



RETURN **to** HOCKEY

COVID-19 RESPONSE

Return to Hockey Framework for Minor, Junior, Para, and Special Hockey

Revised August 25, 2020

SECTION 1

Purpose

Hockey Eastern Ontario (HEO), as one of Ontario's recognized Provincial Sport Organizations (PSO), has worked in conjunction with Hockey Canada, the National Sport Organization (NSO) for hockey, and the Ontario Government to ensure that in every phase of our return, the safety of our Players, Coaches, Officials, Administrators and Volunteers are at the center of our planning and decision making. This plan focuses on making the return to hockey fluid while enhancing the experience for all of our members at the Minor, Junior, Para, or Special Hockey Levels.

SECTION 2

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Hockey Eastern Ontario makes no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.

As Provincial Legislation and Public Health requirements are continuously evolving this document will remain fluid and all updates to the document will be communicated to our membership via bulletin.

SECTION 3

Framework for Return to Hockey

The impacts of the COVID-19 outbreak have been felt across Ontario, by families, workers, businesses, and communities. Our hockey family has also felt the impacts of this.

COVID-19 has created a unique situation for every person, business, and government body to deal with. Sport for our youth and adults alike closed on March 12, 2020 with no identified return. While the situation is still evolving, HEO continues to work with its partners to prepare for a return to programming with the necessary measures in response to COVID-19.

Our plan recognizes that although hockey was shut down while we were playing 5 on 5 traditional hockey, our return to traditional hockey will be by way of a planned phased in approach. Hockey Eastern Ontario, in conjunction with the Ontario Hockey Federation and Hockey Northwestern Ontario have developed a phased approach to return with programming aligned to the Ontario Government - Framework for the Reopening of Ontario.

HEO has adopted the following principles in developing our plan for Return to Hockey:

- Safety is our first consideration. We will respect all of the mandatory requirements set out by the Province of Ontario and Hockey Canada.
- Flexibility is key in supporting our 11 Minor Districts, over 70 Minor Hockey Associations, 15 Minor competitive and House Leagues, our three Junior Leagues, and our associate members Para and Special Hockey to implement programming that can range from developmental to scrimmaging to modified game play/competition, as and when needs, circumstances and resources permit.
- Responsiveness. Our plan needs to stand ready to respond to expansion AND contraction of Provincial Public Health direction. Our COVID19 situation in each of our four public health units across eastern Ontario, and in the province as a whole, can change quickly. Our plan needs to provide HEO Members with the ability to expand or contract their hockey programming in step with Provincial Public Health direction.

The following Phases are aligned with the Province of Ontario's 3 Phase Framework

Phase 1 - Protect and Support – (HEO Stage 1 & 2)



HEO's primary focus in Phase 1 was the reintroduction of the sport of hockey for the health and well-being of stakeholders in the game, their families, and the greater community following the cancellation of the 2019-2020 hockey season.

During this phase, HEO has developed the standards of operations and certification protocols by individuals that provide hockey programming, as well unique and innovative strategies to bring hockey into the lives of our stakeholders and participants, in a safe – distanced manner.

Phase 2 - Restart, Protect and Support – (HEO Stage 3 a & b)



Following the guidance of the Ontario government, HEO will be implementing a careful, stage-by-stage approach to reintroducing hockey activities across our provincial jurisdictions. The safety of all participants and stakeholders will continue to be the priority, while balancing the needs of individuals within the game. This staged approach does not have a specific time frame but will evolve further to guidelines of the public health authorities, the provincial government, and our governing body, Hockey Canada. At any point during the progression, we may need to pause or return to a previous stage in order to protect and support our participants and the public.

Phase 3 - Recover, Protect, and Support (HEO Stage 4)



Implementation of a collective recruitment initiative in conjunction with the Ministry of Heritage, Sport, Tourism, Culture, and Industries, and Hockey Canada to bring participants back to hockey to pre-COVID-19 numbers for the 2021-2022 season. Planned approach to operating and hosting of tournaments across HEO with teams from Ontario and other Hockey Canada Members, and IIHF Federations. Identifying National and International hosting opportunities for events and tournaments.

Stage 1 - Individual In-Person Training and Group Virtual Training – May/June 2020

In-Person Training

Instructional Training – individual athlete training on or off ice sanctioned by HEO in compliance with the Ontario Government Emergency Order and HEO policies.

- HEO may conduct programming with the use of an instructor who meets the qualifications under the HEO Hockey Canada Licensed Skill Development Program Policy.
- Minor Hockey Associations may conduct, with the approval of their Member instructional, training for players registered with their MHA during the 2019-2020 season, where such training is conducted by a registered coach with the MHA during the 2019-2020 season.
- Private skills instructors may conduct training of individuals once the lead skills instructor on the ice has qualified as a Hockey Canada Licensed Development Specialist or as compliant with the HEO Hockey Canada Licensed Skill Development Program Policy.
- If utilizing a private skills instructor, MHAs will need to validate that the skills instructor qualifies under the HEO Hockey Canada Licensed Skill Development Program Policy.
- Junior hockey Teams may conduct programming with the approval of their Member for players that they have registered for the 2020-2021 season or any players that are on their protected list. If utilizing a private skills instructor will need to validate that the skills instructor qualifies under the HEO Hockey Canada Licensed Skill Development Program Policy.

Virtual Training

Sport Science – sleep, nutrition, fitness, training, dance, flexibility, yoga, mental training and mental health.

- Such programming that is being offered will be done with approval of HEO for the purpose of sanctioning and insurance.

Professional Development

Training of stakeholders on-line in groups and one on one or small groups in compliance with the Ontario Government Emergency Order and HEO policies

- HEO Hockey Canada Licensed Skill Development Program
- Gender Identity and Expression
- Hockey Canada Safety Program/Hockey Trainers Certification Program
- Officials On-Line Recertification
- Respect-In-Sport

Stage 2 – Return to Ice – June/July/August

In-Person Training

Instructional Training – individual and small group training on ice or off ice sanctioned by HEO in compliance with the Ontario Government Emergency Order and HEO policies.

- HEO may conduct programming with the use of an instructor who meets the qualifications under the HEO Hockey Canada Licensed Skill Development Program Policy.
- Minor Hockey Associations may conduct, with the approval of their Member, instructional training for players registered with their MHA during the 2019-2020 season, where such training is conducted by a registered coach with the MHA during the 2019-2020 season.
- Private skills instructors may conduct training of individuals once the lead skills instructor on the ice has qualified as a Hockey Canada Licensed Development Specialist or as compliant with the HEO Hockey Canada Licensed Skill Development Program Policy.
- If utilizing a private skills instructor, MHAs will need to validate that the skills instructor qualifies under the HEO Hockey Canada Licensed Skill Development Program Policy.
- Junior hockey Teams may conduct programming with the approval of their Member for players that they have registered for the 2020-2021 season or any players that are on their protected list. If utilizing a private skills instructor, they will need to validate that the skills instructor qualifies under the HEO Hockey Canada Licensed Skill Development Program Policy.

Virtual Training

Sport Science – sleep, nutrition, fitness, training, dance, gymnastics, yoga, mental training, and mental health.

- Such programming that is being offered will be done with approval of HEO for the purpose of sanctioning and insurance

Professional Development

Training of stakeholders on-line in groups and one-on-one or small groups in compliance with the Ontario Government Emergency Order and HEO policies.

- HEO Hockey Canada Licensed Skill Development Program
- Gender Identity and Expression
- Hockey Canada Safety Program/Hockey Trainers Certification Program
- Officials On-Line Recertification
- Respect-In-Sport

Stage 3 - Mandatory Regulations:

Government of Ontario Public Health Regulations:

Team sports may only be practised or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players. **(See Appendix 2 for Suggested Adapted Playing Rules)**

Organized team sports that are practised or played by players in a league/cohort may only be practised or played within the facility if the league/cohort either,

- contains no more than 50 players and does not permit its teams to play against teams outside of the league, or
- divides its teams into groups of 50 or fewer players and does not permit teams in different groups to play against one another or against teams outside of the league/cohort.

- No deliberate contact or body checking is permitted
- Physical distancing of two or more meters is required at all times while on and off the ice, Benches and Locker rooms included
- Players may transition from their home League/cohort (bubble) to take part in private instruction or higher level tryouts, and then return to their home League. To limit the spread of COVID19, players are reminded to follow established public health measures (self-monitoring for symptoms, completing COVID19 screening, physical distancing, hand hygiene, respiratory etiquette, wearing a mask when required).
- Coaches, officials and volunteers may support multiple Leagues/cohorts (bubbles). To limit the spread of COVID19, coaches/officials/volunteers should stick with one cohort of players as much as possible, limit their number of contacts, and maintain a list (date, time, location, teams/players involved) of practices/games they work in the event of a positive COVID19 test.

HEO Mandatory Regulations

- All Team Staff must wear masks at all times, can remove masks while taking part in on-ice activities. Medical exemptions can be granted.
- Players must wear masks while not actively participating in an on-ice activity
- Players must bring their own properly labelled water bottle
- Team Travel outside of HEO is not permitted.
- No Tournaments or Jamborees are permitted.
- Facilities are responsible to administer the amount of people inside a facility; all members must adhere to the Facility and Public Health Guidelines and Regulations.
- No Pre or Post Game Handshakes

Hockey Canada Mandatory Regulations

- All Minor Hockey Players must be registered with their Local MHA for the 2020/2021 season to be eligible to take part in any sessions. **The start of the 2020/2021 insurance season is September 1st, 2020.**
- Regular HEO/Hockey Canada NCCP On-Line Coach Training is required, this includes Respect in Sport, Gender Identity and Expression, and Rowan's Law Acknowledgement.
- Officials must be properly registered and certified for 2020/2021. (As per Hockey Canada Guidelines)
- All Coaches, Officials, and Team Staff are required to take the Hockey University COVID-19 Safety Training on-line Module.

Stage 3 (a) – Return to Practice – Present to October 1st

- Seasonal Planning and Organization
- On and Off ice skill development with group sizes adhering to public health guidelines. Facilities will dictate the allowable on-ice and in building numbers.
- Training should align with Long Term Player Development (LTPD)
- All Competitive Programs Tryout/Training Camps may occur, dates to be determined.
- High Performance groups (U13 & U15 AAA, U18 AAA, and Junior Leagues) to develop a plan for Stage 3 (Return to Play) that addresses all mandatory requirements. Plans will be reviewed and approved by the HEO Board/Staff.
- Special Hockey and Para Hockey Organizations can submit a plan for Return to Play. Plans will be reviewed and approved by the HEO Board/Staff.
- Focus is on Skating and Puck Skills
- Modified Scrimmages may occur

- Coaches, Trainers, and On-Ice Officials are permitted to support multiple Leagues/cohorts (bubbles). Self-Isolation and/or testing is not required for a healthy individual to toggle between cohorts. It is recommended that these scenarios be avoided where possible. Individuals supporting multiple cohorts must keep a log (date, time, location, and teams involved) of their involvement within each cohort.
- HEO Regulation Review
- NCCP and COVID-19 On-Line Coach Training

Stage 3 (b) – Return to Play – October 1st (Subject to Change)

All Stage 3 Mandatory Regulations remain in effect until modified by authority (Province of Ontario, HC, HEO)

- High Performance (HEO U13 & U15 AAA, HEO U18 AAA, and Junior Leagues) to develop a plan for Stage 3 (Return to Play) that addresses all mandatory requirements. Plans will be reviewed and approved by the HEO Board/Staff
- Increase number of participants if possible, depending upon public health guidelines. Facilities will dictate the allowable on ice and in facility numbers.
- No deliberate contact or body checking is permitted
- On Ice Physical distancing is not required
- Tryouts/Sort outs below Competitive is permitted (See Appendix 1 for Suggested Tryout Date Chart)
- Modified Game Play may commence (3x3, 4x4, 5x5) can occur provided all public health regulations are met. (See Appendix 2 for Suggested Adapted Game Playing Rules)
- Coaches, Trainers, and On-Ice Officials are permitted to support multiple Leagues/cohorts (bubbles). Self-Isolation and/or testing is not required for a healthy individual to toggle between cohorts. It is recommended that these scenarios be avoided where possible. Individuals supporting multiple cohorts must keep a log (date, time, location, and teams involved) of their involvement within each cohort.
- No affiliation may occur from outside your cohort. (If a shortage of players occurs then player sharing within the cohort is permitted).
- Spectators may be allowed if Ontario Public Health Guidelines permit. Masks will be required at all times.

Stage 4 – Traditional Hockey – Date TBD

This stage will involve the introduction of traditional hockey. Any such introduction will be in compliance with the Ontario Government Emergency Order and HEO policies.

- Hockey Returns to Normal
- 5-vs-5 hockey
- Body contact/checking allowed at appropriate levels
- Inter-branch play
- Tournaments may be permitted

All pertinent Health & Safety protocols required at the time by Local/Provincial Health Authorities, local facility and Hockey Canada/Member must be followed

| Stage | | Date | Outline | Player Contact | # of Participants | Structure | Travel | Safety Protocols |
|-------------------------------|----|--|--|----------------|--|---|--|------------------------|
| Return to Ice | 2 | June/July/ August 21 st | Strict Individual On-Ice Physical Distancing Skill Development Only Off-ice Training & Activity Limited/No Use of Bench Variety of On-Ice Set Ups | None | 10 Total participants include staff, Increased numbers as Public Health permits | Rinks Opening Private Instruction | None Community Based Only | ** Must be Followed |
| Return to Practice | 3A | August 21 st – October 1 st | On-Ice Physical Distancing No Body Contact permitted Skill Development/Drills Competitive Tryout camps Off-Ice Training and Activity | None | Groups or Cohorts not to exceed 50 people Must follow individual facility requirements facility guidelines | MHA/Leagues/Teams Cohort Groups | None Community Based Only | ** Must be Followed |
| Return to Play | 3B | October 1 st - TBD | No On-Ice Physical Distancing No Body Contact permitted Regular Practice Off-ice Training & Activity Competition May be Modified Limited or Normal Use of Bench | None | May be Limited/Defined based on Public Health Guidelines | MHA/Leagues/Teams Modified Game Play or Cohort Groups No Tournaments or Jamborees | None Community Based Only | ** Must be Followed |
| Return to Regular Competition | 4 | TBD | No On-Ice Physical Distancing Regular Practice Off-ice Training & Activity Standard Competition Normal Use of Bench | Allowed | Regular Team Sizes | MHA/Leagues/Leagues Regular Game Play | Travel permitted Tournaments Championships | ** Must be Followed |

Insurance

Insurance for Members of Hockey Eastern Ontario

Under Hockey Canada's current General Liability policy, the following is the definition for "bodily injury":

"Bodily injury" means bodily injury, sickness, disease, mental injury, mental anguish or nervous shock sustained by a person, including death resulting from any of these at any time.

COVID-19 would fall within the definition of **bodily injury**

Liability claims against Hockey Canada always need to be proven by the third party, so continuing to update and enforce risk management guidelines as new risks emerge, such as COVID-19, are imperative. Hockey Canada and its Members actively working on updating risk management protocols related to return to hockey guidelines post- COVID-19.

As with all claim scenarios, the insurance company would investigate all claims presented against any Member of Hockey Canada that falls within the **bodily injury** definition and would confirm coverage based on the framing of the allegations. **It will also be important to review new facility contracts for all rentals; they may now contain a new clause which absolves the facility owners of any liability related to COVID-19.** New lease agreements will need to be carefully scrutinized given that organizations will potentially have little control over cleaning/take on all liability related to COVID-19 in these facilities.

Facilities participant/organization waivers should be scrutinized to ensure you have a complete understanding of "what" is being waived. These facility waivers are not a requirement of HC or HEO.

AIG, who is Hockey Canada's primary General Liability insurer, has agreed to waive this exclusion in the General Liability policy until Sept 1, 2023. Hockey Canada will NOT have this exclusion in its policy until that date, at the earliest.

Hygiene Guidelines

Proper hygiene can help reduce the risk of infection or spreading infection to others as well it is important to be familiar with facility guidelines and requirements specific to the prevention of COVID-19.

- Wash hands often with soap and water for at least 20 second, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing

- Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a line waste basket and wash hands.
- Avoid touching the eyes, nose or mouth with unwashed hands.

Hygiene must be adhered to as per Section 6 of Appendix B of the Hockey Canada Safety Guidelines.

Equipment

- Water bottles must be filled at home and labeled with the player's name. The sharing of water bottles is prohibited.
- The sharing of hockey equipment (e.g. Goalie equipment) is prohibited.
- Where possible, players, coaches, and officials should plan to arrive and depart the facility dressed in their hockey equipment.
- While on the ice, participants must always leave their helmet and gloves on.
- To limit touchpoints during and after hockey-related activities, coaches should keep, distribute, and collect each piece of on-ice equipment that belongs to their team (e.g. coaching whiteboard, cones, pucks).

Screening

The screening of a team's players, coaches, officials, and administrators is mandatory. A health questionnaire must be filled out. This can be done electronically or in person prior to every single activity. (the online portal will be reviewed at the next board meeting). **See Appendix 3.**

Before you consider playing hockey:

Do you have any one of the following symptoms?

- Fever (i.e. Chills, sweats)
- Cough or worsening of a previous cough
- Sore throat
- Headache
- Shortness of breath
- Muscle aches
- Sneezing
- Nasal Congestion/runny nose
- Hoarse voice
- Diarrhea
- Unusual fatigue
- Loss of sense of smell or taste
- Red, purple or blueish lesions, on the feet, toes or fingers without clear cause.

Participants exhibiting signs and symptoms consistent with COVID-19 should not be present at any facility. This includes anyone attending the programs such as players, team officials, coaches, volunteers, parents/guardians, Association/League members etc.

A coach should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity.

If participants do not feel well or have identified respiratory symptoms, ensure they advise team staff immediately and put on a cloth mask. They should immediately go home and follow up with their physician. Follow Section 7 "Recommended Return to Hockey Procedures" of Hockey Canada Safety Guidelines

Facility staff should be provided with an incident report based on facility protocol prior to the coaching staff leaving the facility.

Appendix 1

| | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z | AA | AB | AC | AD | AE | AF | AG | AH | AI | AJ | AK | AL | AM | AN | AO | AP | AQ | AR | AS | AT |
|----|---|--|--------|--------|--------|--------|--------|--------|--------|--------|--------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | 01-Oct | 02-Oct | 03-Oct | 04-Oct | 05-Oct | 06-Oct | 07-Oct | 08-Oct | 09-Oct | 10-Oct | 11-Oct | 12-Oct | 13-Oct | 14-Oct | 15-Oct | 16-Oct | 17-Oct | 18-Oct | 19-Oct | 20-Oct | 21-Oct | 22-Oct | 23-Oct | 24-Oct | 25-Oct | 26-Oct | 27-Oct | 28-Oct | 29-Oct | 30-Oct | 31-Oct | 01-Nov | 02-Nov | 03-Nov | 04-Nov | 05-Nov | 06-Nov | 07-Nov | 08-Nov | 09-Nov | 10-Nov | 11-Nov | 12-Nov | 13-Nov | 14-Nov |
| 1 | | NUMBER OF DAYS FROM START OF HIGH PERFORMANCE TO HOUSE LEAGUE "BUBBLES/COHART" | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | TIER / DIVISION | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 |
| 3 | U18 - MIDGET / U21 - JR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Jr B | To be determined | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Jr C | | | | | | | | | | | To be determined | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | AA U18 - Major Midget | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | B U18 - Major Midget | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | U18 MIDGET / U16 MIDGET | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | AAA U18 - Midget | Yellow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | AA U16 - Minor Midget | | | | | | | | | | | Yellow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | B U16 - Minor Midget | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | House League | Yellow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | U15 MAJOR BANTAM / U14 MINOR BANTAM / U13 MAJOR PEEWEE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | AAA | Green | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | AA | | | | | | | | | | | Green | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | B | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | House League | Green | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | U12 MINOR PEEWEE / U11 MAJOR ATOM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | AA | Blue | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | A | | | | | | | | | | | Blue | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | B | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | House League | Blue | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | U10 MAJOR ATOM / U9 NOVICE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | A | Grey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 | B | | | | | | | | | | | Grey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | House League | Grey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | U7 INITIATION PROGRAM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | All Levels | Dark Grey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | Dates represent the start and end of when a "bubble/cohort" needs to be defined for that tier/division. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 | These dates are only a guideline, but the expectation is not to surpass the end date. Associations may end sooner and advance their timeline. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 32 | House Leagues can take more than the allotted number of days depending on each associations situation with respect to arenas available and number of players. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 33 | AA / B / HL Major Midget may be advanced dependant upon Jr "B" and Jr "C" decision | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Appendix 2

The following suggested rules and regulations are adapted for stage 3 (b) of the HEO return to hockey framework. all Hockey Canada playing rules and regulations are still in effect.

Scrimmage/Game Play

- 5 min warm up
- 2 x ?? min periods (run time) – Depends on Ice Allocation
- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - o Period 1 – visiting team has first possession
 - o Period 2 – home team has first possession
- Physical contact is not allowed
 - o Accidental/incidental contact may occur/ only stick checks are permitted.
 - o No body checking (see **PENALTIES** for further clarification)
 - o Play must be stopped immediately for any Prolonged Contact (i.e. 2 Steamboats).
 - o Fighting will not be tolerated. Fighting will result in the immediate removal from the game and a disciplinary hearing will occur at the MHA Level.
 - o Play will be stopped for any and all player scrums- Possession will be determined by end zone.
 - o Any repeat offences for any of the above will result in a Game Ejection.
 - o Any subsequent infractions by the same individual while in Stage 3 Protocols will result in the removal of the penalized player for the remainder of Stage 3.

Line Changes

U11 and below – 1.5 min shifts (timekeeper will sound the horn to notify shift change). Team in possession of the puck will maintain possession. A team in possession of the puck in the attacking zone will maintain possession and must start the new play from their defending side of the redline.

U12 and above – teams will change on the fly

Icing

Icing the puck results in a change of possession. The team that iced the puck must allow the other team to clear their defending zone before applying pressure.

Offsides will result in a change of possession. The team that was called for offside must allow the other team to clear their defending zone before applying pressure.

Goaltender Freezes the Puck

When the goaltender freezes the puck, the attacking team must clear the zone before re-entering (all attacking players must simultaneously be in the neutral zone prior to re-entry).

Puck Out of Play

The offending team backs off and the official gives the non-offending team a new puck.

Goals

The team that scored must allow the other team to exit the zone before applying pressure.

Penalties

Penalty shots will be awarded for penalties as per:

- 2 min penalties = 1 penalty shot
- 4+ min penalties = 2 penalty shots
- 5 min penalties result in automatic Game Misconduct and possible further discipline according to HEO minimum suspension guidelines.
- 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

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

Roster

- Will be based on Facility allowances for Physical Distancing in dressing rooms and Player Benches.
- Rosters cannot exceed Hockey Canada Regulation D
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

HOCKEY EASTERN ONTARIO



Health Screening Questionnaire

This questionnaire must be completed by each individual prior to participation in any HEO sanctioned activity.

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

1. Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)
 Yes No
2. Do you have any of the following symptoms?
 - Cough Yes No
 - Shortness of breath Yes No
 - Runny nose, sneezing or nasal congestion Yes No
 - Sore throat Yes No
 - Difficulty swallowing Yes No
 - Lost sense of taste or smell Yes No
3. Have you travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?
 Yes No
4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?
 Yes No

If an individual answers “Yes” to any of these questions, they are not permitted to participate in any HEO sanctioned activities.

Please note: This Health Screening questionnaire has been developed based on the current Ontario Ministry of Health Self-Assessment Tool.

Facilities

Public and Private facilities that are providing training to hockey need to ensure that they maintain their own insurance on their facility and are in compliance with the Ministry of Labour Protocols and those protocols specific to the Ontario Government Emergency Order.

All hockey programming providers that are sanctioned by the Provincial Sport Organizations in Ontario will:

1. be listed on the HEO website and will be able to present a Hockey Canada Insurance Certificate and PSO Certificate of Sanctioning.
2. be required to complete a tracking document of participation use and an ice surface by ice surface training attendance form; and
3. be required to have a COVID-19 Contact Person.

Facilities are directed to utilize the information provided by the Ontario Recreation Facilities Association (ORFA) as an industry standard material: [ORFA Reentering and Reopening](#).

Ontario Ice Sports Harmonized Ice Sports Facility Procedures

Facility Entrance - No Dressing Rooms - Come Dressed – Entrance to Arena is based on facility plan and all sport groups collectively are required to have a meeting with the facility based on the following agenda.

- Parking Lot Entrance
- Entrance Doors
- Entrance Process
- Entrance Time
- Changing of equipment location process
- Dropping off Minor participants – Parents/Attendance – number of attendees permitted to support and watch
- Conduct of Parents in the stands (i.e. food and beverage maintaining facility cleanliness)
- Items allowed in the facility (bags, food, and beverage)

Other Facility Specific Issues

- Tenant Dressing Room Requirements must be dealt with in a meeting with facility to determine contractual agreements on responsibilities
- Elite hockey rental requirements (i.e. longer break if require warmups)
- Look to plan for longer Ice-times rental
- Warming up within the facility

Reporting of incidents of injury or COVID-19 to facility personnel

- Until a standardized form is approved with all facilities the form that is provided by the facility will be the required form.

Equipment Storage

- Each rink will have to determine private storage requirements and if applicable should be part of your meeting agendas.

Certification of Validation and Insurance For Stage 1 and 2

- To comply with the Government of Ontario’s Emergency Order, declaring the opening and operation of facilities can only be done so by a national sport organization funded by Sport Canada or a member club of such an organization, a provincial sport or multi-sport organization recognized by the Ministry of Heritage, Sport, Tourism and Culture Industries or a member club of such an organization, or a professional sport league or a member club of such a league, through a validation process for facilities that are open on who is eligible to be on the ice. In accordance with the Government of Ontario’s Emergency Order the following validation process will be put in place to ensure that each group or individual operating meets the Government and HEO standards that focus on athlete safety.
- This validation process is provided to support current member clubs through our Minor Hockey Associations (MHA), and Junior Teams while ensuring operators that are not currently sanctioned by an NSO or PSO have a pathway to begin operation through the HEO Hockey Canada Licensed Skill Development Program Policy.
- Facilities will be able to verify who is on the ice based on the Certificate of Validation and Certificate of Insurance that will be provided once the requirements to operate have been met by the organization.
- Certification of Insurance: Each organization will be required to have a valid Certificate of Insurance present with them for any hockey activities.
- Certification of Validation: As a certified organization, you will be required to have a Certificate of Validation indicating that you have completed the training provided by HEO. The certificate will be presented to you on your meeting all the requirements set out in the HEO Return to Hockey Framework.



Certificate of Insurance
 BFL CANADA
 Form: BFL-100-001

Policy Details
 Policy Number: BFL-100-001
 Issued: 01/01/2020
 Expires: 31/12/2020
 Coverage: Hockey Activities
 Insured: [Organization Name]
 Location: [Address]
 Contact: [Phone Number]

| Type of Insurance | Amount | Policy No. | Policy Period | Policy Expiry |
|-------------------|--------|------------|---------------|---------------|
| | | | | |

Additional Information
 This certificate is issued in accordance with the terms and conditions of the policy. It is not a contract. For full terms and conditions, please refer to the policy document. The insured must comply with all applicable laws and regulations. The insured must maintain the policy in full force and effect. The insured must provide accurate information to the insurer. The insured must notify the insurer of any changes to the policy. The insured must cooperate with the insurer in the event of a claim. The insured must indemnify the insurer for any losses incurred by the insurer. The insured must hold the insurer harmless for any losses incurred by the insurer. The insured must defend the insurer against any claims against the insurer. The insured must pay the premium for the policy. The insured must pay the deductible for the policy. The insured must pay the co-insurance for the policy. The insured must pay the excess for the policy. The insured must pay the retention for the policy. The insured must pay the self-retention for the policy. The insured must pay the co-pay for the policy. The insured must pay the out-of-pocket maximum for the policy. The insured must pay the maximum out-of-pocket for the policy. The insured must pay the maximum benefit for the policy. The insured must pay the maximum amount for the policy. The insured must pay the maximum limit for the policy. The insured must pay the maximum coverage for the policy. The insured must pay the maximum amount of coverage for the policy. The insured must pay the maximum amount of benefits for the policy. The insured must pay the maximum amount of compensation for the policy. The insured must pay the maximum amount of reimbursement for the policy. The insured must pay the maximum amount of payment for the policy. The insured must pay the maximum amount of settlement for the policy. The insured must pay the maximum amount of award for the policy. The insured must pay the maximum amount of judgment for the policy. The insured must pay the maximum amount of damages for the policy. The insured must pay the maximum amount of costs for the policy. The insured must pay the maximum amount of expenses for the policy. The insured must pay the maximum amount of fees for the policy. The insured must pay the maximum amount of charges for the policy. The insured must pay the maximum amount of penalties for the policy. The insured must pay the maximum amount of fines for the policy. The insured must pay the maximum amount of sanctions for the policy. The insured must pay the maximum amount of penalties for the policy. The insured must pay the maximum amount of fines for the policy. The insured must pay the maximum amount of sanctions for the policy. The insured must pay the maximum amount of penalties for the policy. The insured must pay the maximum amount of fines for the policy. The insured must pay the maximum amount of sanctions for the policy.



Certificate of Validation
 PROOF OF CERTIFICATION

This certificate is issued in accordance with the terms and conditions of the policy. It is not a contract. For full terms and conditions, please refer to the policy document. The insured must comply with all applicable laws and regulations. The insured must maintain the policy in full force and effect. The insured must provide accurate information to the insurer. The insured must notify the insurer of any changes to the policy. The insured must cooperate with the insurer in the event of a claim. The insured must indemnify the insurer for any losses incurred by the insurer. The insured must hold the insurer harmless for any losses incurred by the insurer. The insured must defend the insurer against any claims against the insurer. The insured must pay the premium for the policy. The insured must pay the deductible for the policy. The insured must pay the co-insurance for the policy. The insured must pay the excess for the policy. The insured must pay the retention for the policy. The insured must pay the self-retention for the policy. The insured must pay the co-pay for the policy. The insured must pay the out-of-pocket maximum for the policy. The insured must pay the maximum out-of-pocket for the policy. The insured must pay the maximum benefit for the policy. The insured must pay the maximum amount for the policy. The insured must pay the maximum limit for the policy. The insured must pay the maximum coverage for the policy. The insured must pay the maximum amount of coverage for the policy. The insured must pay the maximum amount of benefits for the policy. The insured must pay the maximum amount of compensation for the policy. The insured must pay the maximum amount of reimbursement for the policy. The insured must pay the maximum amount of payment for the policy. The insured must pay the maximum amount of settlement for the policy. The insured must pay the maximum amount of award for the policy. The insured must pay the maximum amount of judgment for the policy. The insured must pay the maximum amount of damages for the policy. The insured must pay the maximum amount of costs for the policy. The insured must pay the maximum amount of expenses for the policy. The insured must pay the maximum amount of fees for the policy. The insured must pay the maximum amount of charges for the policy. The insured must pay the maximum amount of penalties for the policy. The insured must pay the maximum amount of fines for the policy. The insured must pay the maximum amount of sanctions for the policy. The insured must pay the maximum amount of penalties for the policy. The insured must pay the maximum amount of fines for the policy. The insured must pay the maximum amount of sanctions for the policy.

Chief Medical Officer

Mandate:

The Chief Medical Officer Ontario Hockey is responsible for providing the Provincial Sport Organizations (being the Ontario Hockey Federation (OHF), Hockey Eastern Ontario (HEO), Hockey Northwestern Ontario (HNO) and Ontario Women's Hockey Association (OWHA) hereinafter referred to as the PSOs), Boards and staff with medical advice and comprehension regarding decisions and the impact of those decisions due to COVID-19 and the direction from the Ontario Government and Public Health Authorities.

Key Duties:

- Act as the medical consultant for the PSOs to respect of COVID-19 with the mandate to abide by the Ontario Government and Public Health.
- Act as the medical consultant for the individual PSOs in respect of COVID-19 if the Ontario Government opens regionally.
- Maintain professional status and be in good standing with their respective licensing College.
- Be the medical spokesperson for the PSOs.
- Advise the PSOs on risk management issues especially with respect to medical issues.
- Advise the PSOs on research projects and issues especially with respect to medical issues.
- Advise the PSOs on event sanctioning.
- Act as a consultant for international tournaments held in the PSOs jurisdiction.
- Act as a liaison with the Hockey Canada Chief Medical Officer concerning medical issues.
- Such additional duties as may be delegated to the Chief Medical Officer Ontario Hockey by the PSOs from time to time

Authority:

The Chief Medical Officer Ontario Hockey will exercise their authority as set out by any Hockey Canada or PSO regulation or in accordance with this job description.

Appointment:

For the role of Chief Medical Officer Ontario Hockey there will be a short canvassing period of the PSO's Boards and OHF Members Boards for potential candidates. Based on the potential candidates the Chief Medical Officer Ontario Hockey shall be appointed by the PSOs Chairs of the Board, in consultation with the CEO/EDs, for a one-year term that is renewable. The Chief Medical Officer Ontario Hockey has no voting rights.

Meetings:

The Chief Medical Officer Ontario Hockey will attend meetings in person and via conference call, via invitation from any of the PSO's Chair of the Boards. PSO's members must obtain the approval of their respective PSO Chair of the Board before making any such invitations.

Resources:

The Chief Medical Officer Ontario Hockey will receive the necessary resources from the PSOs, to the

extent approved in the annual budget, to fulfill his or her mandate. They will also receive the necessary administrative support from the PSOs office.

Reporting:

The Chief Medical Officer Ontario Hockey will report to the PSO's Board as required and to the CEO/ED.

Requirements:

The Chief Medical Officer Ontario Hockey will be licensed to practice as a Physician in the Province of Ontario. Experience as a Sport Medicine Physician and membership in CASEM will be considered an asset.

Remuneration:

The Chief Medical Officer Ontario Hockey is a volunteer role with no remuneration except for expenses related to the attendance of meetings for the purpose of this role and other expenses as determined by the PSOs.

Insurance Coverage:

The Chief Medical Officer Ontario Hockey will fall within the Hockey Canada Insurance program including the Directors and Officers Insurance for the activities of the Chief Medical Officer Ontario Hockey related to this specific role.

Stakeholder Requirements

The following chart outlines the requirements that individuals in different leadership positions must have in order to train, support and/or coach registered hockey players.

| | Coach | Trainer | Team Manager | On-Ice Volunteer | Skills Instructor | On-Ice Official |
|--|-------|---------|--------------|------------------|-------------------|-----------------|
| CAC Training/ Certification | ☑ | | | | | |
| HEO Hockey Canada Licensed Skill Development Program | | | | | ☑ | |
| Trainers Program | | ☑ | | | | |
| HCOP | | | | | | ☑ |
| Rowan's Law | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| Gender Identity and Expression | ☑ | ☑ | ☑ | ☑ | ☑ | |
| VSS/CRC | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| Respect in Sport- Activity Leader | ☑ | ☑ | ☑ | ☑ | ☑ | |

Hockey Canada Safety Guidelines

- [Hygiene - Safety Protocols](#)
- [Positive Covid-19 Test in Hockey Environment](#)
- [Return to Hockey Procedures](#)

Appendix 4

Ontario Government Resources

- [Ontario Provincial Government COVID-19](#)
- [Ontario Emergency Orders](#)
- [A Framework for Reopening our Province](#)
- [Ontario Law and Safety](#)

Hockey Canada Resources

- [Hockey Canada's Safety Guidelines.](#)