



# CAMBRIDGE ROADRUNNERS GIRLS HOCKEY ASSOCIATION

## COVID-19 RESPONSE PLAN

September 2020

## ***Introduction***

The CrGHA COVID-19 Response Protocol has been developed with the safety of all players, coaches, spectators, staff and volunteers in mind. The City of Cambridge will provide directions specific to ice facilities that are approved for use. The Waterloo Region Public Health unit will provide health and safety directions related to COVID-19. These protocols address physical distancing measures, health and safety regulations, size of permitted gatherings, OSHA regulations, rules, policies and procedures. CrGHA and its members will abide by these protocols.

## ***COVID-19 Communication and Education***

CrGHA will ensure we have up to date contact information for all members on-file. CrGHA will post any new updates on the website under News Articles. They will also communicate with team staff, players and their parents through email and direct mailing lists.

CrGHA will ensure that staff, coaches, players, parents, members and volunteers receive education on new safety and hygiene protocols within the association. Members will be sent Government-approved information on ways to limit the spread of COVID-19.

The following links will be emailed by CrGHA to their members:

Ontario Public Health Public Resources:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website:

<b>Topic</b>	<b>Tool</b>
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>

Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to self-monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

Ontario COVID-19 Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/> Ontario Women’s Hockey Association Website

**COVID-19 Response Plan**

CrGHA has designated the following group of individuals to oversee the implementation of health and safety guidelines.

NAME	EMAIL ADDRESS	PHONE NUMBER
Don Mason	<a href="mailto:donmason0044@gmail.com">donmason0044@gmail.com</a>	647-926-7161
Rhonda Cummings	<a href="mailto:rhondacummings@gmail.com">rhondacummings@gmail.com</a>	613-853-2458
Brad Whetham	<a href="mailto:bwhethamsawdust@gmail.com">bwhethamsawdust@gmail.com</a>	
Rob Hedges	<a href="mailto:rob.hedges@rogers.com">rob.hedges@rogers.com</a>	519-654-0422
Kirsty Booth	<a href="mailto:crghapresident2015@outlook.com">crghapresident2015@outlook.com</a>	519-658-0424
Dr. Sarah Pengelly	<a href="mailto:sarahpengelly@rogers.com">sarahpengelly@rogers.com</a>	

**If an individual becomes unwell with symptoms of COVID-19:**

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that 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 if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility will be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Response Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing
- The OSHA President and/or Director Operations should be informed of the situation as soon as possible by a designated member of the COVID-19 Response Group

**An individual is tested for COVID-19:**

- Any individual that is part of a hockey program that 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
- CrGHA will consult the Session Participation tracking sheets to inform other participants who might have been in close contact with the individual
- Any CrGHA 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 health professionals

**An individual tests positive for COVID-19:**

- If an individual tests positive for COVID-19, they should inform a member of the CrGHA COVID-19 Response Group
- The COVID-19 Response Group will work where 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 CrGHA 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
- It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting
- CrGHA 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
- CrGHA will inform OWHA of a positive COVID-19 diagnosis by e-mailing [team@owha.on.ca](mailto:team@owha.on.ca)

### **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

### **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.

### **Modification/restriction/postponing or canceling of hockey development activities**

- Based on the evolving COVID-19 pandemic, CrGHA is prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- CrGHA members will be informed as soon as possible of any modifications/restrictions or cancelations
- CrGHA 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**

- CrGHA will follow all public health guidelines regarding COVID-19. These may include:
- Any CrGHA members who themselves have travelled outside of Canada, or has 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

### ***Screening:***

All individuals taking part in OWSA sanctioned activities must self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or association/team activities if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
- Have been diagnosed with Covid-19 and have not been cleared 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 (must quarantine for 14 days at home)
- Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)

Screening will be done for **every** activity using the following questionnaire or using the RAMP App. This screening should be done prior to entry into a facility. This screening may be conducted verbally.

## HEALTH SCREENING FORM 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) Feeling confused or unsure of where you are
3. 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.

1. Are you experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a 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 \_\_\_\_\_

Difficulty swallowing

YES \_\_\_\_\_ NO \_\_\_\_\_

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

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 \_\_\_\_\_

Muscle aches

YES \_\_\_\_\_ NO \_\_\_\_\_

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

YES \_\_\_\_\_ NO \_\_\_\_\_

Falling down often

YES \_\_\_\_\_ NO \_\_\_\_\_

For young children and infants: sluggishness or lack of appetite

YES \_\_\_\_\_ NO \_\_\_\_\_



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.

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?

YES \_\_\_\_\_ NO \_\_\_\_\_

4. 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.

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

## ***Tracking Sheets***

All CrGHA teams/groups must track participant/ coach / trainer/ and other participation in activities on a session by session basis. **This must be done for every session. This must be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within any CrGHA teams.**

