



PRMHA Return To Play

Safety Plan

November 13, 2020 - TBD



MISSION

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



Hockey Canada Message:

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

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

Dr. Mark Aubry – Chief Medical Officer

On August 24, 2020 VIASPORT released their Phase 3 Return to Sport guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and ultimately the minor hockey associations such as **PRMHA**, who fall under BC Hockey's governance.

On August 24th, BC Hockey announced their requirements and, if met, associations can resume phase three programming effective **immediately**.



ABOUT COVID-19 AND TRANSMISSION

(FROM VIASPORT)

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes, but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose, or throat of that person.

This transmission requires you to be in close contact – closer than the expected physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area, then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose, or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. Therefore, regular handwashing and cleaning of high touch surfaces is extremely important.

For COVID-19, there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced.

However, in the context of sports, even outdoors there can be risks from high touch surfaces because many sports involve objects that are normally shared among players, coaches, or volunteers (balls, pucks, equipment, etc.).



VIASPORT TRANSMISSION MEASURES PHASE

(Refer to Sport Activity Chart)

Per Via Sport, we have returned to the "Transition Measures" **Phase 2** as highlighted by the attached Return to Hockey MHA Chart provided.

As a result, all of our return to hockey information is based on the specific points listed in the chart. While the association and facility will ensure that we create the safest possible environment as guided by health and sport authorities, *it is essential that all participants do their part in following the guidelines.*

During this phase, there are our specific adjustments in each of the areas listed in the chart. *Our expectation is that parents read and educate their children on these expectations prior to attending the first session.* Staff and volunteers will also be enforcing these protocols at the arena.

Restrictions in Place:

- A minimum of 2 meters social distancing between participants, coaches & employees must always be maintained, outside the field of play.
- As of October 12th, 2020, Face Masks will be Mandatory in all areas outside the field of play, including coaches and rostered staff while on benches during game play.
- The arena will have no more than 25 participants.
- As of October 17, 2020, no spectators may enter the facility.

Enhanced Protocols:

- All participants will be asked to use hand sanitizers prior to entering the facility. Sanitizers will also be provided by the facility.
- Volunteers allowed in the facility: COVID Ambassadors and Coaches.
- Anyone (participants and volunteers) attending must review the health questionnaire check list on all attended days at the facility. Anyone exhibiting any signs of the COVID-19 symptoms SHALL NOT attend and will need to report to the coach or designated COVID Ambassador. The facility and PRMHA will also have signage at the facility and all players will be screened by a designated PRMHA COVID Ambassador prior to being permitted to enter the facility.
- MOST IMPORTANTLY....if a Participant, Parent, Guardian or Coach have recently travelled outside the country and have not cleared 14 days of self-quarantine or, are experiencing any COVID-19 symptoms, we ask that you refrain from entering the Facility.

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Facilities:

- All ice sessions will be at Powell River Recreation Complex Arena.
- The Lobby Area will be restricted to flow through traffic only and no loitering permitted
- No spectators allowed
- Participants and volunteers must adhere to public health guidelines.
- Dressing room showers will not be in use.

Participants:

- As mentioned, the group size, will be limited 25 persons on the playing surface.
- Participants must arrive to the facility with most of their equipment already on.
- User groups will only be permitted in the building ONCE PREVIOUS GROUP HAS VACATED AND/OR no earlier than 15 minutes prior to their activity/ice time and must exit within 15 minutes after their session. There will be no early admittance to the facility.

Non-Contact Activities:

- Where feasible, limit contact (ie. Coming within 2 meters) in training and sport activities
- Cohort model will be introduced for sports that cannot maintain 2M physical distancing.

Competition & Games: Phase 3

- In club play or modified games may be slowly introduced, but effective Nov 8, 2020, there will be no scrimmaging or compete drills. We will continue to monitor the recommendations from Hockey Canada, BC Hockey and ViaSport on game play for the future.

Equipment:

- All athletes will have their own equipment and water bottles. Refer to Hockey Canada guidelines on water bottles. No water bottles are to be shared at any time. No exceptions. All water bottles to be marked and placed in the designated area.
- Personal items are not to be shared or mixed with those from other athletes.
- Coaches training equipment will consist of pucks, cones, and other training aids as deemed necessary by the coaching staff. These will be managed and sanitized daily by the coaches and not touched by any athletes, except for pucks.



GUIDELINES

Participation in the 2020-21 minor hockey season is completely voluntary. If at any point, a participant is feeling uncomfortable with the risks, they can and should remove themselves from the program.

While we do not want to alarm participants, we do want to recognize the importance and role that players and parents play in ensuring that we resume hockey safely. The health, safety, and welfare of all participants is our highest priority. To this end, we have established the following guidelines for participants:

- Parents are asked to review all return to hockey protocols and to sit down with their child and explain the information and importance of abiding by all protocols and rules.
- All participants must follow the Hockey Canada Illness Policy.
- We have confidence that the athletes will understand and listen to coaches and any volunteers, especially if the parents reinforce the rules beforehand. Any athlete who is struggling with the concept will first be reminded of the protocols, and if it continues, they will be removed from the session.

RISK MANAGEMENT

We are taking every recommended step to ensure the safety of all participants. In addition to information provided, here are additional measures in place to mitigate risk:

- Appointment of a Communication Officer as recommended by Hockey Canada.

This role will:

- ✓ Monitor advice and direction from health and sport authorities
- ✓ Manage any contact tracing reports
- ✓ Oversee all program implementation to ensure compliance

All sessions will be delivered by PRMHA approved coaches, who have been trained in the Covid-19 protocols.

The Powell River Minor Hockey Association is committed to keeping athletes on the ice. In order to do this safely and ultimately move towards a return of the “New Normal” in the future, as approved by the authorities, we will be holding our staff and participants to the highest standards of the recommendations from the health authorities. We recognize that some of these protocols are inconvenient, but we expect 100% compliance from everyone involved. Please do not be offended if you receive a reminder of these protocols. We all have a role to play to get our sport back on the ice and to keep our community safe and healthy.

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FACILITY MANAGEMENT

Facilities are defined as all areas of the facility starting from the parking lot.

Parking lots, entry and getting to/from the arena:

- The expectation is that people:
 - ✓ Do not congregate
 - ✓ Always maintain physical distancing
 - ✓ If an athlete and/or parent is not able to manage the above two points, they should not participate in minor hockey this season.

No spectator viewing is permitted at this time. Only key volunteers will be permitted into the facility.

Face Masks will be Mandatory in all areas outside the playing surface, including coaches and rostered staff while on benches during game play.

Note: Parents are not to congregate in any area outside the facility, including the parking lot and outside seating areas. Anyone not in compliance will be asked to remain in their vehicles or leave and come back to pick up their child. Anyone found repeatedly defying this protocol, after having been informed, will be removed from the program.

FACILITY PROTOCOLS AND SCHEDULING

We have developed a specific program that all athletes, parents, coaches, and volunteers are expected to follow:

- Arrive not more than 15 minutes prior to your scheduled ice time.
- Late arrivals will not be permitted
- Do not enter the arena until permitted by coaches and enter through the correct doors.
- Follow coaches directions, signs, and arrows, and maintain 2m distance.
- Enter the building fully dressed, except for skates, helmets, and gloves, or dressed as much as possible
- Do not enter the lobby area until a health check has been performed. The Ambassador will meet the athletes, perform a health screen, and check them in.
- Coaches are to follow all Hockey Canada and BC Hockey regulations regarding equipment. Helmets and gloves are always to be worn with chin straps attached.
- Every athlete must have their own filled water bottle prior to arriving. (no sharing, name should be marked on the bottle)
- Spitting is strictly prohibited.

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- Limit group gatherings on the ice and maintain proper physical distancing when possible. This includes the instruction of drills. Physical distancing is always in effect, when possible, even in a Phase 3 cohort model.
- The PRMHA Ambassador, coaching staff or DOP will be available to help with any questions or assistance as needed.
- The coaches have been educated regarding illness prevention measures and Covid-19 protocols.
- At the conclusion of your ice time, athletes will go to the warm rooms, take off skates or put on their skate guards, gather their water bottle and personal equipment, and immediately leave the facility and go to their vehicles.
- Athletes or parents will not be permitted to congregate after the conclusion of their session and must leave immediately.

Note: Physical gatherings of any size are not permitted in the parking area. Consuming alcoholic beverages in the parking lot and tailgating is prohibited.

EQUIPMENT MANAGEMENT AND CLEANING

Personal equipment (water bottle, sticks, health equipment) will be the responsibility of each athlete. We require that athletes do not share personal equipment under any circumstances. Personal equipment is to be marked clearly, placed on the bench, and removed at the end of each ice session. If you need your equipment to be marked, please let us know.

Training equipment used in the session will be managed by the coaching staff. All equipment will be sanitized daily. Training equipment is not to be handled or touched by the athletes at any time, other than pucks.



FIRST AID

Should a minor injury occur, PRMHA will follow the Hockey Canada Safety protocols:

- The head coach or lead developer will communicate with the athlete to assess the injury verbally, at the minimum 2M physical distance.
- Depending on the injury, the following may occur:
 - ✓ The athlete will sit on the bench or go to their designated warm room until they feel better to re-join the session.
 - ✓ The athlete will be escorted out of the facility by the coach, safety person, or Ambassador volunteer to meet their parent outside.
 - ✓ The athlete will receive first aid treatment only if required.

Note: If a safety person or coach provides first aid support, they will always do so with mask and gloves on, as physical distancing will no longer be possible.

In the event of an unforeseen serious injury, Hockey Canada Safety protocols will be initiated and 911 will be called.

All injuries will be logged and tracked as per the Hockey Canada Safety protocols.

An Injury report will be completed for the affected player.



PHASE 2: Return to Play Transition Measures VIA SPORT

PRMHA has assigned Rick Hopper DOP as Communications Officer

Responsibilities to 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.

Phase 2 of the Return to Play Plan always includes athletes and rostered team officials maintaining physical distancing while on the playing surface and while off-ice.

Facilities

The Communications Officer will lead correspondences with all applicable facilities. The Communications Officer will collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. The following section has been completed by PRMHA and will be evaluated and updated during each phase:



Via Sport Category	Via Sport Transition Measures Phase 2	Overview of Planning for compliance
Restrictions in place	<ul style="list-style-type: none"> • Maintain Physical Distance (2 m) when possible • No non-essential travel • No groups of over 50 people • Refer to PHO and local health authorities for guidance. 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • Follow local and provincial health guidelines, along with NSO, PSO & LSO guidelines. • Only PRMHA athletes to be on the ice. • Allow 30 minutes between ice times to eliminate cross-over between groups. • Athletes arrive no more than 15 minutes prior to ice times and must exit within 15 minutes of conclusion of activity. • Athletes arrive fully dressed, less skates and helmets. • Athletes must wear masks in the warm room when not possible to Physical distance. • Bench is now a part of the playing surface. Coaches and other rostered officials must always wear masks while on the bench, in the dressing room and within the building outside of the playing surface.
Facility	<ul style="list-style-type: none"> • The Lobby Area will be restricted to flow through traffic only • Lobby Washrooms will be open but limited to one patron at a time. Frequent hand washing by patrons is recommended. • No spectators permitted at this time. • Participants to maintain physical distancing while not on the playing surface. 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • All warm-up and dry land activities to take place outdoors while maintaining appropriate spacing. • Limits on the number of participants in the warm rooms will be determined by the facility, dependent on the size of the room.



Participants	<ul style="list-style-type: none"> • Group sizes must adhere to HCR sizes as per Hockey Canada and BC hockey guidelines. • Participants and spectators must adhere to 50 people max per event and per public health guidelines. 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • Limit group sizes to max 25 persons on ice including coaches. • No parent viewing at this time. • Maintaining appropriate distancing when possible. • Increased groups based on direction of City of Powell River & Provincial Health Authorities
Noncontact activities	<ul style="list-style-type: none"> • Limit to fundamental movement skills and modified drills. 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • Distancing applied as much as possible when preparing drills and conducting sessions. • Practice plans will continue to focus on skill development, while avoiding grouping and line-ups while on the Playing surface.
Contact activities	<ul style="list-style-type: none"> • Contact should not occur. 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • Coaches to review practice plans with PRMHA for approvals. • All distancing protocol still maintained while outside the playing surface. • Compete drills may be slowly introduced.
Competition	<ul style="list-style-type: none"> • In-club play may be slowly introduced dependent on the PHO, PSO and municipalities. 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • No competitive games, with skills-based practices only. • Intra-association game play may be slowly introduced when allowed.
Equipment	<ul style="list-style-type: none"> • Minimal shared equipment • Disinfect any shared equipment before, during and after use 	<p>PRMHA Plan:</p> <ul style="list-style-type: none"> • No sharing of water bottles. • All protective equipment must always be worn and not be shared. • All athletes & coaches will be asked to clean equipment after each session. • Any jerseys required should be washed before redistributing. • Coaches should limit use of whistles. • Coaches and athletes to wear masks when not in the playing surface.



HYGIENE GUIDELINES

From Hockey Canada Safety Guidelines

PRIOR TO ACTIVITIES, PRMHA TO MEET AND DISCUSS WITH FACILITY:

- ✓ Facility guidelines and requirements specific to physical distancing.
- ✓ Restrictions specific to the number of people allowed in public areas.
- ✓ Areas not accessible – main lobby, dressing rooms, observation areas, showers, washrooms, etc.
- ✓ If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
- ✓ Cleaning processes in the facility, including how often it is disinfected.
- ✓ General facility rules specific to practicing good hygiene.
- ✓ Personal hygiene requirements.
- ✓ Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. Program/team staff should try and control the

number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use the elbow to open.

- ✓ Absolutely no sharing of drinks or food.
- ✓ Team warm-ups and practices should adapt to proper spacing (physical distancing); reduce the number of one- area stations, including the players coming together in one group for instruction.
- ✓ Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.
- ✓ Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench.
- ✓ Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.

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- ✓ Each player needs to have a marked water bottle, which is washed after each ice session.
- ✓ Wash your hands after using restrooms with soap and water for at least 20 seconds AS PER HEALTH Authority Guidelines. Use alcohol-based hand sanitizer if soap and water are not available.

Proper Hand Hygiene:

<https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html>

Talk with facility of whether on-ice markings for Physical Distancing will be needed.

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

- ✓ Good team hygiene includes ensuring all players and staff have their own water bottles to prevent the transmission of viruses and bacteria.
- ✓ It is prohibited for officials to drink from the goaltender's water bottle. If officials require water, they should have their own water bottle at the penalty bench.
- ✓ Bottles should be labelled and washed after each practice or game.
- ✓ There should not be sharing of water bottles in the penalty box, as well as no sharing of towels.



HOCKEY RETURN TO PLAY



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

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

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



	Strictest Controls <small>(Prior to May 16, 2020)</small>	Transition Measures <small>(Starting May 16, 2020)</small>	Progressively Loosen <small>(Starting May 18, 2020)</small>	New Normal <small>(Following July 1, 2020)</small>
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 Synthetic Sweating 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

Checklist to Success

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

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

Return to Sport: Return to Sport refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.

Physical Distancing: According to the Provincial Health Officer, physical distancing requires keeping two meters (6 feet) (or at least two arms lengths) of space between individuals. It also includes staying at home when you are sick, even if symptoms are mild.

FOR HOCKEY = APPROXIMATELY ONE ADULT STICK LENGTH

Provincial Health Officer (PHO): The Provincial Health Officer is the senior public health official for B.C., and is responsible for monitoring and reporting on the health of the population of B.C. This office works with the B.C. Centre for Disease Control and provides independent advice to the ministers and public officials on public health issues.

Community Focused: Community focused sport activities take place within the home sport community or clubs or associations where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Recreation as defined by the Canadian Parks and Recreation Association is the "experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing." Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document.

Organized Sport Activities: Involve several people doing something together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.

Competitive Activities: Competitive activities are formal, organized games, matches and tournaments between participants where scores are recorded, and standings are kept.

Rule of Two: The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present.

During the pandemic, compliance remains mandatory and organizations must ensure a coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.



ILLNESS POLICY (VIASPORT)

In this policy, “**Team Member**” includes an employee/staff, coach, volunteer, participant, athlete, or parent.

1. Inform:

✓ The PRMHA staff immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment:

✓ Athletes and parents must review and conduct the [self-assessment](#) prior to participating in any association activities.

✓ Ambassadors will screen athletes prior to entering the facility and also visually monitor athletes during the session to assess any early warning signs as to the status of their health if needed. This will be reported to the Administrator and parents.

3. If a Team Member is feeling sick with COVID-19 symptoms:

✓ They should remain at home and contact Health Link BC at 8-1-1.

✓ If they feel sick and /or are showing symptoms while at the facility, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

✓ No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19:

✓ The Team Member will not be permitted to return to the facility or any activity until they are medically cleared of the COVID-19 virus.

✓ Any Team Members who are part of the same session with the infected Team Member will also be removed from the facility/activity for at least 14 days to ensure the infection does not spread further.

✓ Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

✓ As with the confirmed case, the Team Member must be removed from the facility/activity.



- ✓ The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the Public Health Authority of B.C.
- ✓ Other Team Members who may have been exposed will be informed and removed from the facility/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- ✓ Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

6. If a Team Member has come in contact with someone who is confirmed to have COVID-19:

- ✓ Team Members must advise the Association and coach if they reasonably believe they have been exposed to COVID-19.
- ✓ Once the contact is confirmed, the Team Member will be removed from the facility/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the facility/activity for at least 14 days.
- ✓ Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

7. Quarantine or Self-Isolate if:

- ✓ Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ✓ Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ✓ Any Team Member from a household with someone showing symptoms of COVID19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ✓ Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



ILLNESS POLICY (HOCKEY CANADA)

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

SECTION 7

Recommended Return to Hockey Procedures

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

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY

Participant advises team staff/safety person immediately.

Participant receives a cloth mask and wears immediately. Anyone caring for the participant should also wear a cloth mask.

Parents/guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find a location to isolate.

Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.



ILLNESS POLICY (HOCKEY CANADA)

Positive COVID-19 Test in Hockey Environment

Important!

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

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

PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES

IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME

REPORT TO PUBLIC HEALTH AUTHORITIES, FOLLOW GUIDELINES

PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS
COOPERATE ON ANY NECESSARY COMMUNICATION.

NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY

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



ILLNESS POLICY (HOCKEY CANADA)

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

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

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

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

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

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

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

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

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



PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at Association activities ("Participants"). All Participants of the **Powell River Minor Hockey Association (PRMHA)** agree to abide by the following points when entering designated public facilities operated by the City of Powell River and/or participating in Association hockey activities under the RTP Protocol:

- ✓ I agree to symptom screening checks prior to entering the facility and will let RMMHA know if I have experienced any of the symptoms in the last 14 days.
- ✓ I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- ✓ I agree to sanitize my hands before entering the facility and upon exiting the facility.
- ✓ I agree to sanitize my equipment after each session with approved cleaning products.
- ✓ I always agree to continue to follow physical distancing protocols of staying at least 2 meters away from others.
- ✓ I agree to not share any equipment before, during or after practice times, including water bottles.
- ✓ I agree to abide by all of the Associations and Pitt Meadows Arena COVID-19 Policies and Safety Guidelines.
- ✓ I understand that if I do not abide by the policies/guidelines, that I may be asked to leave the program.
- ✓ I acknowledge that continued abuse of the policies and/or guidelines may result in suspension from the association.
- ✓ I acknowledge that there are risks associated with entering the Powell River Arena facilities and/or participating in association activities, and that the measures taken by the association and participants, including those set out above and under the Return to Hockey Protocols, will minimize but not entirely eliminate those risks.



Phase 3 Return to Play Games

Entering the Facility

Players will enter the rink lobby through the first set of doors, walk down the rink corridor and enter the dressing room tunnel at mid ice and proceed to their change rooms.

All persons entering and exiting the facility will be required to wear a mask

Players will not be permitted in the dressing rooms before 30 minutes to game time

Players will sanitize their hands upon entering the facility corridor to the dressing room.

The players will be using the Regals room and dressing room 3 to maintain physical distancing. Visiting teams will most likely be using Dressing room 5&6.

Players and Team officials and Volunteers will be required to wear masks where physical distancing can not be maintained

Volunteers

Timekeeper

Scorekeeper

Penalty box 1 and 2

Music

COVID ambassadors (2)

Videographer



Volunteers will be required to wear masks for the duration of the game while in the penalty box timekeeper area

Hand sanitizer will be provided to maintain hygiene requirements

There will be a maximum capacity for up to 50 people on the playing surface. The players benches, the timekeeper and penalty box are included in the playing surface area.

Cleaning

The dressing rooms will be cleaned with the Maintenance staff of the PR Recreation complex

Players gear will be taken home, under gear and player socks will laundered by players. Jerseys will be turned in and will be laundered after each game.

Any under gear will be the responsibility of the player to launder their own gear

Frequent hand washing and sanitizing is imperative to support the not spreading of any Virus



Emergency Action Plan

