



London Senior Hockey, Western Fair Sports Centre, 865 Florence St. London ON N5S 3V9

As ice rentals have re-started at WFD in London, we now have information that can help answer some of your questions regarding how we will restart our LSH association and what our games will look like when we do re-open during this covid-19 outbreak.

Firstly, we will not be accepting new registrants during this period of re-organization until we are sure we can provide hockey for all of our current members.

It is important that you read and understand this information and new regulations. Please then inform your Captain from 2019-20 season before 14 SEPTEMBER, of your desire to participate this year. Your quick response is important so we can continue with our preparations. We are looking at an October 14 start with a 73 game schedule. Your choice of not participating this year due to the covid-19 outbreak will not affect your future standing with LSH. Your health and that of your loved ones is always most paramount. Fees will still be in the \$5 to \$6 per game range as they have been in the past and will not be required until November 2nd. This will allow us to assess our numbers, the success of start-up, and then prorate the fees for the season.

As group gatherings are still restricted under Ontario's phase 3 requirements, we will look at holding our AGM as soon as these restrictions are relaxed. This also affects our various luncheons, which are a very important part of our experience and will be re-evaluated as we go. The Provincial guidelines also restricts the number of participants of any league to 50 players, so please keep this in mind when reading the following explanation.

HOW HOCKEY WILL LOOK

There will be three leagues in each of the Senior, Intermediate, and Junior divisions. Each league will consist of four teams of 10 players each per team. Movement of players between leagues will not be permitted. This is necessary for contact tracing should there be an occurrence of contracting covid-19.

Example; The Junior Division will be League JA, teams 1,2,3,4. League JB, teams 5,6,7,8,. and League JC, teams 9,10,11,12. We will repeat for each of the other divisions, Leagues IA, IB, IC, and SA, SB, SC.

Games will be 50-minute duration of four on four play as recommended by CARHA, with continuous play, no face-offs. Scheduled play is restricted to the four teams in your League.

We must limit incidental contact during play by attempting to maintain a stick length distance between players, especially keeping goaltenders in mind. No scrums along boards, corners or in front of nets.

The locker rental program is suspended, and the dressing rooms will not be available until 15 minutes prior to game time and must be vacated 15 minutes after the game. Showers will not be available and rooms will not be locked, so please look after your valuables. As these are public spaces, masks must be worn and safe distancing must be practiced while anywhere in the building, including dressing rooms. Safe distancing must also be practiced on the bench as well as on the ice. Use common sense health precautions such as not sharing water bottles, spitting on ice or in the bench area, no handshakes or high fives, etc.

If you are suffering from the symptoms of this virus, please notify your captain or convener and remove yourself from participation until cleared by a medical authority. We should all act to minimize the risks to the health of all our fellow members and their families. A revamped consent letter reflecting this virus must be signed before play.

Please be safe and stay healthy, and hope to see all on the ice soon.

Brian Laporte

President LSH