Dear Peterborough Hockey,

Foremost I want to reach out to your players –

You’ve had your worlds turned upside down and have had to follow the rules that impact the things you love. This means that you’ve had to make lots of sacrifices – not hanging out with your friends, skipping birthday parties, being away from the arena, and spending lots of time online. The good news is that you’re going to be able to get back to the rink soon playing a game that you’ve all missed and that we all love. It will be the little things that keep us at the rink though: take your own water bottle, put your mask on as soon as you take your helmet off, and while digging in the corners is the best way to get the puck, listen to the refs when they tell you to back off from that close contact with other players. (Don’t forget to use hand sanitizer too!)

To the coaches and trainers and bench staff –

As a coach, I get it. [The requirements for PPE are cumbersome](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.peterboroughpublichealth.ca%2Fwp-content%2Fuploads%2F2020%2F12%2FPersonal-Protective-Equipment-for-sports.pdf&data=04%7C01%7C%7Cd966fa4b38294203e60b08d8cf8cc4d3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637487550801060513%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=GkDzcFDbGm7Pl7V3pNcOpt95sK%2BDeTGv8WPAK4cPNwc%3D&reserved=0). But as we watch what’s happening around the province with the variant B117, PPE including eye protection is one way to protect yourselves and each other. The biggest change to the Regulations since the last time we were on the ice is found in [section 3.1 of O. Reg. 364/20](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ontario.ca%2Flaws%2Fregulation%2F200364&data=04%7C01%7C%7Cd966fa4b38294203e60b08d8cf8cc4d3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637487550801060513%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=0HHZr0XHl9YV2C5C3%2FvV9lyLiFnpfjbOqrflNzmv0g0%3D&reserved=0) – that the rules are now enforceable on the individual level; not just the organizational or operator level.

**Requirements that apply to individuals**

**3.1**(1) Every person on the premises of a business or organization that is open shall wear a mask or face covering in a manner that covers their mouth, nose and chin during any period in which they are in an indoor area of the premises.

The other big change with regards to the Regulations is around exemptions:

* If you are in the arena as a spectator or support staff, not on the bench, and not near unmasked people – the general exemption rules apply if you have them
* If you are on the bench, exemptions do not apply and PPE is required. If you have exemptions and are not able to wear PPE, you will not be able to be on the bench and will have to find other ways to support your team

Caring adult allies is such an important part of healthy childhood development – your team is lucky to have your dedication.

To the parents –

The rules are not ours and they are not PHAs. They are provincial rules that are designed to balance protecting people’s health (and subsequently that of our health care systems) with allowing us to do the things we love – like cheering on our kids playing hockey. The best way to support PHA is to follow the rules that they are communicating. You’ve taken on more than you bargained for, for the last 11 months too – that’s not lost on us either – thank you for your continued support.

To the executive –

Having been working with your organization since day one – your commitment to the health and wellbeing of not just PHA but the community as a whole is amazing. You’ve pivoted, adapted, move forwards and backwards and evolved at a moment’s notice. Thank you. That [Peterborough’s numbers](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flocalcovidtracker.ca%2F&data=04%7C01%7C%7Cd966fa4b38294203e60b08d8cf8cc4d3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637487550801060513%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=4HHiAd6HtVKMO9AlzTm%2BWGB6HlrtqjIz7%2FbJt0R3Eqc%3D&reserved=0) have been relatively stable throughout this pandemic speaks in part to the systems you’ve put in place and support.

Too long, didn’t read?

Wear a mask, wash your hands, keep your distance, and be kind to each other - the end is in sight and we will get through this.

Looking forward to the next [hockey night](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DF5I_zaqM8LM&data=04%7C01%7C%7Cd966fa4b38294203e60b08d8cf8cc4d3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637487550801070467%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ncMxJhrPAHiCoNMJVWvaMR4B9r3CK4aG2OBwx1R7t%2BQ%3D&reserved=0),

Keith

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