



STRATHROY MINOR HOCKEY ASSOCIATION

RETURN TO PLAY FRAMEWORK

Purpose

Strathroy District Minor Hockey Association (MTMHA) has worked in conjunction with Hockey Canada, The Ontario Hockey Federation, the Municipality of Strathroy-Caradoc, and consulted with Middlesex Public Health Return to Organized Sport and Recreation Plan, to ensure that in every phase of our return the safety of our Players, Coaches, Officials, Administrators and volunteers are at the center of our plan and decision making. This plan focuses on making the return to hockey fluid while enhancing the experience. This document is used for the purposes of the SDMHA only and does not make assertion to hockey programming that falls outside of its jurisdiction.

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The SDMHA and its Board of Directors make no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.



The impacts of the COVID-19 outbreak have been felt across Ontario, by families, workers, businesses, and communities. Our hockey family has also felt the impacts of this. COVID-19 has created a unique situation for every person, business, and government body to deal with. Sport for our youth and adults alike closed on March 12, 2020 with no identified return. While the situation is still evolving, SDMHA continues to work with its partners to prepare for a return to programming with the necessary measures in response to COVID-19. Our plan to return recognizes that although hockey was shut down with us all playing 5 on 5 traditional hockey our return to traditional hockey will be by way of a planned phased in approach.

SDMHA will be implementing a careful, stage-by-stage approach to reintroducing hockey activities within our association. The safety of all participants and members will continue to be the priority, while balancing the needs of individuals within the game. This staged approach does not have a specific time frame, but will evolve further to guidelines of the public health authorities, the provincial government, and our governing body, Hockey Canada, and at all times, will follow the guidance of the Ontario Hockey Federation, as well as OMHA. At any point during the progression, we may need to pause or return to a previous stage in order to protect and support our participants and the public.

Three separate meetings with staff of the Strathroy Rec Dept and board member(s) of the SDMHA have occurred, and coupled with the OHF Return to Play Framework, as well as the Middlesex Public Health Unit Return to Organized Sport and Recreation Plan, form the basis for the Return to Play Framework for Strathroy District Minor Hockey. We also make reference to the Municipality of Strathroy-Caradoc Re-opening Plan for the Gemini Sports Complex, completed by the Municipality of Strathroy-Caradoc Staff. This return to play guideline will be shared with the Municipality of Strathroy-Caradoc Staff.

This Return to Play program will be made available at all times on the SDMHA webpage (<https://sdmha.org>) under the OHF return to Hockey Game play rules tab, as well as electronically distributed to all registered members by way of electronic mail. It will also be posted on our social media platforms. Furthermore, an information session will be scheduled with the membership prior to our season commencing to address questions and concerns.

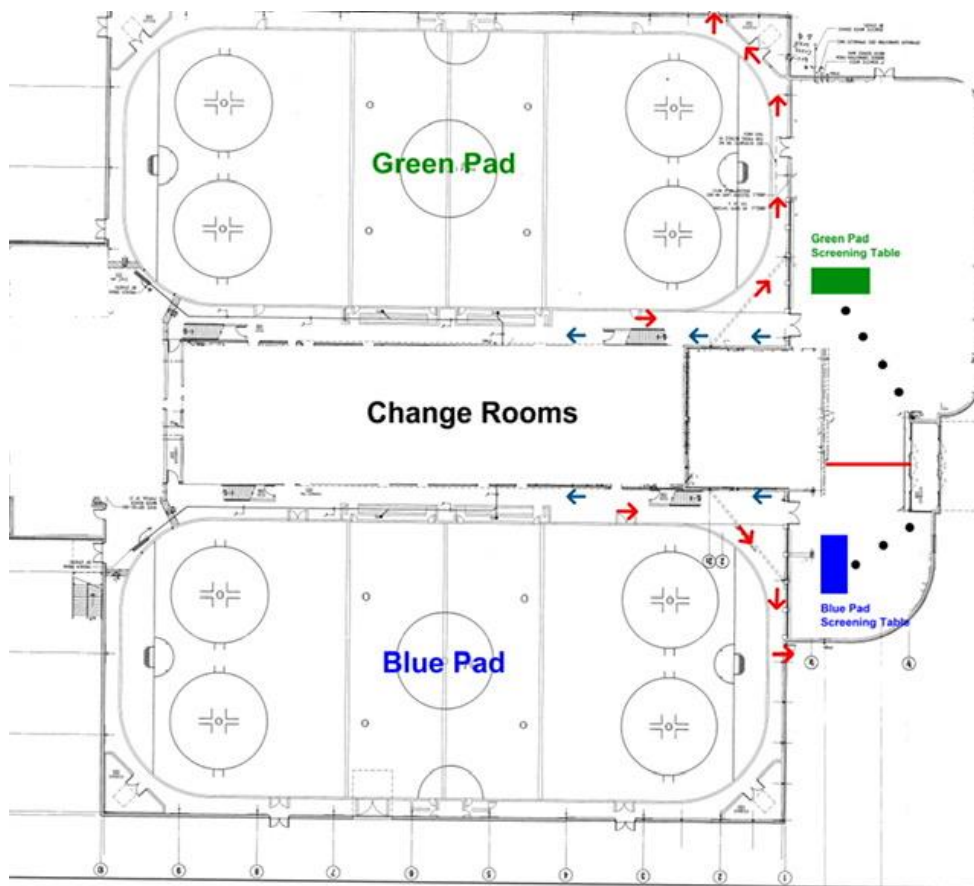
SDMHA has designated four members of our Board of Directors to oversee activities ensuring public health guidelines are followed:

- 1) Warren Woodiwiss- President
- 2) Jason Urquhart- VP
- 3) Heidi Lalich-Sponsorship
- 4) COVID Officer- to be appointed



Facility Requirements

Participants and spectators are to arrive at the facility a maximum of 15 minutes prior to scheduled icetime, and come fully dressed, with the exception of skates. The main entrance to the Gemini Sports Complex, as indicated below, shall be utilized for ALL arrivals for SDMHA, regardless of which rink pad is being used. Transportation to and from activities should be arranged so that only members from the same household or social circle share rides.



Flow through the facility shall be completed at all times using the Gemini Sports Complex Re-opening plan, as prepared by the Municipality of Strathroy-Caradoc. Only the approved entrances and exits shall be used, and one way traffic as mandated by the Municipality of Strathroy-Caradoc must be adhered to at all times.

All participants must conduct a COVID-19 self assessment upon arrival at the facility.



COVID screeners will be present at the entranceway to the Gemini Sports Complex, and will be completing screening on Ipads. Any person not wishing to be screened will not be granted access into the facility. Any persons showing symptoms will not be granted access into the facility.

Failure of the participant or guardian to sign this form will result in the participant not being allowed on the ice. All participants, volunteers, staff and spectators will be logged, and kept on file to allow for tracing purposes.

When entering the facility, everyone must perform handwashing with soap and water or use alcohol-based hand sanitizer (with at least 60% alcohol content). Sanitizer will be made available at the entrances. Participants are encouraged to carry and use their own hand sanitizer.

- Participants are encouraged to avoid touching their eyes, nose or mouth (even if wearing sport gloves).
- Participants are encouraged to use good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue and sanitize hands after).
- SDMHA discourages cheering, chanting and yelling as these practices (once spectators are allowed) present a high risk of spreading droplets.

A copy of the Municipality of Strathroy-Caradoc Gemini Sports Complex re-opening plan will be posted on the webpage of SDMHA. At all times while within the facility during SDMHA sanctioned activities, aside from ON ICE activities, all spectators and participants must wear a face covering. (All spectators (once allowed) and players must wear a face covering when not on the ice surface). At all times, the face covering must be worn properly, covering the nose, mouth and chin, and in accordance with Middlesex Public Health Unit guidelines.

Dressing Rooms may only be utilized for putting on skates, and washroom facilities. Participants may only use their teams allotted dressing rooms. Showers may not be used. To ensure SDMHA's "two deep policy" is adhered to, as well as social distancing, coaches will leave the dressing room doors open AT ALL TIMES, and stand at the entrance to the room, in the hallway. At no times shall the number of allotted persons per room exceed the requirements of the Gemini Sports Complex Facility requirements. If the number of participants exceeds the number allowed within the dressing rooms, those participants exceeding the allowed number shall utilize chairs in allotted areas to put on their skates. Participants are to stay in their allotted dressing rooms until the ice is ready. Players who just exited the ice surface have 15 minutes to change and exit the facility through the identified exit. No player is allowed to exit the dressing room until the other players have fully entered the ice surface.

The front door will be opened 15 minutes prior to the rental and will be closed and locked once all participants have arrived.



At this point in time spectating will not be permitted. Once allowed spectators (excluding parents and guardians who are permitted or required to be there) should be kept out of participant spaces (e.g. fields of play, courts, ice surfaces).

At all times within the facility, the maximum number of people shall not exceed the maximum number as set by the Gemini Sports Complex Re-opening Plan, currently set at 50. Therefore, due to gathering limits of 50 people, spectators will not be allowed to watch.

At all times within the facility, social distancing of a minimum of 2 metres must be maintained. COVID Officers and facility staff will be monitoring this.

SDMHA encourages participants to bring their own equipment to the facility. Wherever possible, limit the use of shared equipment unless participants engaged in the same activity are from the same household or social circle. Participant-owned equipment, including sport gloves, should be visibly clean, and shall be cleaned and disinfected between uses. All equipment must be clearly labelled with the participants name. Equipment will not be shared whenever possible. If in the case in the younger age groups goalie equipment needs to be shared, arrangements with the SDMHA equipment manager will have to be in place to ensure equipment has been cleaned and wiped down.

If a participant requires first aid, this shall be administered using appropriate personal protective equipment, including a mask and gloves.

Sickness protocol: If players or bench staff become sick they must not return to hockey. Once able to return a doctors note will be required in order to return. If a player/bench staff tests positive for COVID-19, the entire family will not be able to return until cleared with a doctors note.

Failure to comply with the facility requirements, or the requirements of the SDMHA COVID Code of Conduct, and SDMHA Return to Hockey Plan may result in disciplinary action in accordance with the Discipline Policy of SDMHA. Such action may result in the member losing the privileges which come with membership in SDMHA, including the opportunity to participate in SDMHA activities and events, both present and future.

Registration

SDMHA is providing the following registration options for players:

- There is the possibility that changes to requirements in different geographic regions may be adjusted to Stage 1-3 by the Ontario Government over the next 10 months. This may mean that programming in those areas may need revert to individual training or no programming at all.
- SDMHA will work with neighboring associations to provide collaborative or joint programming in early stages while facilities are still opening to accommodate an increase in registrants.



Return to Play Framework-

Stage 3b through to Stage 3e - Return to Practice and Play - Registration for 2020-2021 - September 1 – 6.

Member Approved Programming in Geographic Area that is in Ontario Government Stage 3 Individual and Group Training

- Maximum of 25 participants on the ice, including instructors.
- Physical distancing is required for the purpose of individual and group training and if a facility has further restrictions all programming must comply.

When participants are not engaged in on-ice activity they must maintain their physical distance.

September 14- November 1, 2020

- Maximum of 25 participants on ice, including instructors. # of Skaters to be limited to a maximum of 25.
- Dressing Room Policy as noted prior.
- Stage 3 Modified Programming No Physical Contact hockey 3 on 3 and 4 on 4 may begin.
- Maximum of 50 participants within league. Practices and game play will only take place with players/teams inside the 50 player 'bubble'. Only SDMHA registered members can play (ie "house league".)
- All Game Play must be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing.
- Teams are broken into "pods" or "mini teams" based on maximum number of participants of 9 skaters plus 1 goalie per "pod". Teams shall play 3 on 3 or 4 on 4 games versus other teams within their own league. No crossover between leagues is permitted. 2 pods will be sharing a practice time. Teams will be assigned by the SDMHA Board of Directors based on category of participation from last year. (If possible)
- Approximate numbers based on age groups and registered numbers as of September 6, 2020 as follows: (Numbers may vary to suit league balance, but may not exceed 50 participants total in each league)
- U18 (Midget): 47 Skaters + 4 Goalies – Broken into two leagues.
 - League 1- 3 teams of 9 skaters + 2 goalies. Goalies to rotate as required with league.**
 - League 2- 2 teams of 9 skaters + 2 goalies Goalies to rotate as required within league.**



- U16 (Minor Midget): 27 skaters + 2 goalies -Broken into 1 league.
- **3 teams of 9 skaters + 2 goalies. Goalies to rotate as required with league.**

- U15 (Bantam): 32 Skaters + 4 Goalies

4 teams of 8 + 4 goalies.

- U14 (Bantam): 34 Skaters + 4 Goalies

2 teams of 9 skaters 2 teams of 8 + 4 goalies.

- U13 (Peewee): 27 Skaters + 3 Goalies

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3 teams of 9 skaters + 3 goalies

- U12 (Peewee): 27 Skaters + 3 goalies

3 teams of 9 skaters + 3 goalies

U11/10 (Atom): 27/36 skaters + 2/3 goalies

- League 1- Minor (3 teams of 9 skaters- **Goalies to rotate as required with league.**
League 2- Major- (4 teams of 9 skaters- **Goalies to rotate as required with league.**

U9/U8 (Novice)

League 1- Minor- (3 teams of 9 skaters- goalies to rotate as per Pathway requirements.)

League 2- Major- (3 teams of 9 skaters- goalies to rotate as per Pathway requirements.)

- U7 (IP): 40 Skaters

4 teams of 10 total- goalies to rotate as per Pathway requirements.

November- onward until Stage 3d (as determined by OHF and Ontario Government)



- Maximum of 25 participants on ice, including instructors. # of Skaters to be limited to a maximum of 25.
- Dressing Room Policy as noted prior.
- Stage 3 Modified Programming No Physical Contact hockey 3 on 3, 4 on 4 and 5 on 5 may begin.
- Maximum of 50 participants within league. Practices and game play will only take place with players/teams inside the 50 player 'bubble'. Only SDMHA registered members can play (ie "house league".)
- All Game Play must be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing.
- Teams are broken into "pods" or "mini teams" based on maximum number of participants of 9 skaters plus 1 goalie per "pod". Teams shall play 3 on 3 or 4 on 4 games versus other teams within their own league. No crossover between leagues is permitted. 2 pods will be sharing a practice time. Teams shall be determined by the SDMHA Board of Directors based on category of participation from last year. Teams to be grouped based on similar skill- ie separation of representative and local league. Practices and game play will only take place with players/teams inside the 50 player 'bubble'.
- Approximate numbers based on age groups and registered numbers as of September 6, 2020 as follows: (Numbers may vary to suit league balance, but may not exceed 50 participants total in each league)

Rules for 3 on 3, 4 on 4 – U11 to U21

*All games shall be 4 on 4, with full ice utilized, maintaining at all times physical distancing on benches. Alternate benches (such as penalty boxes) may be used to ensure physical distancing.

Following Stoppage in Play, Position A switches to Position C, Position B to Position A, Position C to Position B, and so on.

Game Play

- Game time structure based on a 50-minute ice rental
 - 5 min warm up
 - 2 x 22 min period run time
 - 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - Period 1 – visiting team has first possession



- Period 2 – home team has first possession
- No Physical Contact
 - Players must remain one stick length apart
 - Accidental/incidental contact may occur
 - No body checking
 - When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
 - A player that loses a glove must immediately retrieve the glove or leave the ice.

All Game Play must be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing.

Line Changes

- Teams will change on the fly.

Goals

- Goals result in a change of possession. The team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the team that scored to proceed with the attack.
- Example:
 - Team A scores goal
 - Team A must allow Team B to advance the puck past center ice before applying pressure.

Icing



- Icing the puck results in a change of possession. The team that iced the puck must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.
- Example:
 - Team A ices the puck
 - Team B retrieves puck
 - Team A cannot apply pressure until Team B has advanced the puck past center ice.

Offsides

- Offsides will result in a change of possession. The team that was called for offside must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.
- Example:
 - Team A is called for offside and all players must exit their attacking zone
 - Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.
- Example:
 - Team B goaltender freezes puck
 - Team A must exit their attacking zone
 - Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Penalties



- Penalty shots will be awarded for penalties as per:
 - 2 min penalties = 1 penalty shot
 - 4+ min penalties = 2 penalty shots
 - All major penalties will result in 2 penalty shots and an ejection from the game
 - Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee
 - Intentionally entering the goaltenders crease = 1 penalty shot
 - Co-incidental penalties will result in NO penalty shot being awarded
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during a penalty shot. If the buzzer sounds while the penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.
- If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

Penalty Shot Procedure

- When a penalty is called, the clock will not stop (all divisions)
- Penalty shot must be taken by the player infringed upon (if applicable) and all players on the ice must re-main there until the shot is taken
- The player taking the penalty shot will line up at center ice
- All other players from both teams will line up by the far blue line
- All players will start from a standing position
- Referee will blow the whistle to start play
- All players may begin skating on the whistle; players on the non-penalized team may "chase" the player taking the shot and can prevent it if able to do so.
- Penalties can still be called on penalty shots.



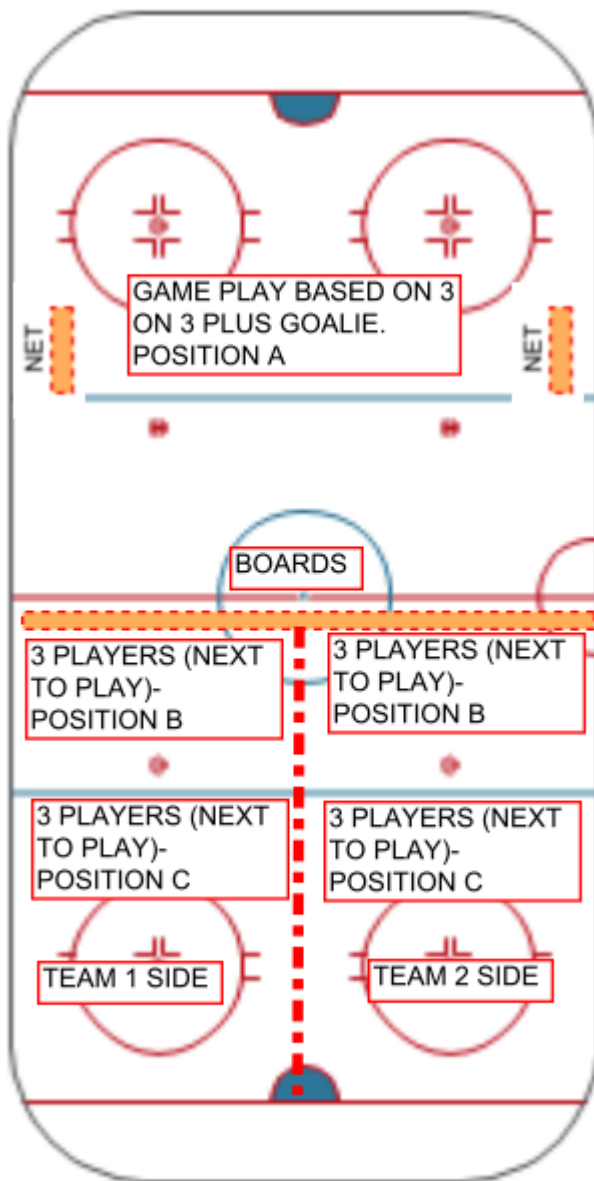
- Should the player miss the penalty shot, play will continue.
- If a goal is scored, the team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not proceeded past the hashmarks within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

Roster

- Maximum of 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

Rules for 3 on 3, 4 on 4 – U9 and below

*All games shall be 3 on 3, with rink set up as per Diagram below: Following Stoppage in Play, Position A switches to Position C, Position B to Position A, Position C to Position B, and so on.



Game Play

- Game time structure based on a 50-minute ice rental
 - 5 min warm up



2 x 21 min period run time

- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs

Period 1 – visiting team has first possession

Period 2 – home team has first possession

- No Physical Contact

Players must remain one stick length apart

Accidental/incidental contact may occur

No body checking

When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.

- A player that loses a glove must immediately retrieve the glove or leave the ice.

Line Changes

- 1.5 min shifts (timekeeper will sound the horn to notify shift change).

Goals

- Goals result in a change of possession. The attacking team must retreat and allow the team that was scored against the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Goaltender Freezes the Puck



- When the goaltender freezes the puck, the attacking team must retreat and allow the team that froze the puck the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Icing

- There is no icing in cross-ice hockey.

Offside

- There are no offsides in cross-ice hockey.

Penalties

- Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player

Pathways. Intentional body contact or body checking may result in removal from the game at the discretion of the referee.

Roster

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

Stage 3d- Date Undetermined at this Time:

- Leagues are a maximum of 50 or less depending on the PHU. The OHF will review the league maximum upon amendments by the Ontario Government.
- All Game Play is within local PHU, and can open to adjacent centres at this time, if approved by the OHF, facility, and Ontario Government.
- There is a minimum of one registered official per game unless determined otherwise by the Member.

Stage 4 – Date Undetermined at this Time



Traditional Hockey This stage will involve the introduction of traditional hockey (5 on 5). Any such introduction will be in compliance with the Ontario Government Emergency Order and OHF policies.