



**RETURN  HOCKEY**

**COVID-19 RESPONSE**

MEMBER  
LOGO  
HERE

# RETURN TO HOCKEY

## MEMBER PLAN

# Introduction

BC Hockey Members are focused on reviewing and applying the guidelines within the primary resources outlined in this section to create their Association 'Return to Hockey' plans. BC Hockey has created this document to serve as tool to assist Members in the formation of these plans with the understanding that aspects of each plan may be unique from Member to Member. There is also an understanding that these plans are fluid and must be adaptable to updates provided by the health authority, sport sector or national sport organization (Hockey Canada).

## Primary Resources

### Review and Follow:

- Provincial Guidelines [CLICK HERE](#)
- viaSport (Sport Sector) return to activity guidelines [CLICK HERE](#)
- Hockey Canada guidelines [CLICK HERE](#)
- BC Hockey Return to Hockey Phases [CLICK HERE](#)

BC Government	viaSport (Sport Sector)	Hockey Canada
General hygiene protocols	Shared equipment protocols	Regulations & registration
Group sizes	Transition from training to games	Certification & training
Physical distancing measures	Transition from non-contact to contact activity	Season structure
Travel restrictions		Program delivery model
Phase transition timelines	Facility & spectator protocols	Events & communications

This step complete

## Communications Officer

Responsibilities can include:

- Monitoring all updates from the public health authority, via Sport & Hockey Canada
- Communication with local facilities (public & private) on guidelines and updates
- Ensuring teams are following the prevention guidelines set by Hockey Canada
- Ensuring COVID-19 cases are reported: Health authority, BC Hockey, MHA, league & facility

We have appointed a Communications Officer:

This step complete

# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name:

- What facility guidelines and requirements are in place specific to physical distancing?  
**See attached Facility Safety Plan**
  
- Are there restrictions specific to the number of people allowed in public areas?  
**See attached Facility Safety Plan**
  
- Are masks required when entering the facility?     Yes     No  
**TCFIHA Safety Plan requires the use of masks.**
  
- Are the following areas accessible within the facility or facilities used?
  - Yes  No    Main Lobby
  - Yes  No    Team, Officials' or alternate (accessibility) dressing room(s) & showers
  - Yes  No    Observations or Spectator areas
  - Yes  No    Washrooms
  - Yes  No    Area designated for isolation
  - Yes  No    Ice surface or surfaces (ex. Rink 1)
  - Yes  No    Other
  
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)

**See attached Facility Safety Plan.**

Dressing room(s) (e.g. physical distance markers, post-activity only etc)

Yes with physical distancing.  
See attached Facility Safety Plan for limits.

Observations or Spectator areas (Limits, physical distance markers etc.)

Yes for practices.  
No for games.  
See attached Facility Safety Plan

Shower and Washroom facilities

No showers.  
Washroom facilities in lobby.  
See attached Facility Safety Plan

Isolation area & Other areas (if applicable)

Not available.

Ice Surface(s)

See attached Facility Safety Plan

How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

1 spectator per participant for practices only  
See attached Facility Safety Plan

This step complete





## RE-OPENING PLAN PHASE 5

October 9, 2020

Please know that we are committed to providing you with a safe environment that aligns with WorkSafeBC protocols to ensure that the risk of exposure to the virus that causes COVID-19 is always minimized. Our current re-opening plan was guided by local and public health authorities. We know that this situation is constantly evolving and as such we are actively monitoring and advancing our solutions to ensure a continued focus on the health and safety of our guests, players, and staff.

Protective measures we are taking to ensure the health and safety of everyone at Planet Ice:

### Increased cleaning

- Starting with our public spaces and high-traffic areas, we are going above and beyond our normal protocols. We are cleaning surfaces with increased frequency, dedicated staff, and all done by the recommended cleaning agents.
- Following each group using the arena there is a 30-minute break between ice users to ensure all high traffic touch points can be thoroughly sanitized. This includes all benches, players gates, dressing rooms, door handles, and washroom areas.

### Hand sanitizer

- We have hand sanitizer available at the main entrance of the facility and in various locations throughout the facility. We encourage you to use it as you enter Planet Ice.
- All our staff will be frequently handwashing throughout their shift as well.

### Entering the Facility

- We ask that you arrive on time, however, please do not arrive early, as participants and guests will only be allowed to access the facility 15 minutes prior to their scheduled ice time
- When you arrive at the arena 15 minutes before your ice time, please line up at the main entrance and stand on one of the reflective, socially distanced markers on the pavement.
- One of our staff members will be present at the main entrance to manage your check in.

### Mandatory Use of Face Mask or Face Covering

- All employees, visitors, and customers are required to wear a mask or face covering upon entering and remaining within any Planet Ice Facility. The mask or face covering must cover the nose, mouth, and chin.
- Temporary removal of the mask or face covering is permitted for the following purposes:
  - On ice participation and players benches (Field of Play).
  - Within the dressing room, only when a helmet is being worn. When an athlete's helmet is removed, the athlete will wear a face mask or face covering.
  - Dining at Boomers Bar & Grill.
  - For any emergency or medical purpose.



- Persons entering or remaining in the facility without a mask or face covering will be given a verbal reminder of the policy's masking requirement. Failure to comply will result in person being banned from the facility.

### **Social Distancing**

- The guided markers and signage in public spaces will remind our guests to maintain the physical distancing of 2 meters of at all times while in the facility.
- The only exception to maintaining 2 meters distance will be on the ice during competitive drills & games, where such social distancing measures will not be possible due to the contact nature of the sport.
  - To mitigate the spread of COVID on the ice surface, **FULL EQUIPMENT** including helmets with cages/shields are recommended to be worn by all players.
  - All players must adhere to appropriate hygiene and handwashing protocols prior to playing and going on the ice.
  - Players should be social distancing from each other in all other shared spaces within the arena.

### **Exiting the Facility**

- Following the completion of your session players and guardians will have 10 minutes to exit the facility following the end of their session.
- At Planet Ice Coquitlam - you will exit the facility through the emergency exit at your designated arena.
- At Planet Ice Delta - you will exit the facility via the International Rink and through the main entrance.

### **Washrooms & Locker Rooms – No Showers**

- At Planet Ice Coquitlam, the downstairs lobby washrooms are available. Please note that no gathering in the lobby will be allowed.
- At Planet Ice Delta, the upstairs lobby washrooms, and the washrooms in the concession on the downstairs level are available. Please note that no gathering in the lobbies or concession will be allowed.
- There will be no showers or washrooms inside the dressing rooms available during this initial stage of re-opening.
- At Planet Ice Coquitlam groups will utilize up to 4 dressing rooms per booking with a maximum of 8 athletes per dressing room.
- At Planet Ice Delta groups will utilize 2 dressing rooms per booking with a maximum of 11 athletes per dressing room.
- Each room has numbered sections for each player to sit at.
- Participants are encouraged to arrive ready to play, in their gear.



## Maximum Number of Participants Allowed per Rink

### Non-Governed Sports

- Adults Groups (Approved Scrimmages) – Max 22 athletes & 3 officials. No more than 25 total.
- Minor Groups (Development Sessions) – Max 22 athletes & 3 Coaches. No more than 25 total.
- Minor Groups (Approved scrimmages) – Max 28 athletes & 2 officials. No more than 30 total.

### Governed Sports

- Practices Sessions – Max 22 athletes & 3 Coaches. No more than 25 total. Spectators permitted see below for guidelines.
- Games - Adhere to Provincial Sport Organization guidelines for ice capacity & use. **This includes no spectators at games.**

### **Spectators**

- Only one parent/guardian per player is permitted. Must be the actual parent/guardian of player. No siblings, additional spectators, or animals are permitted.
- Parent / guardians who choose to stay and view the session are required to stand in the designated sections that are appropriately socially distanced from the next spectator.
- NO spectators permitted for Governed sports games.

### **Food & Beverage**

- There will be no outside food permitted inside the facility at any time.
- Planet Ice Concession and Bar/Restaurant areas will remain closed at this time.

If you have recently travelled outside of the country and have not cleared the required 14 days of self-quarantine, or if you are experiencing any COVID-19 or flu-like symptoms, or if you have had any contact with someone who has COVID-19-like symptoms, **PLEASE DO NOT PARTICIPATE OR ENTER THE FACILITY.**

**Persons who choose to not follow our restrictions will be suspended from the building for 30 days.**

### **What's Next ...**

We are committed to monitoring our operations regularly and will be updating our processes, as necessary. We will be closely following the recommendations from our public and local health agencies as well as taking valuable feedback from our guests, players, and staff.

We want to thank you for all your support and look forward to seeing you in our facilities again. If you have any questions or concerns, please do not hesitate to contact us at: [korihawksby@planetice.ca](mailto:korihawksby@planetice.ca)

Thank you, Planet Ice Management.

# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name:

- What facility guidelines and requirements are in place specific to physical distancing?

See attached Facility Safety Plan

- Are there restrictions specific to the number of people allowed in public areas?

See attached Facility Safety Plan

- Are masks required when entering the facility?  Yes  No

TCFIHA Safety Plan requires the use of masks.

- Are the following areas accessible within the facility or facilities used?

- |   |  |
|---|--|
| <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Main Lobby   |
| <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Team, Officials' or alternate (accessibility) dressing room(s) & showers |
| <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Observations or Spectator areas  |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Washrooms  |
| <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Area designated for isolation <input type="text"/>                       |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Ice surface or surfaces (ex. Rink 1)                                     |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Other  |

- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?

- Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)

No access to lobby.  
Each arena has their own separate entrance and exit.  
See attached Facility Safety Plan



- Dressing room(s) (e.g. physical distance markers, post-activity only etc)

See attached Facility Safety Plan

- Observations or Spectator areas (Limits, physical distance markers etc.)

No spectators for Arena 1 for games and practices.  
Spectators for Arena 2 and 3 permitted at rink level only and to follow 2m physical distancing and only for practices.  
No spectators for games.  
See attached Facility Safety Plan

- Shower and Washroom facilities

No showers.  
Washrooms designated per arena.  
See attached Facility Safety Plan

- Isolation area & Other areas (if applicable)

None

- Ice Surface(s)

See attached Facility Safety Plan.

- How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

See attached Facility Safety Plan.  
No spectators for games.  
No spectators in Arena 1 for practices and games.  
1 spectator per participant in Arena 2 & 3 for practices.  
Maximum gathering of 50 for all in arena.

- This step complete

# Poirier Sport & Leisure Complex

## Arena Facility Guidelines:

### Arena 2: Open August 10, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** East fire door (by ref rooms 12/13); line up outside of the facility along the Arena 2 Zamboni Bay Doors
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Outer Arena Surface:** open and user groups are able to utilize this space during their booking while maintaining the 50 person maximum (on ice and outer Arena surface)
- **Players Benches:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Time Keeper Bench:** maximum 1 person; as of September 25, 2020 there can be a maximum of two people per time keeper bench but masks are mandatory in this space.
- **Penalty Boxes:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Dressing Rooms 1-4:** closed in August; athletes are to come dressed prior to session and put minimal attire on inside the facility. Folding chairs will be available for users to sit on inside Arena.
  - **September:** Dressing Rooms 1-4 maximum 8 people per room, no showers available at this time; washroom is available. Can only enter & exit through Arena 2 not through the hallway. Gender Neutral Dressing Room #5: maximum 2 people, no showers available at this time; washroom is available. Ref Room #13 maximum 2 people, no showers available; washroom available.
- **Viewing Area upstairs (seating):** closed
- **Viewing Area main level (standing only):** Open & those viewing are to follow the 2 meter physical distancing guideline. (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Music Room:** closed
- **Access to Arena 2 Lower Lobby:** closed
- **Access to Skate Shop:** Closed
- **Access to Washroom:** Ref Room #12
- **On-Ice Figure Skating Harness:** open (City will clean clip, CSC to clean body harness)
- **Exit:** East fire door beside ref rooms 12/13
- **Departure Time:** 15 minutes following booking or faster (no exceptions)
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the east fire door entrance to let their athletes

into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.

- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of Arena 2.

### Arena 3: Open August 10, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** South entrance of facility; should line up south/east on Arena markers
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Outer Arena Surface:** open and user groups are able to utilize this space during their booking while maintaining the 50 person maximum. (on ice and outer Arena surface)
- **Players Benches:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Time Keeper Bench:** maximum 1 person; as of September 25, 2020 there can be a maximum of two people per time keeper bench but masks are mandatory in this space.
- **Penalty Boxes:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Dressing Rooms:** none available at this time – construction currently still taking place. Athletes are to come dressed prior to session and put minimal attire on inside the facility. Benches are available inside Arena 3 to utilize to sit down and put skate on.
  - **September:** an update will be made closer to the time regarding Arena 3 Dressing Rooms.
- **Viewing Area main level (standing only):** Open & those viewing are to follow the 2 meter physical distancing guideline (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Music Room:** closed
- **Access to Arena 2 Lower Lobby:** closed
- **Access to Arena 3 Lower Lobby:** only open to walk through to enter and exit Arena 3. Sliding doors will be locked; push door will remain open.
- **Access to Skate Shop:** Closed
- **Access to Washroom:** women's, men's & universal washrooms by south entrance available.
- **On-Ice Figure Skating Harness:** open (City will clean clip, CSC to clean body harness)
- **Off-Ice Harness:** open (City will clean clip, CSC to clean body harness) Only to be used during CSC booking
- **Exit:** South doors of facility (same as entrance)
- **Departure Time:** 15 minutes following booking or faster (no exceptions)
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the south entrance to let their athletes into the

- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the east push door entrance to let their athletes into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.
- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of Arena 1.
- **Elevator Access to Ice Surface:** open by appointment only

## Poirier Forum Facility Guidelines:

### Open August 10, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** Front entrance doors; line up outside of facility
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Outer Arena Surface:** open and user groups are able to utilize this space during their booking while maintaining the 50 person maximum.
- **Players Benches:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Time Keeper Bench:** maximum 1 person; as of September 25, 2020 there can be a maximum of two people per time keeper bench but masks are mandatory in this space.
- **Penalty Boxes:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Dressing Rooms 1-4:** closed in August; athletes are to come dressed prior to session and put minimal attire on inside the facility.
  - **September:** maximum 7 people per room; washroom is available.
- **Viewing Area (standing only):** Open & those viewing are to follow the 2 meter physical distancing guideline. (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Access to Washroom:** Two universal washrooms available
- **Exit:** front entrance door
- **Departure Time:** 15 minutes following booking or faster (No exceptions)
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the entrance/exit to let their athletes into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.
- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of the Poirier Forum.



Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.

- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of Arena 3.

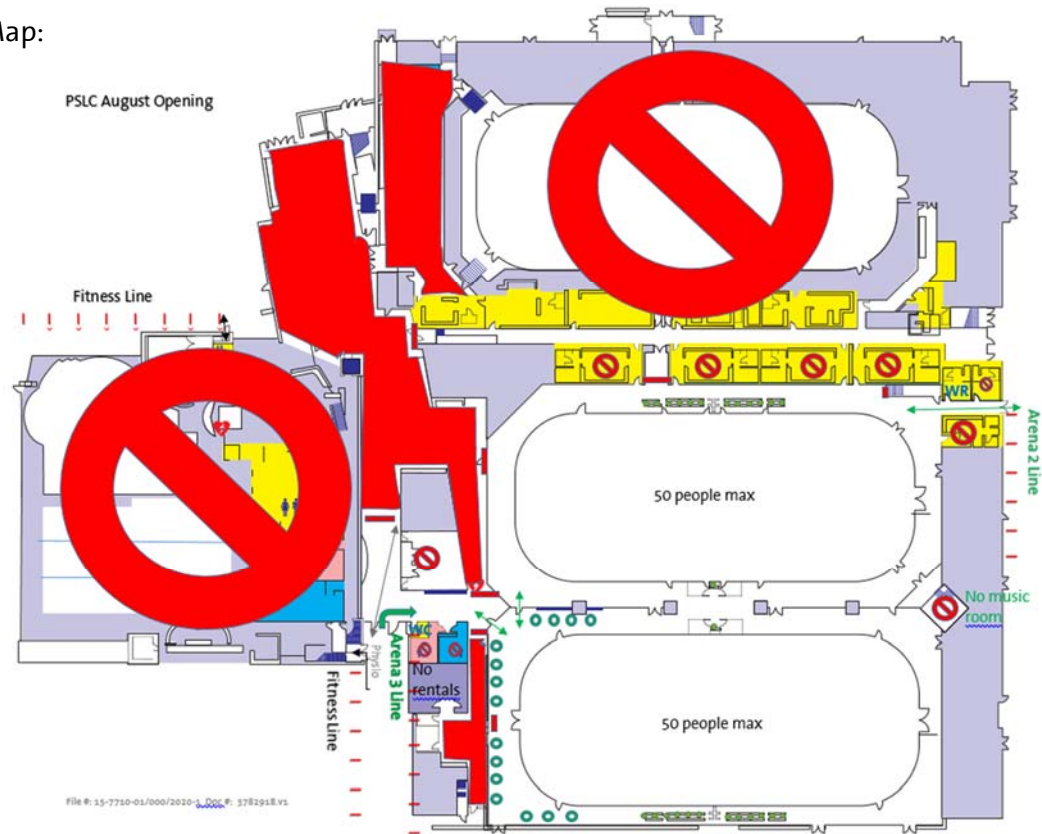
## Arena 1: Closed until September 8, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** Push door at the east entrance of the facility; line up along Arena 1 Zamboni Bay doors
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Walking Track:** closed
- **Players Benches:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Time Keeper Bench:** maximum 1 person; as of September 25, 2020 there can be a maximum of two people per time keeper bench but masks are mandatory in this space.
- **Penalty Boxes:** As of September 25, 2020 viaSport has defined this space as included in the field of play; therefore two meter distancing does not apply to participants on the same team of the same cohort.
- **Dressing Rooms 7-10:** maximum 7 people per room, no showers available at this time; washroom is available. Gender Neutral Dressing Room #14 available by access through Dressing Room 7 only; maximum 5 people. Ref Room #11 maximum 2 people.
- **Viewing Area (seating):** closed; no ability for spectator viewing at this time; unless on players benches physically distanced (still limited to the max capacity 50 including player, coaches, spectators and staff)
  - **Evaluator viewing/Media Entrance/Exit:** North East section of Arena 1 by appointment only. (Section N & O)
- **Media Booth:** closed; only access will be provided to the Express by appointment only.
- **Tournament Office:** closed
- **Merchant Booth & Booster Room:** closed
- **Access to Arena 1 Lower Lobby:** closed
  - **CMHA Office:** available by appointment only
  - **CMLA Office:** available by appointment only
- **Access to Skate Shop:** closed
- **Access to Washroom:** available inside assigned dressing rooms and ref room #11 when not utilized by referees.
- **Main Mezzanine Washrooms:** closed
- **Arena 1 Concession:** closed
- **Exit:** east push door of facility
- **Departure Time:** 15 minutes following booking or faster

**Important Notes:**

- Water fountains will remain closed at this time.
- Absolutely no spitting
- Stay home if you feel sick
- Planet Ice has own facility guidelines
- Access to Storage Cages will still need to be by appointment with Katrina
- User groups are responsible for their own first-aid; they still have access to the on-site AED's. When calling 911 please notify City staff so we are aware and can assist opening Zamboni gates for fire/ambulance.

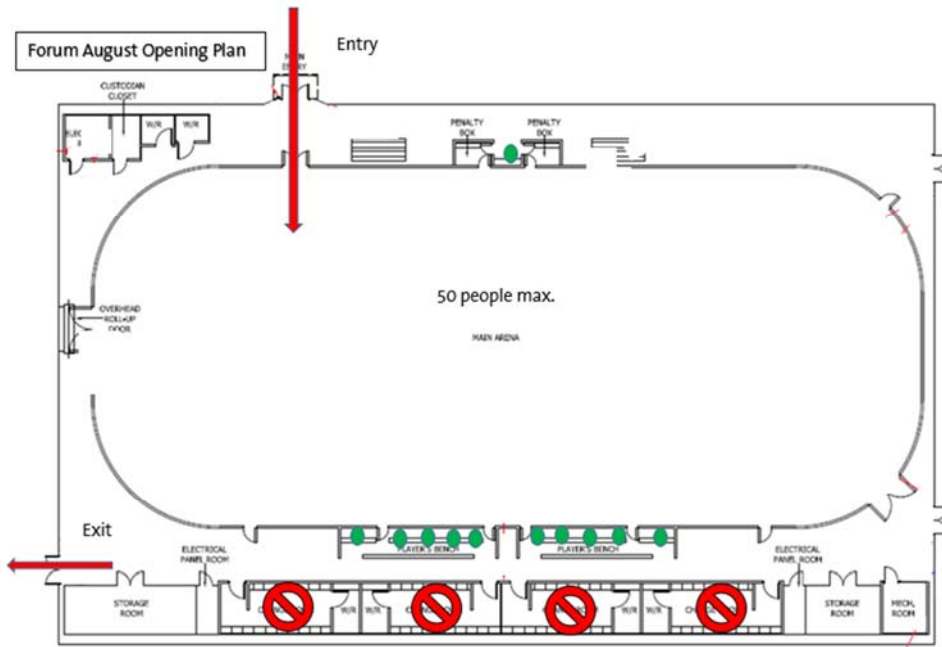
PSLC August Map:



PSLC September Map:



Poirier Forum August Map:



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# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name:

- What facility guidelines and requirements are in place specific to physical distancing?

See attached Facility Safety Plan

- Are there restrictions specific to the number of people allowed in public areas?

See attached Facility Safety Plan

- Are masks required when entering the facility?  Yes  No

The TCFIHA Safety Plan requires the use of masks.

- Are the following areas accessible within the facility or facilities used?

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Main Lobby   |
| <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Team, Officials' or alternate (accessibility) dressing room(s) & showers                     |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Observations or Spectator areas  |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Washrooms  |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Area designated for isolation <input type="text" value="See attached Facility Safety Plan"/> |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Ice surface or surfaces (ex. Rink 1)   |
| <input type="checkbox"/> Yes <input type="checkbox"/> No            | Other  |

- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?

- Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)

See attached Facility Safety Plan.

Lobby has a limit of 20 people.

Each arena has a maximum of 50 total for the gathering which includes all players, goalies, coaches, spectators, referees.



Dressing room(s) (e.g. physical distance markers, post-activity only etc)

Not available for use.  
See attached Facility Safety Plan

Observations or Spectator areas (Limits, physical distance markers etc.)

See attached Facility Safety Plan

Shower and Washroom facilities

See attached Facility Safety Plan

Isolation area & Other areas (if applicable)

See attached Facility Safety Plan.

Ice Surface(s)

See attached Facility Safety Plan

How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

See attached Facility Safety Plan

This step complete

## COVID- 19 Facility Safety Plan – Port Coquitlam Community Centre - ARENAS

The City of Port Coquitlam has implemented the following safety plan to reduce the spread of COVID-19 and safely re-open City arenas and associated shared spaces (including the arena level spectator seating, north east washrooms, and arena lobby). These procedures are based on recommendations and guidelines issued by the Provincial Health Officer (PHO), ViaSport, and BC Recreation and Parks Association (BCRPA), and must be followed by all user groups.

Please note that the City of Port Coquitlam will continue to follow the advice of the PHO and guidelines issued by governing agencies appointed by the Province including ViaSport and BCRPA and will update user groups whenever modifications to the procedures are required.

In this plan “users” includes all persons associated with booking a City arena or participating in pre-registered activities. This includes but is not limited to volunteers, staff, coaches, instructors, participants, spectators and/or parents/guardians.

### PHYSICAL DISTANCING

- At all times, all users must adhere to the current physical distancing guidelines as per the PHO and individual sport governing bodies. In addition, all users must adhere to the physical distancing guidelines in all posted signage in the facility and in the City’s COVID Safety Plans, when interacting with users, staff, volunteers, patrons and moving through facility spaces and common areas, not specified in the rental permit.
- Activities that cannot adhere to the guidelines referenced in this document are not permitted.

### GATHERINGS

- Access is limited to those participating in the booked or pre-registered activities i.e. participants, instructors and coaches.
- For pre-registered activities, one parent/guardian is permitted to remain in the viewing area with the participating child(s) if occupancy limits can be maintained.
- It is essential that large groups and gatherings are avoided.
- Users are expected to vacate the premise within 15 minutes after their activity is complete.
- To ensure that physical distancing is maintained, the occupancy limit of each area is posted and will vary with the size of each space.
- When physical distancing cannot be maintained, all persons should wear a non-surgical face mask.
- **Please note:** spectator space is limited; seating areas will be designated to allow the necessary physical distancing required. Access to the corridor and upper viewing areas will be closed or limited; as a result, there may not be sufficient space for all parents/guardians to remain on-site.

## **FACILITY/SPACE CAPACITY**

- The occupancy limit of each area will vary with the size of each space and will not exceed 50 persons.
- Occupancy for shared amenities will be posted including: arena lobby, washrooms, spectator spaces, player's benches, scorekeeper's boxes, dressing rooms (if in use), skate shop, etc.
- Max occupancy inside each Arena (on-ice and outer arena space) is 50 people which includes all users as defined above (i.e. players, coaches, staff, spectators and participants).

## **FACILITY ADMISSION AND ACCESS**

- Entry into the facility is permitted no earlier than 15 minutes before the start of the scheduled session.
- All participants must pre-register for drop in and registered activities.
- Physical distancing signage is placed outside of the entrance to the arena at the north east side of the building (entrance facing Wilson Avenue) as well as throughout the facility.
- Entrance and exit points are one-way only and are indicated by posted signage and communicated to all user groups and participants in advance.
- All participants are encouraged to come fully dressed in full gear including skates (with skate guards) and a filled water bottle labelled with the participant's name. Water fountains will remain closed.
- If required, limited space is available in the lobby with designated seating locations for participants to tie skates, fasten helmets and remove skate guards.
- PLEASE leave all valuables at home. Personal items that must be brought to the facility are to be left in the designated arena as the participant takes the ice.
- The city is not responsible for any lost or stolen items. There will be no lost and found collected – items left behind will be discarded. Lockers will not be available.
- Access to dressing rooms, including referee room, will be limited.
- Washrooms are available in the main arena lobby with signage posted specifying occupancy limits.
- Only the arenas, arena lobby, washrooms and designated dressing rooms will be accessible to designated user (Not open to public).
- The main facility and upper level areas including the concession and seating area next to the concession will remain closed to public.
- There are no warm-up or dryland spaces available inside the facility.
- Users must leave the site no later than 15 minutes after their booking time.

## **ON-ICE PROCEDURE**

- User groups must follow and enforce their board approved safety plan (see ViaSport Return to Sport Guidelines).
- Failure to maintain appropriate safe play protocols may result in the loss of privilege or termination of rental permits.

## HEALTH SCREENING

Before visiting a City of Port Coquitlam facility, and throughout the activity, users should self-monitor for symptoms associated with COVID-19 by using the BC Health COVID-19 Symptom Self-Assessment Tool located here: <https://bc.thrive.health/> and answer the prompted questions, which include:

1. Are you experiencing symptoms consistent with COVID-19 (refer to the link above for the most up to date list of symptoms)?
2. In the past fourteen (14) days have you been outside of Canada?
3. In the past fourteen (14) days have you been in close contact with anyone who is symptomatic or has been diagnosed with COVID-19?

If users answer 'yes' to any of the above questions, display symptoms or do not adhere to the safety protocols in place, they will be asked to leave the facility immediately and call 811 for assistance. If a user becomes ill and is unable to leave the facility, they will be escorted to a designated isolation area.

A pre-screening sign with the self-assessment questions will be posted at the facility entrance.

## PERSONAL HYGIENE

Users are required to practice the proper "hygiene" protocols outlined in each user group's return to sport plan, in addition the user must:

- Adhere to posted hand washing and social distancing signage.
- Practice proper "hand hygiene" techniques often, as it is the single-most effective way of reducing the spread of infection. This includes washing and/or sanitizing hands before entering and exiting the facility.
- Follow proper respiratory etiquette at all times including coughing and sneezing into your elbow and shoulder.
- Avoid touching your face, including eyes, nose or mouth.
- Do not spit.

## CLEANING & DISINFECTING

- A 30 minute buffer will be booked between users to limit crossover between groups and to provide adequate time to clean and disinfect the facility.
- City staff will clean and disinfect common areas between users.
- User groups are required to clean and disinfect common high touchpoints, such as benches, nets, score clock controls, etc. during their scheduled bookings with the disinfecting wipes provided. Users will clean and disinfect their own equipment and do so with their own cleaning supplies.
- City staff will clean and disinfect the arena between user groups.
- City staff will clean and disinfect dressing rooms between cohorts.
- For public washrooms a cleaning schedule will be established by the City's Facility Cleaning Risk Assessment Guidelines and posted in each washroom.



## USER GROUP SAFETY PLAN

- User groups must submit an approved safety plan (see ViaSport Return to Sport Guidelines) that aligns with the protocols in this document and clearly outlines the following:
  - Physical Distancing Procedures
  - Frequent Hand Hygiene Procedures and Communication
  - Cleaning and Disinfection Procedures
  - Adherence to occupancy limits
  - Participants who are ill procedure and communication
  - Communication Plan
  - Training Plan
  - Emergency Procedures

**Please note:** this document will be modified as the City deems necessary and upon advice and information received from the Provincial Health Officer (PHO), ViaSport, and BC Recreation and Parks Association (BCRPA):

<https://www.viasport.ca/return-sport>

<https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf>

<https://www.fraserhealth.ca/COVID19#.XzroAKZYaUk>

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name:

- What facility guidelines and requirements are in place specific to physical distancing?  
**See attached Facility Safety Plan**
  
- Are there restrictions specific to the number of people allowed in public areas?  
**See attached Facility Safety Plan**
  
- Are masks required when entering the facility?     Yes     No  
**TCFIHA Safety Plan requires the use of masks.**
  
- Are the following areas accessible within the facility or facilities used?
  - Yes  No      Main Lobby
  - Yes  No      Team, Officials' or alternate (accessibility) dressing room(s) & showers
  - Yes  No      Observations or Spectator areas
  - Yes  No      Washrooms
  - Yes  No      Area designated for isolation
  - Yes  No      Ice surface or surfaces (ex. Rink 1)
  - Yes  No      Other
  
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)

- Dressing room(s) (e.g. physical distance markers, post-activity only etc)

Not available.  
See attached Facility Safety Plan

- Observations or Spectator areas (Limits, physical distance markers etc.)

Limit of one spectator per participant with physical distancing and rink side for practices.  
No spectators for games.  
See attached Facility Safety Plan.

- Shower and Washroom facilities

Showers not available.  
Washrooms designated for each arena.  
See attached Facility Safety Plan

- Isolation area & Other areas (if applicable)

See attached Facility Safety Plan

- Ice Surface(s)

Both arenas open as of September 26th, 2020.  
See attached Facility Safety Plan

- How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

Maximum 50 per arena including all parties within the arena.  
No spectators for games.  
1 Spectator per participant for practices.  
See attached Facility Safety Plan

- This step complete

## City of Port Moody – COVID-19 Arena User Group Procedures

### Arrival

- Participants must come dressed in full gear including skates (with skate guards) or shoes and a full water bottle labelled with name.
- Please use the washroom before leaving home.
- Participants must arrive 15 minutes prior to ice time.
- Physical distancing markers will be used to line up outside.
- Entrance to Arena 1 - blue doors to the right of the main arena entrance beside the playground.
- Entrance to Arena 2 - double glass doors at the courtyard to the left of the main arena entrance.
- Re-entry is not permitted. Skater must be picked up at the exit location (Arena 1 – side exit by playground, Arena 2 – back exit around the corner of the complex near the trail to the Noons Creek Hatchery).
- Each team will have a host/volunteer at the front door to direct and supervise the group and ensure that unauthorized individuals do not enter the arena.
- The host/volunteer must ensure everyone entering the facility self-monitors for symptoms associated with COVID-19.
- Player dressing rooms, coaches' room and referee rooms are not available for use at this time.

### Building Entry

- Arena 1 – Skaters will be directed to physically distanced seating on chairs and the bottom bleachers in Arena 1. Seating is to be used to tie skates or remove skate guards and fasten helmet. Leave belongings at designated seat. Skaters to remain at their seats until gates to the ice are opened. If allowed access to the arena, parent/adult will be required to stay at the seat until the ice time is over.
- Arena 2 – Skaters will be directed to Arena 2, down the ramp to physically distanced seating. Seating is to be used to tie skates or remove skate guards and fasten helmet. Leave belongings at designated seat. Skaters to remain at their seats until gates to the ice are opened. If allowed access to the arena, parent/adult will be required to stay at the seat until the ice time is over.
- A maximum of 50 individuals will be allowed in each arena.

### Ice Entry

- Skaters will enter the ice single file.
- Participants must place water bottles on the top rail at bench, markers are provided.

### On-Ice Procedure

- A maximum of 50 individuals will be allowed in each arena.
- Drills must be designed with provincial guidelines in place.
- Participants and coaches must keep gloves and equipment on at all times. Touching of pucks with hands by players is not permitted. Coaches must pick up pucks at end of the session.

### Ice Exit

- At the end of the session, participants must exit the ice on time in single file and proceed to their seat to remove skates and helmet.

### Building Exit

- The host/volunteer will direct participants to exit the building, single file through the emergency exits at the side exit in Arena 1 or the emergency exit at the end of Arena 2.
- Participants must leave within 10 minutes so the next group can enter the arena after the area has been cleaned.



- If the next team is from the same organization, the host/volunteer is responsible for letting in the next host/volunteer.

### **Safety Protocol**

- Wash your hands before entering or use personal hand sanitizer.
- Follow proper respiratory etiquette (cough and sneeze into your elbow or shoulder).
- Maintain physical distancing in the facility, while entering and exiting the ice and the building.
- Arena lobby washrooms are available for use if needed, maintain occupancy limits.
- Do not share equipment.
- Spitting is not permitted anywhere in the facility or on the ice.
- A Quiet Room has been designated for use if a participant is displaying symptoms of illness and must be isolated while waiting for pick up. The room has a combination lock and the code has been provided. If the room has been used, please flip the sign indicating the room must be cleaned. Quiet Room locations are:
  - Arena 1 – Referee room behind players benches
  - Arena 2 – Referee room 2 next to Zamboni gate
- To ensure our facilities can remain open and safe, please follow all rules as presented by the City of Port Moody and the Province of BC.

# Participant Meeting & Administration Checklist

Topics to include in orientation of participants and parents / guardians should include

but are not limited to the below:

## Review of Facility and Member protocols for physical distancing guidelines:

- Protocols within the facility prior to activity (e.g. physical distancing markers)
- Protocols during on-ice activity and off-ice activity (e.g. Phase 2 = 2m spacing)
- Protocols within facility post-activity

## Review guidelines regarding the number of people / facility patrons that are permitted:

- Within the facility at any given time
- On the ice at any given time
- In any off-ice training spaces at any given time

## Participant arrival / departure procedure:

- Established time spacing between ice bookings to minimize group cross-over
- Established arrival expectations (e.g. Participants arriving dressed for activity)
- Activity check-in / attendance to assist with possible need for contact tracing
- Protocols for participants requiring assistance (e.g. para-hockey, younger ages)
- Established designated drop-off & pick-up areas and procedures

## During Activity:

- Participants should have individually labeled water bottles (cleaned after use & filled at home)
- Personal equipment not being used must be stored in an isolated area (e.g. car)
- No sharing of personal equipment & strict hygiene protocols communicated
- Coaches, HCSP and Officials prepared to assist in all protocols

## Preparing for Programming / Activity (Registration and Administration):

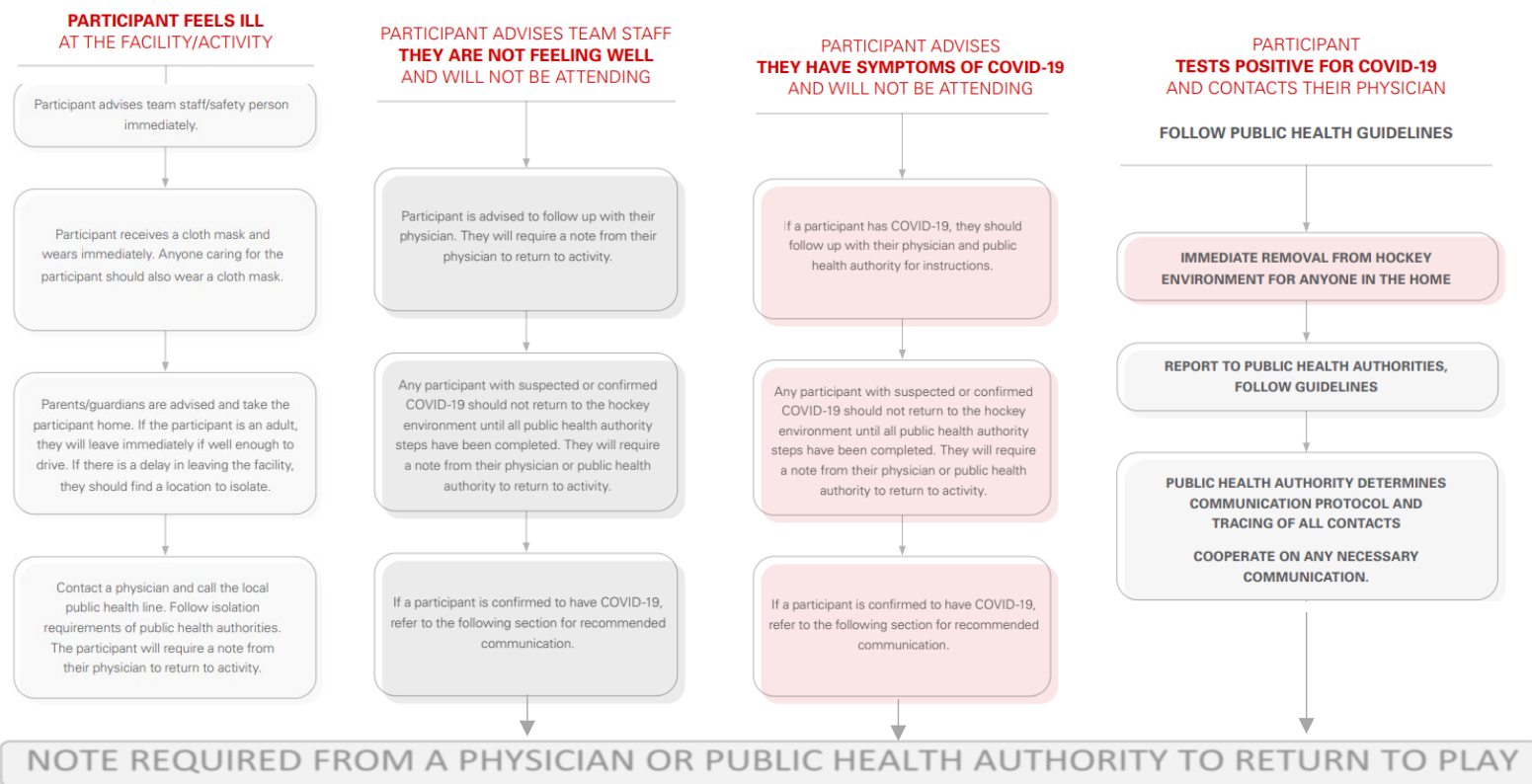
- Pre-registration for all activities or programs (e.g. no on-site payments)
- Payment policy is flexible to make activities or programming accessible
- Refund policies in place, communicated and flexible (ex. Dependant upon illness)
- Ensure that all participants that are unwell or displaying symptoms **must** stay home

- This step complete

## Hygiene & Illness Protocols

Information regarding hygiene and illness protocols may be subject to change. This section is meant to not only provide resources for such protocols but ensure Members are prepared to make necessary updates as more information or best practices are established.

- Reviewed Federal Government hand hygiene guidelines [CLICK HERE](#)
- Process for participants to disclose symptoms or confirmed case of COVID-19
- HCSP responsible for initiating illness protocol during activity
- Ill participants must provide a Doctor's note prior returning to hockey activity



(Source: Hockey Canada Safety Guidelines - Sections 7-8)

## Emergency Action Plan – Emergency Safety Kit

It is important to include COVID – 19 protocols within every program or team Emergency Action Plan (EAP). It is valuable to provide coaches, managers and HCSP volunteers with resources to assist in the construction of each team’s EAP. Your MHA ‘Return to Hockey’ plan should also include COVID – 19 specific resources within all team emergency safety kits to ensure that HCSP and team officials are prepared to deal with a health crisis. Hockey Canada’s EAP resource [CLICK HERE](#)

### Enter Emergency Action Plans

# Member 'Return to Hockey' Plan (Template)

Below is viaSport's Return to Sport Activity Chart. 'Return to Hockey' plans should comply with these guidelines. Member plans should outline how it aligns with the activity chart for each phase. Particular attention should be paid to Phases 2 & 3 before any hockey programming begins. These plans may require updates as new resources are made available. Therefore, plans should be regularly reviewed and updated to reflect any changes.



## Return to Sport Activity Chart

### Phase 1

### Phase 2

### Phase 3

### Phase 4

	Stricest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

Enter Plan Comments



# Return to Hockey Plan - Phase 2

Category	Transition Measures	Compliance Plans	
		Member Overview	Facility Overview
Restrictions	<input type="checkbox"/> Maintain physical distance (2 metres) <input type="checkbox"/> No non-essential travel <input type="checkbox"/> No groups over 50 people		
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene <input type="checkbox"/> Symptom screening in place		
Facility	<input type="checkbox"/> Outdoor activities recommended <input type="checkbox"/> Indoor facilities slowly re-opening		
Participants	<input type="checkbox"/> Small groups <input type="checkbox"/> No or limited spectators		
Activities (Contact to non-contact)	<input type="checkbox"/> No contact should occur <input type="checkbox"/> Non-contact alternative training <input type="checkbox"/> Fundamental movement & training		
Competition	<input type="checkbox"/> In member activity <input type="checkbox"/> Modified non-contact game play		
Equipment and Surfaces (facility)	<input type="checkbox"/> Minimal shared equipment <input type="checkbox"/> Disinfect shared equipment and surfaces before, during and after activity		

Enter Phase 2 Plans

This step complete

# Return to Hockey Plan - Phase 3

Category	Progressively Loosen	Compliance Plans	
		Member Overview	Facility Overview
Restrictions	<b>Refer to Public Health Authority</b> <input type="checkbox"/> Physical distancing <input type="checkbox"/> Travel Guidelines <input type="checkbox"/> Group size / gathering guidelines		
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene <input type="checkbox"/> Symptom screening <input type="checkbox"/> Expansion of Training Activities		
Facility	<input type="checkbox"/> Outdoor activities <input type="checkbox"/> Indoor activities		
Participants	<input type="checkbox"/> Increased group sizes <input type="checkbox"/> Spectator limitations		
Activities (Contact to non-contact)	<input type="checkbox"/> Pair or small group contact skills		
Competition	<input type="checkbox"/> Inter-member game play <input type="checkbox"/> Regional / District game play considered		
Equipment and Surfaces (facility)	<input type="checkbox"/> Some shared equipment <input type="checkbox"/> Disinfect shared equipment and surfaces before, during and after activity		

Enter Phase 3 Plans

This step complete

# Return to Hockey Plan - Phase 4

Category	New Normal	Compliance Plans	
		Member Overview	Facility Overview
Restrictions	Refer to Public Health Authority <input type="checkbox"/> Physical distancing <input type="checkbox"/> Travel Guidelines <input type="checkbox"/> Group size / gathering guidelines		
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene		
Facility	<input type="checkbox"/> Outdoor activities <input type="checkbox"/> Indoor activities		
Participants	<input type="checkbox"/> Large groups allowed <input type="checkbox"/> No restrictions for spectators		
Activities (Contact to non-contact)	<input type="checkbox"/> No restrictions		
Competition	<input type="checkbox"/> Provincial competitions <input type="checkbox"/> Large scale events		
Equipment and Surfaces (facility)	<input type="checkbox"/> Shared equipment		

Enter Phase 4 Plans

TO BE COMPLETED WHEN PHASE 3 IS INITIATED BY VIASPORT

This step complete

# Reporting and Compliance

## Prior to Season – Reporting and Compliance

- Communications Officer was established
- 'Return to Hockey' plan created and shared to all relevant parties
- Protocols have been established with all relevant facilities
- Orientation with parents / guardians, volunteers, officials and facilities has occurred
- Policies are in place regarding registration, refunds and other administrative processes

## Phase 2: Transition Measures – Reporting and Compliance

Programming was or is being delivered within guidelines for the following restrictions:

- Physical Distancing (2 metres)
- Gathering and group sizes (No greater than 50)
- Travel (no non-essential travel / single member programming)

Programming was or is being delivered within guidelines for the following enhanced protocols:

- Increased hygiene measures
- Symptom screening

Programming has been delivered within guidelines regarding participants:

- Small group activities
- No spectators or limited spectators (within all previous guidelines)

Programming has been delivered under the following activity and competition protocols:

- Fundamental movement skills
- Modified training activities and drills
- No contact between participants during any activities
- Modified play introduced, if applicable (adhering to all other Phase 2 guidelines)
- Minimal shared equipment and procedure for disinfecting before, during and after activity

Enter notes on successes during Phase 2

Enter notes on challenges during Phase 2



## Phase 3: Progressively Loosen – Reporting and Compliance

Programming was or is being delivered within guidelines for the following restrictions:

- Physical Distancing (TBD)
- Gathering and group sizes (TBD)
- Travel (TBD)

Programming was or is being delivered within guidelines for the following enhanced protocols:

- Increased hygiene measures
- Symptom screening, if applicable

Programming has been delivered within guidelines regarding participants:

- Group sizes
- Spectator limitations

Programming has been delivered under the following activity and competition protocols:

- Expanding training activities
- Pair or small group contact skills
- Inter-member game play (adhering to all other Phase 3 guidelines)
- Inter-region / district game play (adhering to all other Phase 3 guidelines)

Enter notes on successes during Phase 3

Enter notes on challenges during Phase 3

## Phase 4: New Normal – Reporting and Compliance

Enter Comments regarding implementation of Phase 4

2020

# TCFIHA Return to Play Safety Plan – Phase 3

**RETURN to HOCKEY**

COVID-19 RESPONSE

**TRI CITIES FEMALE**



**ICE HOCKEY**

TCFIHA Board of Directors

10/10/2020

TRI CITIES FEMALE



ICE HOCKEY

## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

### **TCFIHA Mission Statement:**

*“The health, safety and welfare of all players, coaches, officials, volunteers, parents and facility staff is the highest priority in the successful Return to Hockey, while balancing the needs of all individuals within the game.”*

### **Hockey Canada Message:**

“Health and safety are our priorities in establishing the guidelines for the Return to Hockey. While these guidelines (Hockey Canada Safety Guidelines) apply on a national basis, it is important to recognize that most health and safety protocols are managed at the provincial/territorial level.”

“This comprehensive document is tailored for local use and allows for provincial/territorial/municipal guidelines to be implemented. It should be used in concert with public health authority guidelines, as well as association guidelines.”

**Dr. Mark Aubry** - Chief Medical Officer



# Return to Hockey Safety Plan

## TriCities Female Ice Hockey Association

### Phase 3 Plan

## “BC HOCKEY –RETURN TO HOCKEY TEMPLATE, JUNE 11, 2020”



Safety guidelines are now available via the links below from the Government of British Columbia, viaSport (on behalf of the BC Sport Sector) and Hockey Canada. These resources are meant to provide an introduction on how to prepare your Minor Hockey Association or League for a safe return to hockey.

The Safety Protocols produced by Hockey Canada are this first of many resources to be released, with additional guidelines in the following areas of focus: *Customer Engagement, Regulations, Officiating, Coaching, Seasonal Structure, Delivery Model, Registration, Events, High Performance Hockey, National Teams and Marketing & Communications.*

Next step(s) for BC Hockey members should be focused upon reviewing and applying these resources to their own association or league return to hockey plan that best prepares their particular participants and complies to expectations.



	Strictest Controls Valid to May 16, 2020	Transition Measures Valid from May 16 to June 1	Progressively Loosen From June 1 to June 15	New Normal From June 15 to July 1
Restrictions in Place	<ul style="list-style-type: none"> <li>• Maximize Physical Distance (2m)</li> <li>• No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>• Maximize Physical Distance (2m)</li> <li>• No non-essential travel</li> <li>• No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to OHS and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>• Refer to OHS and local health authorities</li> </ul>
Enhanced Protocols	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> <li>• Sanitization Screening in place</li> </ul>	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> </ul>
Facility	<ul style="list-style-type: none"> <li>• Outdoor or well-ventilated</li> <li>• Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor is safest</li> <li>• Indoor facilities slowly re-opening</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor/Indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor/Indoor</li> </ul>
Participants	<ul style="list-style-type: none"> <li>• Individual activities</li> </ul>	<ul style="list-style-type: none"> <li>• Small Groups</li> <li>• No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>• Groups sizes may increase</li> <li>• Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>• Large groups allowed</li> <li>• No restrictions on spectators</li> </ul>
Non-Contact Activities	<ul style="list-style-type: none"> <li>• Low risk outdoor activities can occur (biking, running, etc.)</li> <li>• Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>• Fundamental movement skills</li> <li>• Modified training activities, drills</li> </ul>	<ul style="list-style-type: none"> <li>• Expansion of training activities</li> </ul>	<ul style="list-style-type: none"> <li>• No restrictions on activity type</li> </ul>
Contact Activities	<ul style="list-style-type: none"> <li>• Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>• Should not occur</li> <li>• Contact sports should look for non-contact alternatives to training</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to part or small group contact skills</li> </ul>	<ul style="list-style-type: none"> <li>• No restrictions on activity type</li> </ul>
Competition	<ul style="list-style-type: none"> <li>• Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>• In club play or modified games may slowly be introduced</li> </ul>	<ul style="list-style-type: none"> <li>• Interclub or regional games play may be considered</li> </ul>	<ul style="list-style-type: none"> <li>• Provincial competitions and larger scale events may return</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>• No shared equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Minimal shared equipment</li> <li>• Shared and shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>• Some shared equipment</li> <li>• Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>• Shared equipment</li> </ul>

- Checklist to Success**
- Review & Follow**
    - Provincial/territorial health authority guidelines
    - Local health authority guidelines
    - Hockey Canada Member guidelines
  - Plan**
    - Assign someone to monitor updates
    - Meet with your facility
    - Team staff clarifies responsibilities specific to practices
    - Arrival at facility organized to meet guidelines
    - Hygiene requirements
    - Physical distancing in the facility
    - Guidelines around dressing rooms and showers
    - Physical distancing during on-ice sessions
    - Requirements for parents/guardians at the facility
    - Departure from facility organized to meet guidelines
    - Procedure if participant is sick
  - Meet with Parents/Guardians/Participants**
    - Overview of what to expect
    - Safety steps put in place
    - Their role in creating a safe and healthy environment
  - At the Facility**
    - Practice physical distancing
    - Practice responsible hygiene
    - Follow public health authority guidelines
    - Follow Member and facility guidelines
    - Have fun!










<b>Personal Hygiene:</b> <ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<b>Stay Home if You Are Sick:</b> <ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning traveller's must self-isolate</li> </ul>	<b>Environmental Hygiene:</b> <ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<b>Safe Social Interactions:</b> <ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<b>Physical Modifications:</b> <ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>
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## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

viaSport Category	viaSport Transition Measures phase	Overview of planning for compliance
<p><b>Restrictions in Place</b></p>	<ul style="list-style-type: none"> <li>• Maintain Physical Distance (2 m) while not on field of play (ice surafe).</li> <li>• Field of Play for hockey is defined as the ice surface only and does not include any benches or any other part of the arena or facility.</li> <li>• No non-essential travel</li> <li>• No groups of over 50 people</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Follow local &amp; provincial health guidelines, along with NSO, PSO, &amp; LSO Guidelines.</li> <li> Planet Ice is restricted to 25 on the ice for practices and 1 spectator per participant, with the combined total not to exceed 50.</li> <li> For games there are no field of play limits for TCFIHA facilities other than the entire gathering within the arena cannot surpass 50.</li> <li> <b>For games, the 50 Total is comprised of 1 timekeeper, 1 scorekeeper, 2 referees and 23 per team consisting of (players, goalies, 3 coaches maximum, HCSP, Manager, and Team Moms).</b></li> <li> <b>At all TCFIHA Facilities participants are limited to <u>ONE spectator at practices</u> and <u>NO spectators at games</u>. No siblings or pets permitted.</b></li> <li> No exhibition games until the start of the regular season being October 13<sup>th</sup>, 2020.</li> <li> For the 2020-2021 Season, there will be no affiliate players permitted.</li> <li> Teams will be assigned by PCAHA to a maximum of a 4-team cohort for gameplay.</li> <li> Cohorts will be assigned one of two rotations: 3 weeks game play followed by 2 weeks skills only or 2 weeks skills only followed by 3-week gameplay.</li> </ul>








## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<ul style="list-style-type: none"><li> At the end of the 5-week rotation, PCAHA will re-assign cohorts.</li><li> The 5-week rotation will occur four times for the 2020-2021 season.</li><li> For exhibition games, please refer to the PCAHA chart with the highlighted weeks where teams are permitted exhibition games depending on their Division and Group.</li><li> For TCFIHA practices, spectators are limited to 1 per participant at all facilities.</li><li> No siblings or pets permitted.</li><li> A participant is defined as a player or coach that is on the ice during practices.</li><li> A player that is injured and attending the team's ice session must wear a team jersey so that they are identifiable as a participant. An injured player is permitted to have one spectator with them at practices.</li><li> Managers, HCSP, and any other team staff that is not on the ice surface is not considered a participant and is not allowed to have a spectator with them at TCFIHA practices.</li><li> Coaches are not a part of the cohort and must always maintain the 2 m physical distancing</li><li> Players arrive 15 mins prior to activity, must be exited the facility within 10 minutes of conclusion.</li><li> Dressing room use permitted for practices with proper physical distancing as per Facility Protocol. Please note that some facilities permit dressing room</li></ul>
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**Return to Hockey Safety Plan**  
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		<p>use and some do not. Refer to the attached Facility Protocol for the facilities being used by TCFIHA.</p> <ul style="list-style-type: none"><li> <b>For TCFIHA Games dressing rooms are available at Planet Ice (all four rinks) and at Poirier Rink 1 and 2. Planet Ice allows for 2 dressing rooms per team with a maximum of 8 in each room. Poirier Rink 1 allows for 7 per dressing room. Poirier Rink 2 allows for 8 per dressing room.</b></li><li> <b>For TCFIHA Practices dressing rooms are available at Planet Ice (all four rinks) and Poirier Rink 1 and 2. Poirier allows for the use of 2 dressing rooms with 8 in each room. Poirier Rink 1 allows for the use of 2 dressing rooms with 7 per dressing room. Poirier Rink 2 allows for the use of 2 dressing rooms with 8 per dressing room.</b></li><li> Parents are not permitted in the dressing room.</li><li> For practices, Team Moms are required to stand outside the dressing room doors with the door left partly opened, so that they can monitor the players inside the dressing room. If a Team Mom needs to enter the dressing room, they will do so as per the Two-Deep rule.</li><li> In divisions with younger players namely U7, U9, and U11, one parent/guardian is required to stay at the facility for the Team Staff to contact should their child require any assistance. Due to the 50-person limit, the parent/guardian might be required to wait in the parking lot.</li></ul>
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## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<ul style="list-style-type: none"><li> Please note the TCFIHA facilities that do not allow access to dressing rooms. Some facilities have areas designated for putting skates on. You must familiarize yourself with the facility guidelines and protocols that are in place for the facility that you are attending for your session and enter in gear as applicable per facility. Please note that TCFIHA is not asking anyone to drive to the facility in hockey gear or to have their player in a car seat, booster seat, or seatbelt in hockey gear.</li><li> For all TCFIHA events, <b>face masks are mandatory</b> as of August 31<sup>st</sup>, 2020 for all players, coaches, and spectators. Players and coaches are to wear a mask when they are not wearing their helmet. Spectators are always to wear a mask.</li><li> Referees are to wear masks as per direction given to them by our governing bodies.</li><li> <b>1 timekeeper and 1 scorekeeper only and must always wear masks.</b></li><li> Facilities will designate travel in and out. Refer to the Facility Protocols and Guidelines for each of the facilities in use by TCFIHA.</li><li> Player benches and penalty boxes are now a part of the field of play along with the ice surface.</li><li> <b>For gameplay, all bench staff must wear a mask while on the bench. There will be a minimum of 2 Team Staff and a maximum of 3 Team Staff permitted on the bench for games if this number</b></li></ul>
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## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<p><b>does not exceed the facility limit of 50 for arena maximums.</b></p> <ul style="list-style-type: none"><li> Facilities may designate one-way travel in high congestion areas and may require the use of a mask in areas where physical distancing is not possible.</li><li> Phase 3 can be reverted to at any time to a lower Phase level if directed to do so by the Health Authorities.</li><li> Group sizes subject to be changed at any time to reflect the guidelines in place by the City, Provincial Health Authority, and other governing agencies.</li><li> TCFIHA has put a COVID-19 Policy in place for this season. All coaches, players, and spectators are required to familiarize themselves with this new TCFIHA Policy and abide by it.</li><li> This Return to Play Safety Plan also forms part of the TCFIHA COVID-19 Policy and must always be abided by. As the situation is fluid, this TCFIHA Safety Plan will change from time to time, and all coaches, players, and spectators are required to familiarize themselves and abide by the new Safety Plan when released.</li></ul> <p><b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document. City of Coquitlam: <a href="https://www.coquitlam.ca/public-safety/public-health-information/COVID19">https://www.coquitlam.ca/public-safety/public-health-information/COVID19</a> City of Port Coquitlam: <a href="https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/">https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/</a></p>
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## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<p>City of Port Moody: <a href="https://www.portmoody.ca/en/city-services/novel-coronavirus-covid-19.aspx">https://www.portmoody.ca/en/city-services/novel-coronavirus-covid-19.aspx</a></p> <p>Planet Ice Re-opening Plan: <a href="https://planetice.ca/pdfs/reopening.pdf">https://planetice.ca/pdfs/reopening.pdf</a></p>
<p><b>Enhanced Protocols</b></p>	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> <li>• Symptom screening in place</li> <li>• Spectator Tracking</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> TCFIHA will have two Hockey Canada Safety People per team and a minimum of one at each ice time to ensure all protocols are being adhered to.</li> <li> Players and coaches must follow Self-Assessment screening tool prior to arriving at facility. TCFIHA is using the Teamsnap Health Check. The Teamsnap Health Check is to be completed by all players and coaches prior to every ice and/or dryland session. <a href="https://bc.thrive.health/covid19/en">https://bc.thrive.health/covid19/en</a></li> <li> Spectator Tracking is required at all ice times. All spectators must provide their name and a contact number prior to being admitted into the facility.</li> <li> Teams visiting a TCFIHA Facility for a game will be required to provide proof that their players have passed a COVID-19 Health Check/COVID-19 Self-Assessment and provide a written document containing the names and contact number for the players and rostered team staff that is permitted to enter the facility. Visiting teams will also need to provide a contact number for a parent of each player attending even though the parent is not entering. TCFIHA has prepared a document for this information to be recorded and for visiting teams to use and give to the TCFIHA manager.</li> </ul>







## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<ul style="list-style-type: none"><li> Participants are required to follow proper hand hygiene protocols prior to and during activity.</li><li> Players and Coaches are to each obtain their own player hygiene kit which will include hand sanitizer, a reusable mask, and tissue.</li><li> If first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. A first aid kit, along with extra gloves and masks, are to be kept by the ice during all on ice activity.</li><li> If the required physical distancing is not possible, players and/or coaches are to wear a mask.</li><li> Participants will not spit on ice or benches</li><li> Players, coaches, and spectators must stay home if sick.</li><li> Players, coaches, and spectators to stay home if exhibiting any signs of illness such as a fever, congestion, coughing, sneezing, etc....</li><li> Frequent handwashing required.</li><li> The Hockey Canada Safety Person (HCSP) will remove from the ice and/or facility any TCFIHA participant or TCFIHA spectator exhibiting any signs of illness.</li><li> HCSP to take note of which facilities have a designated isolation room and the protocol surrounding the use of the room.</li><li> Players, coaches, and spectators will abide by the Provincial quarantine requirements if they have traveled.</li></ul>
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## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<p> A player can return to the team and ice after having cold symptoms once they have provided one of the following three options:</p> <ol style="list-style-type: none"> <li>1. A doctor’s note clearing them to return. or</li> <li>2. A negative COVID test result. or</li> <li>3. 100% symptom free and able to provide a clear Teamsnap Health Check.</li> </ol> <hr/> <p><b>Facility Plan:</b> Refer to the facilities re-opening plan. Refer to the Safety Plans for all our Facilities that are attached to this document. Planet Ice Re-opening Plan: Attached <a href="https://planetice.ca/pdfs/reopening.pdf">https://planetice.ca/pdfs/reopening.pdf</a> Poirier Community Center: Attached Port Moody Recreation Complex: Attached Port Coquitlam Community Centre: Attached</p>
<p><b>Facility</b></p>	<ul style="list-style-type: none"> <li>• Outdoor is safest</li> <li>• Indoor facilities in use</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Any player warm-up activity is to take place outdoors, if it is permitted by the facility, and maintain appropriate 2 m spacing.</li> <li> Any player warm-up is to be supervised by two Team Moms or Two Coaching Staff members to ensure proper physical distancing and the two-deep method.</li> <li> TCFIHA will provide a copy of the facility protocols to all players, parents, and coaches.</li> </ul>



## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<p> The TCFIHA Referee in Chief will be required to ensure all referees have been provided a copy of the TCFIHA Return to Play Safety Plan.</p>
		<p><b>Facility Plan:</b> Refer to the facilities re-opening plan. Refer to the Safety Plans for all our Facilities that are attached to this document. Planet Ice Re-Opening Plan: Attached <a href="https://planetice.ca/pdfs/reopening.pdf">https://planetice.ca/pdfs/reopening.pdf</a> Poirier Community Center: Attached Port Moody Recreation Complex: Attached Port Coquitlam Community Centre: Attached</p>
<p><b>Participants</b></p>	<ul style="list-style-type: none"> <li>• Small groups</li> <li>• No or limited spectators</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> See the Restrictions in Place section above.</li> <li> Group sizes subject to be changed at any time to reflect the guidelines in place by the City, Provincial Health Authority, and other governing agencies.</li> </ul> <p><b>Facility Plan:</b> Licensee is required to take steps to ensure that participants act in accordance with the City’s COVID-19 Safety Plan and the City’s COVID-19 policies and procedures as well as the Licensee’s COVID-19 Safety Plan.</p>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>• Combat/Battle drills</li> <li>• Gameplay</li> <li>• Inter-squad games</li> <li>• 2 m physical distancing when not on field of play or when on field of</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Physical distancing required while not on the field of play (ice surface, player bench, and penalty box).</li> <li> Battle and gameplay drills are permitted.</li> <li> Inter-squad scrimmage is permitted during a team’s practice.</li> </ul>



## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

	<p>play and not engaged in battle drills or gameplay.</p>	<ul style="list-style-type: none"> <li> Physical distancing is to be maintained on the field of play (ice surface) when not actively engaged in battle, gameplay drills, or gameplay.</li> <li> Immediately at the stoppage of play during a game, all players are to ensure physical distancing as per the new rules.</li> <li> Adhere to 2m distancing in lineups and when speaking with the team in a group.</li> </ul>
<p><b>Contact activities</b></p>	<ul style="list-style-type: none"> <li>• Permitted only on the field of play.</li> </ul>	<p><b>Facility Plan:</b> See Facility Plans and Guidelines attached.</p>
		<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Contact/Battle drills and gameplay are permitted in Phase 3 only while on the field of play.</li> <li> The field of play is defined as the ice surface, player bench, and penalty box and does not include the dressing rooms, or any other part of the facility.</li> <li> While not actively engaged in a game or drills on the field of play or when not on the field of play, 2m physical distancing is always to be maintained or a mask must be worn.</li> <li> <b>The above is subject to be changed at any time to reflect the guidelines in place by the City, Provincial Health Authority, and other governing agencies.</b></li> </ul> <p><b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document.</p>
<p><b>Competition</b></p>	<ul style="list-style-type: none"> <li>• Gameplay slowly introduced.</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Teams will be placed by Pacific Coast in cohorts to a maximum of 4 teams.</li> </ul>









## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<ul style="list-style-type: none"> <li> Teams will be assigned one of two rotations: 3 weeks of games followed by 2 weeks of skills only, or 2 weeks of skills only followed by 3 weeks of games.</li> <li> For exhibition games, please refer to the PCAHA chart with the highlighted weeks where teams are permitted exhibition games depending on their Division and Group</li> <li> At the end of the 5-week rotation, PCAHA will assign teams to new cohorts to a maximum of 4 teams.</li> <li> There will be four rotations of the 5-week gameplay schedule. The 2-weeks skills only time is to allow for the changing of cohorts.</li> <li> TCFIHA will follow current and future guidelines from PSO, NSO, and LSO.</li> </ul>
<p><b>Equipment</b></p>	<ul style="list-style-type: none"> <li>• Minimal shared equipment</li> <li>• Disinfect any shared equipment before, during and after use</li> </ul>	<p><b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document.</p> <p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> No sharing of water bottles. (<a href="#">Please see The Hockey Canada Safety Program recommends the following protocol for the use of water bottles.</a>)</li> <li> No water fountains available at the facility. Water bottle must be filled at home.</li> <li> Water bottles to be spaced out 2 meters on the two benches or around the arena.</li> <li> All protective equipment must always be worn and not be shared.</li> </ul>











## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

		<ul style="list-style-type: none"> <li> TCFIHA will provide the HCSP disposable masks, hand sanitizer, and disinfectant spray with all assigned team first aid kits.</li> <li> All players and coaches will clean all gear after each use and prior to next session. IE. Players to wash undergarments, wash water bottles, air out equipment, wash jersey and socks and any other gear/equipment that they use. Coaches to wash and/or air out any gear that they use.</li> <li> Players are not permitted to share gear.</li> <li> Goalies are permitted to share gear only under specific circumstances: the goalie gear is sprayed with the gear cleaner provided by TCFIHA, set out to dry, and 24 to 48 hours has passed before the gear is given to and used by the next goalie.</li> </ul>
<p><b>Communications</b> **Hockey Canada Recommendation**</p>	<ul style="list-style-type: none"> <li>• Associations name a Communication’s Officer</li> </ul>	<p><b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document.</p> <p><b>MHA Plan:</b> TCFIHA Communications Officers: TCFIHA President Heather D Fox <a href="mailto:President@TriCitiesFemaleIceHockey.ca">President@TriCitiesFemaleIceHockey.ca</a> &amp; TCFIHA Past President Larissa Lapierre <a href="mailto:PastPresident@TriCitiesFemaleIceHockey.ca">PastPresident@TriCitiesFemaleIceHockey.ca</a></p>



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**Prior to starting ON ICE activities, TCFIHA will meet with each of the facilities and discuss the following:**

-  Facility guidelines and requirements specific to physical distancing.
-  Restrictions specific to the number of people allowed in the facility.
-  Areas that may not be accessible in the facility –main lobby, dressing rooms, benches, observation areas, showers, washrooms, etc.
-  If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
-  Cleaning processes in the facility, including how often it is disinfected.
-  General facility rules specific to practicing good hygiene.
-  Personal hygiene requirements.
-  Talk with facility about signage in the facility and around the ice surface.










**As of September 18<sup>th</sup>, 2020, TCFIHA has met with all facilities at least once to complete a walkthrough.**



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## Suggested Facility Guidelines: (Review with Facility)









### From Hockey Canada Safety Guidelines

-  To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical-distancing requirements of the public health authority and local facilities. Minimize congregation in areas of the facility, such as the lobby, as much as possible.
-  Limit dressing room use as much as possible.
-  If there are multiple entrances to the ice surface, we will split the players into groups and have them space appropriately to meet physical-distancing standards at each entrance.
-  We will encourage participants to minimize their time in or around the facility. When necessary, we will have participants put on their shoes so that they can leave quickly.
-  Will remind players and parents to follow physical-distancing guidelines when leaving.
-  Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
-  When public health authority protocol and facility guidelines allow use of dressing rooms, we will have players appropriately physically distanced (using multiple dressing rooms).
-  As stated above, it is recommended players not shower at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.
-  For age groups where parents need to assist players with equipment, this will need to be done before entering the facility or at check-in point.



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## **HYGIENE GUIDELINES: From Hockey Canada Safety Guidelines**

-  *Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. Team staff should try and control the number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use the elbow to open.*
-  *Absolutely no sharing of drinks or food.*
-  *Team warm-ups and practices should adapt to proper spacing (physical distancing); reduce the number of one-area stations, including the players coming together in one group for instruction.*
-  *Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.*
-  *Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench.*
-  *Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.*
-  *Each player needs to have a marked water bottle, which is washed after each practice or game.*
-  *Wash your hands after using restrooms with soap and water for at least 20 seconds as PER HEALTH Authority Guidelines. Use alcohol-based hand sanitizer if soap and water are not available.*





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## The Hockey Canada Safety Program recommends the following protocol for the use of water bottles:

<ul style="list-style-type: none"><li>• Good team hygiene includes ensuring all players and staff have their own water bottles to prevent the transmission of viruses and bacteria.</li></ul>	<ul style="list-style-type: none"><li>• It is prohibited for officials to drink from the goaltender's water bottle. If officials require water, they should have their own water bottle at the penalty bench.</li></ul>
<ul style="list-style-type: none"><li>• Bottles should be labelled and washed after each practice or game.</li></ul>	<ul style="list-style-type: none"><li>• There should not be sharing of water bottles in the penalty box, as well as no sharing of towels.</li></ul>



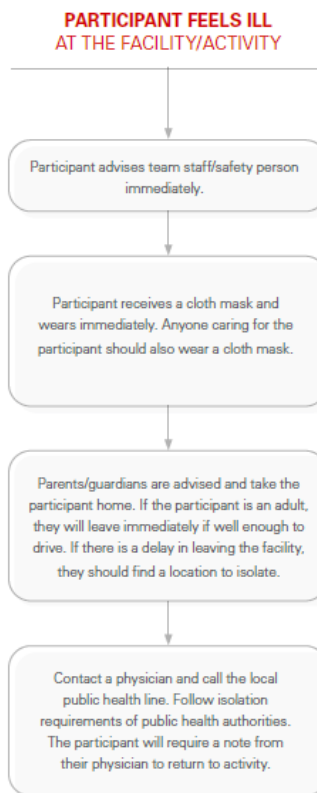
## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

### SECTION 7

## Recommended Return to Hockey Procedures

The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.



Click the above image to be brought to the Hockey Canada Return to Hockey COVID-19 Response Safety Guidelines



## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

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

Participant is advised to follow up with their physician. They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

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

If a participant has COVID-19, they should follow up with their physician and public health authority for instructions.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

Click the above image to be brought to the Hockey Canada Return to Hockey COVID-19 Response Safety Guidelines.



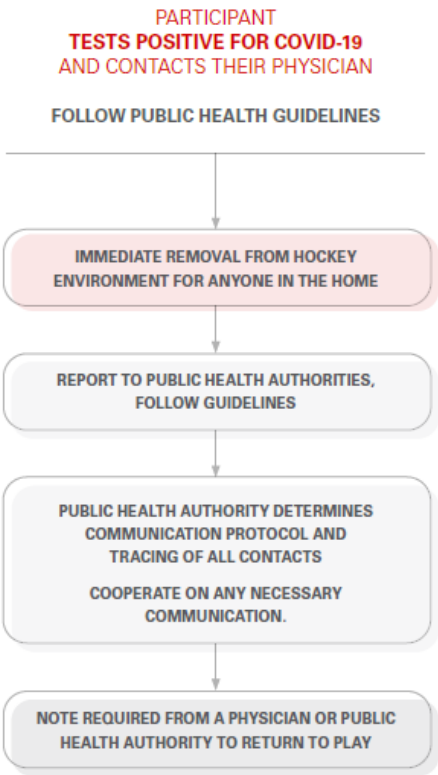
# Return to Hockey Safety Plan Tri-Cities Female Ice Hockey Association Phase 3 Plan

## Positive COVID-19 Test in Hockey Environment

**Important!**

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and **NEVER** disclose the sick person's name.



In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.

**Click the above image to be brought to the Hockey Canada Return to Hockey COVID-19 Response Safety Guidelines.**



## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan

# Officials

The following are recommended guidelines for officiating in minor, female, junior and senior hockey.

### On-Ice Officials

- Come fully dressed in uniform if possible.
- Personal towels only (officials should shower at home).
- If possible, hands should be washed prior to start of each period (officials can carry a small bottle of sanitizer with them on the ice).
- Wear a cloth mask when entering the arena when physical distancing cannot be followed such as in the dressing room (it may also be required by the facility). The cloth mask can be removed when going on to the ice. Continue to monitor public health authority guidelines specific to the wearing of masks.
- Have personal hand sanitizer and disinfectant wipes.
- Have hand sanitizer in the penalty box for officials to use.
- Physical distancing is required in dressing rooms. Work with facility staff to see if more rooms are available, as well marked space/stalls within the dressing rooms. If the dressing room is small, a rotation system should be considered.
- Only game officials should be in the dressing room – no visitors.
- It is prohibited for officials to drink from water bottles belonging to skaters or goaltenders. If officials require water during a game, they should have their own water bottle at the penalty bench.
- Referees should verbally greet coaches as they generally do, but should not shake hands.
- When reporting penalties, do not speak through the hole in the glass – work from a distance.
- Some equipment should also be washed (jerseys, pant shells, etc.) after each session, following manufacturer guidelines. It is important that officials ensure equipment is kept clean.
- Work with the facility to see if the dressing room can be cleaned and sanitized after each use.

**Click the above image to be brought to the Hockey Canada Return to Hockey COVID-19 Response Safety Guidelines.**



TRI CITIES FEMALE



ICE HOCKEY

## Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 3 Plan



### Off-Ice Officials

- Penalty-box attendants are recommended to wear a cloth mask inside the building (it may be required by the facility). Continue to monitor public health authority guidelines specific to the wearing of masks.
- Off-ice officials are recommended to have personal hand sanitizer and disinfectant wipes to wipe down and disinfect the score clock equipment/penalty bench prior to each game. Handles to doors going to the ice are high-touch areas and proper hygiene and cleaning is important.
- Physical distancing must be practiced, and it is important to work with the facility to plan the best way to incorporate into the space being used.

**Click the above image to be brought to the Hockey Canada Return to Hockey COVID-19 Response Safety Guidelines.**

## Resources



**Return to Hockey Safety Plan**  
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- Public Health Authorities in Canada: <https://www.justice.gc.ca/eng/cv/author.html>
- COVID-19 Information: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Provincial & Territorial Resources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>
- COVID-19 Awareness Resources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>
- COVID-19 & Privacy: [https://www.priv.gc.ca/en/privacy-topics/health-genetic-and-other-body-information/health-emergencies/gd\\_covid\\_202003/](https://www.priv.gc.ca/en/privacy-topics/health-genetic-and-other-body-information/health-emergencies/gd_covid_202003/)
- Travel Advisories: <https://travel.gc.ca/travelling/advisories>
- Proper Hand Hygiene: <https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html>
- Disinfectants & Hand Sanitizers: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>
- Hockey Canada: <https://www.hockeycanada.ca/en-ca/exclusive/return-to-hockey>
- Hockey Canada Members: <https://www.hockeycanada.ca/en-ca/corporate/contact/branches>
- Hockey Canada Safety Programs: <https://www.hockeycanada.ca/en-ca/hockey-programs/safety/essentials/safety-program>
- Hockey Canada Safety Essentials: <https://www.hockeycanada.ca/en-ca/hockey-programs/safety/essentials>
- Coaching Association of Canada: <https://coach.ca/covid19>
- Public Health Authorities in Canada: <https://www.justice.gc.ca/eng/cv/author.html>



**Return to Hockey Safety Plan**  
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**TCFIHA 2020-2021 Season Appendix to Policy Document**

In light of the current COVID-19 situation, the Board of Directors has summarized the key Policies that will need to be continually monitored as we move towards a Return to Play in compliance with Health and Safety Guidance.

For the 2020-2021 season the Board will approve changes to policies in a timely manner to ensure compliance. As at June 2020 the following temporary Amendments to Policies will be in place, subject to further amendment as the Health and Safety Guidance changes:

(1) Registration Policies

- a. Registration does not guarantee placement on a team.
- b. Registration will be based on a first come first serve basis, per division, per level, by using the date and time a player was registered through our online registration system. Exceptions can be made on a case-by-case basis through a majority vote of the Board of Directors
- c. Registration Fees are subject to change as determined by the Board of Directors once health & safety guidelines are known. If new fees are announced, registrants will have the option to withdraw at that time.
- d. Players who opt out of the 2020/21 season and wish to return to play in the 2021/22 season will be considered returning players if they have not registered with an alternate association or organization, for anything other than personal development training (eg. power skating, skill development).
- e. Payment plan dates are subject to postponement if the start of season date is delayed and/or direction regarding return to play guidelines continues to be uncertain.
- f. Refund policy dates are subject to change if the start date is delayed.

(2) Equipment Policies

- a. Mandatory Equipment listed in Policy 7.1 will be updated as further guidance is provided by Health and Safety Guidance and Governing Bodies

(3) Player Evaluations



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- a. Decisions over the structure of all Player Evaluations for the 2020-2021 season will be subject to change based on the permitted player count and on-ice permitted activities at the time of Evaluations. This process will be managed by the Return to Play Committee of the Board of Directors in collaboration with facilities, Health and Safety Guidance and Governing Bodies
- b. Team composition and size for the 2020-2021 season will be adjusted for all Tiers based on the permitted player count and on-ice permitted activities at the time of Evaluations. This process will be managed by the Return to Play Committee of the Board of Directors in collaboration with facilities, Health and Safety Guidance and Governing Bodies.

(4) TCFIHA Return to Play Safety Plan

- a. TCFIHA is required to submit a Return to Play Safety Plan to all facilities within the TriCities that TCFIHA books ice with. TCFIHA is responsible to display the Return to Play Safety Plan and all team officials, parents, guardians, players, and spectators are required to familiarize themselves with all TCFIHA Return to Play Safety Plans.

TCFIHA Return to Play Safety Plans are deemed to be Policy and must be adhered to by all team officials, players, parents, guardians, and spectators. As the TCFIHA Return to Play Safety Plans will adapt over the course of the season to restrictions provided by our governing bodies, it is the team officials, players, parents, guardians, and spectators responsibility that they familiarize themselves with any newly released or updated TCFIHA Return to Play Safety Plan.



# PCAHA 2020-2021 League Schedule

## Cohort-Based Rotation Model

	<u>Wk</u>	<u>Dates</u>	<u>U13, U18</u>		<u>Wk</u>	<u>Dates</u>	<u>U11, U15, U21</u>		<u>Wk</u>	<u>Dates</u>	<u>U8, U9</u>		<u>Wk</u>	<u>Dates</u>	<u>U7</u>
ROUND 1	1.	Oct 13-19	R1 Games #1	ROUND 1	1.	Oct 13-19	R1 Skills	ROUND 1	1.	Oct 13-19	R1 Skills	ROUND 1	1.		
	2.	Oct 20-26	R1 Games #2		2.	Oct 20-26	R1 Skills		2.	Oct 20-26	R1 XGames #1		2.		
	3.	Oct 27-Nov 2	R1 Games #3		3.	Oct 27-Nov 2	R1 Games #1		3.	Oct 27-Nov 2	R1 XGames #2		3.		
	4.	Nov 3-9	R1 Skills		4.	Nov 3-9	R1 Games #2		4.	Nov 3-9	R1 XGames #3		4.	Nov 3-9	R1 XGames #1
	5.	Nov 10-16	R1 Skills		5.	Nov 10-16	R1 Games #3		5.	Nov 10-16	R1 XGames #4		5.	Nov 10-16	R1 XGames #2
ROUND 2	6.	Nov 17-23	R2 Games #1	ROUND 2	6.	Nov 17-23	R2 Skills	ROUND 2	6.	Nov 17-23	R2 Skills	ROUND 2	6.	Nov 17-23	R2 Skills
	7.	Nov 24-30	R2 Games #2		7.	Nov 24-30	R2 Skills		7.	Nov 24-30	R2 Skills		7.	Nov 24-30	R2 Skills
	8.	Dec 1-7	R2 Games #3		8.	Dec 1-7	R2 Games #1		8.	Dec 1-7	R2 LGames #1		8.	Dec 1-7	R2 XGames #1
	9.	Dec 8-14	R2 Skills		9.	Dec 8-14	R2 Games #2		9.	Dec 8-14	R2 LGames #2		9.	Dec 8-14	R2 XGames #2
	10.	Dec 15-21	R2 Skills		10.	Dec 15-21	R2 Games #3		10.	Dec 15-21	R2 LGames #3		10.	Dec 15-21	R2 XGames #3
	----	Dec 22-31	XMAS Break		----	Dec 22-31	XMAS Break		----	Dec 22-31	XMAS Break		----	Dec 22-31	XMAS Break
ROUND 3	11.	Jan 1-7	R3 Games #1	ROUND 3	11.	Jan 1-7	R3 Skills	ROUND 3	11.	Jan 1-7	R3 Skills	ROUND 3	11.	Jan 1-7	R3 Skills
	12.	Jan 8-14	R3 Games #2		12.	Jan 8-14	R3 Skills		12.	Jan 8-14	R3 LGames #1		12.	Jan 8-14	R3 LGames #1
	13.	Jan 15-21	R3 Games #3		13.	Jan 15-21	R3 Games #1		13.	Jan 15-21	R3 LGames #2		13.	Jan 15-21	R3 LGames #2
	14.	Jan 22-28	R3 Skills		14.	Jan 22-28	R3 Games #2		14.	Jan 22-28	R3 LGames #3		14.	Jan 22-28	R3 LGames #3
	15.	Jan 29-Feb 4	R3 Skills		15.	Jan 29-Feb 4	R3 Games #3		15.	Jan 29-Feb 4	R3 Skills		15.	Jan 29-Feb 4	R3 Skills
ROUND 4	16.	Feb 5-11	R4 Games #1	ROUND 4	16.	Feb 5-11	R4 Skills	ROUND 4	16.	Feb 5-11	Skills	ROUND 4	16.	Feb 5-11	R4 Skills
	17.	Feb 12-18	R4 Games #2		17.	Feb 12-18	R4 Skills		17.	Feb 12-18	R4 LGames #1		17.	Feb 12-18	R4 LGames #1
	18.	Feb 19-25	R4 Games #3		18.	Feb 19-25	R4 Games #1		18.	Feb 19-25	R4 LGames #2		18.	Feb 19-25	R4 LGames #2
	19.	Feb 26-Mar 4	R4 Skills		19.	Feb 26-Mar 4	R4 Games #2		19.	Feb 26-Mar 4	R4 LGames #3		19.	Feb 26-Mar 4	R4 LGames #3
	20.	Mar 5-11	R4 Skills		20.	Mar 5-11	R4 Games #3		20.	Mar 5-11	R4 Skills		20.	Mar 5-11	R4 Skills

Exhibition Games permitted

Exhibition Games permitted

Exhibition Games permitted

Exhibition Games permitted

