



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
www.noha-hockey.com



NOHA Communications Officer Position Descripton

For the 2020-2021 Season, each NOHA Minor Hockey Association must appoint a Communications Officer, who will be responsible for keeping track of ongoing COVID-19 information and ensuring all necessary safety measures are in place. This is a critically important position to ensure the Health and Safety of our Participants on and off the ice.

The Communications Officer will need to work with every Team to ensure communication is distributed and Session Participant Tracking is completed. It is recommended that a representative from each Team be included in the Team-based responsibilities.

The NOHA will work closely with the Communications Officers by communicating information from Hockey Canada and the OHF. The Communications Officer will also need to monitor information from their Facilities, Local Public Health Unit, and the Government of Ontario.

Responsibilities

- Implement a Communications Plan to ensure information is accessible to all Parents and Team Staff.
- Assist Team Managers with planning and hosting a Team Meeting before the start of the Season, either virtually or in-person (where permitted) to discuss:
 - Return to Play Protocols and Guidelines
 - Communication Plan with Minor Hockey Association, NOHA, OHF, and Hockey Canada
 - Facility Protocols and Guidelines
 - Physical Distancing
 - Hygiene
 - On-ice Framework and Game Rules
 - Illness Protocols
 - Travel
- Participant Attendance Tracking—All participation must be tracked for both on and off-ice events such as practices, team meetings, games, etc. This information must be kept on file for at least thirty days. The OHF Session Participant Tracking form is available [HERE](#)
- Implement a Symptoms & Illness Protocol:



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- All participants must understand and adhere to the protocols of the Local Public Health Unit, the NOHA, OHF, and Hockey Canada
- Participants must not attend functions if they are feeling ill or have symptoms related to COVID-19
- Participants must follow the Return to Play flowchart in this guide
- Monitor and ensure all participants are adhering to hygiene and physical distancing protocols. Remember that by working together, we can help reduce the spread of COVID-19.

Requirements

The Communications Officer must:

- Review the [Hockey Canada Return to Hockey Safety Guidelines](#)
- Complete the [FREE Planning a Safe Return to Hockey Course](#)
- Have their name and email submitted to the NOHA to be placed on a Communication List

Team Safety Meeting

Every Team must review the health and safety protocol before the start of the season. This meeting may be held virtually via Zoom or Google Hangouts, or in person, so long as local physical distancing and maximum capacity regulations are followed.

Health and Safety Protocols

It is recommended that Teams review the [Hockey Canada Return to Hockey Safety Guidelines](#)

Facility Guidelines

After meeting with the Facility, provide an overview of their Protocols and discuss:

- Entering and leaving the building, and parking lot guidelines
- Facility capacity and physical distancing protocols
- Mask protocols



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- Dressing Room protocols and procedures, if applicable
- Cleaning/disinfecting protocols between uses
- Protocols surrounding water bottles (labelled per player), towels, equipment, etc.

Hygiene Guidelines

- Washing hands and using hand sanitizer
- No shaking of hands
- No sharing of food or drink
- Individual marked water bottles
- Maintain physical distancing

On-ice Framework and Game Rules

The NOHA Return to Hockey Game Rules can be found [HERE](#)

Illness Protocols

The following is the recommended guidelines for any participant or guardian of a participant who feels sick. Local Public Health guidelines must also be followed, and should be consulted if anyone feels ill or has symptoms related to COVID-19.

Participant Feels Ill at Facility/Activity	Participant Advises Team Staff they are not feeling well and will not be attending	Participant advises they have symptoms of COVID-19 and will not be attending	Participant tests positive for COVID-19 and contacts their physician
1. Participant advises team staff/safety person and leaves immediately	1. Participant is advised to follow up with their physician. They will require a note from their physician to return to activity	1. If a participant has COVID-19, they should follow up with their physician and public health authority for instructions.	1. IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME
2. Participant receives a cloth mask and wears immediately. Anyone caring for the	2. Any participant with suspected or confirmed COVID-19 should not return to the hockey	2. Any participant with suspected or confirmed COVID-19 should not return to the hockey	2. REPORT TO PUBLIC HEALTH AUTHORITIES, FOLLOW GUIDELINES



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participant should also wear a cloth mask.	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	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	
3. 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.	3. If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.	3. If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.	3. PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS COOPERATE ON ANY NECESSARY COMMUNICATION.
4. 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	4. Note required from a physician or Public Health Authority to Return to Play	4. Note required from a physician or Public Health Authority to Return to Play	4. NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY

IMPORTANT: If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent. Explain the communication that will take place and **NEVER disclose the sick person's name.**

Symptoms of COVID-19

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.



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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.

For more information:

Contact your Minor Hockey Association, the NOHA, or your local Public Health Unit.