

**WILMOT WOLVERINES GIRLS HOCKEY ASSOCIATION**  
**COVID PROTOCOL 2020**  
**September 28, 2020**

**WGHA COVID PROTOCOL**

This is a guide intended to prepare players, parents, coaches, and all volunteers for a safe return to hockey through physical distancing. Return to play protocols will be reviewed on a regular basis and may be updated as new health and safety information changes and becomes available to us at the WGHA.

Public Health Guidelines with regards to COVID 19 advises all the members that:

- 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
- any member who has been exposed to someone with a confirmed case of COVID 19 should self-isolate and is not permitted to participate in any hockey activity for 14 days

**HYGIENE**

Best practice for good hygiene will limit the spread of COVID 19. The following will be implemented:

- Wear a mask when entering a facility and in common areas
- Ensure the mask covers chin, mouth, and nose
- Frequent and thorough hand washing
- Use hand sanitizer
- Maintain 2 meters apart
- Do not shake hands or initiate personal contact
- Water bottles must be labeled, cleaned, and brought by each player

**COVID 19 REPOSE PLAN**

Establishing a Protocol for the diagnosis of any related cases of COVID 19 and to communicate prior to, during, or after any type of COVID 19 situation, in order to make all individuals aware, is of the utmost importance to everyone's health and safety.

The designated individuals for the COVID 19 group are the following:

- Mark Burns and Jennifer Knezevic
- Please email any concerns to [wolverinescovid@gmail.com](mailto:wolverinescovid@gmail.com)

### **INDIVIDUAL(S) WHO HAVE BECOME ILL OR SHOW SIGNS DURING HOCKEY SESSIONS:**

1. Immediately terminate participation in activity.
2. Isolate individual from all others in a well-ventilated area outside and provide a mask for them to wear.
3. Individual is directed to go home and follow public health guidelines for self-isolating and testing.
4. The facility where participant was should be informed in order for cleaning.
5. Contact one of the above members of the situation as soon as possible. Provide the parent or guardian contact information for follow-up purposes.

### **INDIVIDUAL(S) WHO HAVE TESTED FOR COVID 19:**

1. You are not to participate in any hockey session while awaiting your test results or until a negative test is received.
2. The COVID team will review and track in order to provide communication to other participants who may be in close contact with the individual.
3. All individuals who have been in close contact will not resume in any hockey activity and will follow public health guidelines until COVID 19 diagnosis is ruled negative by a health professional.

### **RETURN TO HOCKEY AFTER ILLNESS:**

If no test was performed and the individual had a symptom you may return to hockey activities once the individual has no more COVID 19 symptoms for 24 hours.