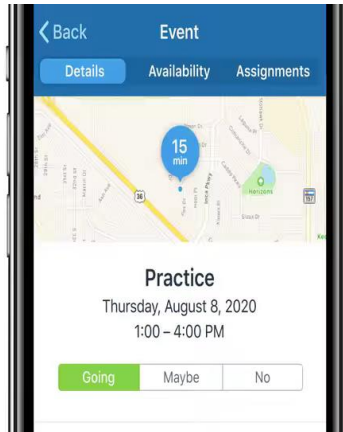
- 70 years old or older
- Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors) • Have a condition that compromises (weakens) your immune system (for example, lupus, rheumatoid arthritis, other autoimmune disorder)
- Have a chronic (long-lasting) health condition (for example, diabetes, emphysema, asthma, heart condition)
- Regularly going to a hospital or health care setting for a treatment (for example: dialysis, surgery, cancer treatment)

In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Close physical contact means:

- being less than 2 metres away in the same room, workspace, or area for over 15 minutes
- living in the same home
- 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?

Have you travelled outside of Canada in the last 14 days?

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.



- We will be using TeamSnap to simplify the Health Screening Process



SESSION PARTICIPATION TRACKING



ONTARIO HOCKEY FEDERATION

Session Participation Tracking

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating YES in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

Session Location	Ice Pad	Date	Time

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			



FACILITIES



DRESSING ROOMS AND SHOWERS:

- Dressing rooms will be open, but each room has a maximum capacity between 8 and 11 people and socially distanced spaces have been marked with an “X” for participants to sit. Washrooms and showers will not be available in the dressing rooms. Washrooms are available in the main lobbies of each ice pad. If a player needs help with their skates, please notify the door person as they will be counted in the total people per dressing room. Players are expected to enter the arena dressed in all equipment with the exception of skates, helmet and gloves. Player U11 and above are encouraged to be prepared to tie their own skates and put on helmets by themselves. No hockey bags are permitted in the arenas. You may bring a small duffel/tote bag for skates, helmet and gloves. These can be left in the dressing room while you are on the ice.

HYGIENE REQUIREMENTS

All participants and coaches will be expected to maintain a high level of hygiene while inside the facility. Items such as:

- Washing hands often if available, if not an option, use alcohol-based sanitizers.
- Players using their own water bottles. No sharing.
- No drinks or food in the facilities.
- No pre-game or post game handshakes.
- Washing hands after using restrooms.
- Washing equipment that can be washed.
- Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Avoid touching the eyes, nose, or mouth with unwashed hands.
- Emphasize to all participants that spitting or blowing your nose without a tissue is forbidden



FACILITIES

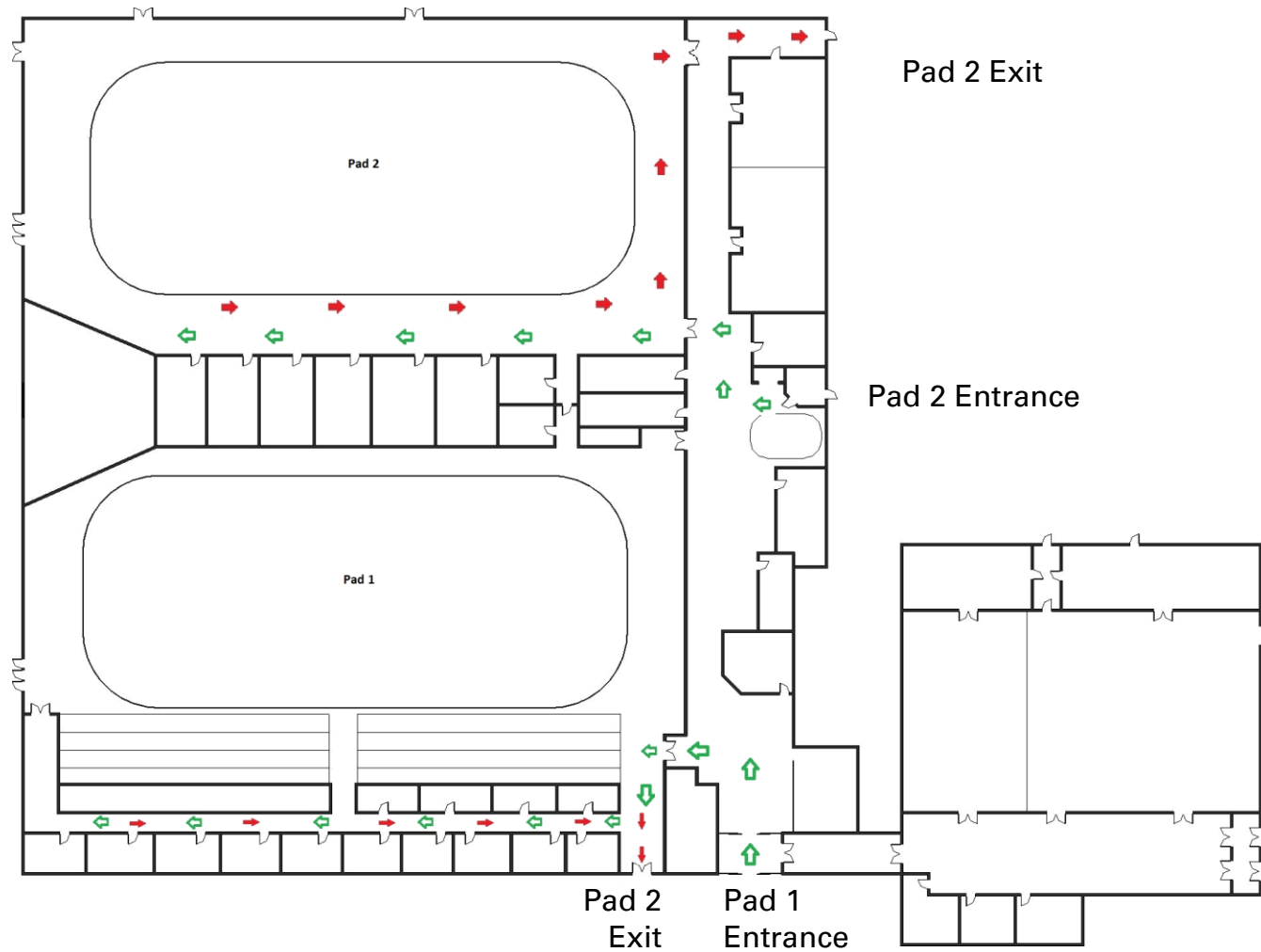
- Anyone entering the facility must wear a mask at all times. Players may remove their mask while on the ice.
- A maximum of 50 people is allowed in each ice pad at any time. Everyone must maintain social distancing where possible.
- Arenas will have separate entrance and exits for each ice pad.
- Anyone entering and exiting the facility should use the provided hand sanitizer upon entry and exit.
- The entrance doors will open 15 minutes prior to the on-ice time and will lock at the end of the 15-minute window. No early or late entry will be permitted.
- Parents and players must line up outside the entrance doors keeping 2 metres distancing.
- Dryland sessions are not permitted in the facilities so anyone participating in these will do it before their scheduled ice time. If a team is warming up, the coach should ensure physical distancing is practiced and there is no sharing of equipment.
- Upon entering the facility, Scugog will have a staff member asking each patron 2 screening questions upon entry and completing a tracking sheet for contact tracing purposes and a Team safety Officer assisting to ensure health checks have been completed. Uxbridge arena will have Team Safety Officer completing the tracking sheet and making sure health checks are completed.
- One parent/guardian is allowed into the facility with players 10 and under to tie skates. If 2 participants from the same family come, still one parent/guardian is allowed.
- Spectators are restricted to the spectator section of the ice pad. Lobby's will not be open.
- Participants proceed to dressing rooms
- Players U11 and over are encouraged to be prepared to tie their own skates and put helmets etc. on by themselves.

- Skates, helmets and gloves can be put on in rooms and shoes and small bag left in room
- Participants are asked to bring a Ziplock bag with a spare mask, Kleenex, and hand sanitizer.
- Public washrooms will be open.
- Water bottle filling stations will be open, but water fountains closed.
- No outside food or drink will be permitted in the facility.
- Concession stands will also be closed.
- Maximum 6 players and 2 bench staff on players bench.
- Coaches and team staff will wear masks in the dressing rooms and on the bench. It is recommended that bench staff wear masks on the ice for practices.
- No handshakes by anyone before or after the game
- Arenas will require 30 minutes between each ice time for cleaning purposes.

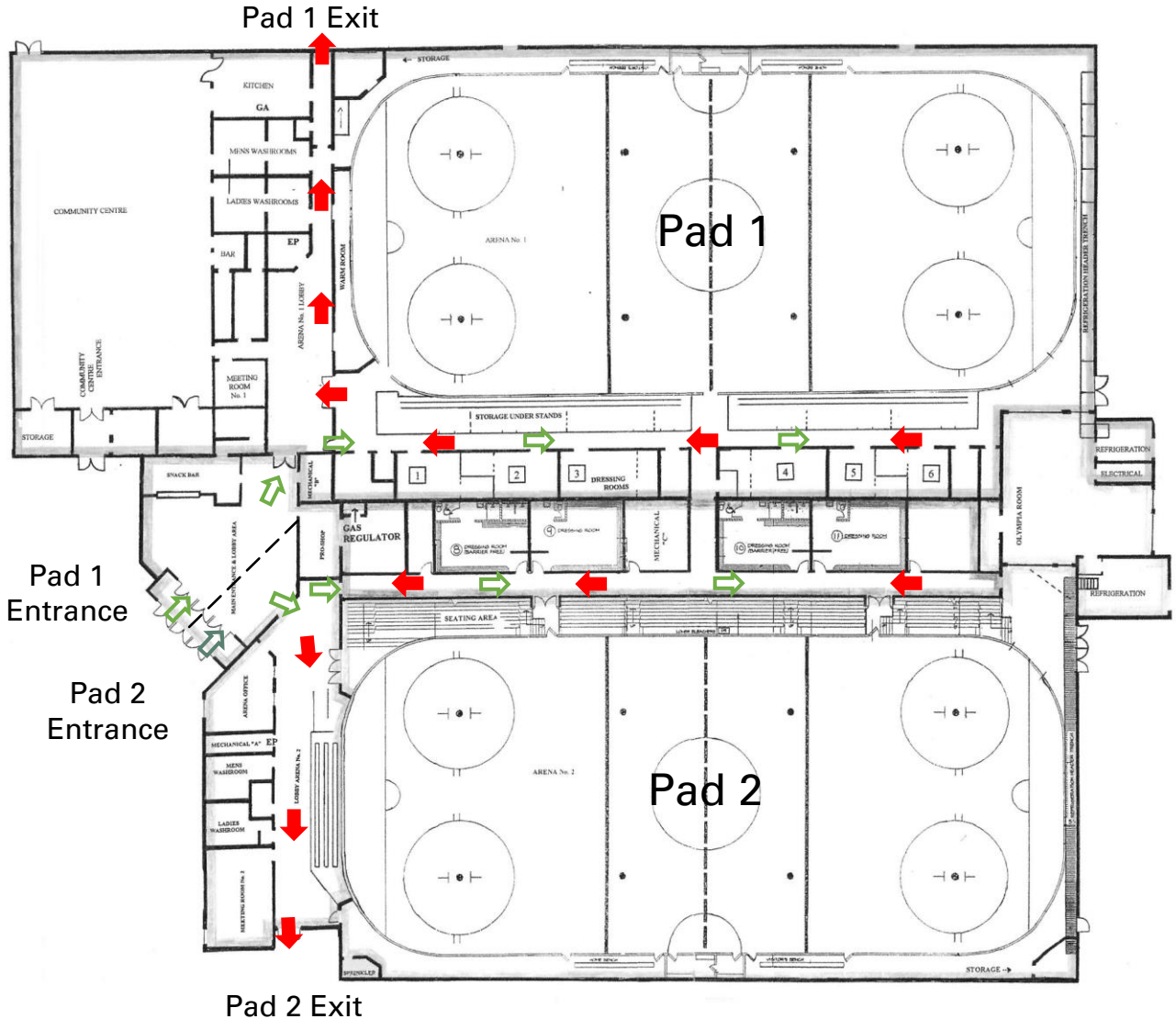
Departure from Facility Departure:

- Players return to their dressing room to put on mask and remove skates, helmet, and gloves. (No other equipment may be removed)
- Everyone exits the facility using the appropriate exit door and uses hand sanitizer on the way out.
- Participants must exit within 10 minutes at the end of their ice time.
- If parents not in attendance for the session, they must be there to pick up outside at the end of the session. Doors will lock after 10 minutes.

SCUGOG ARENA ENTRANCE & EXIT PLAN



UXBRIDGE ARENA ENTRANCE & EXIT PLAN



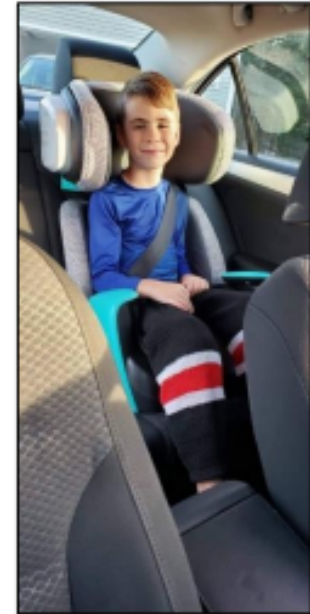
Gearing up for the season: Hockey Gear & Car Seats



INCORRECT

Hockey gear is designed to keep kids safe on the ice, not in a vehicle. Shoulder and chest pads, padded pants and other hockey gear, will significantly impact the harness or seat belt fit, reducing its effectiveness.

Dress your player in base layers for the commute to the rink and ensure they are properly secured in the appropriate car seat for their age, height and weight.



CORRECT

Failing to ensure proper fit, may result in the child being ejected in the case of a collision. Under Ontario's Highway Traffic Act, failing to ensure that children are properly secured will result in significant penalties.



TEAM OFFICIALS & COACH RESOURCES





TEAM OFFICIAL QUALIFICATIONS

2020-2021

- All qualifications listed are the **MINIMUM REQUIREMENT**
- All Team Officials (Coach, Trainer & Manager) require Respect in Sport (RiS) - Activity Leader or Speak Out!
- All Team Officials (Coach, Trainer & Manager) require Gender Identity & Expression Course
- **New for 2020-2021 - All Team Officials (Coach, Trainer & Manager) require Hockey University - Planning a Safe Return to Hockey**
- All qualifications must be registered with the OMHA

DIVISION	CATEGORY	HEAD COACH	ASSISTANT COACH	TRAINER
U7 U8 U9	ALL	Coach 1-Intro to Coach ¹	Coach 1-Intro to Coach ¹	HTCP Level 1
U10 U11 U12 U13 U14 U15 U16 U18 U21	ALL	Coach 2-Coach Level Trained ²	Coach 2-Coach Level Trained ²	HTCP Level 1

COACHING QUALIFICATION LEGEND:

- 1) Coaches in divisions **U9 and Below** **must** hold Coach 1-Intro to Coach - **No other qualifications are accepted**
- 2) Coach 2-Coach Level "Trained" or higher: Coach 2-Coach Level "Trained" or "Certified"; Development 1 "Trained or "Certified"; High Performance 1 & 2 "Trained" or "Certified"

NEW COACHES - COACHING QUALIFICATION REQUIREMENTS FOR 2020-2021:

In order to be qualified as Coach 1 - Intro to Coach for the 2020-2021 season, a new coach must complete:

- ✓ Hockey University: ONLINE Coach 1/Coach 2
- ✓ Hockey University: Planning a Safe Return to Hockey (new)
- ✓ Respect in Sport - Activity Leader
- ✓ Gender Identity & Expression Course
- ✓ Rowan's Law Resource Review & Acknowledgement

In order to be qualified as Coach 2 - Coach Level for the 2020-2021 season, a new coach must complete:

- ✓ Hockey University: ONLINE Coach 1/Coach 2
- ✓ Hockey University: Checking
- ✓ Hockey University: Planning a Safe Return to Hockey (new)
- ✓ Respect in Sport - Activity Leader
- ✓ Gender Identity & Expression Course
- ✓ Rowan's Law Resource Review & Acknowledgement



OWHA TEAM OFFICIAL QUALIFICATIONS

2020-2021



The following requirements for Team Officials are applicable for the 2020-2021 hockey season.

- All qualifications listed are the MINIMUM REQUIREMENTS
- All team officials MUST have a satisfactory VSS/VSC on file with our association.
- All qualifications MUST be registered with the OWHA.

NCCP COACHES

REQUIRED FOR ALL NEW COACHES

U9 & Below Programming:

- Hockey University: NCCP Coaching Program Online – Coach Level 1 / 2
- Hockey University: Planning a Safe Return to Hockey (NEW)
- Respect in Sport for Activity Leaders
- Gender Identity & Expression Course
- Rowan's Law Resource Review & Acknowledgement (on RAMP Registration)

*Note: Coaches will obtain NCCP Coach 1 – Intro to Coach qualification after tasks are completed

U10 & Above Programming:

- Hockey University: NCCP Coaching Program Online – Coach Level 1 / 2
- Hockey University: Checking
- Hockey University: Planning a Safe Return to Hockey (NEW)
- Respect in Sport for Activity Leaders
- Gender Identity & Expression Course
- Rowan's Law Resource Review & Acknowledgement (on RAMP Registration)

REQUIRED FOR ALL EXISTING COACHES:

- Hockey University: Planning a Safe Return to Hockey (NEW)

TRAINERS

REQUIRED FOR ALL NEW TRAINERS

- HTCP Level 1 Online training
- Hockey University: Planning a Safe Return to Hockey (NEW)
- Respect in Sport for Activity Leaders
- Gender Identity & Expression Course
- Rowan's Law Resource Review & Acknowledgement (on RAMP Registration)

REQUIRED FOR ALL EXISTING (not expired) TRAINERS

- Hockey University: Planning a Safe Return to Hockey (NEW)
- Rowan's Law Resource Review & Acknowledgement (on RAMP Registration)

MANAGERS

REQUIRED FOR ALL NEW MANAGERS

- Hockey University: Planning a Safe Return to Hockey (NEW)
- Respect in Sport for Activity Leaders
- Gender Identity & Expression Course
- Rowan's Law Resource Review & Acknowledgement (on RAMP Registration)

REQUIRED FOR ALL EXISTING MANAGERS

- Hockey University: Planning a Safe Return to Hockey (NEW)
- Rowan's Law Resource Review & Acknowledgement (on RAMP Registration)


VULNERABLE SECTOR CHECK

- All Team Officials must have a valid PVSC on file with NDMHA
- PVSC are valid for 3 seasons
- For year 2 and 3 of your PVSC on file, you must submit a Criminal Offence Declaration
- You can now apply for a PVSC online via the Durham Region Police website or in-person at a DRPS station
- Volunteer Letter for NDMHA is available on the North Durham hockey website
- https://members.drps.ca/OnlineClearance/PVSC_Main.aspx





All volunteers must complete the
 “Planning a Safe Return to
 Hockey” Course through your
 eHockey Account

 **eHOCKEY**

Selected Clinic

You have selected to signup for the clinic below. Please thoroughly review all information and associated fees below before continuing.

Clinic Information

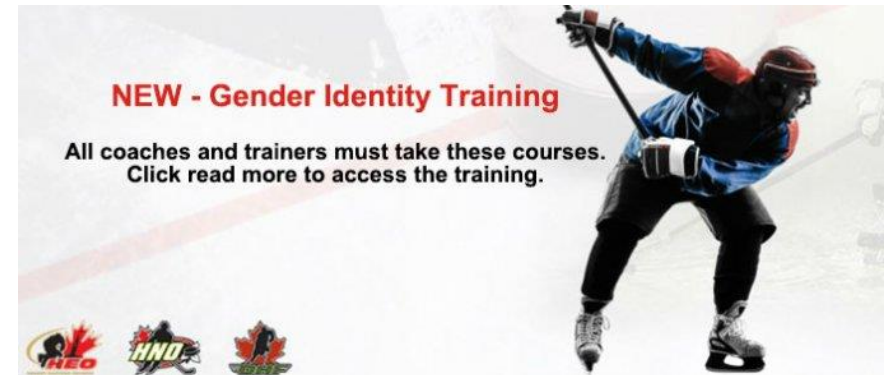
Type	*HU - Planning a Safe Return to Hockey
Level	-
Category	General (*)
Office	ONTARIO WOMEN'S HOCKEY ASSOCIATION
Season	2020

This clinic is being held on the following day(s):

Date Period	09/08/2020 - 12/31/2020
Time	Start: 00:00 - End: 00:00

This clinic is being held at the following location:

Location	ONLINE
Address	MISSISSAUGA, ON ,
Contact Person	OWHA
Telephone	905-282-9980
Email	clinics@owha.on.ca
Last Day to Signup	06/01/2021



All Warriors and Blades Team Officials must complete the Respect in Sport Activity Leader Program.

Warriors Team Officials must also complete the Gender Identity & Expression Course

Links for both courses can be found on the ND website under the Bench Staff tab

For the 2020-2021 season all Rowan's Law Forms for both Players and Coaches/Bench Staff will be completed online when you register. For Warriors it is a part of the Hockey Canada Registration and for Blades, it will be in the NEW Ramp Registration.

All team officials must register themselves as coach or bench staff to complete the Rowan's Law waiver this year. Please register yourself in HCR or RAMP and sign the waiver.



**ROWAN'S
LAW**



Clinic Selection

Please select the type of clinic for which you would like to signup a participant by selecting the desired clinic category.

You are searching for clinics within the hockey organization identified here and its associations.

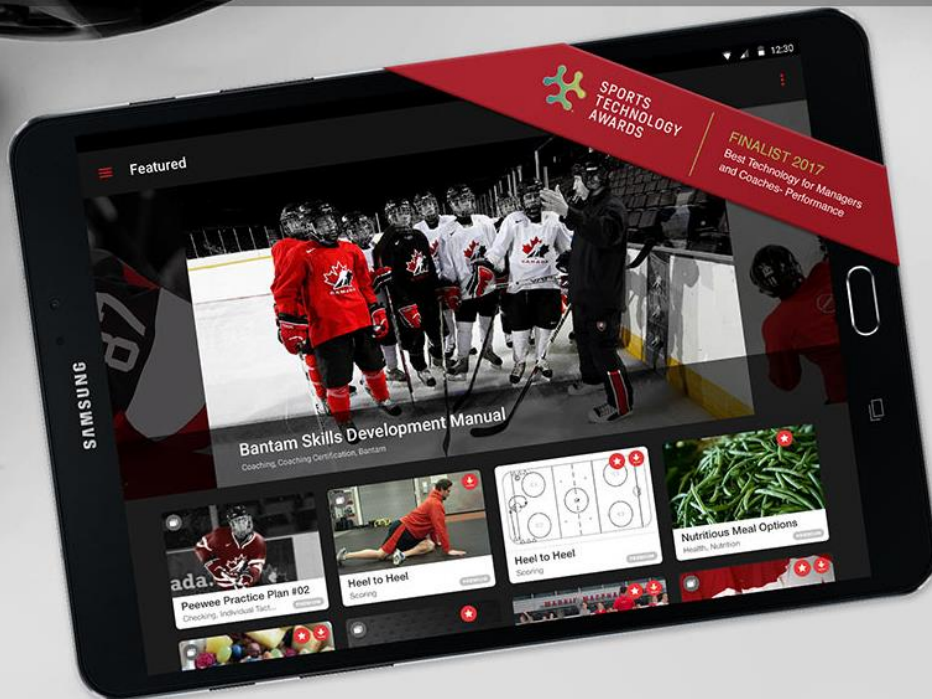


ONTARIO MINOR HOCKEY ASSOCIATION

25 Brodie Drive - Unit 3
Richmond Hill, ON, L4B 3K7
(905) 780-6642
omha@omha.net

Category	Actions
*COACH 1 - INTRO TO COACH	Show Clinic List
*COACH 2 - COACH LEVEL	Show Clinic List
*HU - Planning a Safe Return to Hockey	Show Clinic List
*Official Clinic	Show Clinic List





Achieve Excellence.

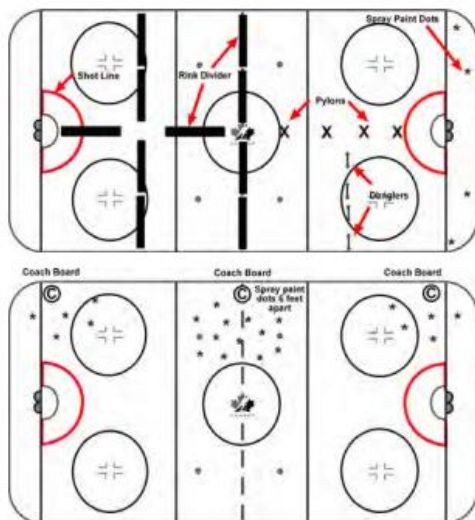
The Hockey Canada Network gives coaches and players the tools to succeed with drills, skills, videos, practice plans and articles on your tablet or phone.



Hockey Canada Network
<https://www.hockeycanadanetwork.com/>

On-Ice Set-Up

Equipment Needed



OPTION 1 – All players come to coach board – kneel by dot six feet apart and six feet from coach.

OPTION 2 – Use two coach boards at different location on the ice where each coach has smaller group of players – kneel by dot six feet apart and six feet from coach.

HOCKEY CANADA ALTERNATIVE SKILLS INSTRUCTION

PYLONS

- To divide ice into zones
- To mark proper spacing distances
Indicator of where players not in activity should wait for their turn
- Use as obstacles for stickhandling

SPRAY PAINT

- To divide ice into zones (water-based spray paint to be used after getting permission from facility)
- To mark proper spacing distances
Indicator of where players not in activity should wait for their turn

MARKERS

- To mark proper spacing distances
- To show skating paths or directions within drills

MARKERS

- To mark proper spacing distances
- To show skating paths or directions within drills

SHOT LINE •

- Line spray painted six feet in front of crease for skaters to avoid
- Ensure proper distance between player and goaltender

RINK DIVIDERS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn

- Can be used to sit on

DANGLERS

- To divide ice into zones
- Ensure proper zone rotation
- Use as stickhandling obstacles

SIGNAGE FOR ZONES

- Tape to glass to indicate zone number
- Ensure proper zone rotation

WHAT TO DO IF A PARTICIPANT BECOMES SICK



If participant becomes sick while at the facility:

- Participant advises the coaching staff and Team Safety officer immediately.
- Participant leaves the ice immediately putting on their mask and anyone helping the participant should be wearing a mask also.
- Team Safety officer contacts the parent/guardian and the participant is escorted out of the building to meet with their parent/guardian.
- The participant has to contact a physician.
- The participant is to follow local isolation requirements and will require a note from a physician to return.

If participant is not feeling well and will not be attending the facility

- The participant needs to contact the Team Safety officer and a physician. Participant will require a note from them to be able to return to play.
- If participant is suspected or confirmed to have COVID 19 they need to follow the local health unit protocols and will need a note from their physician to be able to return to play

If a confirmed case of COVID 19 occurs please refer to the section "Positive Tests" in the below section If participant has positive test for COVID 19

- Contact has to be made with their physician and the Team Safety Officer
- Immediate removal from hockey including any family members within the organization
- Report to the local public health unit and follow guidelines. (see note below) - Public health unit determines communication protocol and tracing of all contacts. (Team Safety officer/Association Administrator may be asked to provide attendance list and participant lists for tracing purposes)
- Participant will require a note from their physician or public health unit to be able to return to play

Note: if sick, participant and/or their parents/guardian elects to inform the association that they have been diagnosed with COVID 19 the association needs the participant's and/or parent's/guardian's consent to be able to contact the local health unit. The participant and/or parent/guardian needs to advise the local health unit consent has been given. Any cases of COVID 19 will remain discrete and names will not be disclosed.



**HEALTH
DEPARTMENT**



QUESTIONS ABOUT THIS SEASON?

EMAIL US AT QUESTIONS@NORTHDURHAMHOCKEY.CA AND WE
WILL GET BACK TO YOU AS SOON AS POSSIBLE!