

2021

# TCFIHA Return to Play Safety Plan

**RETURN to HOCKEY**

COVID-19 RESPONSE

**TRI CITIES FEMALE**



**ICE HOCKEY**

6/23/2021

As we move forward, the change to guidelines is expected to move at a faster pace than last season. TCFIHA updates their Safety Plan with each change, but this is a reminder that all TCFIHA ice times must follow the current, approved Safety Plan.



















The current Safety Plan can always be found on the TCFIHA website:

<https://www.tricitysfemaleicehockey.ca/>






If you have any questions at any ice time, please speak to the Hockey Canada Safety Person (HCSP) in attendance.

TCFIHA ice times/events must follow all governing body guidelines. Links are enclosed for your reference. If there is a conflict between any guidelines, the stricter of the two are to be followed.











### Restrictions in Place




-  Battle and compete drills are now permitted.
-  Scrimmage/game play is now permitted.
-  2 meters spacing is required when not on the Field of Play.
-  No spacing required when on the Field of Play.
-  Masks are required by everyone when not on the Field of Play.
-  Players may remove their masks while on the Field of Play. (Ice and Benches only).
-  Players under 12 years old are exempt from wearing a mask.  
Coaches must wear a mask while on the field of play.
-  Anyone in the Scorekeepers/Timekeepers box must wear a mask.
-  There are no spectators permitted for any TCFIHA ice times.
-  Provincial travel permitted.
-  Dressing rooms permitted as per Facility guidelines, with 2 meters distancing, and
-  masks on.  
For Try Hockey events, players will be provided gear upon their arrival to use for the ice
-  time and then returned to TCFIHA at the end of the session.  
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.
-  Player arrival and departure times are listed in the facility guidelines that are enclosed,
-  as they are different for some TCFIHA facilities.  
For TCFIHA Try Hockey Events, arrival and departure time is within 30 minutes prior and
-  after the session.  
For practices, where dressing rooms are in use, two 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.
-  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. 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




-  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. 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 2 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.
-  All coaches and players must always maintain the 2 m physical distancing from the other while not on the Field of Play.
-  Permitted participant numbers vary at our facilities. Please refer to enclosed facility protocols and guidelines.










## Activities

-  Complete and battle drills are permitted.
-  **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







-  Scrimmage/game play is permitted.
-  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.
-  For Try Hockey events, TCFIHA will provide participants with hockey gear that has been cleaned as per the COVID-19 recommendations which are outlines below in the cleaning of the goalie gear. No sharing of gear at Try Hockey events. Helmet and Skates will be provided for Try Hockey through the Poirier Rental Shop.
-  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>

## [Additional Links](#)

BC Public Health Order: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

BC Restart Plan: <https://www2.gov.bc.ca/gov/content/covid-19/info/restart>

Via Sport restart: [https://www.viasport.ca/sites/default/files/FAQ\\_Restart\\_06-15.pdf](https://www.viasport.ca/sites/default/files/FAQ_Restart_06-15.pdf)

BCRPA restart plan: <https://www.bcrpa.bc.ca/media/326505/bcrpa-restart-highlights-june-15.pdf>

Fraser Health resources: [https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.YMaN\\_rVKiUk](https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.YMaN_rVKiUk)

City of Coquitlam updates: <https://www.coquitlam.ca/291/Updates-on-Coronavirus-COVID-19>

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

## STEP 1

Effective May 25

### Outdoor sport

- Travel limited
- Training and competition allowed
- Maximum group size in effect
- No spectators

### Indoor sport

- Must maintain physical distance on and off the field of play
- Travel limited

### High-performance sport

- CSI-P exemption in effect

## STEP 2

Effective June 15

### Outdoor sport

- Recreational travel, including for sport, allowed within B.C.
- Maximum group size is 50 for adults (i.e. 22 and over). That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity
- No maximum group size for children and youth (i.e. those under 22)
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained.
- Up to 50 spectators
- Masks not required

### Indoor sport

- Recreational travel, including for sport, allowed within B.C.
- Maximum group size is 50 for children/youth and adults. That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained
- Field of play: no masks required
- Off the field of play: masks required
- No spectators

### High-performance sport

- CSI-P identified athletes do not have a maximum group size for outdoor sport activities, but must adhere to all other Step 2 rules

## STEP 3

July 1  
(Earliest)

### Outdoor sport

- Increased group size
- Increased travel
- Increased spectators

### Indoor sport

- Increased group size
- Increased travel
- Increased spectators

### High-performance sport

- Inter-provincial restrictions lifted

## STEP 4

Sept 7  
(Earliest)

Return to normal sport competitions for both indoor and outdoor sport



# FACILITY GUIDELINES - ARENAS

Updated: June 22, 2021(BC Re-start Step 2)

## Safety Plans

- Mandatory for every user group when using the indoor facility.  
Please see the BC Public Health Order page 9. <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>  
[Ensure safety plan is aligning with your sports governing body, viaSport, and municipal facility guidelines.](#)

## Capacity

- 50 person maximum, including coaches, managers, trainers and any other persons involved in an official capacity.  
Please see pages **9, 10, 13** of the BC Public Health Order for indoor sport capacity.  
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

## Distance

- On field of play - 0
- Off field of play – 2m  
Please see page **10** of the BC Public Health Order for indoor sport distancing.  
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

## Masking

- Not required when on field of play
- Mandatory indoors except children under 12  
Please see the mask mandate order [https://www.bclaws.gov.bc.ca/civix/document/id/mo/mo/m0012\\_2021](https://www.bclaws.gov.bc.ca/civix/document/id/mo/mo/m0012_2021)

## Competition

- Access to the event is controlled.
- The organizer must collect the first and last names and telephone or email address of every participant at an event
- Participants must disperse immediately after an event and must not congregate with participants who are leaving the event for a subsequent event.  
Please see page 10, 11, 12 of the BC Public Health Order <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

## Travel

- Provincial only

## Spectators

- No spectator at this time.  
Please see page 13 of the BC Public Health Order <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

## Transition times

- There needs to be sufficient time between events to permit a place to be cleaned, sanitized and ventilated without any participants being present.  
Please see page 12 of the BC Public Health Order <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

- Participants at an event (example arena 2) do not have contact with participants in another event (example arena 3) and that there are separate entrance and exit for each of the events. Participants leaving one event must not have contact with participants arriving for a subsequent event. Washroom is the only exception.

Please see page 11, 12 of the BC Public Health Order. <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

### **Amenities**

- Dressing rooms – open with 2m physical distancing (mask is required when off field of play)
  - Capacities posted outside each dressing room
- Showers - closed
- Water fountains - closed
- Lobbies – closed
- Viewing areas – closed
- Storage and office space – open by appointment only

### **Links**

BC Public Health Order: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

BC Restart Plan: <https://www2.gov.bc.ca/gov/content/covid-19/info/restart>

Via Sport restart: [https://www.viasport.ca/sites/default/files/FAQ\\_Restart\\_06-15.pdf](https://www.viasport.ca/sites/default/files/FAQ_Restart_06-15.pdf)

BCRPA restart plan: <https://www.bcrpa.bc.ca/media/326505/bcrpa-restart-highlights-june-15.pdf>

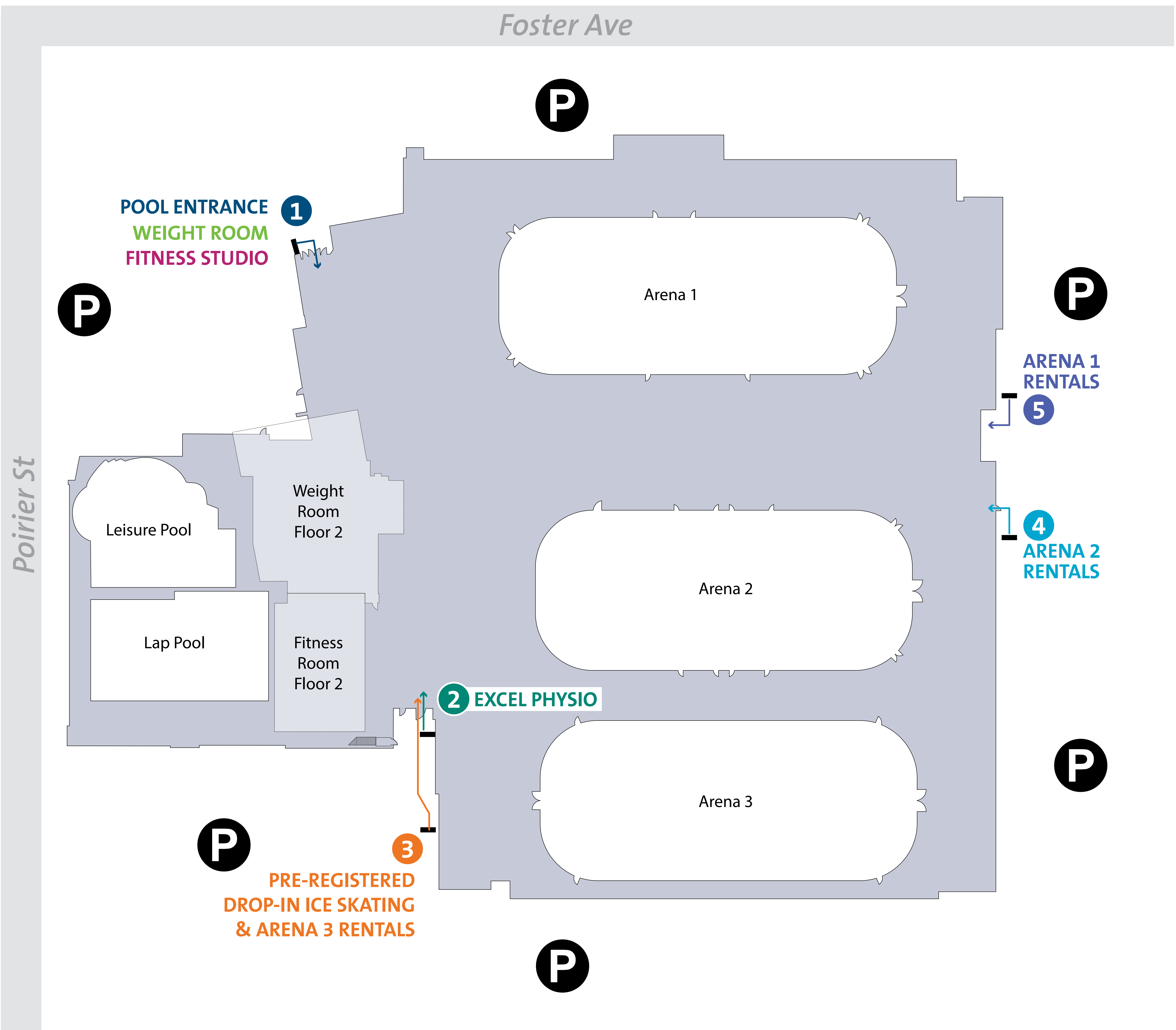
Fraser Health resources: [https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.YMaN\\_rVKiUk](https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.YMaN_rVKiUk)

City of Coquitlam updates: <https://www.coquitlam.ca/291/Updates-on-Coronavirus-COVID-19>

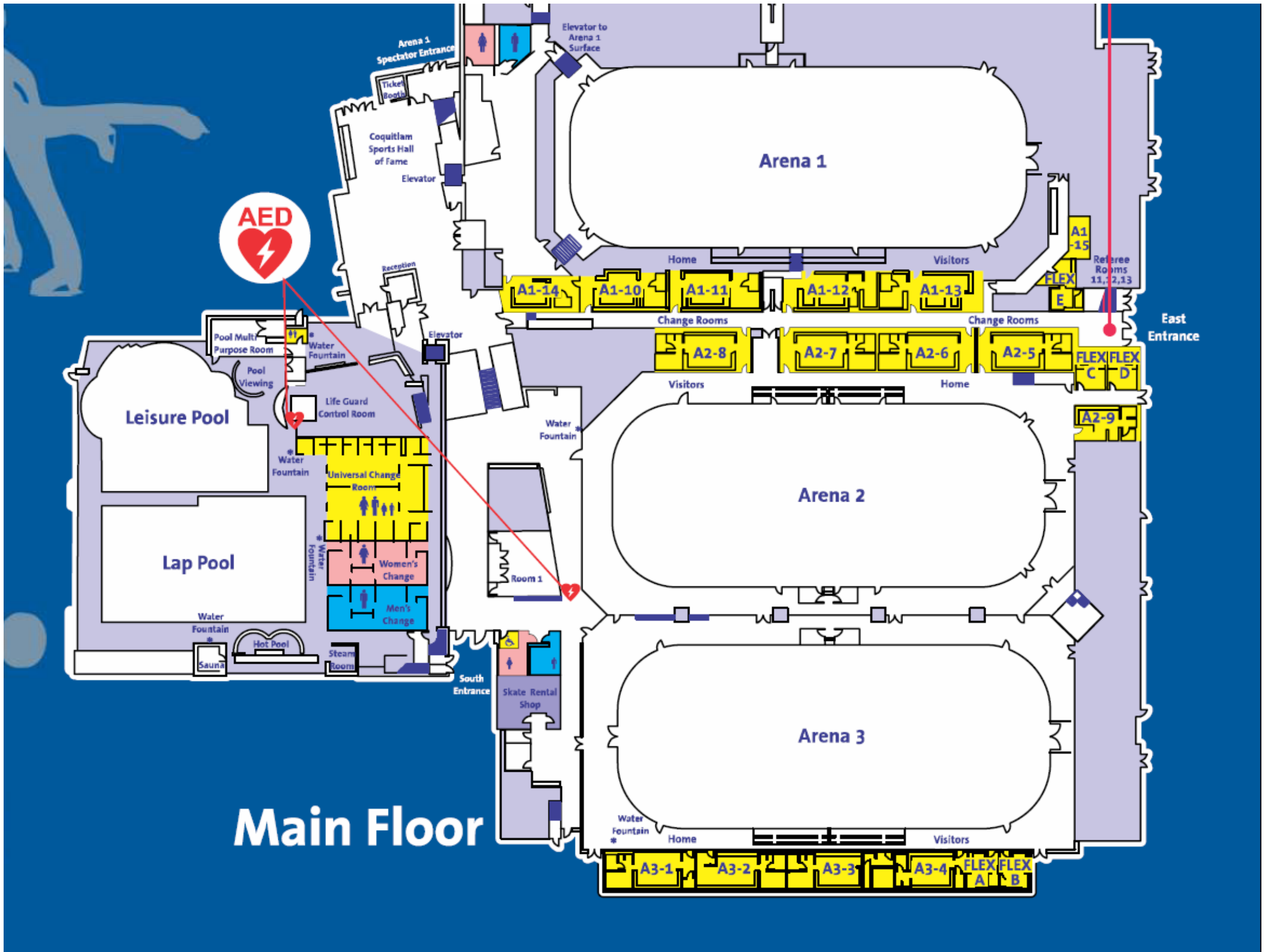
Please refer to your Provincial governing body for more details on your clubs specific sport return to play

# PSLC Hours of Operation

6:30 – 11:30 a.m. & 3:30 – 8:30 p.m.



Surfaces are being cleaned and disinfected frequently.



# Main Floor



## COVID-19 PLAN PHASE 14

June 15, 2021

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 June 15, 2021**.

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 15-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 based on the specific guidelines below based on age of athletes.
- When you arrive at the arena 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. **This includes coaches on the ice and benches.** 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) for **ATHLETES ONLY**.
  - 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 coaches 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 at the south side door on the Cam Neely surface.

## 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.
- Groups can utilize up to 2 dressing rooms per booking based on guidelines below.



### Maximum Number of Participants

- Adults Groups (**Games**) – A maximum of **22 participants in the field of play per rink**. This includes all athletes. An additional 2 referee's and 1 scorekeeper are permitted. (No Spectators)
- Youth Groups (**Practices**) - A maximum of **25 participants in the field of play per rink**. This includes athletes & coaches. Additionally, 2 Event Staff are also permitted. (No Spectators)
- Youth Groups (**Games**) – A maximum of **34 participants (17 per team max) in the field of play per rink**. Additionally, 3 Coaches & 1 Event Staff per team, 3 referee's and 1 scorekeeper are also permitted. (No Spectators)
- Skating Clubs (**Training Sessions**) – A maximum of **25 participants in the field of play per rink**. This includes athletes & coaches. Additionally, 2 Event Staff are also permitted. (No Spectators)
- Public Programs – A Maximum of **30 participants**. This includes 26 skaters & 4 on ice staff. (No Spectators)

### Event Staff

- Event staff includes **Team Manager & Safety Ambassador**.
- 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.

### Accessing the Facility / Staff Responsibilities

- 2013 birthyear & younger enter the facility fully dressed 3-minutes prior to session start once the **TEAM MANGER** has signed in at the HOST station. 1 parent / guardian per athlete may assist athlete to get to their scheduled rink and vacate once session starts. Parent / guardian can re-enter, when directed by the **FACILITY HOST**, to assist athlete with exiting the facility. This will be once the session is over. **NO DRESSING ROOM ACCESS**
- 2011 - 2012 birthyears enter the facility fully dressed 3-minutes prior to session start once **TEAM MANAGER** has signed in at the HOST station. **NO DRESSING ROOM ACCESS**.
- 2010 birthyear & older enter the facility 15-minutes prior to session start once the **TEAM MANGER** has signed in at the HOST station. **TEAM MANAGER** must be stationed outside of the dressing rooms supervising the group. **TEAM MANAGER** ensures athletes remain in their dressing rooms until scheduled ice time. Following the session, the **TEAM MANAGER** is responsible for ensuring athletes vacate the facility within 10 minutes.



- Speed Skating groups (Athletes & Volunteers) may enter 15-minutes prior to session start to assist with Rink Safety Mats. Dressing room access is available for **ATHLETES ONLY**. Parents are to exit facility once Rink Safety Mats are installed. Volunteers will re-enter 10 minutes prior to session ending to remove Rink Safety Mats.
- No siblings are permitted within the facilities.

### **Team Manager Mandatory**

- Each group must appoint a Team Manager for each team as part of their Return to Sport.
- The Team Manager **will meet the arena Host at the entrance lobby 5 - 15 minutes prior to the ice time (depending on age of group and access time)**. If no Team Manager is in attendance the group will be unable to enter the facility.
- The Team Manager 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 Manager will enforce the facility and LSO guidelines.
- The Team Manager must be easily identifiable.

**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.**