



Lucan Minor Hockey

Return to Hockey Plan

September 2020



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Purpose

Lucan Minor Hockey Association (LMH) has worked in conjunction with Hockey Canada, The Ontario Hockey Federation, The Ontario Women's Hockey Association, the Township of Lucan-Biddulph, and consulted with the Middlesex-London 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 centre of our plan and decision making.

This plan focuses on making the return to hockey fluid while ensuring focus on the enjoyment and development opportunities for the players.

This document is used for the purposes of LMH only and does not make assertion to hockey programming that falls outside of its jurisdiction.

Communication

This Return to Play program will be made available at all times on the LMH webpage (<https://lucanminorhockey.net/>) under the "Return to Play | COVID-19 Response Tab", as well as distributed to all registered members by way of electronic mail. It will also be posted on our social media platforms.

A virtual meeting between the LMH Director of Coaching and all Head Coaches will take place prior to the start of the season to ensure all protocols related to the Return to Play plan is reviewed and understood.

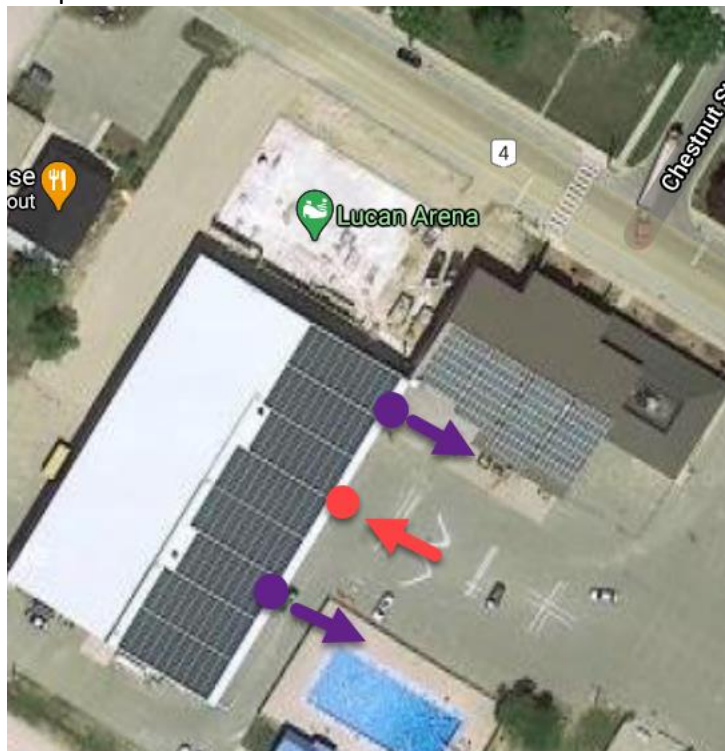
LMH has three members of our Executive Board who will oversee activities ensuring public health guidelines are followed and communication is maintained amongst all stakeholders:

- 1) Chad Papple - President
 - a. General Coordination
- 2) Sarah Wickens – Director of Trainers
 - a. Main contact for COVID-19 questions/issues from teams and families, as well as for health questionnaires and contact tracing.
- 3) Mark Millar – Ice Scheduler
 - a. Main contact with facility for facility/dressing room/scheduling protocols.



Facility Requirements

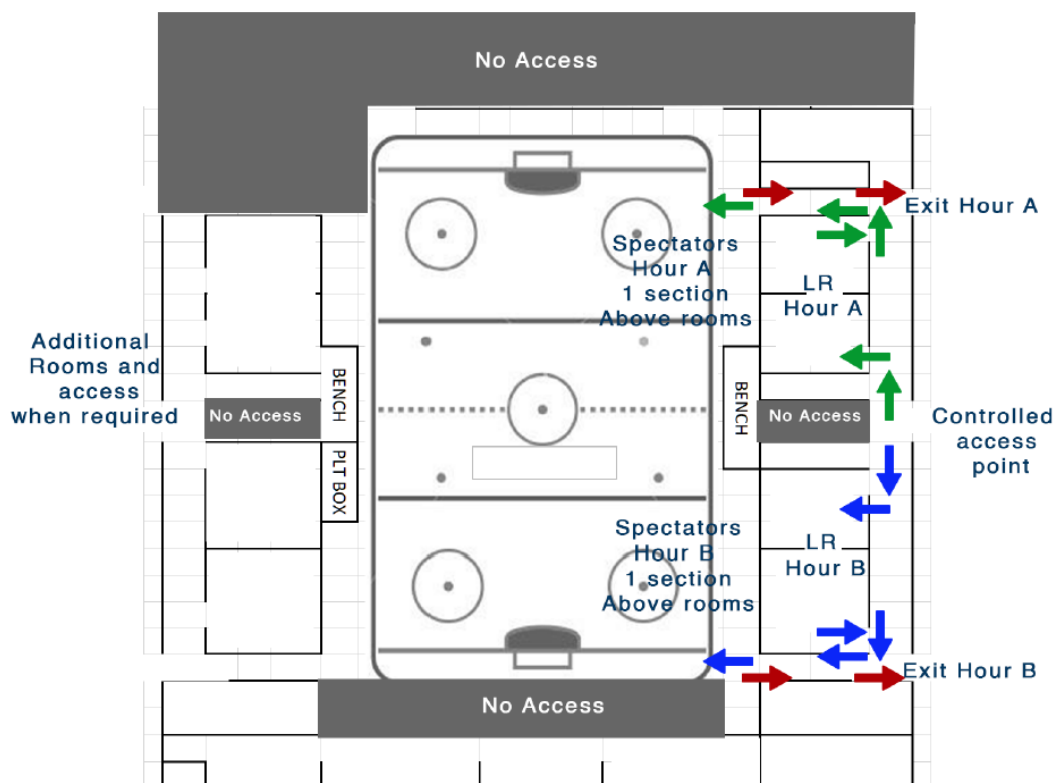
- Virtual meetings with Township have taken place throughout August and September to review protocols specific to the Lucan Community Memorial Centre Arena.
- Arrival/departure protocols
 - Main arena access point will be the centre door on the south side facing the pool:



- LMH Team representative required at entrance for every session to complete COVID-19 screening and track session participation.
 - OHF Health Screening Questionnaire:
<https://www.ohf.on.ca/media/ql5fbd15/health-screening-questionnaire.pdf>
 - 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.
 - OHF Session Participation Tracking:
<https://www.ohf.on.ca/media/isintuvh/session-participation-and-health-screening-tracking.pdf>



- Any person not wishing to be screened will not be granted access into the facility
- Everyone must wear a cloth mask upon entering arena. Masks may be removed during hockey activity only
- Participants must sanitize hands upon entering the facility
- Players may enter the facility no earlier than 15 minutes prior to their scheduled ice time
- Players who have just finished/exited the ice surface will have 15 minutes to remove skates and exit the facility at the designated exit area.
 - No player is allowed to exit the dressing room / exit area until instructed by arena staff.
- All players are asked to come into the arena dressed in hockey equipment, and are encouraged to bring a small bag for helmet, gloves, and skates.
 - See MTO Guidelines for "[Hockey Gear & Car Seats](#)"
- Physical distancing of 2 metres must be maintained by all individuals while inside the facility, and on facility grounds
- Flow through the facility shall be completed at all times using the Township of Lucan-Biddulph Facilities reopening plan, as prepared by the Township, as well as adhering to signage within the facility. Only the approved entrances and exits shall be used, and one way traffic as mandated by the Township must be adhered to at all times:



- Dressing Rooms
 - Each hour rental will be provided with 2 change rooms, and in some cases a 3rd if we have three teams sharing a practice/ice time.
 - Change rooms will only accommodate a maximum of 9 players at any one time. If a team has more than 9 players, some will need to remain outside of the room at a designated space until a space opens up.
 - Chairs will be set up so that participants can put on their skates outside of the dressing rooms.
 - Coaches or team staff should not be asked or expected to help tie skates.
 - The use of showers is prohibited
- Spectators/Parents
 - It is recommended that once your child is ready to go on the ice, parents will leave the facility; however, 1 parent or guardian will be allowed to enter and stay inside the arena during the ice time for their child should they choose to.
 - Parents must stay within the assigned section and must adhere to physical distancing guidelines and wear masks while inside the facility



- No congregating in common areas

Hygiene Requirements

- Participants must sanitize hands upon entering the facility
- Participants will be encouraged to carry hand sanitizer
- LMH Jersey's will be kept by the players, and washed after each use.
- Equipment should be washed and/or disinfected per manufacturer guidelines after each use
- Shared equipment, such as rotational goalie equipment, will be cleaned by a parent after each use, prior to distributing to the next player.
- Players must bring their own labelled water bottle and wash after each session.
- No sharing of water bottles, food, or drinks will be permitted
- Spitting, open nose blowing and rinsing mouth onto the facility floor or ice surface will not be permitted
- Participants are encouraged to avoid touching their eyes, nose or mouth (even if wearing sport gloves).
- No handshakes between teams or between coaches and officials
- Coaching staff must wear a mask while in the facility and coaching on the bench. Masks are not required if participating in on ice instruction

Practice and Game Play

- Programming will be structured according to the [OHF Return to Hockey Framework](#) and the [OWHA Return to Hockey Framework](#), in addition to protocols established by the MLHU, Township of Lucan-Biddulph and LMH.

The OHF and OWHA have developed multiple levels within Stage 3 as the Ontario Government Stage will continue to modify over time:



OHF Stage	Ontario Gov. Stage	Outline	Player Contact	# of Participants [‡]	Structure	Travel
STAGE 1 Return to Ice	Phase 2 Stage 1	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Skill Development Only • Off-ice Training & Activity • Limited/No Use of Bench • Variety of On-Ice Set Ups 	None	Limited to 10 in group including instructor	<ul style="list-style-type: none"> • Private Instruction • Association Instruction • Team Instruction 	Community Based Only
STAGE 2 Return to Practice	Phase 2 Stage 2	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Group Skill Development • Off-ice Training & Activity • May be Limited Use of Bench 	None	Limited to 15 in group including instructor	<ul style="list-style-type: none"> • Private Instruction • Association Instruction • Team Instruction 	Community Based Only
STAGE 3a Return to Play	Phase 2 Stage 3	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Off-ice Training & Activity • Limited or Normal Use of Bench 	No Physical Contact	Maximum of 25 for individual training	<ul style="list-style-type: none"> • MHA/Leagues/Teams • May be Modified Game Play or Cohort Groups 	Limited Public Health Unit (PHU)
STAGE 3b	Phase 2 Stage 3	<ul style="list-style-type: none"> • Strict On-Ice Physical Distancing • Off-ice Training & Activity • Limited or Normal Use of Bench • Registration of Players for the 2020-2021 programming • Allocation of Player Groups • Group Training Prep Phase 	No Physical Contact	Maximum of 30 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Public Health Unit
STAGE 3c	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3 or 4 v 4, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Public Health Unit
STAGE 3d	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3, 4 v 4, 5 v 5, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Limited Adjacent Public Health Units
STAGE 3e	Phase 2 Stage 3	<ul style="list-style-type: none"> • Group Training/Practices with Physical Distancing • Game Play 3 v 3, 4 v 4, 5 v 5, with No Physical Contact 	No Physical Contact	Maximum of 40 for individual training and game play	<ul style="list-style-type: none"> • Registration is based on last year's registered Association.* • No program offered by MHA eligible to move for a program within PHU. • MHA providing some form of programming, must stay where registered last year, exception, players on AAA Waiver and LOR movement have option to stay or return home. • Leagues are Ontario Health Maximum of 50 (July 27) and based on the PHU. 	Expanded Local Health Integrated Network
STAGE 4 Return to Regular Competition	Phase 3	<ul style="list-style-type: none"> • No On-Ice Physical Distancing • Regular Practice • Off-ice Training & Activity • Standard Competition • May be Normal Use of Bench 	Contact Allowed	Regular Team Sizes	<ul style="list-style-type: none"> • Rules TBD • MHA/Leagues/Teams • Regular Game Play 	Expanded Tournament Year end events

Disclaimer: The content of the chart if there is discrepancy is superseded by the contents of the specific sections for each Stage in the OHF Return to Hockey Framework.

* Players that played the 2019-2020 season on the GTHL will follow GTHL rules for movement as well as criteria laid out in the OHF Return to Hockey Framework for AAA Waiver and LOR.

‡ Number of Participants is a maximum number outlined by the OHF for sanctioned programming, however, all participant numbers are dictated by the restrictions for gathering that have been established by the Ontario Government, local Public Health Unit, facility or Member. Maximum numbers are based on the largest ice surface 100x200 and should be adjusted accordingly for smaller ice surfaces and/or age and size of players.

October 2 – Mid-November, 2020 (LMH Phase 1)

- Weeks 1 & 2 - Development Skates / Practices
- Weeks 3 – 6 – Combination of practices and internal 3v3 or 4v4 scrimmages.
- Full adherence to OHF & OWHA Return to Play Framework (above).
 - Currently OHF Stage3b.
- Maximum 50 player bubbles when proceeding to formal game play

Beginning Mid-November (LMH Phase 2)



- Its is LMH's intention to revise team structures and engage in competitive game play vs. neighbouring centres after LMH's initial six week development phase
- Full adherence to OFH & OWHA Return to Play Framework will be followed during this phase.

Game Play

- Modified game play or internal scrimmages will begin after two week development phase
- Rules of play as outlined in the OFH Return to Hockey Framework [\(Appendix E and F\)](#)
- Players must remain one stick length apart and no physical contact is permitted
- Benches will require physical distancing of players
- Two members of the bench staff are permitted on the bench during game play. For internal games, teams may share a Trainer.

Practice and Game Play within Stage 3

- Teams are based on traditional age groups, with some movement based on registration numbers.
- There will be no tiered teams, as teams will be balanced to better facilitate internal play.
- Division structure:
 - U5 (Former Pre-School)
 - Players will be in their own bubble, and will practice on their own.
 - This group will have 1 practice time per week.
 - U7 (Former IP)
 - This group will play within their own bubble of max 50 players.
 - 5 teams x 10 players/team
 - This group will typically have 2 ice times per week in Lucan
 - All game play will be internal, modified ice during stage 3b
 - U9 (Former Minor Novice and Novice)
 - OMHA:
 - This group will play within their own bubble of max 50 players.
 - 5 teams x 9 / 10 players per team
 - Game play can be 3v3 or 4v4, half ice, with an additional team using the other half for practice when applicable.
 - OWHA:



- This group will play within their own bubble of max 50 players.
- 2 teams x 11/12 players per team
- Teams to play modified ice games, blue line to blue line, 3v3 or 4v4.
- Games will be played in a shock hockey format, with coaches matching lines to make sure game play is balanced based on players skillset
- Shared ice times will occur 2x per week
- Goalies should be rotated each game.
- No tournaments
- No games with outside centres
- No playing outside of 50 player bubble
- U11 (Former Atom)
 - OMHA:
 - This group will play within their own bubble of max 50 players.
 - 4 teams x 9/10 players per team
 - Game play 3v3 or 4v4 full ice
 - OWHA:
 - This group will play within their own bubble of max 50 players.
 - 2 teams x 12 players per team
 - Game play 4v4 full ice
 - Games will be played in a shock hockey format, with coaches matching lines to make sure game play is balanced based on players skillset
 - Shared ice times will occur 2x per week
 - For teams with more than 1 goalie, it is recommended that goalies should play as a skater when not playing as a goalie during games.
 - No tournaments
 - No games with outside centres
 - No playing outside of 50 player bubble
- U13 (Former Peewee)
 - OMHA:
 - This group will play within their own bubble of max 50 players.



- 4 teams x 8/9 players per team, plus 1 goalie.
 - Game play 4v4 full ice
 - OWHA:
 - This group will play within their own bubble of max 50 players.
 - 2 teams x 8/9 skaters players per team plus 1 goalie.
 - Game play 3v3 or 4v4 full ice
 - Games will be played in a shock hockey format, with coaches matching lines to make sure game play is balanced based on players skillset
 - Shared ice times will occur 2x per week
 - Goalies may be shared amongst teams within the 50 player bubble as needed.
 - No tournaments
 - No games with outside centres
 - No playing outside of 50 player bubble
- U15 (Former Bantam)
- OMHA:
 - This group will play within their own bubble of max 50 players.
 - 17 skaters and 4 goalies registered at U15. One group to be split into 8 skaters + 2 goalies, and another group 9 skaters + 2 goalies.
 - Game play 4v4 full ice
 - OWHA:
 - This group will play within their own bubble of max 50 players.
 - 3 teams x 9/10 skaters players per team plus 1 goalie.
 - Game play 3v3 or 4v4 full ice
 - Games will be played in a shock hockey format, with coaches matching lines to make sure game play is balanced based on players skillset
 - Shared ice times will occur 2x per week
 - Goalies may be shared amongst teams within the 50 player bubble as needed.
 - No tournaments
 - No games with outside centres
 - No playing outside of 50 player bubble



- U18 (Former Midget)
 - OMHA:
 - This group will play within a bubble of max 50 players a.
 - 20 skaters and 2 goalies registered at U18. One group to be split into 10 skaters + 1 goalies, and another group 11 skaters + 1 goalie.
 - Game play 4v4 full ice
 - OWHA:
 - This group will play within their own bubble of max 50 players.
 - 2 teams x 10/11 skaters players per team plus 1 goalie.
 - Game play 3v3 or 4v4 full ice
 - Games will be played in a shock hockey format, with coaches matching lines to make sure game play is balanced based on players skillset
 - Shared ice times will occur 2x per week
 - Goalies may be shared amongst teams within the 50 player bubble as needed.
 - No tournaments
 - No games with outside centres
 - No playing outside of 50 player bubble

Game Play Format / Rules

U9 and Below:

- 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

- 90 second shifts (set clock for auto-buzzer)

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.

U11 and above:

- 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.

Line Changes

- 60 second shifts (set clock for auto-buzzer)

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 attack-ing 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
- Coincidental penalties will result in NO penalty shot being awarded and players involved in penalties will need to leave the ice for the balance of the shift.
- 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.



Safety Guidelines and Reporting

- Prior to entering facility participants must complete Health Screening Questionnaire :
<https://www.ohf.on.ca/media/ql5fbd15/health-screening-questionnaire.pdf>
- If the participant answers “yes” to any of the questions in the screening document they are not able to participate in any on-ice or off-ice activities
- A note is required from the participant’s physician before they can return to hockey activities
- Coaching staff or parent representative from Team must complete OHF Contract Tracing document for all participants prior to each session and submit to COVID-19 Coordinator / Director of Trainers.
[https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationnHealthScreeningTracking\(August2020\).pdf](https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationnHealthScreeningTracking(August2020).pdf)
- If participant is ill or displaying COVID symptoms, the following pathways will be followed (see OHF Return to Play pages 17-20)
https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf
 - See flow diagrams below:



PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY

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.

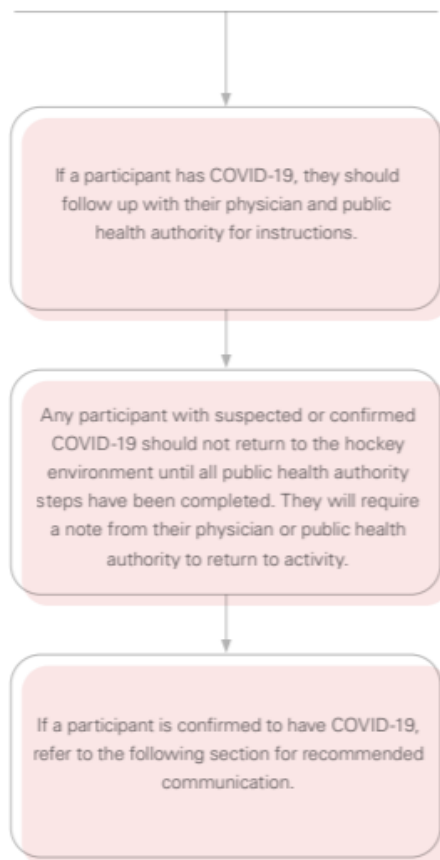
Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.



**PARTICIPANT ADVISES TEAM STAFF
THEY ARE NOT FEELING WELL
AND WILL NOT BE ATTENDING**



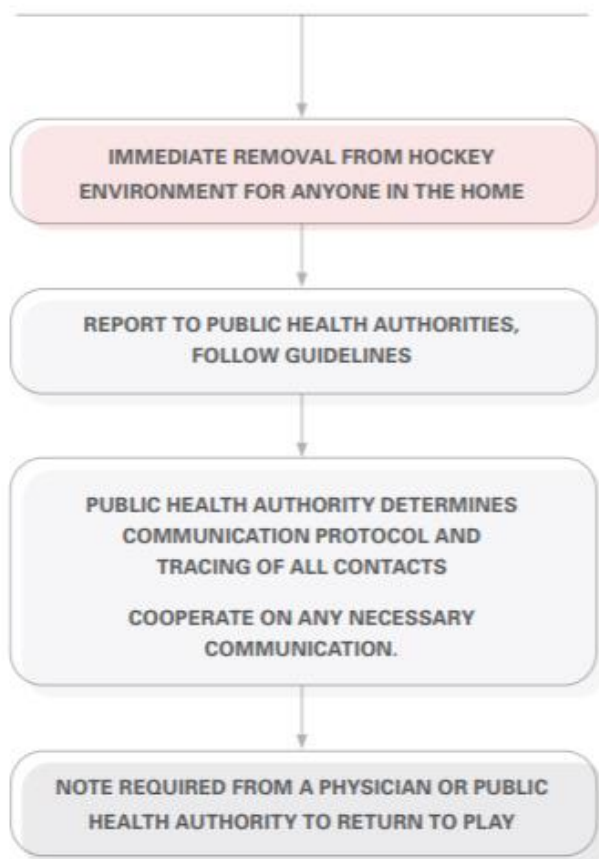
**PARTICIPANT ADVISES
THEY HAVE SYMPTOMS OF COVID-19
AND WILL NOT BE ATTENDING**





PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES



****If a player tests positive, public health authority guidelines will determine contact tracing and isolation requirements. If there is a positive diagnosis on a team, the team and all players in the bubble will be required to pause hockey activities until the public health authority determines it is safe to return****



Team Staff, Parent and Participant Information Sharing

- Coaching staff to complete Hockey University: Planning a Safe Return to Hockey course
- A Parent Town Hall will be scheduled to facilitate a Question & Answer session for the upcoming season
- Parent and player education will be delivered via electronic format
 - The Return to Hockey documents will be distributed to participants via email and posted on the LMH website
 - Topics to include:
 - What to expect during upcoming season
 - Safety protocols at facility
 - Health screening questionnaire and tracking
 - Participant arrival and exit
 - Physical distancing
 - Spectators
 - Dressing rooms and common spaces (if available)
 - Hygiene practices
 - Precautions to keep arena clean and safe
 - Role of parent/player in creating a safe and healthy environment

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. LMH and its Executive Board 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.

Due to the rapidly changing environment with regards to COVID-19 and related health protocols, this document is intended to be fluid and may be modified by LMH as the hockey season progresses.

Resources

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf



https://e-registration.omha.net/OMHAPortal/Download/OHFReturntoHockey_0731.pdf

https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19?_ga=2.33809187.364787589.1597764259-477398688.1572893318

<https://e-registration.omha.net/OMHAPortal/Download/OMHARTPFRAMEWORK-ADDENDUM.pdf>

[https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationnHealthScreeningTracking\(August2020\).pdf](https://e-registration.omha.net/OMHAPortal/Download/OHFSessionParticipationnHealthScreeningTracking(August2020).pdf)

<https://e-registration.omha.net/OMHAPortal/Download/health-screening-questionnaire.pdf>

https://e-registration.omha.net/OMHAPortal/Download/HC_RTH_SafetyGUIDELINES_8.5X11_FAQ_ENG_FINAL.pdf