



RETURN to HOCKEY

COVID-19 RESPONSE



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: **Brianne Hillson**

*We have appointed a Communications Officer, Brianne Hillson, President of SOMHA along with a Return to Play Committee who all work in collaboration together to monitor all updates from public health authority, local facilities and Hockey Canada.

*The Communications Officer will maintain contact with local facilities on guidelines and updates and advise Return to Play Committee.

*The SOMHA Executive will ensure that all teams are following the prevention guidelines set out by BC Hockey and Hockey Canada.

*In the event of any confirmed or suspected COVID-19 cases, SOMHA will report to PHO, BC Hockey, OMAHA and local facilities.

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?

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

- Are masks required when entering the facility? Yes No

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

- | | |
|--|---|
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Main Lobby |
| <input checked="" 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="Oliver Isolation area female dressing room"/> |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Ice surface or surfaces (ex. Rink 1) <input type="text"/> |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Other <input type="text"/> |

- 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)

Oliver - 2 dressings room will be used per a team, must leave facility within 10 minutes and sit in marked seating
Osoyoos - Unable to use dressing rooms. Players will go to marked seating locations to tie skates, fasten helmets and remove skate guards, etc.

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

Designated markers in stands with 6 feet spacing

- Shower and Washroom facilities

Washrooms will be open with sanitation of the areas occurring periodically

- Isolation area & Other areas (if applicable)

Oliver - Female Dressing Room
Osoyoos - None has been indicated

- Ice Surface(s)

- Players will enter through the gate which is identified as the entrance
- Ice capacity is 18 in Oliver and 17 in Osoyoos, which includes coaches, instructors and participants
- Participants will exit single file through gate identified as exit

- 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.*

Ice capacity for all user groups is 17. Includes coaches, instructors and participants. Team composition including coaching staff will not exceed 17.

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

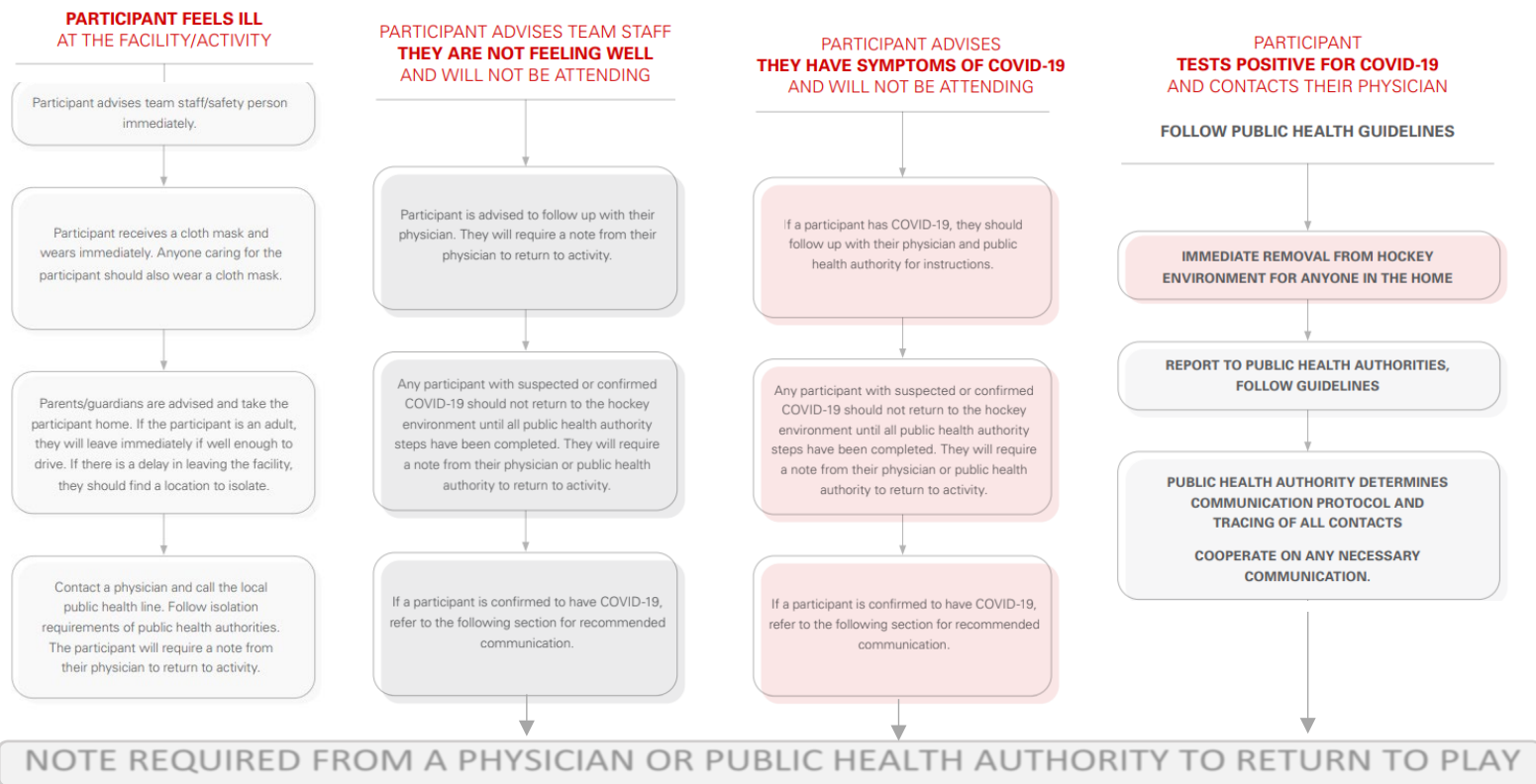
Hygiene & Illness Protocols

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

COVID-19 screening form must be completed by patrons entering the facility. If someone shows symptoms while entering, they will not be permitted access and be sent home.

Follow COVID-19 illness protocol flow chart.



(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

All teams will be provided with Safety kits which include gloves, masks and disinfectants. The Safety Kits will also contain the Emergency Action Plan, COVID-19 screening form and COVID-19 illness protocol flow chart.

At least one HCSP will be onsite for all hockey activities.

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"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	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"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	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"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

Enter Plan Comments

Phase 2

SOMHA is confident that we can meet the guidelines that have been mandated by Hockey Canada/BC Hockey, all levels of government and Provincial and Local authorities.

When moving into the next phase, SOMHA will consult with the local arenas and other governing bodies to ensure the continued compliance with the Return to Sport plan.

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	Maintain the physical distancing requirements and when cannot be achieved masks will be worn. No more than 48 individuals will be in the facility at all times.	*See attached from Oliver/Osoyoos arenas
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene <input type="checkbox"/> Symptom screening in place	Coaching staff will encourage and oversee hand sanitization when participants have started/ ended physical activities. All individuals will be screened prior to entering facility and responsible for own equipment. No sharing of equipment.	See attached from Oliver/Osoyoos arenas
Facility	<input type="checkbox"/> Outdoor activities recommended <input type="checkbox"/> Indoor facilities slowly re-opening	Dryland will be done outside whenever possible with physical distancing measures in with physical distancing measures in place.	See attached from Oliver/Osoyoos arenas
Participants	<input type="checkbox"/> Small groups <input type="checkbox"/> No or limited spectators	Team sizes will be capped at 17 including coaching staff One parent per child will be able to enter facility.	See attached from Oliver/Osoyoos arenas
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	No contact - all activities will maintain the 2 meter distancing. All training and drills will be designed to maintain physical distancing. No contact permitted.	See attached from Oliver/Osoyoos arenas
Competition	<input type="checkbox"/> In member activity <input type="checkbox"/> Modified non-contact game play	Team specific for each session.	See attached from Oliver/Osoyoos arenas
Equipment and Surfaces (facility)	<input type="checkbox"/> Minimal shared equipment <input type="checkbox"/> Disinfect shared equipment and surfaces before, during and after activity	No sharing of equipment or water bottles. Players must come with water bottles filled. Coaches are required to disinfect common gear after every practice (pucks, boards, etc) Players should disinfect own gear after each session (gloves, stick, helmets, etc).	See attached from Oliver/Osoyoos arenas

Enter Phase 2 Plans

- *Communications officer in conjunction with the Return to Play Committee will have ongoing communication with SOMHA Executive, facilities, coaching staff and families.
- *Continually review and follow all levels of government, local and provincial health authorities, Hockey Canada, BC Hockey and OMAHA safety guidelines and amend the plan whenever required.
- *Continue to have dialogue with the Town of Osoyoos and Oliver Parks & Rec regarding facility safety.
- *Ensure that coaches, managers and HCSP have monthly meetings to go over the COVID protocols.
- *Ensure parents are educated on player equipment hygiene and BC Hockey illness protocols.
- *HCSP will ensure illness protocols and return to play guidelines are adhered to under the direction of SOMHA's Risk Manger Director.
- *Players will arrive at the arena dressed, 15 minutes prior to scheduled ice time entering at designated entrance.
- *Attendance will be taken at every event to assist with contact tracing.
- *One parent per child will be allowed to enter facility. Must maintain physical distancing from other patrons.
- *Physical distancing of 2 metres will be adhered to on and off the ice. Masks will be used whenever social distancing is not possible. If player is injured, masks and gloves MUST be worn by coaching staff/HCSP.
- *Isolation room is identified in Oliver as Female dressing room. Osoyoos is TBD.
- *Best practices for hygiene will be followed - washing hands, santizing equipment, no spitting at all.
- *Water bottles must be labelled and filled for each practice. Washed after every practice. No sharing.
- *Activities will be limited to hockey skills training that meets the 2 meter physical distancing.
- *Dryland training will adhere to all of the same hygiene and distancing guidelines.

This step complete

Return to Hockey Plan - Phase 3

Category	Progressively Loosen	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 <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

Will be reviewed once information is received from facilities, local/provincial health authorities, various levels of government and BC Hockey, Hockey Canada and OMAHA.

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

Will be reviewed once information is received from facilities, local/provincial health authorities, various levels of government and BC Hockey, Hockey Canada and OMAHA.

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

APENDIX

Facility Guideline Requirements



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

Osoyoos

- Physical distance markers will be in place on the floor and outside the arena.
- -Players will go to marked seating locations.
- -Seats to be used to tie skates, fasten helmets, remove skate guards, etc.
- **One parent/adult per participant permitted to attend with the requirement to maintain physical distancing at all times. Seating will be identified.**

Oliver

- There will be directional arrows on the floor, but the general rule is that all players, parents, coaches etc. must walk around the rink in clockwise;
- Masks are required if the 6-foot social distancing cannot be adhered to, no exceptions.
- Stickers on the boards or glass so players can see where they need to stand for social distancing or even will put dots in the ice if we think that would help the coaches.



SUNBOWL ARENA COVID 19 PROCEDURES

All ice times must be booked through the Community Services Department at 250-495-6562. No ice times will be taken at the arena. All bookings will have a 45 minute time frame between rental sessions. This will allow staff an opportunity to clean the ice and sanitize the high touch areas.

General Guidelines

- A COVID ambassador must be assigned and be a visible presence (e.g. arm band signifier): this volunteer/parent/coach or instructor will oversee the return to play plan, and ensure COVID protocols are being followed.
- Arena doors will open 15 minutes before ice rental.
- Doors will remain locked once all participants are in the arena.
- Participants are to come fully dressed with skates or shoes.
- All players should bring their own water bottle, labelled and filled.
- Physical distance markers will be in place on the floor and outside the arena.
- Players will go to marked seating locations.
- Seats to be used to tie skates, fasten helmets, remove skate guards, etc.
- Skate guards/street shoes will be left at the seat as the participants take the ice.
- Maximum of 48 patrons in entire facility (includes: staff, participants, coaches, instructors, and parents). **One parent/adult per participant permitted to attend with the requirement to maintain physical distancing at all times. Seating will be identified.**

Ice Entry

- Main gate to ice will be open, benches not to be used.
- Participants to place water bottles on top rail at bench, markers provided.

On Ice Procedure

- Ice capacity for all user groups is 17. This will include coaches, instructors and participants.
- Coaches must design individual drills that follow the physical distance guidelines at all times.
- Drills to be designed with provincial guidelines in place, no contact/battle drills or game play.
- Gloves and equipment left on at all times when applicable.
- Spitting is prohibited.
- No handling of pucks, coaches to pick up pucks at end of session.

Exit Procedure

- At the end of session participants will exit single file out of main entrance to their original seat to remove helmet and skates.
- Participants will then leave the rink immediately.
- Participants must be out of the arena within 15 minutes at conclusion of session.

PLEASE NOTE: SANITIZATION OF THE AREAS BEING USED IN THIS FACILITY OCCURS PERIODICALLY.



OLIVER & DISTRICT ARENA COVID-19 GUIDELINES

All ice times must be booked through the Recreation Administration Office at 250-498-4985. No ice times will be taken at the arena. All bookings will have a minimum of 30 minutes between rental sessions. This will allow staff an opportunity to clean the ice and sanitize the high touch areas. Dressing Rooms will be cleaned between each use.

General Guidelines

- A COVID ambassador must be assigned and be a visible presence (e.g. arm band signifier): this volunteer/parent/coach or instructor will oversee the return to play plan, and ensure COVID protocols are being followed.
- One parent /adult per skater is permitted to come to the arena with the child (no siblings or other children).
- Designated arena entrance doors will open 15 minutes before ice rental.
- Exterior doors will remain locked once all participants are in the arena. ◀
- Participants are to come fully dressed with skate guards or shoes.
- All skaters/players should bring their own labelled full water bottle; water filling stations will be available however water fountains will not.
- Physical distance markers will be in place on the floor and outside the arena.
- Players will enter and go directly to pre-determined dressing rooms.
- Maximum of 48 patrons in entire facility (includes: staff, participants, coaches, instructors, and parents).

Upon Building Entry

- Player dressing rooms have signage/markers to indicate seating for proper social distancing
- Dressing rooms are to be used to tie skates, fasten helmet, and remove skate guards. Participants may leave shoes/skate guards in dressing rooms while on the ice

Ice Entry

- Players will enter through the gate that is identified as ENTRANCE. Player benches will be marked for seating, max 4 players per bench. When exiting the ice to the bench always use gate closest to your goalie/net. When entering the ice from the bench always use the gate closest to the penalty box.

On Ice Procedure

- Ice capacity for all user groups is 18. This will include coaches, instructors and participants.
- Coaches must design individual drills that follow the physical distance guidelines at all times.
- Drills to be designed with provincial guidelines in place, no contact/battle drills or game play.
- Gloves and equipment left on at all times when applicable.
- Spitting anywhere in the facility is prohibited.
- No handling of pucks, coaches to pick up pucks at end of session.

Exit Procedure

- At the end of the session, participants must exit the ice on time so that the next group can start on time. Participants must exit the ice through the gate that is identified as EXIT, single file, to their seat in the dressing room to remove helmets and skates. Participants must exit the building within 10 minutes so the next group can enter the building.