GAME PLAN

Return to Hockey Framework

Version 3

September 8, 2020

This document was developed alongside pediatric physicians with a specialization in infectious disease from the Hospital For Sick Children as well as public health guidance and leadership from Toronto Public Health. Their expertise assisted in determining the stages and protocols outlined in this document.

Section 1

Foreward from the Greater Toronto Hockey League

On March 12, 2020, the 2019-20 hockey season came to a premature end as Hockey Canada, the Ontario Hockey Federation (OHF) and the Greater Toronto Hockey League (GTHL) programs were cancelled due to the coronavirus pandemic. COVID-19 has impacted every Canadian province and territory, and this has created a very different landscape in our daily lives.

With a focus on the health of our players and the changing needs of our hockey families, the goal of the *Game Plan* is to provide a comprehensive framework for getting our game back up and running across the GTA in a safe and secure environment.

While these unique circumstances present many challenges, they also present opportunities to create not just a *new normal,* but a *new better*.

In alignment with Hockey Canada's Safety Guidelines and the Ontario government's *Guidance for facilities for sports and recreational fitness activities during COVID-19*, the GTHL has developed a return-to-hockey framework specific to our circumstances here in the GTHL. The *Game Plan* is a fluid and living document that will require revisions as we move into the fall and throughout the 2020-21 season. This plan has been developed to assist our Clubs, Associations, and volunteers and families in getting our players safely back on the ice. The health and safety of our members and their families have been our number one priority throughout this planning process. Hygiene, return to-play protocols, and the use of facilities must be aligned with the restrictions and guidelines as established by the Chief Medical Officers of Health for Ontario, as well as for Mississauga, Markham, Vaughan and Toronto.

The GTHL would like to thank Hockey Canada and the OHF for giving the GTHL permission to use content from their return to play guidelines. We would also like to thank the Hospital for Sick Children in Toronto and their team of Infectious Disease Specialists and the staff at Toronto Public Health. Their time and expertise have been and will continue to be vital to ensuring the safest possible return to hockey for our players and families.

We would like to thank the GTHL Members, Board and Staff for working through this crisis, knowing that when we are on the other side of this, we will all be stronger as a result.

Don West
President

Scott Oakman
Executive Director & Chief Operating Officer

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DISCLAIMER

The information included in this document is current to the time of publishing and is the minimum standard for Return to Hockey within the Greater Toronto Hockey League's jurisdiction. The document is aligned with the Public Health Guidelines of the Government of Ontario and the Public Health Units of the City of Toronto, the Region of Peel and York Region, as well as Hockey Canada's Return to Hockey Safety Guidelines and the Ontario Hockey Federation's Return to Hockey Framework. However, recommendations may change depending on local, provincial and national circumstances; local resources should also be consulted for up to date information. Where anything within this document conflicts (i.e.: is less restrictive) with Public Health requirements, including regulations, members must comply with Public Health requirements and adapt as required.

Return to hockey is not without risks, including potential exposure to COVID-19. While the GTHL is making all reasonable efforts to minimize the risk of exposure to the disease through the development and implementation of this Game Plan and Return to Hockey Strategy with guidance from health authorities, the GTHL does not and cannot guarantee that there will be no risk of exposure and transmission to those who participate in on or off-ice activities

As information changes, this document will be amended as necessary, and the revisions will be circulated to the Greater Toronto Hockey League membership in a timely manner.

Section 2

Checklist to Success

Definitions

"***Organization***" means any Club, Division, Division member or Affiliated Group as defined in GTHL Rules and Regulations. An Organization may also include any league or similar grouping as such is envisaged in the Framework for Reopening our Province issued by the Ontario Ministry of Health.

"***Team"*** means any group that includes players, Team Officials, on-ice instructors, volunteers, Organization administrators etc. who gather for an GTHL-sanctioned hockey activity on and/or off the ice and "***Participant***" means any one of them.

"***Team Official***" means the Team's coach, assistant coach, manager, trainer or other team official registered with the League.

"***Medical Advisory Team***" – A team of experts from Toronto Public Health and the Hospital for Sick Children in Toronto

Review & Follow

- *Game Plan*
- Hockey Canada Return to Hockey Safety Guidelines
- Ontario Hockey Federation Return to Hockey Framework
- COVID-19 Return to Sport Guidelines (Appendix A)

Plan

1. Assign one or more *Organization Safety Rep(s)* by September 30.
2. Assign one or more *Team Safety Rep(s)* by September 30.
3. Organization Safety Reps to meet with the local facility operator(s), obtain their reopening plan adhering to the COVID-19 Return to Sport Guidelines (Appendix A)
4. Team Safety Reps (on/off the ice) Protocol:
    - i. Team communications responsibilities specific to COVID-19 Facilities Guidelines
        - a. Meet with *Organization Safety Rep*
        - b. Explain the role of the *Team Safety Rep* to players and their parents/guardians and to Team Officials
    - ii. Complete/collect Screening Template (Appendix B) for each Participant and each player's parent/ guardian/caregiver before each training session and keep records of the results of these submissions.
    - iii. Complete Team Registry (Appendix C)
    - iv. At the Facility
        - Follow the *Game Plan*
        - Follow the individual facility's specific reopening COVID-19 Facility Guidelines
        - Follow GTHL Hockey Structure Guidelines (Appendix D)

Be safe and have fun!

Section 3

GTHL Health and Safety Guidelines

These guidelines are meant to support GTHL Organizations, Team Officials, and stakeholders in returning to their hockey-related activities. This includes, but is not limited to, associated on and off-ice activities (including administrative), coaching, and adhering to the approved COVID-19 Return to Sport guidelines (Appendix A).

Please note that each facility where hockey-related activities take place will have its own specific guidelines related to people coming into the building, use of dressing rooms, washrooms, showers, requirements for face coverings, etc. (see section 9 of this document).

However, concerning actual hockey-related activities, the following must be demonstrated:

Enviornment and Expectations

• Arrive at the facility at a designated time for the hockey-related activity. Do not arrive early.
• Leave the facility immediately following the hockey-related activity. Do not stay beyond the designated time.
• Physical distancing of two (2) metres (six feet) will be maintained before, during, and after hockey-related activities, except where otherwise stated in Hockey Canada's Safety Guidelines and/or the Ontario Hockey Federation's Return to Hockey Framework.
• We recommend only one parent or caregiver accompany a player to a hockey-related activity.
• We encourage parents and guardians of players at levels U13 and above to not enter the facility unless necessary. They should only drop their players off and pick them up.
• We encourage hockey-related activities (including parent meetings and administrative procedures like registration) be conducted electronically. Weather permitting, meetings should be held outside. If that is not possible, these activities must be done in such a way to maintain physical distancing as much as possible, and in groups not exceeding 10 individuals
• Carpooling is discouraged. If carpooling cannot be avoided, it is strongly recommended that all passengers wear a mask or face covering while in the vehicle.

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 is prohibited unless it is goaltender equipment at the house league level which has been properly cleaned and disinfected
• Where possible, players and Team Officials should plan to arrive and depart the facility dressed in their hockey equipment.
• While on the ice, players and Team Officials must always leave their helmet and gloves on.
• Face masks must be worn at all times by players and Team Officials. Players can remove their face masks during physical activity
• To limit touchpoints during and after hockey-related activities, Team Officials should keep, distribute, and collect each piece of on-ice equipment that belongs to their team (e.g.: coaching whiteboard, cones, pucks). Team Officials' responsibilities include:
    o Minimizing gatherings while instructing from the whiteboard, and keeping participants physically distanced as much as possible.

Personal Protective Precautions

• The health screening of a team's players, Team Officials and administrators is mandatory. A health screening registry must be maintained. This can be done electronically or in-person prior to every single activity. It should be noted that if multiple activities are being held during the same day, one health screening will suffice.
• Any follow-up action from the screening process must follow the details set out in Sections 4 and 5 of the *Game Plan*.
• Hand hygiene and respiratory etiquette must be adhered to in accordance with the Guidelines issued by the Public Health Agency of Canada, the Ontario Ministry of Health, Toronto Public Health or local public health agency and Hockey Canada.
• Whenever physical distancing cannot be maintained; the use of a mask is required or face covering is required. These situations could include entering or leaving a facility, dressing room, spectator area, etc.
•Masks or face coverings are required in all indoor public spaces, except while performing physical activity.

Communication

• GTHL will make the *Game Plan* available to stakeholders via:
• The *GTHL website*.
• Direct emails to all Organizations and other stakeholders. Communications materials will be distributed through social media, on-site at facility, etc.

Organizations and Teams:
• MUST abide by the *Game Plan*.
• We recommend having individual Organization plans that are aligned with the Game Plan and the local facility guidelines.
• The *Team Safety Rep* must walk through the details of the *Game Plan* and the COVID-19 guidelines of all the applicable local facilities before the season begins. This meeting is to take place with parents/ caregivers, Team Officials, and administrators. The following protective measures to keep everyone safe can help reduce the risk of infection or spreading infection to others.

- Keep two metres (six feet) distance from others
- Wear a mask or face covering in indoor public spaces and when you can't keep physical distance. Masks can be removed during physical activity.
- Clean your hands often. Use soap and water for at least 20 seconds, especially after using the washroom and before and after play if hands are visibly dirty
- Use an alcohol-based (70-90 per cent) hand sanitizer if soap and water are not available
- Avoid touching your face, especially your eyes, nose or mouth, with unwashed hands
- Cough or sneeze with your elbow or a tissue, not your hand. Immediately throw the tissue in the garbage and wash or sanitize your hands
- Clean and disinfect frequently touched objects and surfaces
- Avoid close contact with people who are sick
- Stay home if you are feeling unwell
- Download the COVID Alert app so you can be notified directly if you have been in close contact with someone who was contagious with COVID-19

Section 4

Screening

Prior to attending arenas or team functions, every Participant must do the self-assessment for COVID-19 on the Ontario Ministry of Health website and if they do not pass the assessment they should not attend until they pass the assessment and do not have signs and symptoms of COVID-19.

All Participants should be aware of signs and symptoms of COVID-19, including:

- Fever (i.e. chills, sweats)
- Cough that's new or worsening
- Difficulty breathing
- Hoarse voice
- Difficulty swallowing
- Sore throat *
- Runny nose *
- Stuffy or congested nose *
- Sneezing *
- Loss of taste or smell
- Nausea, vomiting, diarrhea
- Headache that's unusual or long lasting
- Shortness of breath
- Muscle aches that are unusual or long lasting
- Unusual fatigue or lack of energy
- Not feeling well

** Not related to seasonal allergies or other known causes or conditions*

If you answer yes to one or more of these symptoms, please self-isolate and call Ontario Telehealth at 1-866-797-0000 for further assessment by a nurse who will direct you to the most appropriate level of care such as your healthcare provider or a COVID-19 Assessment Centre.

You will not be allowed to participate in an GTHL-sanctioned activity unless cleared to do so by a health-care provider or Assessment Centre and you are symptom-free for 24 hours.

Participant screening and registry:
Participants must be screened by the *Team Safety Rep* prior to entering the facility for any (on or off-ice) session for symptoms of COVID-19 as per the requirements of the Ontario Chief Medical Officer of Health. The screening process could be completed in-person or electronically prior to the session. This information and the screening requirements will be covered in detail during the training session.

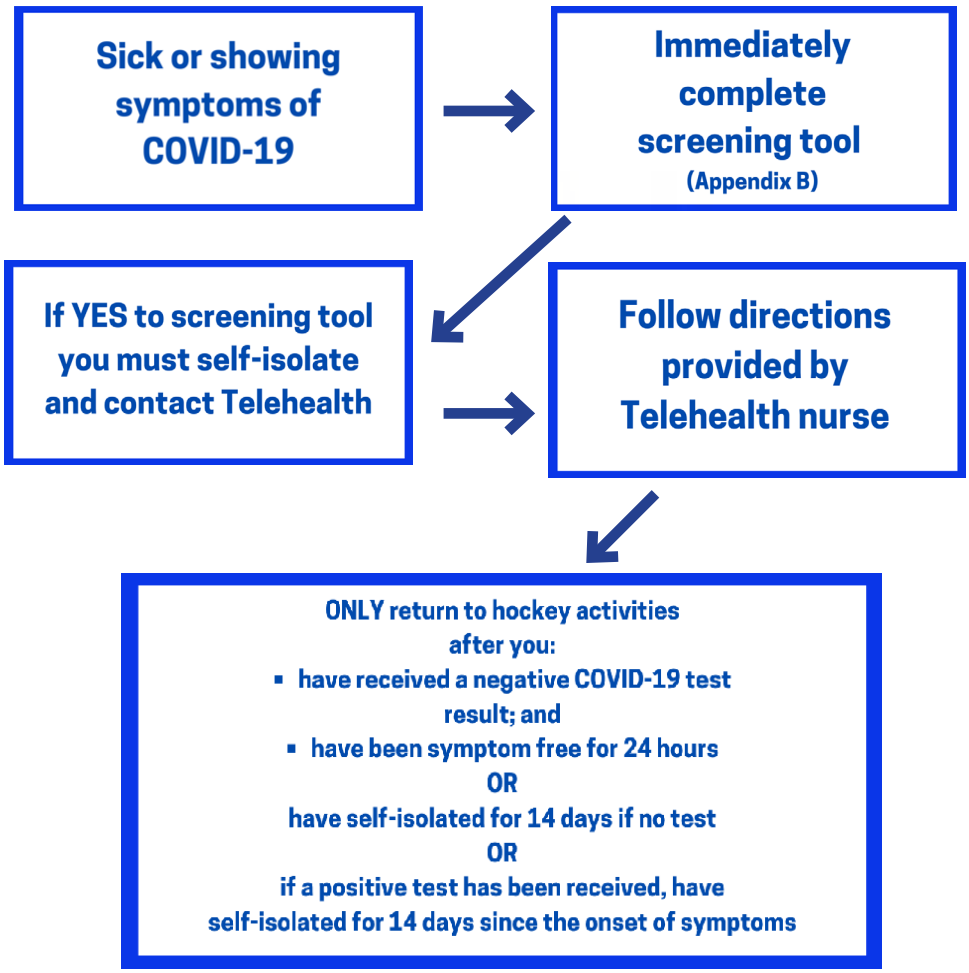
Participants exhibiting signs and symptoms consistent with COVID-19 should not be present at any facility. This includes anyone attending the training session such as players, Team Officials, volunteers, parents/guardians, Organization members, etc.

Screening questions are updated regularly by the Ontario Ministry of Health. Currently, a positive screen is any one (1) on the list of symptoms updated at https://www.ontario.ca/page/covid-19-stop-spread#section-0

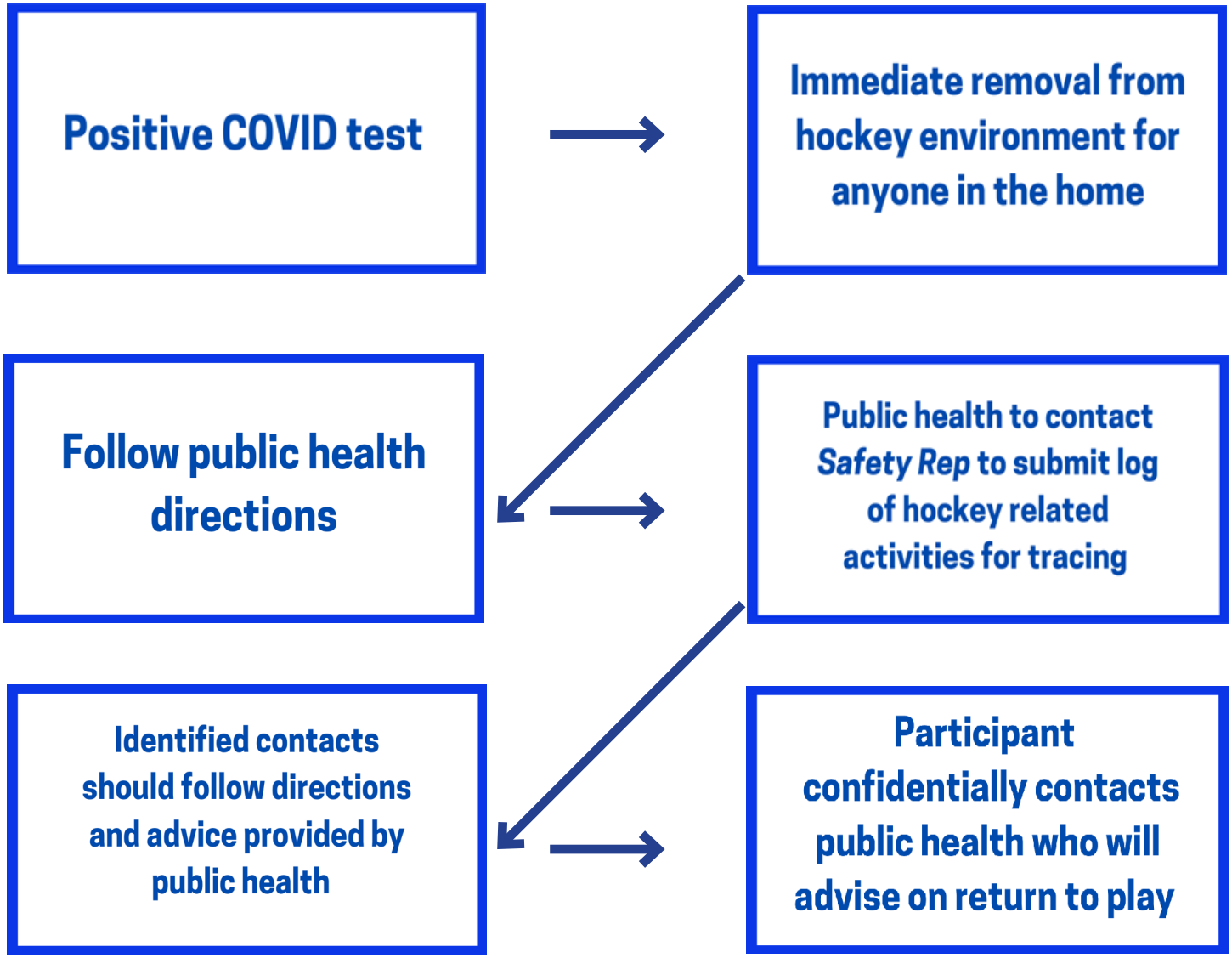
If a participant has symptoms:

The following are recommended steps for players, Team Officials, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick. For participants or parents/guardians of participants **who are sick or showing symptoms of COVID-19**, they are to advise the Team's coaching staff that they will not be attending and will immediately follow the steps below.

These records are to be maintained by the Team Safety Rep for a period of 30 days. Records are confidential and must be securely stored (e.g. locked in a drawer) and be disposed of in a secure manner (e.g. shredding)



If you have tested positive for COVID-19: Participants or parents/guardians of participants **who have tested positive for COVID-19** are not required to publicly disclose any medical information, however they will be required to abide by the relevant Public Health Unit's directions. The Participant may not participate in any hockey related activity for 14 days as per Ontario Ministry of Health guidelines and **cannot return to hockey until cleared by Public Health**, which is a minimum of 14 days from when symptoms began. Follow the steps outlined below.



Section 5

Safety Reps

Each Organization and Team must assign a person who will be the *Safety Rep* responsible for ensuring that all updated and relevant information is passed on to everyone within their Organization or Team (*see diagram on previous page*). This person must be registered in the Hockey Canada Registry as an Off-Ice Volunteer.

Team Safety Rep responsibilities include:

• Walking through the details of the *Game Plan* and the COVID-19 guidelines of all the applicable local facilities guidelines before the season begins with Participants and parents/caregivers
• Communicating with *Organization Safety Rep* on guidelines and updates.
• Ensuring that the COVID-19 participant screening is conducted for each Participant **before each training** (on and off-ice) session, including individual skill sessions, team practices and games and that records are kept of this information. If multiple activities are being held during the same day, one health screening will suffice.
• Completing the health screening registry electronically or in-person.
• Completion of GTHL *safety training.*

Section 6

Training

The GTHL will be providing mandatory safety training for the Team Safety Rep and the Organization Safety Rep as well a COVID-19-specific training session for Team Officials.

The training sessions will be available online and will provide extensive background and information on the Game Plan's safety requirements.

These sessions will cover:

- Review of *Game Plan* and *Hockey Canada Return to Hockey Safety Guidelines*
- Roles and responsibilities of the *Safety Rep* including reporting requirements:
    - ° Mandatory training requirements
- ° The *registry*:
    - Need for the *registry*
    - How to complete the *registry*
    - Storing the *registry* once completed
- ° The Screening Tool:
    - Need for the Screening Tool
    - Who must be screened
    - How the screening can be conducted
    - What to do if positive symptoms are reported
- ° Facility Guidelines

The COVID-19-specific coach online training session will include:

- ° A review of Game Plan and Hockey Canada Return to Hockey Safety Guidelines
- ° How to communicate with players and families
- ° Coaching tools and resources that are compliant with the *Game Plan* guidelines

Hockey Canada Safety E-Learning Module

This new e-learning module, which will be hosted on Hockey University and available at no cost to membership, offers a concise overview of Hockey Canada's Return to Hockey Safety Guidelines. The program looks at some key information our membership needs to know to help to reduce the risk of COVID-19 in the hockey environment. Throughout this module we will point our membership toward detailed information on specific prevention topics and encourage all members to become familiar with the Public Health Authority guidelines and restrictions and the Hockey Canada Safety Guidelines. The free e-learning training module will be **mandatory** for safety reps and coaches and strongly recommended for all Team Officials. The module will be made available by September 7, 2020.

Training must be completed before commencing any on-ice Team activities.

Section 7

Compliance

Despite the easing of restrictions, those in the sport of hockey like other congregate sporting activities, must remain vigilant when it comes to the health and safety concerns posed by COVID-19.

Therefore, the resumption of hockey in Ontario and in the GTHL will require significant changes. In an effort to ensure the health and safety of our members and our communities, the GTHL is reviewing our regulations and our delivery model.

Further regulatory amendments or policies will be required to address interim issues or local concerns. These changes may be made by the President and Executive Director/Chief Operating Officer of the GTHL, in consultation with the GTHL Medical Advisory Team.

The GTHL Rules and Policy Committee will be reviewing all GTHL regulations that will be impacted by COVID-19 restrictions. The temporary regulation recommendations will be made public to the membership as soon as practicable.

The *Game Plan* is a framework and critical path for us to return to the ice. Ensuring that our hockey programs continue will depend upon several factors. The most important factor will be our collective compliance with the health and safety guidelines detailed in this plan. The safety of everyone depends upon strict adherence to those guidelines.

Any non-compliance with the *Game Plan* will be considered *conduct bringing the League and/or Club into disrepute* and will be dealt with under the GTHL Regulations and Policies. It should also be noted that the Game Plan is aligned with Ontario's *guidance for facilities for sports and recreational fitness activities during COVID-19*. Breaches of the requirements of the COVID-19 Return to Sport Guidelines could also be considered breaches of the Provincial emergency orders made under the *Reopening Ontario (A Flexible Response to COVID-19) Act,* or municipal by-laws, and dealt with by local by-law enforcement officers or provincial authorities

Section 8

Insurance for Members of GTHL

The GTHL is relying largely on advice from Hockey Canada and the Ontario Hockey Federation in respect of return to play insurance and risk management matters, and the information contained in this "Game Plan", and in this section in particular, is reproduced from Hockey Canada's Return to Hockey Safety Guidelines and Seasonal Structure document. Hockey Canada and its Members are actively working on updating risk-management protocols related to Return to Hockey guidelines post-COVID-19.

Hockey Canada has advised as follows:

• Under Hockey Canada's current General Liability policy which has been renewed for the 2020-21 season, the following is the definition for a 'bodily injury' which is insured:

"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 – more specifically, under "disease".

• 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.

• 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 municipal rink/private rink facility contracts post-COVID-19 for all rentals; in all likelihood, they will now contain a new clause which absolves the municipality/private 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/sanitizing of rented premises and shouldn't be expected to take on all liability related to COVID-19 pertaining to the use of these facilities.

Finally, it should be noted that many insurance companies are implementing Communicable Disease/ COVID-19 exclusions on all policies either immediately, or upon renewal.

Remember that insurance is only one part of the risk-management process. It is important that we all pay special attention to preventing COVID-19 in the hockey environment.

Section 9

Facilities

During all phases of the Game Plan and re-opening of facilities, a spirit of ongoing patience and flexibility will need to be communicated between the user(s) and the facility owner(s) (and their representatives). The *directions of the Ontario government* will supersede any general recommendations of the GTHL, OHF and Hockey Canada, except where such directions are less restrictive.

Positive and open communication will be an important part of returning safely to the facility.

Before starting hockey activities, it is highly recommended that the League/Association Safety Rep reach out to a facility representative as part of the facility rental agreement for clarification of the following:

What to expect from the facility guidelines:

• Physical Distancing: Facility guidelines and requirements specific to physical distancing will be provided within the facility and user agreement.

• Number of People: The number of people allowed in a public space will be identified by the the Provincial emergency orders made under the *Reopening Ontario (A Flexible Response to COVID-19) Act*.

• Signage: Facilities will have clear markings well placed around the facility on entry and exit areas. Masks may be required by those entering the facility.

• Restricted Areas: There will be some restricted areas closed off for use. These could include showers and main lobbies while the usage of other spaces could be modified. Lobbies will not be used for social gatherings but used as a thoroughfare only.

• Dressing Rooms: In some facilities dressing rooms will be usable, but with fewer participants than usual in order to adhere to the required physical distancing protocols. Some temporary dressing areas with temporary seating may be set up. Getting dressed at home is strongly recommended based on age division level. Players will be encouraged to arrive at the facility dressed and ready for the ice session with the exception of skates.

• Temporary/Alternative Dressing Rooms: These spaces will be marked as temporary dressing room areas should the dressing rooms be unavailable or fill to capacity. These spaces will be marked according to public health guidelines.

• Cleaning & Disinfection: Facilities should have plans implemented before and after all rental times. Facilities will be responsible for enhanced cleaning and disinfection, including high-touch surfaces (i.e. washrooms, chairs, door handles, and vending machines) and fixed structures.

• User Behaviour: There will be zero tolerance with breaching contract agreements as far as players respecting the facility's COVID-19 guidelines. Violations of these guidelines will be dealt with by the individual's Organization as they see fit. Organization violations will be dealt with by the GTHL.

• Building Access: Areas will be marked for entry point, traffic flow and exit procedures.

• Communication: Facilities should have increased communication regarding their COVID-19 guidelines such as in-rink signage, website and social media.

• Hygiene: Whenever physical distancing cannot be maintained, the use of masks is required unless it is a social circle. Many municipalities have a By-law requiring masks be worn in all indoor public spaces. These situations could be entering or leaving a facility, dressing room, spectator area. Masks can be removed during physical activity.

Please respect the personal space of others and other user groups. Above all else, respect the facility and all those who work within it.

If a complaint arises regarding compliance with the COVID-19 Return to (Program and Facility) Guidelines (Appendix A), please direct your concern to the facility owner or the local municipal by-law office.

Section 10

Non-Sanctioned Hockey Programming

The GTHL is strongly encouraging non-sanctioned hockey programs (private camps, private summer programs, non-HC power skating groups, etc.) to follow the recommendations laid out in this *Game Plan*.

The Ontario Hockey Federation Non-Sanctioned League Policy stipulates that "Any individual who Participates in a Non-Sanctioned League after the Cut-Off Date (September 30) will lose all privileges with the Ontario Hockey Federation for the remainder of that season....."

APPENDICES

Appendix A

COVID Return to Sport Guidelines

The following must be demonstrated in any return to sport plans:

Environment

- How physical distancing will be maintained before, during, and after activities at the location the activity occurs, following the physical distance guidelines.
- How the activity will limit the number of people within a facility.
- How the activity will limit the congregation of people in shared areas (i.e: common space where participants are checked-in and out of, washrooms, changing rooms, equipment rooms, etc.).

Equipment

- How the activity will limit the necessity of shared equipment.
- How shared equipment will be managed, cleaned and disinfected before and after each use.

Personal Protective Precautions

- How enhanced cleaning and disinfection will be managed, including high touch surfaces (i.e.: benches, washrooms, chairs, door knobs, etc.)
- How participants will be encouraged to practice good hygiene.
- How participants will be educated to ensure those who are unwell and symptomatic do not participate in the activity. Testing information can be found here.

Communication

- How participants will be informed of the safety precautions that they must follow, implemented by the Organization.
- How your plan will be communicated to all participants.
- If possible, maintaining a participant registry, (names, dates, time, and contact info) to facilitate potential public health contact tracing.

In addition to the provincial public health measures, Organizations must adhere to any measures implemented by Hockey Canada, the Ontario Hockey Federation and the facilities in which they operate.

Appendix B

Screening Tool

The screening must be done before **each GTHL-sanctioned activity including individual skills sessions, practices and games**.

Name: Date: Time :

1. Do you have a fever (temp. >38C) or feel feverish? Yes __ No __
2. Do you have a new onset or worsening chronic cough? Yes __ No __
3. Have you been in close contact (within 6 feet) with someone with a confirmed case of COVID-19? Yes __ No __
4. Have you been in close contact (within 2 metres) of somebody with a confirmed case of COVID-19 without wearing proper PPE? Yes __ No __

If participant answers Yes to the screening, they should self-isolate and contact Ontario Telehealth.

If participant passes the screening above, please also ask:

Do you have any one of the following symptoms?

- Difficulty breathing Yes __ No __
- Hoarse voice Yes __ No __
- Difficulty swallowing Yes __ No __
- Sore throat * Yes __ No __
- Runny nose * Yes __ No __
- Stuffy or congested nose * Yes __ No __
- Sneezing * Yes __ No __
- Loss of taste or smell Yes __ No __
- Nausea, vomiting, diarrhea Yes __ No __
- Headache that's unusual or long lasting Yes __ No __
- Shortness of breath Yes __ No __
- Muscle aches that are unusual or long lasting Yes __ No __
- Unusual fatigue or lack of energy Yes __ No __
- Not feeling well Yes __ No __

* *Not related to seasonal allergies or other known causes or conditions*

If you answer yes to one or more of these questions, please call Ontario Telehealth for further assessment by a nurse. A participant is not allowed to participate in any hockey related activity or attend the facility.

Appendix C

GTHL Participant Screening Registry

Date:		Facility Name:		
Start Time of Session:		End Time of Session:		
Safety Rep:		Phone #:		
#	Player/Coach Name (First/Last)	Team/Group	Contact Number	Answered "No" to all screening questions
1				
2				
3				
4				
5				
6				
7				
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Appendix D

Hockey Structure

As we move toward getting back on the ice, it is important to ensure that we remain flexible so that we can adapt to Ontario public health guidelines as they change. It will be important to ensure that the needs and wants of both our current and prospective players are always front of mind. As we move through each period, we will need to ensure that our hockey associations and Clubs are equipped with the proper communication tools and given appropriate time to adjust. While there are going to be challenges along the way, this is an opportunity for increased collaboration and innovation for hockey in our province.

All periods of hockey are designed to follow Ontario public health guidelines. There would also be an ability to move quicker in a certain period or by-pass a period if physical distancing and other restrictions are eased. Conversely, there is the potential to revert back to a period if case numbers of COVID-19 start to rise and there is a second wave.

Programming structures suggested by the Ontario Hockey Federation are located in Appendix E with suggested playing rules located in Appendix F.

We recognize that House Leagues and Organizations face unique challenges in planning their programs within the framework of this hockey structure. To assist them , we have included some suggestions regarding the formation of Groups and Teams.

WARM UP – September 8

- Player registration resumes
- Collection of fees for Period 1 through 3
- No sharing equipment
- No on-ice Activities
- Off-ice training - Groups of 10 or Less
- Players assigned/selected to Teams
    - House league Organizations may assign players to Teams during Warm Up. To facilitate 3 on 3 and 4 on 4 competition in the 2nd. and 3rd. periods, house league Organizations might consider, for example, forming Teams of 10 (9 skaters + goalie) for Participants above U9, and Teams of 7 (6 skaters + goalie) for Participants U9 and younger who are participating in modified ice programs.
- Team Officials/instructors Physical Distance
- Selection/training - Team Safety Person
- Coach COVID-19 protocol training
- Training should align with Long Term Player Development (LTPD)
- Players and Team Officials must maintain physical distancing (2-metres) at all times
- Face masks must be worn at all times by players, Team Officials and spectators. Players can remove their face masks during physical activity
- Groups of 10 must remain consistent during a training period (i.e.: players remain with the same group at each session)
- Facilities slowly opening
- Spectator numbers only as permitted by the Government of Ontario and/or local Public Health Units/municipalities and/or facility
- Cheering or yelling by spectators is strongly discouraged

1ST PERIOD - October 7 (SUBJECT TO CHANGE)

- Player registration continues
- Paper Team selection/grouping of players starts (no in person tryouts)
- The sharing of hockey equipment is prohibited unless it is goaltender equipment at the house league level which has been properly cleaned and disinfected
- On & off-ice training – same group of 20 or less for Participants above U9; 30 or less for Participants U9 and younger who are participating in modified ice programs
- Collection of fees for Periods 1-3
- Players assigned/selected to Teams
- No competition with other teams
- Team Officials/instructors Physical Distance
- Players and Team Officials must maintain physical distancing (2-metres) on and off the ice at all times, except as otherwise permitted in the case of players (see Appendices E and F)
- Scrimmage within groups - 3 on 3 or 4 on 4
- Safety Person training
- Coach COVID-19 protocol training
- Training should align with Long Term Player Development (LTPD)
- Focus is on skating and puck skills
- No bodychecking or intentional contact
- Face masks must be worn at all times by players, Team Officials and spectators. Players can remove their face masks during physical activity
- Team Officials or power skating instructors who work in consecutive on-ice sessions will have to physical distance and use hygiene best practices between on-ice sessions. If teaching multiple sessions, they should ensure maintenance of a physical distance at all times, so as not to potentially infect multiple cohorts
- Facilities slowly opening
- Spectator numbers only as permitted by the Government of Ontario and/or local Public Health Units/municipalities and/or facility
- Cheering or yelling by spectators is strongly discouraged

2ND PERIOD – TBD

- Player registration continues
- Paper Team selection/grouping of players continues (no in person tryouts)
- The sharing of hockey equipment is prohibited unless it is goaltender equipment at the house league level which has been properly cleaned and disinfected
- On & off-ice training – same group of 20 or less for Participants above U9; 30 or less for Participants U9 and younger who are participating in modified ice programs
- Players assigned/selected to Teams
- No bodychecking or intentional contact
- Team Officials/instructors Physical Distance
- Players and Team Officials must maintain physical distancing (2-metres) on and off the ice at all times, except as otherwise permitted in the case of players (see Appendices E and F)
- Scrimmage within groups – 3 on 3 or 4 on 4 or 5 on 5
- Competition with other Teams – 3 on 3 or 4 on 4
- Formation of groups of Teams for competition. Maximum group size as permitted by the Government of Ontario from time to time (50 as at August 31, 2020)
- Maximum roster size for competition against other Teams is 10 or less
- Spectator numbers only as permitted by the Government of Ontario and/or local Public Health Units/municipalities and/or facility
- Cheering or yelling by spectators is strongly discouraged.
- Face masks must be worn at all times by players, Team Officials and spectators. Players can remove their face masks during physical activity

3RD PERIOD - TBD

- Player registration continues
- Paper Team selection/grouping of players continues (no in person tryouts)
- The sharing of hockey equipment is prohibited unless it is goaltender equipment at the house league level which has been properly cleaned and disinfected
- On & off-ice training – same group of 20 or less for Participants above U9; 30 or less for Participants U9 and younger who are participating in modified ice programs
- Players assigned/selected to Teams
- No bodychecking or intentional contact
- Team Official/Instructors Physical Distance
- Players and Team Officials must maintain physical distancing (2-metres) on and off the ice at all times, except as otherwise permitted in the case of players (see Appendices E and F)
- Scrimmage within groups – 3 on 3 or 4 on 4 or 5 on 5
- Competition with other Teams – 3 on 3 or 4 on 4 or 5 on 5
- Formation of groups of Teams for competition. Maximum group size as permitted by the Government of Ontario from time to time (50 as at August 31, 2020)
- Maximum roster sizes for competition against other Teams is to be determined
- Exhibition games against other Teams, small geographic tournament play can take place
- Spectator numbers only as permitted by the Government of Ontario and/or local Public Health Units/ municipalities and/or facility
- Cheering or yelling by spectators is strongly discouraged.
- Face masks must be worn at all times by players, Team Officials and spectators. Players can remove their face masks during physical activity

OVERTIME - NO EARLIER THAN DEC 1, 2020

- Hockey returns to normal
- 5-vs-5 hockey
- Intentional contact allowed
- Bodychecking allowed at appropriate age levels (AAA & AA U14-U21)
- Inter-branch play
- No spectator restrictions

	Warm Up	Period 1	Period 2	Period 3	Overtime
Timing	September 8	October 7	TBD	TBD	No Earlier Than Dec 1, 2020
Player Registration	Yes	Yes	Yes	Yes	Yes
Collection of Fees	Only for periods 1-3				All fees
Team Selection/Assignment	Yes	Yes	Yes	Yes	Yes
Maximum Registration Numbers Per Team	19 or less				No restrictions
In Person Tryouts	No	No	No	No	No restrictions
Coach/Instructor/Players Physical Distance	Yes	Yes	Yes	Yes	N/A
Safety Person Selection	Yes	Yes	Yes	Yes	N/A
Team Official COVID-19 Protocol Training	Yes	Yes	Yes	Yes	N/A
Sharing Equipment	No	Only goaltender equipment at the house league level that has been properly cleaned and disinfected			No restrictions
Team Activity (Competitve)	10 or less (no on ice activity)	20 or less	20 or less	20 or less	No restrictions
Team Activity (House League)	10 or less (no on ice activity)	20 or less > U9 30 or less < U10 for participants in modified ice programs			No restrictions
Scrimmage 3on 3 and 4on4	No	Yes	Yes	Yes	No restrictions
Scrimmage 5 on 5	No	No	No	Yes, within other groups. Public health to govern #	No restrictions
Formation of Groups of Teams for Competition	No	No	Yes	Yes	No restrictions
Roster Size for Competition	N/A	N/A	10 or less	TBD	No restrictions
Competition With Other Teams 3 on 3 and 4 on 4	No	No	Yes	Yes	No restrictions
Competition With Other Teams 5 on 5	No	No	No	Yes	No restrictions
Bodychecking	No	No	No	No	Yes, only for AAA & AA U14-U21
Intententional Contact	No	No	No	No	Yes
Limitation on Spectators	TBD	TBD	TBD	TBD	No restrictions

Appendix E

OHF Game Play Structure

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

- Game play does allow for players to engage within the 2-meter physical distancing as long as the rules of play modified for No Physical Contact.
- When participants are not engaged in on-ice activity they must maintain their physical distance. As such:
    - benches will require physical distancing of players;
    - ice surface size needs to be taken into account to determine number of players on the ice and the impact on rules for No Physical Contact (smaller ice less players);
    - change rooms require physical distancing;
    - cleaning requirements of permanent structures by the facility including change rooms, benches and penalty boxes between games; and
    - coaches and trainers impact on physical distancing.
    - In structuring your program there may be benefits in limiting the use of benches at younger ages to avoid delays for sanitation between games and management of players
    - U9 and below 4 on 4 cross ice using middle zone as benches (the U6, U7, U8 and U9 Pathways must be implemented but suggested for the U9 program that is full ice to consider cross ice)
    - U10, U11 and U12, U13 – 3 on 3 cross ice middle zone as benches
    - U14 and U15 –4 on 4 full ice using benches with physical distancing (two lines)
    - U16 and older including Junior – 3 on 3 or 4 on 4 full ice using benches with physical distancing (two lines in 4 on 4 or three lines in 3 on 3)

- Consider the ice size when choosing to conduct 5 on 5 programming. Based on the varied sizes of ice the 5 on 5 programming may promote players to come within contact with each other – even unintentionally, due to less space on the ice. Further, when considering leagues evaluate the ice surface available for other teams. 5 on 5 Game Play may be better conducted on one ice surface, while another team's ice may require a reduced number.

Appendix F

OHF Rules for 3 on 3, 4 on 4 - U12 to U21

Game Play

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

Line Changes

- Teams will change on the fly.

Goals

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

Icing

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

Offsides

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

Goaltender Freezes the Puck

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

Penalties

- Penalty shots will be awarded for penalties as per:
  - 2 min penalties = 1 penalty shot
  - 4+ min penalties = 2 penalty shots
  - All major penalties will result in 2 penalty shots and an ejection from the game
  - Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee
  - Intentionally entering the goaltenders crease = 1 penalty shot
  - Co-incidental penalties will result in NO penalty shot being awarded
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during a penalty shot. If the buzzer sounds while the penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.
- If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

Penalty Shot Procedure

- When a penalty is called, the clock will not stop (all divisions)
- Penalty shot must be taken by the player infracted upon (if applicable) and all players on the ice must remain there until the shot is taken
- The player taking the penalty shot will line up at center ice

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

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

Rules for 3 on 3, 4 on 4 - U7 to U11

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

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

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

Offside
- There are no offsides in cross-ice hockey.

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

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

Appendix G

Coaching Requirements

The GTHL will be following Ontario Hockey Federation (OHF) requirements for coaches entering the 2020-21 season. The outlined requirements will be for all coaches (house league, select, A, AA, & AAA) who wish to be rostered to a team. Previously trained coaches may already have many of these requirements.

A Development 1 "Certified" Status will not be a requirement in the 2020-21 season. High Performance 1 for U14 and above AAA will not be a requirement this season. Coaches with an expiring or expired certified status can continue to participate in professional development through the Coaching Association of Canada at coach.ca . The GTHL Development 1 certification process, which includes in person practice evaluations, will be put on hold until September of 2021. Trainer Level 2 will not be a requirement.

We anticipate that in the 2021/2022 season we will be able to provide full clinics similar to what we have previously provided either in-person, online, or in combination. 2020-21 coaches will be required to have the appropriate in-class clinic training when requirements revert fully back to normal. Coaches will have until October 7th to complete the requirements.

Details on coaching requirements for 2020-21 can be found on the GTHL Bench Staff Requirements page.

COACHING REQUIREMENTS

	PREVIOUS COACH		NEW COACH			TRAINER	ALL BENCH STAFF (Previous Coaches, New Coaches, Trainers, Managers)			
	Coach Level 1	Develop-ment 1	*HU: NCCP Coach Online Level 1	*HU: Checking	Hockey Canada Network Training	Trainer Level 1	OHF Gender Identity Training	Speak Out or Respect in Sport	*HU: Return to Hockey Safety Guidelines	Rowan's Law Resource Review & Acknowledg ment
U9 & Below	✓	-	✓	-	✓	✓	✓	✓	✓	✓
U10 / U11	-	✓	-	✓	✓	✓	✓	✓	✓	✓
U12 / U13	-	✓	-	✓	✓	✓	✓	✓	✓	✓
U14 / U15	-	✓	-	✓	✓	✓	✓	✓	✓	✓
U16 / U18	-	✓	-	✓	✓	✓	✓	✓	✓	✓

Appendix H

Resources

Hockey Canada

- Return to Hockey Safety Guidelines
- Return to Hockey Safety Guidelines FAQ
- Return to Hockey Seasonal Structure
- Non-Sanctioned League Policy

Ontario Hockey Federation

- Return to Hockey Framework
- Non-Sanctioned League Policy

Government of Canada

- Hand Hygene
- How to safely use a non-medical mask or face covering

Government of Ontario

- Re-Opening of Ontario (a Flexible Response to COVID-19) Act
- Rules for Areas in Stage 3
- Framework for Re-Opening the Province (Stage 3)
- Guidance for facilities for sports and recreational fitness activities during COVID-19
- COVID-19 Stop the Spread

Public Health Ontario

- Coronavirus Disease Resources

City of Toronto

- Reducing Virus Spread
- Have COVID-19 Symptoms or Been Exposed

Summary

We are all going to have to work together to adjust, adapt and innovate to ensure that we are meeting the needs of our current members, focusing on how we can better serve players and families, and looking for opportunities to bring new families into the game. Some of the areas that we will need to focus on and consider as we plan for the coming hockey season include:

- A later start date as new families may be concerned about registering for hockey
- Incorporating more off-ice activities
- Work to create teaching opportunities online for players (position-specif ic)
- Modified play that includes elements of competition if traditional games can't proceed

While hockey is going to look different in the next few months, these next few months will also provide a unique opportunity to focus on many of the positive things that hockey can do for our community. We are going to have to collaborate and support one another as we work together to provide a safe and welcoming environment for our young players who want to be active and social around their friends and teammates.

Revisions

Version #	Date	Section/ Appendix	Revisons/Updates
1	September 1,2020		
2	September 2, 2020	Cover	In the acknowledgement, "pediatric physicians with a specialization in infectious disease from a major Canadian hospital" replaced with: "pediatric physicians with a specialization in infectious disease from the Hospital For Sick Children"
		1	In the 5th. paragraph, lines 2 and 3, "team of pediatric Infectious Disease Specialists" replaced with: "the Hospital for Sick Children in Toronto and their team of Infectious Disease Specialists"
		2	"Medical Advisory Team - A team of experts from Toronto Public Health and leading pediatric infectious disease specialists from a major Canadian hospital." replaced with: "Medical Advisory Team - A team of experts from Toronto Public Health and the Hospital for Sick Children in Toronto."
3	September 4, 2020	6	1) In the 1st. paragraph, line 2, "League/Association" replaced with: "Organization" and "coaches" replaced with: "Team Officials" 2) In the penultimate paragraph, line 8, "coaches and strongly recommended for team managers" replaced with: "all Team Officials" 3) In last paragraph, the words "indoor and" were removed
		D	Added: "Face masks must be worn at all times by players, Team Officials and spectators. Players can remove their face masks during physical activity" to the 2nd. and 3rd. Period protocols
		G	Appendix G re-named to H. Appendix G (Coaching Requirements) added.