
HOCKEY EASTERN ONTARIO

One Team, One Mission, One Goal



Bulletin: 2022/23-1

To: District Chairs, CCHL, EOJHL, NCJHL, SHEO, Special Hockey

CC: HEO Board of Directors, HEO Staff

From: Chair – Standards Committee

Date: September 9, 2022

Re: **COVID 19 – Preparation for the 2022/2023 season**

PLEASE DISTRIBUTE TO ALL MHA's, LEAGUES, and TEAMS

In preparation for the start of the 2022/2023 regular season we would like to remind all that the HEO COVID Vaccine Policy was rescinded as of March 31st, 2022. Associations, Districts, and Leagues may have their own policies that they deem necessary.

New Provincial Information has come out in the last couple of weeks, please see this information below. This is for information purposes only, currently HEO has no restrictions or requirements in place.

The latest update to Covid rules removed the 5-day isolation requirement

You should stay home (self-isolate) until:

- your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea) **and**
- you do not have a fever **and**
- you do not develop any additional symptoms

After you are done self-isolating, for 10 days after your symptoms started:

- wear a well-fitted mask in all public settings (including school and childcare)
- avoid non-essential activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports or dining out)
- avoid visiting anyone who is immunocompromised or may be at higher risk of illness (for example, seniors)
- avoid non-essential visits to highest risk settings such as hospitals and long-term care homes

For those with negative COVID-19 test results, these additional precautions can be an added layer of prevention against the spread of COVID-19 and other respiratory viruses circulating in the community.

Note: Wearing a mask is recommended but is not mandatory/required.

Please find below links to the latest self screening tool and the school screening platform:

- <https://covid-19.ontario.ca/self-assessment/>
- <https://covid-19.ontario.ca/school-screening/>

No HEO Team will be winning the Stanley Cup this season. Please ensure that if you're not feeling well to stay home and follow the guidelines above. This will help to ensure we have a complete season without interruption.

We hope that your season will be safe and fun for all.

Please contact the HEO Office if you have any questions.