



FHA COVID-19 FAQ

Will masks be required to be worn in arenas?

- Yes, Coaches, players and parents are required to follow the bylaw and wear face coverings in facilities prior to on-ice participation.

Coaches and team staff must wear cloth masks where physical distancing is not possible, such as in the dressing room or on the bench. Players will **not** be required to wear a mask on the ice.

What do I do if my child tests positive for COVID-19?

- Keep your child home and out of the hockey environment. It is also important to communicate with your physician and public health authority, ensuring you follow the steps identified. Public Health will indicate when you can return to hockey.

What if a parent/family member tests positive for COVID-19? What protocols do we follow?

- If a parent or family member tests positive for COVID-19, the player and their family will need to stay out of the hockey environment. They should contact their physician and public health authority for instructions. The player will need a note from their physician or public health authority to return to play.

If someone on my child's team tests positive for COVID-19, will the team be allowed to continue to play hockey?

- If someone on your child's team tests positive, public health authority guidelines will determine contact tracing and isolation requirements. It is possible, therefore, that one diagnosis on a team could lead to that team being required to pause hockey activities until the public health authorities determine it is safe to return.

What if my child is sick but does not have COVID-19?

- Participant advises team staff/safety person immediately.
- Participant receives a cloth mask and wears immediately.
- Anyone caring for the participant should also wear a cloth mask.
- Parents/guardians are advised and take the participant home.
- If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, **they should find a location to isolate.**
- If parent not available, parent called to return to pick-up.
- Inform team parents (no names) of potential incident of exposure, monitor your participant for symptoms. Any player sick must adhere to 14-day quarantine period as per PHU.
- Report to FHA Head Trainer and cc board.
- Sick or symptomatic player contact Public health, take direction as per PHU.
- Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.



What should I do if my child is exhibiting signs of COVID-19 but has not been tested?

- Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed.
- They will require a note from their physician or public health authority to return to activity.
- If a participant is confirmed to have COVID-19, refer to the following section for recommended communication. **If a participant has COVID-19, they should follow up with their physician and public health authority for instructions. Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.**
- **COVID-19 affects different people in different ways.** Most infected people will develop mild to moderate illness and recover without hospitalization. Most common symptoms:
- **Fever • Dry cough • Shortness of breath** Less common symptoms: • **Runny nose • Aches and pains • Sore throat • Diarrhea • Conjunctivitis • Headache • Loss of taste and/or smell • Skin rash, or discolouration of fingers and toes** Serious symptoms: • **Difficulty breathing • Chest pain or pressure • Loss of speech or movement**
- Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility. On average, it takes 5-6 days from infection for symptoms to show, but it can take up to 14 days.
- A - The player should remain out of the hockey environment and follow the screening tool as indicated by the Ontario Ministry of Health:
- https://covid-19.ontario.ca/covid19-cms-assets/2020-10/COVID-19_school_and_child_care_screening_tool.pdf
- If the player was not well enough to attend school according to the screening checklist then the player should NOT attend their hockey session

What if a player, participant or coach feels ill while on the ice?

- Participant advises team staff/safety person immediately.
- Participant receives a cloth mask and wears immediately.
- Anyone caring for the participant should also wear a cloth mask.
- Parents/guardians are advised and take the participant home.
- If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, **they should find a location to isolate.**
- If parent not available, parent called to return to pick-up
- Inform team parents (no names) of potential incident of exposure, monitor your participant for symptoms. Any player sick must adhere to 14-day quarantine period as per PHU.
- Report to FHA Head Trainer and cc board.
- Sick or symptomatic player 14-days quarantine prior to return as per PHU.
- Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.



This resource page is for our membership as we begin our Return to Hockey for the 2020-21 season. It will be continually updated with new information as it becomes available.

<https://www.omha.net/covid-19#2>

Please refer to the City of Hamilton's Public Health webpage for further information and details on COVID-19 symptoms, testing and general information.

<https://www.hamilton.ca/coronavirus>