



BCGHA COVID-19 Information, Protocols & Forms

The OWHA has provided 'Return to Hockey' Protocols

For the entire document – click here

http://owha.pointstreaksites.com/files/uploaded_documents/3323/OWHA_Return_to_Hockey_Protocols_July_16_20_updated_2.pdf

Below are protocols with documents

Protocol –COVID-19 Education

Each OWHA member association/team must ensure that staff, coaches, trainers, participants, parents, administrators and volunteers receive education on new safety and hygiene protocols within the association/team as well as Government approved information on ways to limit the spread of COVID-19 including:

- Respiratory Etiquette
- Hand Hygiene
- Physical Distancing
- Use of Personal Protective Equipment (e.g., face masks)

Documents- Appendix 1

1. How to wash your hands
2. Physical Distancing
3. How to Self-Isolate
4. When and How to Wear a Mask

Protocol –COVID 19 Response Plans

Each OWHA member association/team must develop a COVID-19 Response Plan which must include provisions:

1. Designating groups of individuals to oversee the implementation of health and safety guidelines
2. Establishing a protocol to address situations where individuals become unwell or show signs of Covid-19 symptoms during sanctioned hockey activities
3. Establishing a protocol for individuals to report to the OWHA association. Team delegate(s) and external stakeholders (i.e., OWHA, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms
4. Establishing a protocol for OWHA association/team to inform designated individuals if there has been an exposure to COVID-19 within the association/team or female hockey group.
5. Establishing procedures to modify, restrict, postpone, or cancel training sessions or other activities based on the evolving COVID-19 pandemic
6. Establishing a communication plan to keep staff, coaches, trainers, participants, parents, administrators and volunteers informed during Return to Hockey stages.
7. Establish a protocol for staff, coaches, trainers, participants, parents, administrators and volunteers after a COVID-19 diagnosis.

Documents- Appendix 2

1. Response Plan Document
2. Communication Plan Document



Protocol –Self-Screening

All individuals taking part in OWHA sanctioned association/team 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.)

Protocol –Health Screening Individuals

Conduct a screening protocol whereby individuals are screened on-site on a daily basis before participation in any activities. This screening should be done prior to entry into a facility. This screening may be conducted verbally.

Documents- Appendix 3

1. <https://covid-19.ontario.ca/self-assessment/>
2. How to Self-Isolate
3. BCGHA Health Screening Questionnaire

Protocol –Participant Tracking

Associations / Teams choosing to conduct small group on-ice training must track all participant/ coach / trainer/ and other participation in activities on a session by session basis. This must be recorded and kept in order to assist with contact tracing in the event of any positive COVID-19 cases within the association/team.

Documents- Appendix 4

1. BCGHA Tracking Form
2. BCGHA Tracking Form “List of All People in Attendance”-Stage3

Protocol –Facility Coordination

Each OWHA association/team must coordinate with the relevant facility in order to ensure compliance with these Protocols. This includes at minimum:

- Implementing effective measures to manage the flow of traffic in and out of the facility
- Complying with current Ontario Provincial Gathering guidelines
- Ensuring that any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility
- Scheduling and implementing cleaning between each training group on the ice or the use of any other facility
- Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc.
- Ensuring closure of dressing rooms, locker rooms, change rooms, showers, and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid
- Ensuring that team sports or other sports or games that are likely to result in individuals coming within 2m of each other are not practiced or played within the facility
- Facilitating compliance by the facility operator with the advice, recommendations, and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting

Documents- Appendix 5

1. As of Sept 1st: OWHA Return to Hockey
2. [City of Brampton Stage 3 Rental Guidelines \(waiting on confirmation\)](#)
3. CAA Centre COVID-19 Indoor Arena Participant Operational Procedures Protocols



APPENDIX 1

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



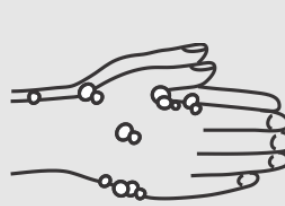
Wash hands for
at least 15 seconds

1

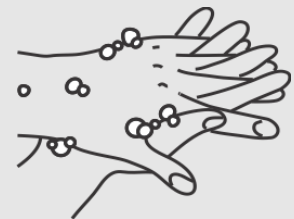
Wet hands with
warm water.

2

Apply soap.

3

Lather soap and rub
hands palm to palm.

4

Rub in between and
around fingers.

5

Rub back of each hand
with palm of other hand.

6

Rub fingertips of each
hand in opposite palm.

7

Rub each thumb clasped
in opposite hand.

8

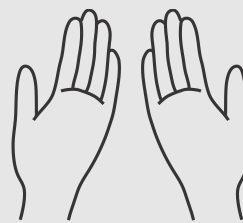
Rinse thoroughly under
running water.

9

Pat hands dry with
paper towel.

10

Turn off water
using paper towel.

11

Your hands are now
clean.

How to use hand sanitizer



Rub hands for
at least 15 seconds

1



Apply 1 to 2 pumps
of product to palms
of dry hands.

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clasped in opposite
hand.

7



Rub hands until
product is dry. Do not
use paper towels.

8



Once dry, your hands
are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

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Ontario 

Coronavirus Disease 2019 (COVID-19)

Physical Distancing

What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means **staying at least 2 metres (or 6 feet) away from other people** whenever possible.



Staying connected from home

- Work from home, if possible.
- Stay in touch with friends and family through phone, instant messaging or video chat.
- Host virtual playdates or take your children on a virtual museum tour.
- Spend time reading, playing board games and watching movies.
- Support neighbours who may feel anxious or isolated at this time by connecting virtually or at a distance.



If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency.
- Use delivery services where possible. When picking up food or a prescription, call ahead so it is ready when you arrive. Use tap to pay, if possible.
- Greet neighbours and friends with a smile, wave, bow or nod.
- If you are working, discuss any concerns about physical distancing with your employer or supervisor.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.
- Limit the number of people on an elevator.
- Exercise at home or outdoors, but not with a group.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

Things to avoid



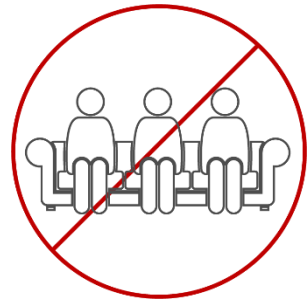
Non-essential trips
outside your home



Hugging or shaking
hands



Crowds or gatherings



Visiting friends



Sharing food or utensils



Engaging in group
activities or sports



Visiting popular
destinations



Play dates, parties or
sleepovers

Physical distancing and your mental health

Physical distancing disrupts our normal social routines. During times of uncertainty and change, it is normal for people to worry. If you begin to notice signs of depression or hopelessness in yourself or a loved one, please seek help. Get support if you need to talk. For more information see:

- [Take Care of Yourself and Each Other](#)
- [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)

Physical distancing, when combined with proper hand hygiene and cough etiquette, has been shown to limit the spread of COVID-19. If you are self-isolating because you have symptoms of COVID-19 or you may have been exposed to COVID-19, see [How to Self-Isolate](#).

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of April 2, 2020

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



Avoid contact with others

- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



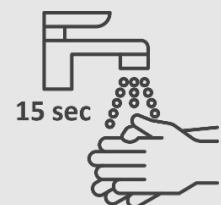
Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands.
Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two meters distance from people and cover your cough and sneezes. See our [Physical Distancing](#) fact sheet.



What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of April 10, 2020.

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Coronavirus Disease 2019 (COVID-19)

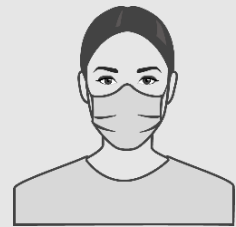
When and How to Wear a Mask

Recommendations for the General Public

Wearing a mask can help to prevent the spread of some respiratory illnesses, but it can also become a source of infection if not worn or discarded properly. If you need to wear a mask, you should also be sure to clean your hands frequently with soap and water or alcohol-based hand sanitizer.

Wear a mask if:

- You have symptoms of COVID-19 (i.e., fever, cough, difficulty breathing, sore throat, runny nose or sneezing) and are around other people.
- You are caring for someone who has COVID-19.
- Unless you have symptoms of COVID-19, there is no clear evidence that wearing a mask will protect you from the virus, however wearing a mask may help protect others around you if you are sick.



How to wear a mask:

- Before putting on your mask, wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

How to throw away your mask:

- Do not touch the front of your mask to remove it.
- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.
- Hold only the loops or strings and place the mask in a garbage bin with a lid.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

More information about masks:

- When a mask becomes damp or humid, replace it with a new mask.
- Do not reuse a single-use mask. Discard your mask when you have finished using it.



APPENDIX 2



BCGHA Response Plan

OWHA Associations and teams must create and follow a set of protocols to deal with situations related to the COVID-19 pandemic that might occur. These protocols should be included in an e-mail to members before any hockey activities resume.

Situation	Protocol
BCGHA Covid-19 Committee	<ul style="list-style-type: none">• Please contact covid19committee@bramptoncanadettes.com
An individual becomes unwell with symptoms of COVID-19	<ul style="list-style-type: none">• 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 (Face masks are required in all indoor facilities in Brampton)• The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing• The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting• A member of the BCGHA COVID-19 Committee 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 OWHA President and/or Director Operations should be informed of the situation as soon as possible
An individual is tested for COVID-19	<ul style="list-style-type: none">• If an individual tests positive for COVID-19, they should inform a member of the BCGHA COVID-19 Committee• The BCGHA COVID-19 Committee will work where requested with the facility and public health officials to assist in contact tracing. The BCGHA Tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual• Any association/team members who were in close contact with the individual should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing• It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting• The association/team should inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/ disinfecting should be performed as per the facility's guidelines• The association/team will inform OWHA of a positive COVID-19 diagnosis by e- mailing team@owha.on.ca
Return to hockey activities following illness	<ul style="list-style-type: none">• If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they

Situation	Protocol
	no longer have any symptoms of COVID-19
Return to hockey activities following COVID-19	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Based on the evolving COVID-19 pandemic, the BCGHA is prepared to follow public health, municipal/ provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities Associations/teams should establish a program cancellation policy if one does not exist already Associations/team members should be informed as soon as possible of any modifications/restrictions or cancellations Association/teams must 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	<p>Association/team members should follow all public health guidelines regarding COVID-19. These may include:</p> <ul style="list-style-type: none"> Any association/team 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



Brampton Canadettes Girls Hockey Association COVID-19 Communication Plan

During the Return to Hockey Stages the Brampton Canadettes Girls Hockey Association will maintain effective communication with our membership.

	OWHA Suggestion Communication Plan	BCGHA Communication Plan
1	Ensure up to date contact information for all association/team members is on-file	<ul style="list-style-type: none"> • Paper files are stored in the Manager's office • Electronic files are filed in the BCGHA website
2	Determine best method to distribute information (i.e., Facebook page, direct e-mail lists, webinars ...)	<ul style="list-style-type: none"> • Information will be disseminated via 'news articles' in the BCGHA website which pushes to BCGHA Twitter account • Information (dated) will be posted under the COVID-19 heading in the BCGHA Main Page Menu Bar • Email groupings will also be created of registered members by teams/groups for BCGHA Manager
3	Determine the responsibility for communication within the association/team during the Return to Hockey stages (i.e., staff, volunteer, COVID-19 Committee)	<ul style="list-style-type: none"> • Core Communicator: BCGHA Director of Publicity • COVID-19 Committee (members to be posted): receives communications and notifies BCGHA Team Manager and Coaches
4	Establish consistent communication method to maintain connection with association/team members during Return to Hockey (i.e., Weekly, Bi-weekly)	<ul style="list-style-type: none"> • Information will be posted as it is received • In discussion, membership will be notified
5	Consider where communications/documents can be stored on a website or social media site for future reference by association/team members	<ul style="list-style-type: none"> • All past 'News Articles' can be viewed in the 'News Archive' in the website in all webpages • Documents and information will remain under the COVID-19 Menu in the BCGHA Main Page Menu Bar
6	Designate member of COVID-19 Committee to follow up with any individuals who become unwell with symptoms of COVID-19 during hockey activities	<ul style="list-style-type: none"> • BCGHA Committee to reach out to the parents and update status of return
7	Determine paper or virtual storage location for daily Session Participation Tracking sheets	<ul style="list-style-type: none"> • Paper Tracking Sheets created • File stored in the BCGHA Office (Century Gardens Rink#2)
8	If it is determined that an association/team member has been tested for COVID-19, inform all association/team members that may have been in close contact with that individual	<ul style="list-style-type: none"> • Process described in Response Plan • While relevant members are notified, no identifying information of the affected individual is shared
9	If it is determined that an association/team member has tested positive for COVID-19 inform all association/team members that may have been in close contact with that individual.	<ul style="list-style-type: none"> • Process described in Response Plan • While relevant members are notified, no identifying information of the affected individual is shared
10	Ensure the facility and OWHA are informed if an association/team member is diagnosed with COVID-19	<ul style="list-style-type: none"> • Communication by Core Communicator (BCGHA Manager) to inform BCGHA Committee Covid19committee@bramptoncanadettes.com



APPENDIX 3

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



Avoid contact with others

- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



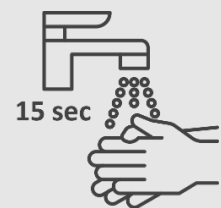
Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands.
Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two meters distance from people and cover your cough and sneezes. See our [Physical Distancing](#) fact sheet.



What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

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BCGHA HEALTH SCREENING QUESTIONNAIRE

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

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

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

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

1. 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).



APPENDIX 4

[illegible]



OWHA/BCGHA Tracking Form

Name of Person in Attendance	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home

Please return completed tracking forms to the Canadettes Office (located in Century Gardens 2nd Floor at during your ice time) in an envelope with the following information written on the cover:

Example:

Team Name: Bantam BB
 Coach Name: John Smith
 Date: Sept 14, 2020
 Ice Time Slot: 1:00-2:00pm
 Rink Name & Number: Century Gardens Rink #2
 Collected By: Jane Brown (Team Trainer)

Date: _____

Lead Person: _____



Brampton Canadettes Girls Hockey Association Tracking Form

LIST OF ALL PEOPLE IN ATTENDANCE

DATE OF ACTIVITY: _____ TIME FRAME: _____

PLACE: _____ COACH: _____

OTHER DETAILS: _____
Team, Rink #

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home
1	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
2	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
3	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
4	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
5	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
6	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
7	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
8	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home
9	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
10	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
11	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
12	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
13	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
14	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
15	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
16	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
17	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
18	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
19	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			

Date: _____

Screener: _____

OWHA/BGHA Tracking Form

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home
20	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
21	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
22	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
23	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
24	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
25	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
26	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
27	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
28	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
29	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
30	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			

Date: _____

Screener: _____

Page 3 of 5

OWHA/BGHA Tracking Form

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home
31	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
32	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
33	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
34	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
35	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
36	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
37	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
38	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
39	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
40	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
41	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			

Date: _____

Screener: _____

Page 4 of 5

OWHA/BGHA Tracking Form

NAME OF PERSON IN ATTENDANCE	ROLE Eg: Player, Staff, Parent	Contact Number	EMAIL	SCREENING STATUS If not pass, sent home
42	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
43	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
44	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
45	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
46	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
47	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
48	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
49	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			
50	<input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Parent/Family			

Please return completed tracking forms to the Canadettes Office (located in Century Gardens 2nd Floor at during your ice time) in an envelope with the following information written on the cover:

Example:

Team Name: Bantam BB
 Coach Name: John Smith
 Date: Sept 14, 2020
 Ice Time Slot: 1:00-2:00pm
 Rink Name & Number: Century Gardens Rink #2
 Collected By: Jane Brown (Team Trainer)

Date: _____

Screener: _____

Page 5 of 5



APPENDIX 5

Stage 3 Sports Rentals Guidelines

- Permit holder to ensure all participants complete pre-activity health screening in accordance with Peel Public Health requirements.
- Permit holder to ensure that an accurate list of all participants be compiled upon each visit for contact tracing purposes. This list is to be made available to the City of Brampton if needed.
- All participants to follow proper hygiene while on site.
- All participants should bring their own equipment and water bottles where possible, sharing should not occur. Equipment should be cleaned between usage.
- All participants are encouraged to come dressed to train.
- All participants to arrive as close to the start time of their permit as possible and leave as soon as possible afterwards, to avoid crossover of groups – no loitering at the facility or in parking lots.
- Per the City of Brampton By-Law, masks should be worn while inside public facilities, athletes may remove masks while competing.
- Team sports may only be practiced 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.
- All groups to follow current Ontario Provincial Guidelines with respect to gathering restrictions
- Washrooms/portolets and dressing rooms only available in some locations.
- The total number of members of the public permitted to be at the facility in a class, organized program or organized activity at any one time must be limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed,
 - i. 50 persons, if any of the classes, organized programs or organized activities taking place at the time are indoors, or
 - ii. 100 persons, if all of the classes, organized programs or organized activities taking place at the time are outdoors.
- Organized team sports that are practiced or played by players in a league may only be practiced or played within the facility if the league either,
 - i. contains no more than 50 players and does not permit its teams to play against teams outside of the league, or
 - ii. 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.
- Parents/guardians are expected to follow the direction of the permit holder with respect to meeting the spectator maximum numbers
- The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed,
 - i. 50 spectators, if the spectators will be indoors, or
 - ii. 100 spectators, if the spectators will be outdoors.
- No field or asset splitting in order to increase participant numbers.
- Every spectator or person who engages in sports or a recreational fitness activity at the facility, other than a team sport, must maintain a physical distance of at least two metres from every other person at all times during the activity.
- Any violation of these policies will result of the revocation of your permit and may affect future bookings with the City of Brampton.



7575 Kennedy Rd. S

Brampton, ON

L6W 4T2

COVID-19 – INDOOR ARENA PARTICIPANT OPERATIONAL PROCEDURES & PROTOCOLS

The CAA Centre is committed to making this a safe and fun experience for everyone. With the province moving to Stage 3, we have developed a Reopening plan in conjunction with Public Health Ontario and our local health unit that will be strictly enforced to keep everyone safe.

The plan will be provided to all Participants, Parents/Guardians and Instructors to review and acknowledge prior to entering The CAA Centre.

The following procedures and protocols will be in place in the current stage of our reopening plan:

- 20 people maximum. per rink. This includes instructors and players.
- Groups will gather in their designated rink zone outside of the facility
- Groups must be ready to enter the facility 15 minutes before their rental period starts
- Groups will be ushered into dressing rooms to finish getting dressed
- Parents may accompany players into dressing rooms to assist in tying skates etc. **We request that only a few parents volunteer to help the younger players with their skates. Parents must wear a face mask at all times while in the facility, including in dressing rooms**
- Parents must vacate the facility immediately after dressing child, and may return to assist in undressing
- Players must vacate the dressing rooms 10 minutes once off the ice for cleaning and sanitizing purposes
- All on-ice activity is **NON-CONTACT** and physical distancing should be maintained at all times. Instructors/Coaches will be responsible for ensuring social distancing is maintained at all times.
- Access to dressing room showers/washrooms are not permitted at this time. Washrooms beside the Community Entrance will be available to participants only.
- Users will enter through the Community Entrance on the East Side of the building. Social distancing will be required while waiting to enter the building.
- Facial masks must be worn in the building, before and after skating as per Peel Regions Public Health Guidelines.

- All players/instructors/coaches must provide the signed waiver at door to gain access to the building.
- Spectators are not permitted in building.
- Users not adhering to facility rules will have their contract terminated immediately. Refunds will not be issued for unused ice times.
- No dryland training in facility.
- Participants are required to bring their own water bottles; filling stations will not be available in the facility.
- No meeting rooms or classrooms will be available for use within the facility.

We look forward to having you in our facility, and are happy to be able to provide a safe and fun environment.

Let's get back to Hockey!



Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19

This waiver & declaration must be completed prior to use of any of the ice rinks at the CAA Centre.

The novel coronavirus, COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is known to spread mainly by contact from person to person. Consequently, local, provincial and federal governmental authorities recommend various measures and prohibit a variety of behaviors, in order to reduce the spread of the virus.

PA Sports Centre Inc. ("PA Sports") and its officers, directors, employees and partners commit themselves to comply with the requirements and recommendations of Federal, Provincial and local Public Health and other governmental authorities, and to put in place and adopt all necessary measures to that effect. However, PA Sports cannot guarantee that you (or your child, if participant is a minor/ or the person you are the tutor or legal guardian of) will not become infected with COVID-19. Further, participating in hockey and/or any other activities at the CAA Centre could increase your (or your child, if participant is a minor/ or the person you are the tutor or legal guardian of) risk of contracting COVID-19, despite all preventative measures put in place.

By signing this document,

- 1) I acknowledge the highly contagious nature of COVID-19 and I voluntarily assume the risk that I (or my child, if participant is a minor/or the person I am the tutor or legal guardian of) could be exposed or infected by COVID-19 by participating in hockey and/or any other activity at the CAA Centre. Being exposed or infected by COVID-19 may lead to injuries, diseases or other illnesses and could result in death.
- 2) I declare that I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) am participating in hockey and/or other activities at the CAA Centre voluntarily.
- 3) I declare that neither I (or my child, if participant is a minor/or the person I am the tutor or legal guardian of) nor anyone in my household, have experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, respiratory illness, difficulty breathing).
- 4) I declare that neither I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of), nor any member of my household have travelled to or had a lay-over in any country outside Canada, or in any Province outside of Ontario, in the past 14 days.
- 5) I (or my child, if participant is a minor/or the person I am the tutor or legal guardian of) agree to the requirements and recommendations of Federal, Provincial and local Public Health and other governmental authorities and to those special safety regulations put in place by PA Sports as it pertains to COVID-19 and to adopt all necessary measures to those effects.
- 6) By executing this waiver, I accept and assume full responsibility for any and all injuries, illness, damages (both economic and non-economic), and losses of any type, which may occur to me (or my child, if participant is a minor/or the person I am the tutor or legal guardian of) and I hereby fully and forever release and discharge PA Sports, its employees, partners, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising from participating in hockey and/or other activities at the CAA Centre.

I HAVE SIGNED THIS DOCUMENT FREELY AND WITH FULL KNOWLEDGE.

Name of participant (print)

Name of parent/tutor/ legal guardian (print)
(if participant is minor or cannot legally give consent)

Signature of participant

Signature of parent/tutor/legal guardian

Phone number

Place/Date: City of Brampton, , 2020.