



RETURN TO HOCKEY PLAN

As of August 23, 2021



RETURN TO HOCKEY PLAN

PURPOSE	4
SECTION 1 WGMHA OPERATIONS	4
Compliance with Regulations	4
Compliance with these protocols	4
COVID-19 Education	4
COVID-19 Response Team	5
Reporting	5
WGMHA Communication Plan	6
Ravens Office	7
Scheduling	7
Facility Coordination	7
Self-Screening	7
Contact Tracing	7
SECTION 2 PROGRAMMING	8
Programming	8
Try-outs and Evaluations	8
Limitations on size of Teams and Evaluation Groups	8
Spectators	9
SECTION 3 OFF-ICE ACTIVITIES (OFA)	9
Facility Access and Traffic Flow	9
Other Facilities	10
Player Absence	10
Personal Hygiene	10
Warm-up/Cool down	11
Personal Protective Equipment – Face Masks	11



RETURN TO HOCKEY PLAN

Dressing Rooms	11
Personal Items	12
SECTION 4 ON-ICE ACTIVITIES (ONA)	12
Personal Protective Equipment	12
Physical Distancing	12
Pucks and Pylons	12
On-Ice Coaching	12
SECTION 5 RETURNING TO WGMHA OFFICE	13



RETURN TO HOCKEY PLAN

Purpose

The purpose of this document is to provide guidelines and a path to return to hockey for Waterloo Girls Minor Hockey Association (WGMHA) gradually and with the utmost consideration of safety for all. This includes programming and administration at RIM Park and other ice facilities within the Cities of Waterloo and Kitchener.

This plan is, and will remain, in compliance with all laws, guidelines and recommendations from the Government of Ontario, Region of Waterloo Public Health, Hockey Canada, OWHA and the cities of Waterloo and Kitchener.

This document builds on the Return to Hockey Protocols of OWHA (the Provincial Sports Organization (PSO) for Female Hockey in Ontario) and is to be used in tandem with that document. The knowledge surrounding COVID-19 is evolving and therefore this plan will be updated regularly as circumstances change. Should there be a discrepancy in information the Ravens Return to Play Plan posted on the Ravens website www.waterlooravens.com will be the source document. WGMHA must comply with the timing provided by the OWHA.

Section 1 WGMHA Operations

Compliance with Regulations

WGMHA will follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Region of Waterloo Public Health, Hockey Canada, OWHA, and the cities of Waterloo and Kitchener. Once WGMHA begins to operate in other rinks in the City of Kitchener, these protocols will be followed as well. WGMHA will update this document as circumstances change for these external parties and/or WGMHA.

Compliance with these protocols

Each coach, player, parent, staff and volunteer is responsible for implementing and complying with both OWHA and WGMHA protocols.

COVID-19 Education

WGMHA will educate its coaching staff, players parents and volunteers on the safety



RETURN TO HOCKEY PLAN

and hygiene protocols as laid out in **Appendix A “COVID-19 Education Resources”**.

This Appendix will be sent to all players upon registration. Every coaching staff member, parent and volunteer is required to review and keep themselves up to date with the materials in this Appendix. Training on the Ravens Return to Hockey Plan including the COVID-19 Protocols will be held prior to coaching staff, players and parents return to the rink.

COVID-19 Response Team

WGMHA has appointed the following individuals to the **COVID-19 Response Team**:

Name	Position
Heidi Holmes	Secretary/Registrar
Lisa Haller	Vice-President
Sandra Hanmer	President
Chris Holdsworth	Admin Assistant
Ryan Terpstra	Director, HL
Beth Weckman	Manager, KW Rangers
Steve Woods	Director, Rep

If anyone has questions about any aspect of the Return to Play protocols or the policies and procedures related to COVID-19, they should contact the Ravens COVID-19 Response Team at c19responseteam@waterlooravens.com.

Reporting

If an individual fails the Ravens Health Screening Questionnaire at home, the individual should remain at home and inform the Trainer as quickly as possible. The individual should begin following the protocol in **Appendix B: Ravens COVID-19 Protocols**.

The trainer will take charge of the situation if there is anyone who fails the Health Screening Questionnaire or falls ill while at the rink. This may include sending the individual home, cancelling practice etc. Specifically, the Ravens Covid-19 Response Team needs to be informed immediately. The Ravens COVID-19 Response Team will initiate and follow the Ravens COVID-19 Response Plan.

The Ravens COVID-19 Response Team will manage all communication pertaining to each report. The Ravens COVID-19 Response Team will inform the City of Waterloo (facility),



RETURN TO HOCKEY PLAN

and will communicate back to participants any required steps to be taken at the facility that will impact WGMHA staff, coaching staff, players volunteers and families.

The Ravens COVID-19 Response Team and/or Public Health will inform other players and any other people who might have been in close contact with the individual, and advised not to participate in activities and follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals.

WGMHA Communication Plan

WGMHA will post updates on the website under the **2021-22 Season Updates** section of the website and will continue to engage with social media followers to check these updates on the websites.

Direct email lists will be used to communicate with coaching staff, players, families and staff. The President and or Admin Assistant are responsible for these communication pieces. The Ravens Covid-19 Response Team will be considering how best to use other social media platforms to communicate.

If members need to be informed of a COVID-19 test taking place, or positive results of a test, this will be done by e-mail to the Board of Directors, coaching staff and those players potentially affected. There may be a period of time where the program is shut-down to allow for cleaning and communicating in the case where a COVID-19 case is suspected or confirmed in a program at any City of Waterloo facility.

In the event of a confirmed COVID-19 case, WGMHA will follow the facility requirements and recognize that some programming may be cancelled. The responsibility for cleaning lies with the facility.

The WGMHA Board has designated the President to be the public spokespersons for WGMHA in case of emergency (e.g. COVID-19 Outbreak declared at rink). The Admin Assistant will notify the President if there is a suspected case, and will notify the whole board if there is a confirmed case.

All coaching staff and players are encouraged to consider their own mental health and anxiety about being together (but still physically distanced) at the rink as we return to hockey. All coaching staff and players need to respect the comfort levels of each other and are encouraged to be polite but forthcoming about their own mental health, and level of anxiety. Trainers are encouraged to voice any health and safety concern to the Head Coach with a cc to the Ravens COVID-19 Response Team at c19responseteam@waterlooravens.com.



RETURN TO HOCKEY PLAN

Ravens Office

The Ravens office at RIM Park will remain closed to walk-in traffic (from players, coaches and volunteers). As we continue to move through the stages of re-opening, this will be re-evaluated. This will minimize the chance for contagion. All office business can be conducted virtually.

Scheduling

All scheduling will be done on line through the Ravens website. Coaches will have access to their team pages to indicate team specific information.

The schedules will be created to allow for the required cleaning time required for each rink location as set out by the City.

Facility Coordination

Signage to address public health and safety will be placed around the rink by the City of Waterloo. Directional signage will be developed and maintained by the City of Waterloo. The City of Waterloo will clean chairs around the rink and high touch areas between groups. A thorough cleaning will be done by city staff upon opening, between groups, and at the end of the evening.

WGMHA will follow City and OWHA protocols as they apply to other rinks where Ravens Teams may be practicing and or playing. Specific details for both City of Waterloo Arenas and the Associations in our leagues are available on the Ravens website.

Self-Screening

All individuals (players, coaching staff, parents/guardians) must self-screen immediately before each on ice or off ice training using the Ravens Health Screening Questionnaire. (Appendix C (updated August 17, 2021) This questionnaire will be sent to each player upon registration and these questions confirmed by the player to the trainer before every on ice and off ice activity.

Contact Tracing

WGMHA will continue to comply with our Public Health Units, facility and OWHA policies, procedures and requirements as it relates to contact tracing. WGMHA will ensure an accurate record of attendance at each activity is recorded and it will be kept on file with WGMHA Administration for at least the minimum amount of time as set forth



RETURN TO HOCKEY PLAN

by regulations.

Section 2 Programming

Programming

Programming being offered by WGMHA will be approved in accordance with OWHA guidelines prior to commencing. Subject to OWHA, Provincial and Regional Public Health Guidelines, WGMHA's goal is to offer programming which includes regular practices, games and tournament play for our House League and Representative Programs. WGMHA will offer Fundamental Programming as well.

This section will be updated as more information comes available on what the season structure may include.

Try-outs and Evaluations

Tryouts and Evaluations will occur subject to Public Health and OWHA Guidelines. Tryout/Evaluations for Representative Teams this year will occur in a modified format to ensure that participant maximums are achieved. Only players registered for tryouts may attend and only those from outside WGMHA may attend if a Permission to Skate has been received. Details regarding House League evaluations will be shared prior to the evaluation dates – tentatively schedule for late September.

Limitations on size of Teams and Evaluation Groups

All training sessions must follow provincial and local public health as well as facility guidelines with respect to the size of gatherings. Limitation on size of teams and groups able to use the ice or facility may vary due to size of facility and location of facility. Protocols may vary across the province by region

WGMHA and City of Waterloo will consider the gradual increasing of numbers of individuals on the ice. Adjustments to the numbers allowed on the ice may change as per Waterloo Region Public Health and City of Waterloo regulations permit.

WGMHA will follow City of Waterloo best practices in all city facilities. Changes may occur each week as numbers increase up to the maximum allowed by either OWHA or the City of Waterloo up to the maximum allowed in a gathering by the province on Ontario.

All warm-ups and off-ice training should comply with current physical distancing requirements OWHA will communicate in subsequent Versions of these Protocols updated information as it becomes available.



RETURN TO HOCKEY PLAN

Spectators

To ensure continued compliance with capacity limits, it is recommended that only 1 parent/guardian/spectator per player attend on ice and or off ice team activities. At all times, WGMHA will comply with facility capacity limits. If a parent/guardian/spectator is accompanying the player, they must remain in the spectator area and unless they are assisting minor age player, they must leave the facility at the end of the ice time.

If a coach sees more than one parent/guardian or anyone entering the rink who is not accompanying a player, they should approach that person to explain the WGMHA protocols. Keeping as few people as possible in the rink is the goal to ensure capacity limits are maintained and proper physical distancing.

Coaching staff and a second parent/guardian/spectator attending games.

For game play only. If one parent/guardian is on the bench during a game (Coach or trainer), a second parent/guardian/spectator is permitted to attend the game as long as the total number of people in the arena isn't over the maximum number of people permitted at the facility.

Each arena may have different limits. These Maximums are provincial orders and we must comply with them.

If the arena maximum number is going to be exceeded, the second parent/guardian/spectator will be asked to leave.

Section 3 Off-Ice Activities (OFA)

Facility Access and Traffic Flow

For all arenas: All players, coaches, parents/guardians, staff and volunteers are required to enter through facility designated entrances. Coaches, players parents/guardians, staff and volunteers will exit through facility designated exits.

Meet your coach outside the facility designated entrance 20 minutes prior to the session. If you are late, you will not be allowed in. Initially an Ambassador from the City



RETURN TO HOCKEY PLAN

will take you to your arena and sitting area. Please listen to and be respectful of the City Ambassadors. The main lobby is the only washroom to be used by all.

Parent gatherings during pick up and drop off are strongly discouraged. Signage will be posted outside reminding players of self-screening. Parents and Coaches will be instructed to complete the Raven's Health Screening Questionnaire for themselves and/or their child at home, immediately before they leave for the rink each time.

Once at the rink, players will report to their team designate (i.e. trainer or manager) to confirm that the questionnaire was completed successfully at home. The trainer will record attendance and record if players, coaches, parents/guardians, and spectators have passed the health questionnaire on Raven's attendance form. After the ice session, the team designate will submit the completed form electronically or by e-mail to attendance@waterlooravens.com.

The Ravens board room and office will remain closed.

Other Facilities

Please check the Ravens website regularly for updates on the Arena Protocols for facilities outside the City of Waterloo.

Player Absence

If a Trainer is aware that a player will be absent, they should e-mail the Coach and note it on the attendance sheet. If any player or coach staff unexpectedly misses a session, one of the coaches should notify attendance@waterlooravens.com no later than the end of the ice session. Within 24 hours, a member of the COVID-19 Response Team will follow up with the coach/player or their family by e-mail and/or phone. If the reason for not attending is related to physical health, the member of the COVID-19 Team will notify the WGMHA President immediately.

Personal Hygiene

Players and coaching staff are encouraged to practice hand washing and good personal hygiene. Trainers will be provided with hand sanitizer, gloves and extra masks to be available as needed during the training session. The City of Waterloo is supplying cleaning products and paper towels. WGMHA will order extra cleaning supplies for use by Trainers and staff as required.



RETURN TO HOCKEY PLAN

Warm-up/Cool down

Warm ups and cool downs will need to take place prior to the start of session either at home or outside the building in the green space around the parking lot, maintaining physical distance requirements. Coaches are asked to be in contact with their players to remind them of proper warm-up exercises to ensure their health and safety.

Personal Protective Equipment – Face Masks

The Region of Waterloo passed a bylaw Number 20-035 which is a by-law to require the wearing of face coverings in enclosed public places. This makes it mandatory for everyone (with a few exceptions) to wear masks when indoors. The exception that is particularly notable for WGMHA is that the by-law allows an exception for “A person engaged in a sport or other strenuous physical activity”.

As of July 13, everyone must put on a mask before entering any City facility or public area. “Everyone” includes all players, coaches, parent/guardians, and office staff.

Players and Coaches must keep their masks on while putting skates on and off. When a player puts on their helmet, they can remove their mask. When coaching staff go on the ice, they can remove their mask. This must be put back on carefully as soon as you get off the ice (including in the dressing rooms). This applies to all coaches and players. Parents/guardians/spectators watching the practice or game must keep their masks on at all times.

Dressing Rooms

For City of Waterloo facilities, Dressing Rooms will be available 15 minutes prior to the ice time and for 15 minutes after. Players are encouraged to come as prepared as possible. Masks must be worn in the Dressing Room.

For other facilities (such as City of Kitchener, Columbia Ice Field (University of Waterloo) and facilities in other jurisdictions), players continue to be encouraged to come as prepared as possible as there may be limited access to dressing rooms. At all times, masking is required until the athlete begins participating in the physical activity.



RETURN TO HOCKEY PLAN

Personal Items

Hockey bags are permitted. It is recommended players bring their own personal tissues, water bottle, hand sanitizer and mask. These should be in small containers that can be easily sanitized upon leaving the rink and before returning. Players and coaches must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home.

Section 4 On-Ice Activities (ONA)

Personal Protective Equipment

See Personal Protective Equipment above.

Physical Distancing

Players and Coaches are required to maintain a physical distance of at least 2m from any other players and coaches at all times during the session. All coaching should be done using verbal cues.

Pucks and Pylons

Pucks and Pylons will be managed by the coaching staff. Players are not to pick up the pucks with their hands. Goalies are able to “block and catch” pucks as they would normally in the course of drills.

On-Ice Coaching

Coaches need to work together to determine their own specific rink area for their session each time. Every coach will be responsible for developing/modifying training plans to the current fitness level and capabilities of every player in order to avoid injury.

As a reminder, the Two Deep Rule must be followed at all times in accordance with OWHA and WGMHA policy. A trainer must be present on the bench at each training



RETURN TO HOCKEY PLAN

session (on and off ice). One of the coaching staff (Coach or trainer, must be female).

Section 5 Returning to WGMHA Office

The following protocols will be followed for use of the WGMHA Office when it opens

- a) A hard copy of the attendance log of office staff will be held in the WGMHA office.
- b) All office staff must enter through the main entrance to RIM Park. They are encouraged to observe WGMHA activities to ensure protocols are being followed by all. Health and Safety is everyone's responsibility.
- c) The office will remain closed for this phase of re-opening. If there is an exception where a family requires in person payment, all effort will be made to minimize in-person interactions between office employees and families. Payment can be done online or by phone. The WGMHA office will gradually open in the next
- d) stages to the public and coaches. The secure Ravens mailbox can be used for the dropping off of confidential papers, cheques, Attendance Records etc.
- e) The WGMHA office will remain physically closed to coaches and the general public until we are welcoming several hundred players to RIM Park.
- f) Physical distancing signage will be posted around the office as a reminder. When the office does open, in order to maintain a safe distance between staff and customers, the office door will be propped open to encourage air flow, but with a table across the entrance way. Customers can speak to staff from the entrance 2 metres away.
- g) Hand sanitizer will be available at the office desk for customers. Each staff member is asked to bring their own sanitizer, water bottle, and tissues for their own personal use.
- h) All effort should be made to minimize sharing office equipment. Office space and work stations will be cleaned by city staff every morning. If a staff person feels
- i) their area has not been cleaned to their level of comfort, they are welcome to
- j) use the cleaning agent and paper towels provided by the City to clean their own space.
- k) Post signage (at rink and online) to indicate WGMHA is open virtually only this summer (including contact e-mail address).
- l) Discourage in person meetings in favour of online meetings;
- m) Update website with information from Public Health, OSHA and WGMHA concerning health and safety, and new protocols.



Appendix A

COVID-19 Education Resources

The Ravens COVID-19 Response Team will ensure that staff, coaches, players, parents, members and volunteers receive education on new safety and hygiene protocols within the Association. Members will be provided Government-approved information on ways to limit the spread of COVID-19.

It is everyone’s responsibility to ensure that they regularly check and familiarize themselves with the most up to date information contained in these resources. The following links provide helpful information for staff, coaches, players, parents, members and volunteers:

Ontario Public Health Public Resources:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/>

Ontario Women’s Hockey Association Website: www.owha.on.ca

Region of Waterloo COVID-19
<https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx>



Appendix B
Waterloo Girls Minor Hockey Association
COVID-19 Protocols

Waterloo Girls Minor Hockey Association (WGMHA) puts the health and safety of all players, coaches, parents, and volunteers first and foremost. These protocols are designed to ensure a healthy and safe environment for all participants. All members of WGMHA are responsible for ensuring compliance with these protocols as well as following Waterloo Public Health guidelines at all times.

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in Ravens hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing.
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- An e-mail should be sent to the Ravens COVID-19 Response Team (c19responseteam@waterlooravens.com) to inform them of the situation. A member of the Ravens COVID-19 Response Team will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing
- The WGMHA President will inform the OWHA President and/or Director of Operations of the situation as soon as possible

An individual is tested for COVID-19

- Fully immunized or previously positive individuals who are asymptomatic with high-risk exposures are not required to self-isolate at home or in the community. These individuals should still be tested in accordance with the Provincial Testing Guidance but do not need to self-isolate while awaiting test results
- Any individual that is part of a hockey program that has been tested for COVID-19 must not participate in hockey activities while waiting for the results of the test and not until a negative test result is received
- A member of the Ravens COVID-19 Response team will consult the Session Attendance tracking sheets to inform other participants who might have been in close contact with the individual
- Any association/team members who were in close contact with the individual should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals



**Appendix B
Waterloo Girls Minor Hockey Association
COVID-19 Protocols**

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the Ravens COVID-19 Response Team
- The Ravens COVID-19 Response Team will work where requested with the facility and public health officials to assist in contact tracing. The Session Attendance tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual
- The Ravens COVID-19 Response Team will work with the specific team, player and family. Any association/team members who were in close contact with the individual should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The Ravens President will inform all members of a positive COVID-19 result within the hockey program setting
- The Ravens COVID-19 Response Team will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The Ravens President will inform OWHA of a positive COVID-19 diagnosis by e-mailing team@owha.on.ca

Return to hockey activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they go 24 hours with no symptoms of COVID-19
- Training Group Trainers will confirm with the player and family when return to hockey is appropriate

Return to hockey activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.
- Currently public health is recommending the full 14 days of self-isolation or until 24 hours symptom free, whatever is later.

Modification/restriction/postponing or canceling of hockey development activities

- Based on the evolving COVID-19 pandemic, the WGHAM are prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- WGMHA will be establishing a program cancellation policy and share this information on the Ravens website
- Ravens players, coaching staff, staff and volunteers will be informed via e-mail



Appendix B
Waterloo Girls Minor Hockey Association
COVID-19 Protocols

as soon as possible of any modifications/restrictions or cancellations

- WGMHA will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

Public Health Guidelines

WGMHA members must follow all Region of Waterloo Public Health guidelines regarding COVID-19. These may include:

- Any association/team members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in hockey activities for 14 days
- 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

COVID-19 Required Screening Questions

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity. This questionnaire may be completed verbally. Your Trainer will ask you to confirm that you have completed the questionnaire and answered no to all questions before you will be permitted to participate in the activity. If you have answered yes to any of the questions, please inform your Coach or trainer prior to coming to the arena/facility.

1. Are you currently experiencing one or more of the symptoms below that are new or worsening? Symptoms should not be chronic or related to other known causes or conditions.

For individuals who are 18 years of age and older:

Do you have one or more of the following symptoms?		<input type="checkbox"/> Yes <input type="checkbox"/> No
Fever and/or chills	Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher	
Cough or barking cough (croup)	Not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have	
Shortness of breath	Not related to asthma or other known causes or conditions you already have	
Sore throat	Not related to seasonal allergies, acid reflux, or other known causes or conditions you already have	
Difficulty swallowing	Painful swallowing (not related to other known causes or conditions you already have)	
Decrease or loss of smell or taste	Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have	
Pink eye	Conjunctivitis (not related to reoccurring styes or other known causes or conditions you already have)	
Runny or stuffy/congested nose	Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have	
Headache	Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have) If you received a COVID-19 vaccination in the last 48 hours and are experiencing a mild headache that only began after vaccination, select "No."	
Digestive issues like nausea/vomiting, diarrhea, stomach pain	Not related to irritable bowel syndrome, menstrual cramps, or other known causes or conditions you already have	
Muscle aches/joint pain	Unusual, long-lasting (not related to a sudden injury, fibromyalgia, or other known causes or conditions you already have) If you received a COVID-19 vaccination in the last 48 hours and are experiencing mild muscle aches/joint pain that only began after vaccination, select "No."	
Fatigue	Unusual tiredness, lack of energy (not related to depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)	

	If you received a COVID-19 vaccination in the last 48 hours and are experiencing mild fatigue that only began after vaccination, select "No."
Falling down often	For older people

For Individuals under 18 years of age

Do you have one or more of the following symptoms?		<input type="checkbox"/> Yes <input type="checkbox"/> No
Fever and/or chills	Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher	
Cough or barking cough (croup)	Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions you already have)	
Shortness of breath	Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)	
Decrease or loss of smell or taste	Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have	
Sore throat or difficulty swallowing	Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)	
Runny or stuffy/congested nose	Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have	
Headache	Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have) <i>If you received a COVID-19 vaccination in the last 48 hours and are experiencing a mild headache that only began after vaccination, select "No."</i>	
Nausea, vomiting and/or diarrhea	Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have	
Extreme tiredness or muscle aches	Unusual, fatigue, lack of energy (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have) <i>If you received a COVID-19 vaccination in the last 48 hours and are experiencing mild muscle aches that only began after vaccination, select "No."</i> <i>If you received a COVID-19 vaccination in the last 48 hours and are experiencing mild fatigue that only began after vaccination, select "No."</i>	

To be answered by everyone

- 2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?**

This can be because of an outbreak or contact tracing.

Yes No

- 3. In the last 10 days, have you tested positive on a rapid antigen test or a home- based self-testing kit?**

If you have since tested negative on a lab-based PCR test, select “No.”

Yes No

- 4. In the last 14 days, have you been identified as a “close contact” of someone who currently has COVID-19?**

If public health has advised you that you do not need to self-isolate (e.g., you are fully vaccinated[‡] or another reason), select “No.”

Yes No

- 5. In the last 14 days, have you received a COVID Alert exposure notification on your cell phone?**

If you are fully vaccinated[‡] or have already gone for a test and got a negative result, select "No."

Yes No

- 6. In the last 14 days, have you travelled outside of Canada AND been advised to quarantine per the federal quarantine requirements?**

Yes No

- 7. In the last 14 days, has someone in your household (someone you live with):**

- travelled outside of Canada AND been advised to quarantine per the federal quarantine requirements; OR
- been identified as a “close contact” of someone who currently has COVID-19 AND advised by a doctor, healthcare provider or public health unit to self- isolate?

If you are fully vaccinated[‡], select “No.”

Yes No

8. Is anyone you live with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?

If you are fully vaccinated[‡], select “No.”

Yes No

If the individual experiencing symptoms received a COVID-19 vaccination in the last 48 hours and is experiencing mild headache, fatigue, muscle aches, and/or joint pain that only began after vaccination, select “No.”

[‡] Fully vaccinated is defined as an individual ≥ 14 days after receiving their second dose of a two-dose COVID-19 vaccine series or their first dose of a one-dose COVID-19 vaccine series.

Results of Screening Questions:

If an individual has answered “Yes” to any of these questions, they are not permitted to participate in any on-ice or off-ice activities. Please call your trainer immediately and let them know that you have responded positively to questions in the Ravens Health Screening Questionnaire. If you don't have contact information for your trainer please e-mail - your name; age group; date and time of activity to c19responseteam@waterlooravens.com

Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (July 16, 2021).