

# COVID-19 GUIDELINES FRAMEWORK

## West London Hawks

Sept 2020



### Coaches responsibilities

Prior to the development skates starting in October, request one parent or volunteer be your team's Covid 19 representative- have them read and understand the attached documents.

Ensure your Covid 19 representative has all the proper information including contact numbers for the Middlesex Health Unit representatives and West London Board representatives listed below

Ensure all players and parents are educated about rules and procedures listed below. Inform all team players and parents as to whom their Covid 19 team representative is prior first session

Send every parent a invite code for the *Javellin* App and provide team code

Download and setup Javelin app and invite all families to join your team by providing the access code

### Covid 19 Team Representative Roles and Responsibilities

Ensure all players are dressed in equipment except skates, gloves and helmet 15 min prior to ice time. Once you have all the players accounted for with pre screening complete, contact the *City of London* door representative to receive instruction to enter facility.

All players must check in with Team COVID 19 representative prior to entering building and complete the pre-screening in the app

Ensure all players have their own water bottle and mask to enter the building – water bottles will not be shared

Prior to entering the rink complete their own prescreening on the app as well as ensure all team members have completed the app. Once inside, sign the *City of London* pre-screening confirmation form

City appointed staff will direct the players to enter once the head count is acceptable with the health unit

### Parents Roles and Responsibilities

Download the *Javellin* App on Google Play or Apple Store

Set up your own profile and add your children to the profile – see *Youtube* links for video. Coach is to provide access code to join your child's team

<https://youtu.be/7P7tndo8ia8>

[https://youtu.be/C-l\\_OG4stf8](https://youtu.be/C-l_OG4stf8)

Log in on the day of your ice time and fill out wellness questions. You cannot do this prior to the day of development skate.

Familiarize yourself with the City of London facility *Rules & Procedures* on next page, and all information provided below on procedures for entering and use of city run Ice facilities.

## Rules & Procedures

### Rules

- No sharing of water bottles
- Mask must always be worn in the arena when not on the ice
- Sanitizer to be applied upon both entry and exit of the arena
- Players are to put on skates, helmet and gloves in designated change rooms while exercising social distancing rules and exit from the designated bench to their allotted change room (maximum of 9 to a room) while still exercising social distancing rules.
- Players will only remove helmet, skates and gloves prior to leaving arena

### IF SICK – see list of symptoms below

- If the player has any symptoms, player is recommended to have a negative test prior to returning to play and be symptom free for 24 hours
- If a player has a positive test or has been in close contact with someone who has tested positive the player will be contacted by Middlesex London Health Unit case and contact management team who will advise when the self-isolation period would end.

## Symptoms

New or worsening symptoms that are unrelated to seasonal allergies or pre-existing health conditions including:

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| • Fever (37.80 C or greater)      | • Unexplainable muscle aches       |
| • Chills                          | • Unusual or long-lasting headache |
| • Cough                           | • Digestive issues like            |
| • Shortness of breath             | nausea/vomiting, diarrhea,         |
| • Sore throat                     | stomach pain                       |
| • Difficulty swallowing           | • Loss of smell or taste           |
| • Runny, stuffy or congested nose | • Pink eye                         |
| • Unexplainable fatigue           | • for young children and infants:  |
|                                   | sluggishness or lack of appetite   |

## West London Hockey Contacts

### Important links and contact information

[healthandsafety1@westlondonhockey.ca](mailto:healthandsafety1@westlondonhockey.ca) – Catherine Preete  
[healthandsafety2@westlondonhockey.ca](mailto:healthandsafety2@westlondonhockey.ca) – Cindy Payne

## Public Health Unit Contact Information

London, Ontario

Middlesex-London Health Unit  
355 Wellington St., Suite 110,  
London, ON N6A 3N7  
Monday - Friday  
8:30 a.m. - 4:30 p.m.  
519-663-5317

[health@mlhu.on.ca](mailto:health@mlhu.on.ca)

## Applicable links

### **IMPORTANT DOCUMENT LINKS BELOW**

[SCREENING TOOL CHILDREN LINK](#)

[CITY OF LONDON COVID 19 HEALTH ASSESSMENT](#)

[SCREENER INFORMATION FOR CITY FACILITIES](#)

<https://youtu.be/7P7tndo8ia8>

<https://youtu.be/C-I OG4stf8>



### **Covid 19 Representative Statement of Understanding**

I will act as COVID 19 representative for my West London Hawks team. I have read the procedures and rules and will inform the coaching staff if I am unable to be present, prior to our allotted ice time and my role may be temporarily filled by an alternative team representative. I will inform our *West London Health & Safety Committee* of any players who require testing prior to returning to play.

I will ensure our contact tracing app information has been correctly submitted by each player and coach.