

2020

# TCFIHA Return to Play Safety Plan

**RETURN to HOCKEY**

COVID-19 RESPONSE

















**TRI CITIES FEMALE**



**ICE HOCKEY**

12/8/2020


## Restrictions in Place


-  **TCFIHA is in Phase 2 with battle and compete drills not permitted.**
-  **3 metre spacing between all players and coaches is now required.**
-  **Players 19 years old and older are not permitted to participate in TCFIHA ice times.**  
Only players 18 years old and younger may continue to participate with their teams.
-  **There are no spectators permitted for any TCFIHA ice times.**
-  **Maximum of 4 coaches permitted on the ice and 2 off ice team staff. No exceptions.**
-  TCFIHA players that reside in another community are permitted to play with their TCFIHA team as this is their home association this season.
-  Players are to enter all facilities with most of their gear on. Where dressing rooms are available, they are to be used for putting on skates, helmet, and gloves only.
-  Parents are not to gather in the parking lot of a facility or anywhere else on the grounds of the facilities.
-  Follow local & provincial health guidelines, along with NSO, PSO, & LSO Guidelines.
-  **Players arrive 15 mins prior to activity, must be exited the facility within 10 minutes of conclusion.**
-  **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. Masks are required in dressing rooms.**
-  For practices, where dressing rooms are in use, the 2 team staff (minimum 1 female) 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 the team staff needs to enter the dressing room, they will do so as per the Two-Deep rule. If there is only 1 female team staff, the female team staff will ensure that it is okay for the male staff to enter prior to the male staff entering the room.
-  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 there being no spectators, the parent/guardian will be required to wait in the parking lot or in their vehicle. Parents are not permitted to gather in the parking lot.
-  Please take note of 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.
-  Facilities will designate travel in and out. Refer to the Facility Protocols and Guidelines for each of the facilities in use by TCFIHA.
-  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.

- 🏒 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.
- 🏒 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.

## Enhanced Protocols


- 🏒 For all TCFIHA events, **face masks are mandatory** as of August 31<sup>st</sup>, 2020 for all players, coaches, and spectators. Masks are to be worn at all times inside the facility. Player and coaches may remove their mask when they are on the field of play.
- 🏒 Players under 12 years old are permitted to wear their helmet instead of a mask if they are not able to remove the mask and put their helmet on without assistance.
- 🏒 Players 12 and older are required to wear a mask until they are on the field of play.
- 🏒 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.
- 🏒 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.
- 🏒 Additional information for COVID-19 self-assessment can be found at:  
<https://bc.thrive.health/covid19/en>
- 🏒 Attendance Tracking is required at all ice times. All participants and team staff must provide their name and a contact number prior to being admitted into the facility.
- 🏒 Participants are required to follow proper hand hygiene protocols prior to and during activity.
- 🏒 Players and Coaches are to each obtain their own player hygiene kit which will include hand sanitizer, a reusable mask, and tissue.
- 🏒 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.
- 🏒 Participants will not spit on ice or benches
- 🏒 TCFIHA membership are not permitted to attend a TCFIHA session if they are sick or exhibiting any signs of illness such as a fever, congestion, coughing, sneezing, etc....
- 🏒 The Hockey Canada Safety Person (HCSP) will remove from the ice and/or facility anyone in attendance at a TCFIHA event that is exhibiting any signs of illness.
- 🏒 HCSP to take note of which facilities have a designated isolation room and the protocol surrounding the use of the room.
- 🏒 Everyone in attendance at a TCFIHA event, will abide by the Provincial quarantine requirements if they have traveled.


 For a player or any team staff that is exhibiting any symptoms of illness, it is recommended to call 811.


 **A player or any team staff that has been had any symptoms of illness whether mild or severe, can return to the team and ice sessions once they have provided one of the following three options:**


1. **A doctor's note clearing them to return and 100% symptom free.**  
or
2. **A negative COVID test result and 100% symptom free.**  
or
3. **100% symptom free and able to pass the Teamsnap Health Check.**

## Facility


 Any player warm-up activity is to take place outdoors, if it is permitted by the facility, and maintain appropriate 3 m physical distancing.


 Any player warm-up is to be supervised by two team staff members to ensure proper physical distancing and the two-deep method.

 TCFIHA will provide a copy of the facility protocols to all players, parents, and coaches as part of the TCFIHA Safety Plan. It is mandatory that all TCFIHA membership be familiar with the protocol for the facility that they are attending.

 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 and all facility protocols.

## Participants



 A participant is defined as a player or coach that is on the ice during practices.

 Coaches are not a part of the cohort and must always maintain the 3 m physical distancing from the other coaches and all the players.




## Activities

 Phase 2 practices permitted with 3 m physical distancing.









## Contact Activities

-  No contact or battle drills permitted in Phase 2.
-  **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.**



## Competition







-  **No competition while in Phase 2.**
-  No affiliate players.
-  TCFIHA will follow current and future guidelines from PSO, NSO, and LSO.

## Equipment

-  No sharing of water bottles. ([Please see The Hockey Canada Safety Program recommends the following protocol for the use of water bottles.](#))
-  No water fountains available at the facilities. Water bottle must be filled at home.
-  Water bottles to be spaced out 2 meters on the two benches or around the arena.
-  All protective equipment must always be worn and not be shared.
-  TCFIHA will provide the HCSP disposable masks, hand sanitizer, and disinfectant spray with all assigned team first aid kits.
-  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.
-  Players are not permitted to share gear.
-  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.

## Safety Plan Infractions

-  Any infractions or blatant disregard for the TCFIHA Safety Plan and/or the Facility Safety Plan & Protocols can result in the termination of the TCFIHA ice contract for all teams at that facility.
-  Any infractions or blatant disregard by an attendee or player must be reported to the team's HCSP and then to the TCFIHA Risk Manager. The TCFIHA Risk Manager will inform the TCFIHA President and the two shall confirm the associated disciplinary action based on the below.

-  Any attendee or player that does not abide by any part of this safety plan will have the player suspended from 1 ice time for the first infraction.
-  An attendee or player that is found to not be abiding for a second time, will be suspended for 2 ice times.
-  At the third and any subsequent infraction by an attendee or player, the player will be suspended for a minimum of one week for each additional infraction from all TCFIHA events.
-  If a team is found to be not abiding by the TCFIHA Safety Plan, the team will lose one ice time.
-  Once a team has lost one ice time, any subsequent infractions by the team will result in a loss of a minimum of one week of ice for each infraction.
-  If a team is penalized for an infraction by the facility, the stronger of the two infractions shall be in effect.

## TCFIHA Communication Officer

TCFIHA President Heather D Fox

[President@TriCitiesFemaleIceHockey.ca](mailto:President@TriCitiesFemaleIceHockey.ca)

## TCFIHA Facility Safety Plans

City of Coquitlam: <https://www.coquitlam.ca/public-safety/public-health-information/COVID19>

City of Port Coquitlam: <https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/>

City of Port Moody: <https://www.portmoody.ca/en/city-services/novel-coronavirus-covid-19.aspx>

Planet Ice Re-opening Plan: <https://planetice.ca/pdfs/reopening.pdf>

TCFIHA Facility Guideline for Practices

MASKS ARE MANDATORY AT ALL TCFIHA FACILITIES

Facility	Arrival Time	Entering	Departure Time	Exit	Team Staff Restrictions	Spectators at Practices	Dressing Rooms for Practice	Washroom	Isolation Room
Planet Ice - All arenas	15 minutes Prior to ice time	Main front lobby door	10 minutes from the end of ice time	Exit door off of arena	<p><b>Practices</b> - Limited to players, 4 coaches, and 2 off-ice team staff which must include 1 HCSP and a minimum of 1 female if dressing rooms are being used. Maximum on the ice is 25 including all players and coaches.</p> <p><b>U9 and younger</b> - 1 parent / guardian per athlete may assist with equipment before &amp; after ice sessions. Must vacate once session starts and can re-enter 1 minute before session ends</p> <p><b>Goalie Development</b> - 1 parent / guardian per athlete may assist with equipment before &amp; after ice sessions. Must vacate once session starts and can re-enter 1 minute before session ends.</p>	None	<p>Yes - Maximum 8 in a dressing room. Must maintain 3 m spacing. Two per ice session.</p> <p><b>Enter facility in gear with only skates, helmet, and gloves to be put on.</b></p>	In lobby	No

Facility	Arrival Time	Entering	Departure Time	Exit	Team Staff Restrictions	Spectators at Practices	Dressing Rooms for Practice	Washroom	Isolation Room
Port Moody Arena 1	15 minutes Prior to ice time	Blue doors to the right of the main arena entrance beside the playground.	10 minutes from the end of ice time	Emergency exits at the side exit in Arena 1	Limited to players on the ice, 4 coaches maximum, and 2 off-ice team staff one of which must be a HCSP.	None	No	In Lobby	First ref room
Port Moody Arena 2	15 minutes Prior to ice time	Double glass doors at the courtyard to the left of the main arena.	10 minutes from the end of ice time	Emergency exit at the end of Arena 2.	Limited to players on the ice, 4 coaches maximum, and 2 off-ice team staff one of which must be a HCSP.	None	No	In lobby	Ref room at the end of the rink



Facility	Arrival Time	Entering	Departure Time	Exit	Team Staff Restrictions	Spectators at Practices	Dressing Rooms for Practice	Washroom	Isolation Room
Port Coquitlam Green Arena	15 minutes Prior to ice time	Main arena entrance	15 minutes from the end of ice time	Arena exit door at north east corner	Limited to players on the ice, 4 coaches maximum, and 2 off-ice team staff one of which must be a HCSP.	None	No	In lobby	First aid room outside Green arena door by zamboni
Port Coquitlam Purple Arena	15 minutes Prior to ice time	Main arena entrance	15 minutes from the end of ice time	Exit glass door out to parking lot on North side of arena	Limited to players on the ice, 4 coaches maximum, and 2 off-ice team staff one of which must be a HCSP.	None	No	In lobby	First aid room outside Green arena door by zamboni

Facility	Arrival Time	Entering	Departure Time	Exit	Team Staff Restrictions	Spectators at Practices	Dressing Rooms for Practice	Washroom	Isolation Room
Poirier Arena 1	15 minutes Prior to ice time	Push door at east entrance of facility	15 minutes from the end of ice time	East push door of facility	Limited to players, 4 coaches, and 2 team staff which must include 1 HCSP and a minimum of 1 female if dressing rooms are being used.	None	Dressing rooms 7 to 10 with maximum of 7 per room. Must socially distance. <b>Enter facility in gear with only skates, helmet, and gloves to be put on.</b>	Available inside assigned dressing rooms and ref room #11 when not utilized by refs.	No
Poirier Arena 2	15 minutes Prior to ice time	East fire doors by ref room 12 and 13	15 minutes from the end of ice time	East fire doors by ref room 12 and 13	Limited to players, 4 coaches, and 2 team staff which must include 1 HCSP and a minimum of 1 female if dressing rooms are being used.	None	Dressing rooms 1 to 4 with maximum of 8 per room. Must socially distance. Only 2 per ice time. <b>Enter facility in gear with only skates, helmet, and gloves to be put on.</b>	Ref room 12	No
Poirier Arena 3	15 minutes Prior to ice time	South entrance of facility	15 minutes from the end of ice time	South entrance of facility	Limited to players on the ice, 4 coaches maximum, and 2 off-ice team staff one of which must be a HCSP.	None	No	Women's, men's & universal washrooms by south entrance	No

## **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>

## 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 – exit on the far right of the main courtyard. To the right of the Arena 2 entrance).
- 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 completes a COVID-19 self-assessment health check and these records must be maintained by the user group.
- Player dressing rooms, coaches' room and referee rooms are not available for use at this time.

### Building Entry

- Face masks are required when entering/exiting the building, while walking through the lobby and hallways, and at any other time when physical distance cannot be maintained.
- 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.
- No spectators allowed.
- 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 exit beside the entrance to 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.





## COVID-19 PLAN PHASE 12

December 3, 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 COVID-19 plan is guided by local and public health authorities including the **Provincial Health Order issued December 2, 2020**.

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.

### 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 ensure you are appropriately physically distancing yourself from others.

### 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.
  - While at a table 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 and group suspended.



## 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.
- One of our staff members will be present at the main entrance to manage your check in.
- **On ice and on players benches social distancing is mandatory.**
  - 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 side exit at your designated arena.
- At Planet Ice Delta - you will exit the facility the same way you entered.
- At Planet Ice Maple Ridge – you will exit the facility the same way you entered.

## Washrooms

- At Planet Ice Coquitlam, the downstairs lobby washrooms are available.
- At Planet Ice Delta, the upstairs lobby washrooms, and the washrooms in the concession on the downstairs level are available. For Coaches and Athletes, the officials room designated on your rink.
- At Planet Ice Maple Ridge, the downstairs lobby washrooms are available.
- Please note that no gathering in lobby spaces will be permitted.

## Dressing Rooms

- Masks are mandatory until helmets are on to exit dressing room.
- There will be no showers or washrooms inside the dressing rooms.
- At Planet Ice Coquitlam groups can utilize up to 4 dressing rooms per booking.
- At Planet Ice Delta groups can utilize 2 dressing rooms per booking.
- At Planet Ice Maple Ridge groups can utilize 2 dressing rooms per booking.
- There are marked sections for each athlete to use to social distance.



### Maximum Number of Participants – Private Groups

- Private Adults Groups (**Games**) – NOT PERMITTED
- Private Youth Groups (**Practices**) - A maximum of **25 participants in the field of play per rink**. This includes athletes & coaches. Shooting, passing, skating drills are permitted. Social Distancing is always mandatory. No scrimmages or battle and compete drills. For practice sessions 2 Event Staff are also permitted. (No Spectators)
- Private Youth Groups (**Games**) – NOT PERMITTED
- Public Programs – A Maximum of **30 participants**. This includes 26 skaters & 4 on ice staff. (No Spectators)

### Maximum Number of Participants – Governed Sports

- Hockey & Ringette (**Practices**) – A maximum of **25 participants in the field of play per rink**. This includes athletes & coaches. Shooting, passing, skating drills are permitted. Social Distancing is always mandatory. No scrimmages or battle and compete drills. For practice sessions 2 Event Staff are also permitted. (No Spectators)
- Hockey & Ringette (**Games**) – NOT PERMITTED
- Skating Clubs (**Training Sessions**) – A maximum of **25 participants in the field of play per rink**. This includes athletes & coaches. Social Distancing is always mandatory. For training sessions 2 Event Staff are also permitted. (No Spectators)

### Event Staff

- Event staff includes scorekeepers, timekeepers, managers, safety person / trainer, videographer & dressing room / essential volunteers.
- Event Staff not involved in game play must sit or stand in the designated sections that are appropriately socially distanced from the next person.
- There is no in and out privileges for participants or event staff. If you leave during ice session you are unable to re-enter.
- There is no swapping of participants or event staff during your ice session.



### Assisting Athletes

- U9 (2012) & Younger 1 parent / guardian per athlete may assist with equipment before & after ice sessions. Must vacate once session starts and can re-enter 1 minute before session ends. They will be let in by the groups Safety Ambassador once our Host has approved.
- U11 (2010) & Younger **GOALIE DEVELOPMENT** 1 parent / guardian per athlete may assist with equipment before & after ice sessions. Must vacate once session starts and can re-enter 1 minute before session ends. They will be let in by the groups Safety Ambassador once our Host has approved.
- No siblings are permitted within the facilities.

### Safety Ambassador Mandatory

- Each group must appoint a Safety Ambassador for each team as part of their Return to Sport.
- The team's Safety Ambassador will screen for illness prior to entering the arena including athletes, coaches, event staff and on ice officials.
- The team's Safety Ambassador **will meet the arena Host at the entrance door 15 minutes prior to the ice time.** If no Safety Ambassador is in attendance the group will be unable to enter the facility. It is the responsibility of the team's Safety Ambassador to manage the entrance door once the arena attendant has opened the entrance door. The Safety Ambassador must remain at the front entrance until all participants, event staff and officials have entered.
- Following a U9 (2012) & younger session the Safety Ambassador will need to be at the front entrance to let parents / guardians in to assist with removal of athlete's equipment. Our Host will indicate when they can enter. All parents / guardians are to enter all at once. This will occur with 1-minute left in the ice session.
- Following a U11 (2010) & younger **GOALIE DEVELOPMENT** session the Safety Ambassador will need to be at the front entrance to let parents / guardians in to assist with removal of athlete's equipment. Our Host will indicate when they can enter. All parents / guardians are to enter all at once. This will occur with 1-minute left in the ice session.
- The team's Safety Ambassador will maintain a record of names and phone numbers for those persons entering the arena. This information will be made available to the Public Health Authority upon request for the contact tracing purposes.
- The team's Safety Ambassador will enforce the facility and LSO guidelines.
- The teams Safety Ambassador must be easily identifiable i.e. Clipboard and lanyard.

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

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.**

# Poirier Sport & Leisure Complex

## Arena Facility Guidelines:

Updates: December 2, 2020

- No spectators
- 3m distancing must be maintained while on the field of play
- No games/ scrimmages – Via sport phase 2  
[https://www.viasport.ca/sites/default/files/SPORT\\_ACTIVITY\\_CHART\\_12-03.pdf](https://www.viasport.ca/sites/default/files/SPORT_ACTIVITY_CHART_12-03.pdf)
- No adult sport – practise or games
- Masks are mandatory indoors. They may be removed when participants reach their program space and distancing can be maintained during activities

### 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) No 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:** two meter distancing applies to participants on the same team of the same cohort.
- **Time Keeper Bench:** maximum 1 person;
- **Penalty Boxes:** two meter distancing applies to participants on the same team of the same cohort.
- **Dressing Rooms # 1-4, Ref Room #13 & Gender Neutral Dressing Room #5:**
  - 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):** No spectating allowed. (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Music Room:** by appointment only.
- **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.
- **Ice Dividers:** Ice dividers are available for use located in the South East Storage Room in Arena 2; they are only to be used for U9 and below. User groups are responsible for cleaning dividers & putting away after each use.

### 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) **No 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:** **two meter distancing applies** to participants on the same team of the same cohort.
- **Time Keeper Bench:** **maximum 1 person;**
- **Penalty Boxes:** **two meter distancing applies** 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 skates on.
- **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 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 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.
- **Ice Dividers:** Ice dividers are available for use located inside the South East Storage Room of Arena 2; they are only to be used for U9 and below. User groups are responsible for cleaning dividers & putting away after each use. A maximum of 2 volunteers can enter into Arena 2 at the furthest North East door between the two rinks.

## 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 ) **No spectators**
- **Walking Track:** closed
- **Players Benches:** **two meter distancing applies** to participants on the same team of the same cohort.
- **Time Keeper Bench:** **maximum 1 person;**
- **Penalty Boxes:** **two meter distancing applies** to participants on the same team of the same cohort.
- **Dressing Rooms #7-10, Ref Room #11 & Gender Neutral Dressing Room #14:** 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 (still limited to the max capacity 50 including player, coaches, spectators and staff)
  - **Evaluator viewing, Media or Safety Personnel 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
- **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
- **Ice Dividers:** Ice dividers are available for use located just inside the double doors of the main dressing room hallway inside Arena 2; they are only to be used for U9 and below. User groups are responsible for cleaning dividers & putting away after each use. A maximum of 2 volunteers can enter into Arena 2.

## Poirier Forum Facility Guidelines:

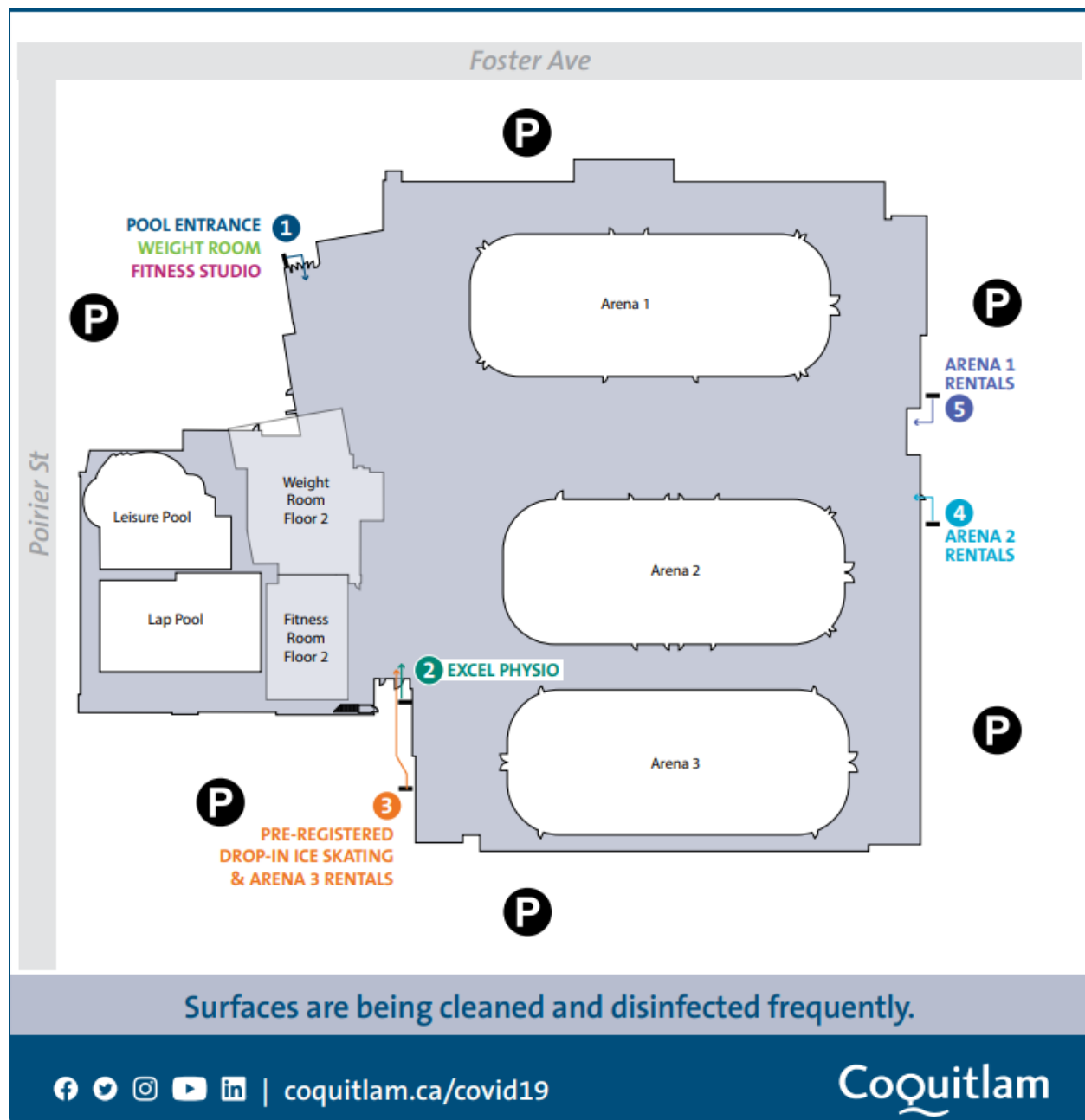
Open August 10, 2020

- **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) **No 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;**
- **Penalty Boxes:** **two meter distancing applies** to participants on the same team of the same cohort.
- **Dressing Rooms 1-4:** **maximum 7 people per room;** washroom is available.
- **Viewing Area (standing only):** **Closed no spectators**
- **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.



### 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.





## SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
<b>Restrictions in Place</b>	<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>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	<ul style="list-style-type: none"> <li>Increased personal hygiene, cleaning protocols and symptom screening</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
<b>Facility</b>	<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>	<ul style="list-style-type: none"> <li>Participants should maintain physical distance while not on field of play</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
<b>Participants</b>	<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 increase based on sport type (i.e. level of contact).</li> <li>Participants and spectators must adhere to 50 people max per event public health guidance</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
<b>Non-contact Activities</b>	<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>Where feasible, limit contact (i.e. coming within two metres) in training and sport activities</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Contact Activities</b>	<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>Cohort model introduced for sports that cannot maintain 2m physical distancing.</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Competition*</b>	<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>Competition slowly introduced.</li> <li>Regional competition for sports in cohorts.</li> </ul>	<ul style="list-style-type: none"> <li>Provincial competitions and larger scale events may return</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>No shared equipment</li> </ul>	<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>Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>Shared equipment</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Limited</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited</li> </ul>

\*Introduction of competitive activities should be in alignment with sport-specific guidelines.



**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

# 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):

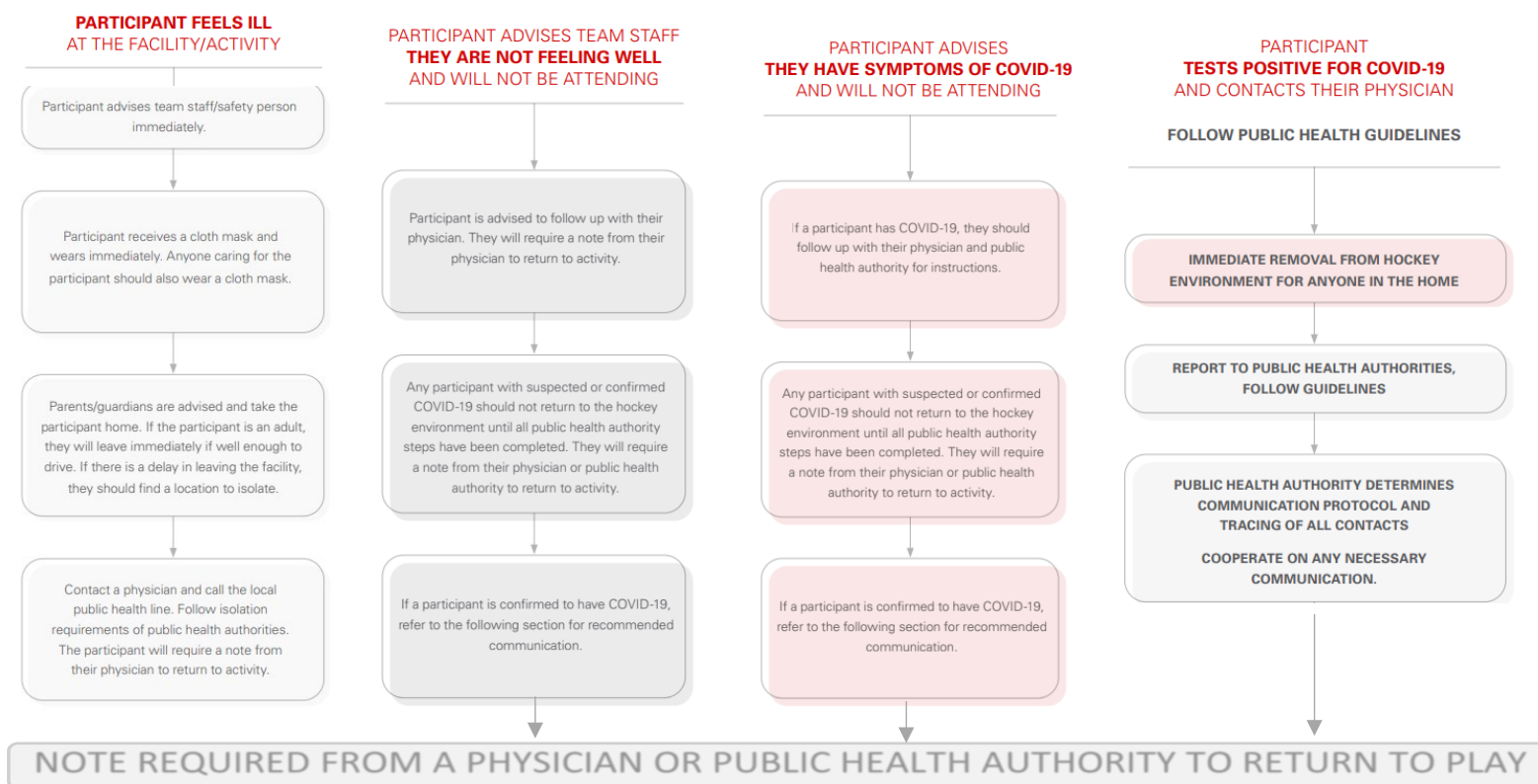
- ☐ Pre-registration for all activities or programs (e.g. no on-site payments)
- ☐ Payment policy is flexible to make activities or programming accessible
- ☐ Refund policies in place, communicated and flexible (ex. Dependant upon illness)
- ☐ Ensure that all participants that are unwell or displaying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

	<b>Strictest Controls</b> Prior to May 19, 2020	<b>Transition Measures</b> Approx. May 19th to Sept	<b>Progressively Loosen</b> Future date TBC	<b>New Normal</b> 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

# 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