



**RETURN  HOCKEY**

**COVID-19 RESPONSE**

MEMBER  
LOGO  
HERE

# RETURN TO HOCKEY

## MEMBER PLAN

# Introduction

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

## Primary Resources

### Review and Follow:

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

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

☐ This step complete

## Communications Officer

Responsibilities can include:

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

☐ We have appointed a Communications Officer:

☐ This step complete

# Facilities

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

Facility Name: **Port Moody Recreation Complex**

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

2m physical distancing required at all times.

Place to put on gear in lobby with markers for where players can sit.

One spectator per player in designated area with physical distancing.

Limits to numbers on bench, markers in place.

Please refer to the Port Moody Recreation Complex Facility Guidelines.

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

20 Participants maximum on ice surface at one time.

Limit to persons permitted in the lobby.

Please refer to the Port Moody Recreation Complex Facility Guidelines.

- Are masks required when entering the facility? ☐ Yes ☒ No

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

☒ Yes ☐ No

Main Lobby

☐ Yes ☒ No

Team, Officials' or alternate (accessibility) dressing room(s) & showers

☒ Yes ☐ No

Observations or Spectator areas

☒ Yes ☐ No

Washrooms

☒ Yes ☐ No

Area designated for isolation

**Refer to Facility Guidelines attached.**

☒ Yes ☐ No

Ice surface or surfaces (ex. Rink 1)

☐ Yes ☒ No

Other

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

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

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.



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

Not available.

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.

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

Limit one spectator per player with physical distancing.

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.

- ☒ Shower and Washroom facilities

Showers not available.

Washrooms in lobby available.

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.

- ☒ Isolation area & Other areas (if applicable)

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.

- ☒ Ice Surface(s)

Arena #2 opening September 1st, 2020.

Arena #1 opening September 26th, 2020.

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.

- ☒ 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.*

20 total participants permitted on the ice surface at one time. This includes coaches, players, and goalies.

Please refer to the Port Moody Recreation Complex Facility Guidelines attached.

- ☒ 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: **Planet Ice Coquitlam**

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

See attached Facility Guidelines.

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

One spectator per participant allowed in each rink.

As of August 3rd, 2020 - 18 participants and 2 coaches permitted on the ice.

- 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 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 type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Area designated for isolation <input type="text"/>                       |
| <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Ice surface or surfaces (ex. Rink 1)                                     |
| <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No | Other  |

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

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

Enter the facility through the main lobby only. Teams/spectators wait outside until a chaperon escorts you to your assigned rink. No loitering in lobby. Washrooms are open in lobby. Spectators are to social distance in the stands and around the boards where signage indicates.



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

Dressing rooms open with physical distance markers in place (smaller numbers per room). Access is allowed 15 minutes prior to ice time and 10 minutes post ice time. Washrooms/showers are not available.

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

Physical distancing markers are in place around the rink.  
1 spectator is allowed entry with each on ice participant.

- ☒ Shower and Washroom facilities

Washrooms are open in the lobby, no washrooms or showers available in dressing rooms.

- ☐ Isolation area & Other areas (if applicable)

Not applicable.

- ☒ Ice Surface(s)

Full equipment is required.  
Physical distancing is enforced through practice plans only.

- ☒ 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.*

As of August 3, 2020, 18 athletes plus 2 coaches.

- ☒ This step complete

# Participant Meeting & Administration Checklist

Topics to include in orientation of participants and parents / guardians should include but are not limited to the below:

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

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

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

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

## Participant arrival / departure procedure:

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

## During Activity:

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

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

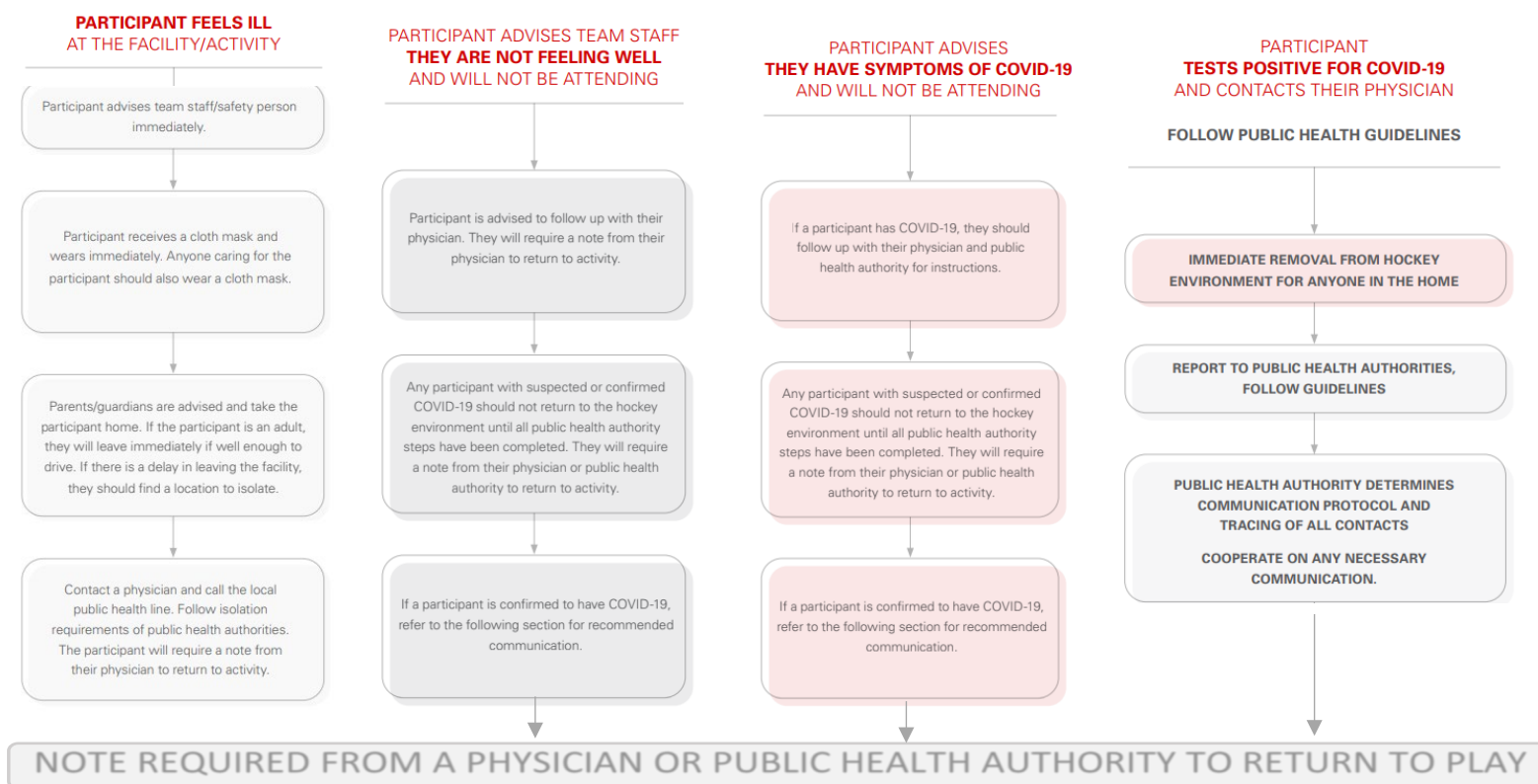
- ☐ Pre-registration for all activities or programs (e.g. no on-site payments)
- ☐ Payment policy is flexible to make activities or programming accessible
- ☐ Refund policies in place, communicated and flexible (ex. Dependant upon illness)
- ☐ Ensure that all participants that are unwell or displaying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

☐ This step complete

## Hygiene & Illness Protocols

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

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



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

## Emergency Action Plan – Emergency Safety Kit

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

### Enter Emergency Action Plans



# Member 'Return to Hockey' Plan (Template)

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



## Return to Sport Activity Chart

### Phase 1

### Phase 2

### Phase 3

### Phase 4

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

Enter Plan Comments

# Return to Hockey Plan - Phase 2

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

Enter Phase 2 Plans

☐ This step complete

# Return to Hockey Plan - Phase 3

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

Enter Phase 3 Plans

☐ This step complete



# Return to Hockey Plan - Phase 4

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

Enter Phase 4 Plans

TO BE COMPLETED WHEN PHASE 3 IS INITIATED BY VIASPORT

☐ This step complete

# Reporting and Compliance

## Prior to Season – Reporting and Compliance

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

## Phase 2: Transition Measures – Reporting and Compliance

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

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

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

- ☐ Increased hygiene measures
- ☐ Symptom screening

Programming has been delivered within guidelines regarding participants:

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

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

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

Enter notes on successes during Phase 2

Enter notes on challenges during Phase 2

## Phase 3: Progressively Loosen – Reporting and Compliance

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

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

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

- ☐ Increased hygiene measures
- ☐ Symptom screening, if applicable

Programming has been delivered within guidelines regarding participants:

- ☐ Group sizes
- ☐ Spectator limitations

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

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

Enter notes on successes during Phase 3

Enter notes on challenges during Phase 3

## Phase 4: New Normal – Reporting and Compliance

Enter Comments regarding implementation of Phase 4



2020

## TCFIHA Return to Play Safety Plan – Phase 2

**RETURN  HOCKEY**

COVID-19 RESPONSE

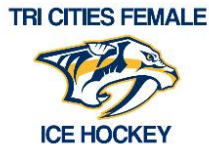
**TRI CITIES FEMALE**



**ICE HOCKEY**

TCFIHA Board of Directors

7/26/2020



**Return to Hockey Safety Plan  
TriCities Female Ice Hockey Association  
Phase 2 Plan  
Start date for plan: August 15<sup>th</sup>, 2020**

**TCFIHA Mission Statement:**

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

***Hockey Canada Message:***

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

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

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



## Return to Hockey Safety Plan

### TriCities Female Ice Hockey Association

### Phase 2 Plan

Start date for plan: August 15<sup>th</sup>, 2020

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



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

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

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



	Strictest Controls over the next 10-20 days	Transition Measures over the next 30-60 days	Progressively Looser over the next 60-90 days	New Normal from day 100
Restrictions on Travel	<ul style="list-style-type: none"> <li>Maintain physical distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>Maintain physical distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Enter to 1m2 and local health authorities	Enter to 1m2 and local health authorities
Enhanced Protocol	Increased hand hygiene	Increased hand hygiene	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safer</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk activities can occur (biking, running, etc)</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Touchdown movement skills</li> <li>Modified training activities, drills</li> <li>Virtual activities</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact safety would look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact drills	No restrictions on activity type
Competition	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional games after may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Personal shared equipment</li> <li>Shared and shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	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 clarify responsibilities specific to practices
    - Arrival at facility organized to meet guidelines
    - Hygiene requirements
    - Physical distancing in the facility
    - Guidelines around dressing rooms and showers
    - Physical distancing during on-ice sessions
    - Requirements for parents/guardians at the facility
    - Departure from facility organized to meet guidelines
    - Procedure if participant is sick
  - ☒ **Meet with Parents/Guardians/Participants**
    - Overview of what to expect
    - Safety steps put in place
    - Their role in creating a safe and healthy environment
  - ☒ **At the Facility**
    - Practice physical distancing
    - Practice responsible hygiene
    - Follow public health authority guidelines
    - Follow Member and facility guidelines
    - Have fun!







<b>Personal Hygiene:</b> <ul style="list-style-type: none"> <li>Frequent handwashing</li> <li>Cough into your sleeve</li> <li>Wear a non-medical mask</li> <li>No handshaking</li> </ul>	<b>Stay Home if You Are Sick:</b> <ul style="list-style-type: none"> <li>Routine daily screening</li> <li>Anyone with any symptoms must stay away from others</li> <li>Returning travellers must self-isolate</li> </ul>	<b>Environmental Hygiene:</b> <ul style="list-style-type: none"> <li>More frequent cleaning</li> <li>Enhance surface sanitation in high touch areas</li> <li>Touch-less technology</li> </ul>	<b>Safe Social Interactions:</b> <ul style="list-style-type: none"> <li>Meet with small numbers of people</li> <li>Maintain distance between you and people</li> <li>Size of room: the bigger the better</li> <li>Outdoor over indoor</li> </ul>	<b>Physical Modifications:</b> <ul style="list-style-type: none"> <li>Spacing within rooms or in transit</li> <li>Room design</li> <li>Plexiglass barriers</li> <li>Movement of people within spaces</li> </ul>
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**Return to Hockey Safety Plan**  
**TriCities Female Ice Hockey Association**  
**Phase 2 Plan**  
**Start date for plan: August 15<sup>th</sup>, 2020**

viaSport Category	viaSport Transition Measures phase	Overview of planning for compliance
<b>Restrictions in Place</b>	<ul style="list-style-type: none"> <li>• Maintain Physical Distance (2 m)</li> <li>• No non-essential travel</li> <li>• No groups of over 50 people</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Follow local &amp; provincial health guidelines, along with NSO, PSO, &amp; LSO Guidelines.</li> <li> Limit group sizes to max 20 on the ice including coaches. (17 players/goalies and 3 coaches)</li> <li> Limited spectators as per Facility Protocol. Facility Protocol is attached to this Return to Play Safety Plan for each of the facilities being used by TCFIHA.</li> <li> Players arrive 15 mins prior to activity, must be exited the facility within 10 minutes of conclusion.</li> <li> Dressing room use permitted with proper physical distancing as per Facility Protocol. Please note that some facilities permit dressing room use and some do not. Refer to the attached Facility Protocol for the facilities being used by TCFIHA.</li> <li> Players are to enter the facility in the gear if required in the facility guidelines and protocols for the facility that they are attending. Please note that as some facilities are not permitting the use of dressing rooms, players will need to enter the facility with some of their gear on. You must familiarize yourself with the facility guidelines and protocols that are in place for the facility that you are attending for your session. Please note that TCFIHA is not asking</li> </ul>








**Return to Hockey Safety Plan**  
**TriCities Female Ice Hockey Association**  
**Phase 2 Plan**  
**Start date for plan: August 15<sup>th</sup>, 2020**

		<p>anyone to drive to the facility in hockey gear or to have their player in a car seat, booster seat, or seatbelt in hockey gear.</p> <ul style="list-style-type: none"> <li> Facilities will designate travel in and out. Refer to the Facility Protocols and Guidelines for each of the facilities in use by TCFIHA.</li> <li> Bench use permitted with proper physical distancing as per Facility Protocol. Please note that some facilities permit bench use, and some do not. Refer to the attached Facility Protocol for the facilities being used by TCFIHA.</li> <li> Facilities may designate one-way travel in high congestion areas and may require the use of a mask in areas where physical distancing is not possible.</li> <li> Group sizes subject to be changed at any time to reflect the guidelines in place by the City, Provincial Health Authority, and other governing agencies.</li> <li> TCFIHA has put a COVID-19 Policy in place for this season. All coaches, players, and spectators are required to familiarize themselves with this new TCFIHA Policy and abide by it.</li> <li> This Return to Play Safety Plan also forms part of the TCFIHA COVID-19 Policy and must always be abided by. As the situation is fluid, this TCFIHA Safety Plan will change from time to time, and all coaches, players, and spectators are required to familiarize themselves and abide by the new Safety Plan when released.</li> </ul>
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**Return to Hockey Safety Plan**  
**TriCities Female Ice Hockey Association**  
**Phase 2 Plan**  
**Start date for plan: August 15<sup>th</sup>, 2020**

		<p><b>Facility Plan:</b>  Refer to the Safety Plans for all our Facilities that are attached to this document.  City of Coquitlam: <a href="https://www.coquitlam.ca/public-safety/public-health-information/COVID19">https://www.coquitlam.ca/public-safety/public-health-information/COVID19</a>  City of Port Coquitlam: <a href="https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/">https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/</a>  City of Port Moody: <a href="https://www.portmoody.ca/en/city-services/novel-coronavirus-covid-19.aspx">https://www.portmoody.ca/en/city-services/novel-coronavirus-covid-19.aspx</a>  Planet Ice Re-opening Plan: <a href="https://planetice.ca/pdfs/reopening.pdf">https://planetice.ca/pdfs/reopening.pdf</a></p>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> <li>• Symptom screening in place</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> TCFIHA will have two Hockey Canada Safety People per team and at each ice time to ensure all protocols are being adhered to.</li> <li> Players and coaches must follow Self-Assessment screening tool prior to arriving at facility.  <a href="https://bc.thrive.health/covid19/en">https://bc.thrive.health/covid19/en</a></li> <li> Participants are required to follow proper hand hygiene protocols prior to and during activity.</li> <li> Players and Coaches are to each obtain their own player hygiene kit which will include hand sanitizer, a reusable mask, and tissue.</li> <li> If first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. A first</li> </ul>





**Return to Hockey Safety Plan**  
**TriCities Female Ice Hockey Association**  
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		<p>aid kit, along with extra gloves and masks, are to be kept by the ice during all on ice activity.</p> <p> If required physical distancing is not possible, players and/or coaches are to wear a mask.</p> <p> Participants will not spit on ice or benches</p> <p> Players, coaches, and spectators must stay home if sick.</p> <p> Players, coaches, and spectators to stay home if exhibiting any signs of illness such as a fever, congestion, coughing, sneezing, etc....</p> <p> Frequent handwashing required.</p> <p> The Hockey Canada Safety Person (HCSP) will remove from the ice and/or facility any TCFIHA participant or TCFIHA spectator exhibiting any signs of illness.</p> <p> Players, coaches, and spectators will abide by the Provincial quarantine requirements if they have traveled.</p> <p> A player, coach, or spectator that has been removed due to illness or has missed a session due to illness will be required to provide a doctor's note clearing them to attend and/or participate.</p> <p><b>Facility Plan:</b>  Refer to the facilities re-opening plan.  Refer to the Safety Plans for all our Facilities that are attached to this document.  Planet Ice Re-opening Plan: Attached</p>
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**Return to Hockey Safety Plan**  
**TriCities Female Ice Hockey Association**  
**Phase 2 Plan**  
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		<a href="https://planetice.ca/pdfs/reopening.pdf">https://planetice.ca/pdfs/reopening.pdf</a> Poirier Community Center: Attached Port Moody Recreation Complex: Attached <b>Port Coquitlam Community Centre:</b>
<b>Facility</b>	<ul style="list-style-type: none"> <li>• Outdoor is safest</li> <li>• Indoor facilities slowly re-opening</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Any player warm-up activity is to take place outdoors and maintain appropriate spacing.</li> <li> Any player warm-up to be supervised by two Team Moms or Two Coaching Staff members to ensure proper physical distancing.</li> <li> TCFIHA will work with the City on the reopening plan and protocols and do a tour of the facility prior to any on-ice activities.</li> <li> TCFIHA will review the facility protocols with players, parents, and coaches.</li> </ul> <p><b>Facility Plan:</b>  Refer to the facilities re-opening plan.  Refer to the Safety Plans for all our Facilities that are attached to this document.  Planet Ice Re-opening Plan: Attached  <a href="https://planetice.ca/pdfs/reopening.pdf">https://planetice.ca/pdfs/reopening.pdf</a>  Poirier Community Center: Attached  Port Moody Recreation Complex: Attached  <b>Port Coquitlam Community Centre:</b></p>
<b>Participants</b>	<ul style="list-style-type: none"> <li>• Small groups</li> <li>• No or limited spectators</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Limit group sizes to max 20 on ice including coaches, players, and goalies.</li> </ul>



**Return to Hockey Safety Plan**  
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		<ul style="list-style-type: none"> <li> Limited spectators as per Facility Protocol. Facility Protocol is attached to this Return to Play Safety Plan for each of the facilities being used by TCFIHA.</li> <li> Facilities permitting spectators at this time have limited it to ONE spectator per participant.</li> <li> Players arrive 15 mins prior to activity, must be exited the facility within 10 minutes of conclusion.</li> <li> Dressing room use permitted with proper physical distancing as per Facility Protocol. Please note that some facilities permit dressing room use and some do not. Refer to the attached Facility Protocol for the facilities being used by TCFIHA.</li> <li> Parents, other than Team Moms, will not be permitted in the dressing room due to spacing/social distancing concerns.</li> <li> In divisions with younger players namely U7, U9, and U11, one parent is required to stay at the facility for the Team Staff to contact should their child require any assistance.</li> <li> Bench use permitted with proper physical distancing as per Facility Protocol. Please note that some facilities permit bench use, and some do not. Refer to the attached Facility Protocol for the facilities being used by TCFIHA.</li> <li> Group sizes subject to be changed at any time to reflect the guidelines in place by the City, Provincial Health Authority, and other governing agencies.</li> </ul>
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**Return to Hockey Safety Plan**  
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		<p><b>Facility Plan:</b>  Licensee is required to take steps to ensure that participants act in accordance with the City's COVID-19 Safety Plan and the City's COVID-19 policies and procedures as well as the Licensee's COVID-19 Safety Plan.</p>
<b>Non-contact activities</b>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> Activity limited to practice/skill-based drills only.</li> <li> Adhere to 2m distancing.</li> <li> Avoid line ups and use of player's benches.</li> <li> Station based approach recommended</li> <li> No contact/battle type drills</li> <li> On ice practice plans will manage and accommodate the required 2m physical distancing.</li> </ul> <p><b>Facility Plan:</b>  See Facility Plans and Guidelines attached.</p>
<b>Contact activities</b>	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	<p><b>MHA Plan:</b></p> <ul style="list-style-type: none"> <li> No competitive games while 2m social distancing required.</li> <li> No contact or battle drills while 2m social distancing required.</li> <li> Only non-contact and non-battle drills with focus on skill development permitted.</li> <li> <b>The above is subject to be changed at any time to reflect the guidelines in place by the City, Provincial Health Authority, and other governing agencies.</b></li> </ul>



**Return to Hockey Safety Plan**  
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		<b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document.
<b>Competition</b>	<ul style="list-style-type: none"> <li>In club play or modified games may slowly be introduced</li> </ul>	<b>MHA Plan:</b>  No games of any type while 2 m social distancing in effect.  TCFIHA will follow current and future guidelines from PSO, NSO, and LSO.
		<b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document.
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<b>MHA Plan:</b>  No sharing of water bottles. ( <a href="#">Please see The Hockey Canada Safety Program recommends the following protocol for the use of water bottles.</a> )  No water fountains available at the facility. Water bottle must be filled at home.  Water bottles to be spaced out 2 meters on the two benches or around the arena.  All protective equipment must always be worn and not be shared.  TCFIHA will provide the HCSP disposable masks, hand sanitizer, and cleaning wipes with all 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













**Return to Hockey Safety Plan**  
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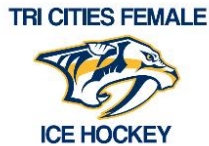
		that they use. Coaches to wash and/or air out any gear that they use.
		<b>Facility Plan:</b> Refer to the Safety Plans for all our Facilities that are attached to this document.
<b>Communications</b> **Hockey Canada Recommendation**	<ul style="list-style-type: none"> <li>Associations name a Communication's Officer</li> </ul>	<b>MHA Plan:</b> TCFIHA Communications Officers: TCFIHA President Heather D Fox <a href="mailto:President@TriCitiesFemaleIceHockey.ca">President@TriCitiesFemaleIceHockey.ca</a> & TCFIHA Past President Larissa Lapierre <a href="mailto:PastPresident@TriCitiesFemaleIceHockey.ca">PastPresident@TriCitiesFemaleIceHockey.ca</a>  <b>Facility Plan:</b> Planet Ice Communications Officer: Poirier Community Center Communications Officer: Port Moody Recreation Complex Communications Officer: Port Coquitlam Community Centre Communications Officer:



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










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



**Return to Hockey Safety Plan**  
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## **Suggested Facility Guidelines: (Review with Facility)**









### **From Hockey Canada Safety Guidelines**

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



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## HYGIENE GUIDELINES: From Hockey Canada Safety Guidelines

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



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

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





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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.

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

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

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

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

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

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

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

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

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

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

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



# Return to Hockey Safety Plan TriCities Female Ice Hockey Association Phase 2 Plan Start date for plan: August 15<sup>th</sup>, 2020

## 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.

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



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## Officials

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

### On-Ice Officials

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

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

TRI CITIES FEMALE



**Return to Hockey Safety Plan  
TriCities Female Ice Hockey Association  
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## Off-Ice Officials

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

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





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## Resources

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

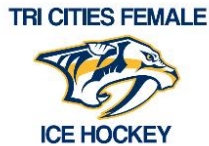
TRI CITIES FEMALE



ICE HOCKEY

**Return to Hockey Safety Plan  
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- Coaching Association of Canada: <https://coach.ca/covid19>
- Public Health Authorities in Canada: <https://www.justice.gc.ca/eng/cv/author.html>



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**TCFIHA 2020-2021 Season Appendix to Policy Document**

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

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

**(1) Registration Policies**

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

**(2) Equipment Policies**

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



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**(3) Player Evaluations**

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

**(4) TCFIHA Return to Play Safety Plan**

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

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

## PLAYERS AND GUARDIANS,

Planet Ice is committed to the health & safety of all the players, parents, coaches and our staff. With this in mind, to re-open we have strict restrictions in place and need your support to ensure they are followed. Please take a few minutes to review and be reminded of the following:

Players and 1 optional guardian will be permitted into the facility only 15 minutes before the players ice time.

Siblings, additional spectators, animals, and outside food and beverage will not be permitted inside the facility. No exceptions.

When you arrive at the arena 15 minutes before your ice time, please line up at the main entrance and stand on one of the reflective socially distanced markers on the pavement.

15 minutes prior to your session, Players will be escorted to their assigned dressing rooms by a Facility Host. This will be done with 4 players at a time. Following the session our Facility Host will escort your group out of the facility.

If you need to assist with player dressing you may do so. You can exit the facility or stay to view the session. However, if you exit the facility you will not be able to return to assist with undressing. There are no re-entries. While in dressing rooms please be respectful of designated player areas and maintain social distancing.

Guardians who chose to stay and view the session are required to stand in designated sections that are appropriately socially distanced from the next spectator.

Within the dressing rooms, showers and washrooms are closed.

Groups will utilize 2 dressing rooms per booking. Max 4 players + 1 coach per dressing room. Each room has numbered sections for each player to sit.

Players need to remember their number as there is a corresponding number on the players bench area for their water bottle to be placed for the session.

At Planet Ice Coquitlam, there is one accessible washroom available in the lobby. The designated Men's and Women's washrooms are closed. There is no gathering in the lobby.

At Planet Ice Delta, players, coaches and guardians can utilize the washroom in the Referee's room on their designated rink.

Please use above washrooms for hand washing.

Player and guardians have 10 minutes to exit the facility following the end of the session.

At Planet Ice Coquitlam, you will exit the facility through the emergency exit on your designated arena.

At Planet Ice Delta, you will exit the facility the same way you entered.

Participants are encouraged to arrive in their gear.

There is NO ACCESS to water so please fill your water bottle at home.

**MOST IMPORTANTLY ...** If a participant or guardian have recently travelled outside the country and have not cleared 14 days of self-quarantine or if a participant or guardian are experiencing any COVID-19 symptoms or have had close contact with someone who has COVID-19 like symptoms, **DO NOT PARTICPATE OR ENTER THE FACILTY.**



Following each group there is a 30-minute break between ice users to ensure all high traffic touch points can be sanitized. This includes all benches, players gates, dressing rooms, door handles, and washroom areas. We look forward to getting athletes back on the ice in a safe manner. If there is anything we can do to support you & your group please let us know. If you have questions while at the facility please ask our Facility Host.

Thank you for your support.

Kori Hawksby  
Facility Manager  
Planet Ice Maple Ridge  
778-237-6319

[www.planetice.ca](http://www.planetice.ca)  
[www.buyicenow.ca](http://www.buyicenow.ca)

# Poirier Sport & Leisure Complex

## Arena Facility Guidelines:

### Arena 2: Open August 10, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** East fire door (by ref rooms 12/13); line up outside of the facility along the Arena 2 Zamboni Bay Doors
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Outer Arena Surface:** open and user groups are able to utilize this space during their booking while maintaining the 50 person maximum (on ice and outer Arena surface)
- **Players Benches:** 5
- **Time Keeper Bench:** maximum 1 person
- **Penalty Boxes:** closed
- **Dressing Rooms 1-4:** closed in August; athletes are to come dressed prior to session and put minimal attire on inside the facility. Folding chairs will be available for users to sit on inside Arena.
  - **September:** Dressing Rooms 1-4 maximum 8 people per room, no showers available at this time; washroom is available. Can only enter & exit through Arena 2 not through the hallway. Gender Neutral Dressing Room #5: maximum 2 people, no showers available at this time; washroom is available. Ref Room #13 maximum 2 people, no showers available; washroom available.
- **Viewing Area upstairs (seating):** closed
- **Viewing Area main level (standing only):** Open & those viewing are to follow the 2 meter physical distancing guideline. (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Music Room:** closed
- **Access to Arena 2 Lower Lobby:** closed
- **Access to Skate Shop:** closed for Aug. Will consider opening in Sept.
- **Access to Washroom:** Ref Room #12
- **On-Ice Figure Skating Harness:** open (City will clean clip, CSC to clean body harness)
- **Exit:** East fire door beside ref rooms 12/13
- **Departure Time:** 15 minutes following booking or faster (no exceptions)
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the east fire door entrance to let their athletes into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.
- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of Arena 2.

### Arena 3: Open August 10, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** South entrance of facility; should line up south/east on Arena markers
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Outer Arena Surface:** open and user groups are able to utilize this space during their booking while maintaining the 50 person maximum. (on ice and outer Arena surface)
- **Players Benches:** 4
- **Time Keeper Bench:** maximum 1 person
- **Penalty Boxes:** closed
- **Dressing Rooms:** none available at this time – construction currently still taking place. Athletes are to come dressed prior to session and put minimal attire on inside the facility. Benches are available inside Arena 3 to utilize to sit down and put skate on.
  - **September:** an update will be made closer to the time regarding Arena 3 Dressing Rooms.
- **Viewing Area main level (standing only):** Open & those viewing are to follow the 2 meter physical distancing guideline (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Music Room:** closed
- **Access to Arena 2 Lower Lobby:** closed
- **Access to Arena 3 Lower Lobby:** only open to walk through to enter and exit Arena 3. Sliding doors will be locked; push door will remain open.
- **Access to Skate Shop:** closed for Aug. Will consider opening in Sept.
- **Access to Washroom:** women's, men's & universal washrooms by south entrance available.
- **On-Ice Figure Skating Harness:** open (City will clean clip, CSC to clean body harness)
- **Off-Ice Harness:** open (City will clean clip, CSC to clean body harness) Only to be used during CSC booking
- **Exit:** South doors of facility (same as entrance)
- **Departure Time:** 15 minutes following booking or faster (no exceptions)
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the south entrance to let their athletes into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.
- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of Arena 3.

## Arena 1: Closed until September 8, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** Push door at the east entrance of the facility; line up along Arena 1 Zamboni Bay doors
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Walking Track:** closed
- **Players Benches:** 6
- **Time Keeper Bench:** maximum 1 person
- **Penalty Boxes:** closed
- **Dressing Rooms 7-10:** maximum 7 people per room, no showers available at this time; washroom is available. Gender Neutral Dressing Room #14 available by access through Dressing Room 7 only; maximum 5 people. Ref Room #11 maximum 2 people.
- **Viewing Area (seating):** closed; no ability for spectator viewing at this time; unless on players benches physically distanced (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Media Booth:** closed
- **Tournament Office:** closed
- **Merchant Booth & Booster Room:** closed
- **Access to Arena 1 Lower Lobby:** closed
  - **CMHA Office:** available by appointment only
  - **CMLA Office:** available by appointment only
- **Access to Skate Shop:** closed
- **Access to Washroom:** available inside assigned dressing rooms and ref room #11 when not utilized by referees.
- **Main Mezzanine Washrooms:** closed
- **Arena 1 Concession:** closed
- **Exit:** east push door of facility
- **Departure Time:** 15 minutes following booking or faster
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the east push door entrance to let their athletes into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.
- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of Arena 1.
- **Elevator Access to Ice Surface:** open by appointment only

# Poirier Forum Facility Guidelines:

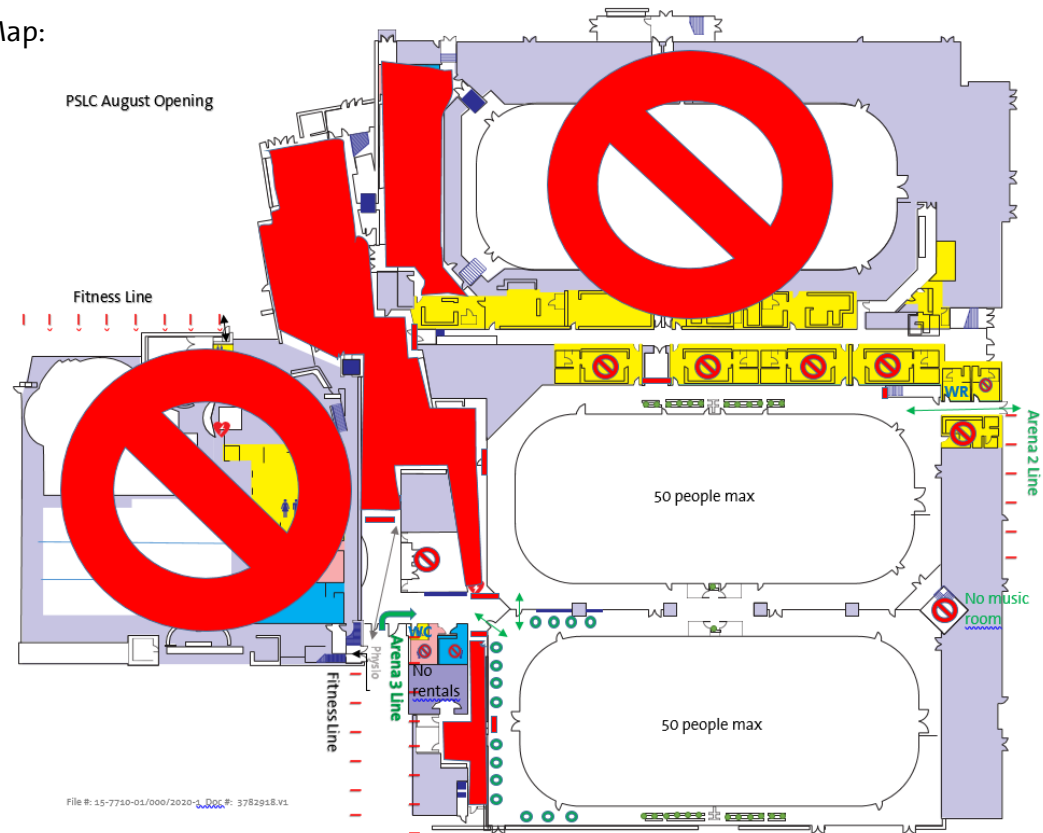
Open August 10, 2020

- **COVID-Safety Plan:** mandatory for each group to have
- **Return to Sport Guidelines:** each group should follow their specific sport's return to sport guidelines
- **Entrance:** Front entrance doors; line up outside of facility
- **Arrival Time:** 15 minutes prior to booking
- **Maximum Occupancy:** 50 people (includes players, coaches, staff and spectators)
- **Outer Arena Surface:** open and user groups are able to utilize this space during their booking while maintaining the 50 person maximum.
- **Players Benches:** 6
- **Time Keeper Bench:** maximum 1 person
- **Penalty Boxes:** closed
- **Dressing Rooms 1-4:** closed in August; athletes are to come dressed prior to session and put minimal attire on inside the facility.
  - **September:** maximum 7 people per room; washroom is available.
- **Viewing Area (standing only):** Open & those viewing are to follow the 2 meter physical distancing guideline. (still limited to the max capacity 50 including player, coaches, spectators and staff)
- **Access to Washroom:** Two universal washrooms available
- **Exit:** front entrance door
- **Departure Time:** 15 minutes following booking or faster (No exceptions)
- **User Group Volunteer (COVID Safety Person):** each group will be responsible for having a volunteer that is responsible for manning the entrance/exit to let their athletes into the Arena and out of the Arena; while ensuring the next group does not enter until their group's volunteer is present.
- The City recommends each user to bring their own tissues if needed
- **Cleaning:** The City will be responsible for increased cleaning of high touch points within the facility. Hand Sanitizer will be available at the entrance/exit of the Poirier Forum.

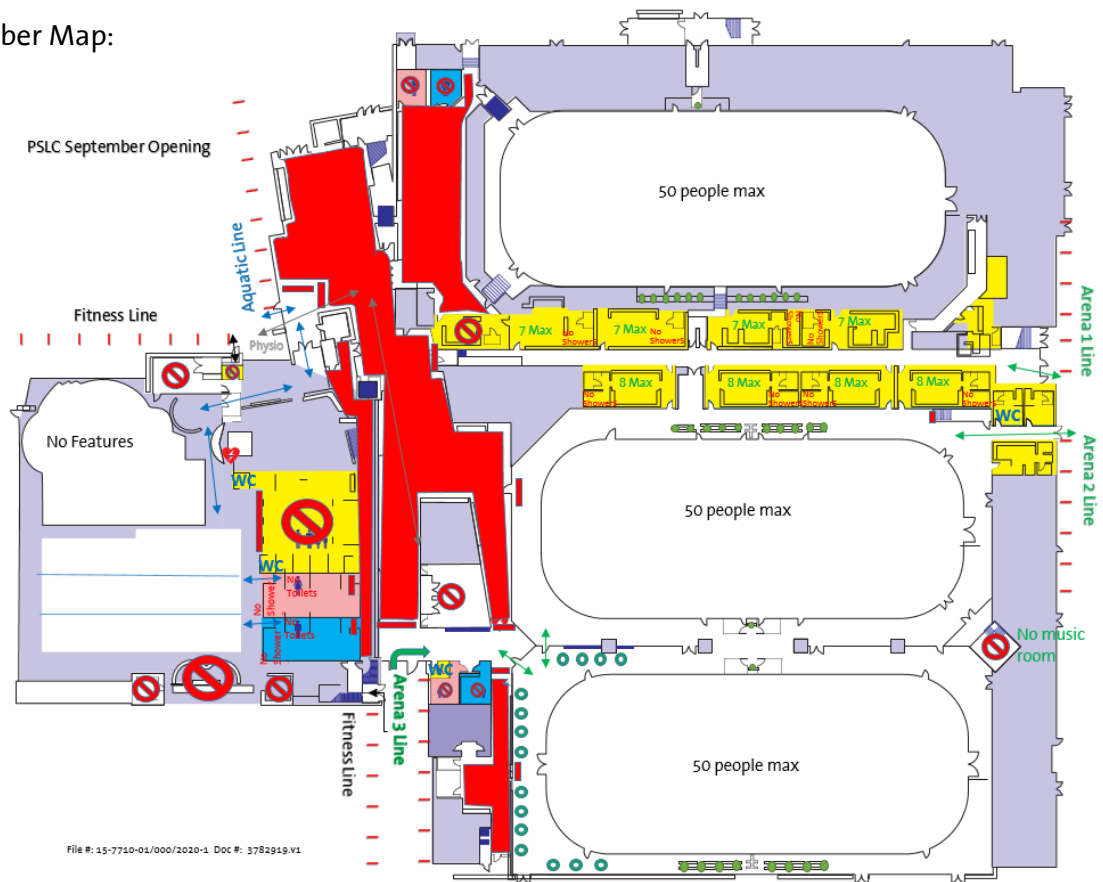
## **Important Notes:**

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

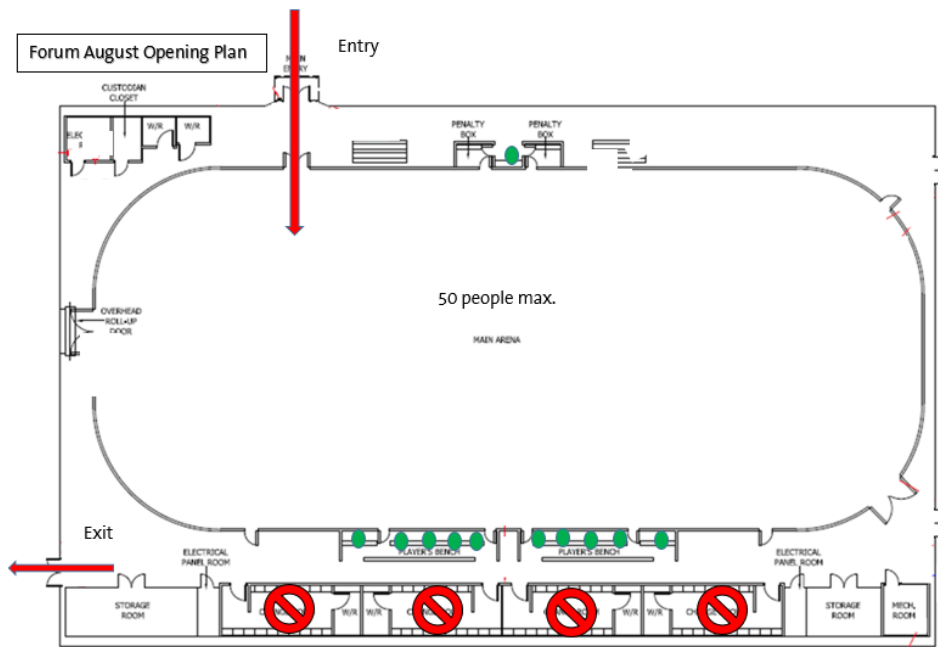
## PSLC August Map:



## PSLC September Map:



## Poirier Forum August Map:





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

### **Arrival**

- Participants must come dressed in full gear including skates (with skate guards) or shoes and a full water bottle labelled with name.
- Please use the washroom before leaving home.
- Participants must arrive 15 minutes prior to ice time.
- Physical distancing markers will be used to line up outside at the main entrance to the arena.
- One parent/adult per skater is permitted to come to the arena with the child (no siblings or other children). If the parent/adult needs to stay, they will be directed to a marked, physically-distanced area and not allowed to sit in the bleachers. Re-entry is not permitted.
- Each team will have a host/volunteer provided by the user group at the front door to direct and supervise the group and ensure that unauthorized individuals do not enter the arena.
- The host/volunteer must remind all members of the group to self-monitor for symptoms associated with COVID-19. Anyone who feels sick should not enter the building.
- Player dressing rooms, coaches' room, and referee rooms are not available for use at this time.

### **Building Entry**

- Skaters will be directed to marked seating on the benches in the arena lobby.
- Benches are to be used to tie skates or remove skate guards and fasten helmet.
- With their belongings, skaters will proceed to Arena 1 or Arena 2 to physically-distanced seating where they will leave their belongings while on the ice. Parent/adult will be required to stay at the seat until the ice time is over.

### **Ice Entry**

- Skaters will enter the ice single file from the main gate.
- Player benches allow for a maximum of 3 people per bench in Arena 1 and 4 people per bench in Arena 2. The two metre spacing will be marked on the benches. Everyone must practice physical distancing, including coaches and volunteers.
- Participants must place water bottles on the top rail at bench (markers are provided).

### **On-Ice Procedure**

- Maximum of 20 skaters including coaches allowed per ice session.
- Drills must be designed with provincial guidelines in place (i.e. no contact or battle drills).
- Participants and coaches must keep gloves and equipment on at all times. Touching of pucks with hands by players is not permitted. Coaches must pick up pucks at end of the session.

### **Ice Exit**

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

### **Building Exit**

- The host/volunteer will direct participants to exit the building single file through the emergency exits at the end of Arena 2 or the side emergency exits in Arena 1.
- Participants must leave within 10 minutes.

### **Safety Protocol**

- Wash your hands before entering the building or use personal hand sanitizer.
- Follow proper respiratory etiquette (cough and sneeze into your elbow or shoulder).
- Maintain physical distancing inside the facility and while entering and exiting the ice and the building.
- Washrooms are available for use if needed: for Arena 1, use arena lobby washrooms; for Arena 2, use curling lobby washrooms. Maintain posted occupancy limits.
- Do not share equipment.
- Spitting is not permitted anywhere in the facility or on the ice.

- To ensure our facilities can remain open and safe, please follow all rules as presented by the City of Port Moody and the Province of BC.



## COVID-19 USER GROUP PROTOCOLS

The City of Port Moody has developed the following protocols with the purpose of preventing the spread of COVID-19 and safely re-opening Port Moody **POOLS, FIELDS, ROOMS, and FACILITIES** for use/rental. The standards that user groups must meet are based on information from the Provincial Health Officer (PHO), BC Centre for Disease Control (BCCDC), viaSport, and the BC Recreation and Parks Association (BCRPA). The City of Port Moody will continue to take direction from and follow the advice of the PHO and the provincial government.

“Users” includes all persons associated with the booking. This could include volunteers, staff, coaches, instructors, participants, spectators, and/or parents.

### PHYSICAL DISTANCING

- All users must always maintain a minimum physical distance of 2 metres/6 feet from each other.
- Activities that cannot maintain this distancing are not permitted.

### GATHERINGS

- The combined number of all users must not exceed fifty (50) and/or the site capacity, whichever is lesser.
- A 30-minute buffer will be booked between rentals to limit crossover between groups.
- Users will be permitted on site no earlier than 15 minutes prior to their booking time.
- Users must leave the site no later than 10 minutes after their booking time.

### FACILITY/SPACE CAPACITY

- Capacity is determined based on size of facility and activity. Static activities require a minimum of 5 square metres of unencumbered floor space per individual. High intensity activities require 6-10 square metres of unencumbered floor space per individual.
- Site capacity will be provided to the user and/or posted at the facility.
- There will be no access to the field houses or change rooms.

### HEALTH SCREENING

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

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

If users answer yes to any of the above questions, they must stay home or leave the facility immediately.

### PERSONAL HYGIENE

- Users should practice proper hand hygiene techniques (come with clean hands, bring and frequently use personal hand sanitizers).
- No hand shaking.
- Proper respiratory etiquette should also be followed (cough and sneeze into your elbow or shoulder).
- No spitting.
- Touching your face, including eyes, nose, or mouth should be avoided and hands washed or sanitized following such touching.
- Hand sanitizer will not be supplied. It will be the responsibility of the user to provide hand sanitizer or require participants to bring their own hand sanitizer.

<b>CLEANING AND SANITIZATION</b>	
<ul style="list-style-type: none"> <li>• Users will sanitize their own equipment and do so with their own cleaning supplies.</li> <li>• No sharing of equipment.</li> </ul>	
<b>ARENA USER GROUPS</b>	
Arena user groups must also follow the Arena User Group Procedures.	
<b>CURLING RINK USER GROUPS</b>	
Curling rink user groups must also follow the Curling Rink User Group Procedures.	
<b>USER GROUP SAFETY PLAN</b>	
<p><b>By order of the Provincial Health Office, all organizations must develop a COVID-19 Safety Plan for their operations. This includes sport groups that are using municipal properties.</b></p> <p><b>Your plan will not be approved by the municipality</b>, but will be reviewed and form an essential component of your rental agreement/contract. Sport organizations have developed or are now developing their sport specific safety plans. Some of these plans can be found on the <a href="#">viaSport site</a> or on the provincial sport organization websites. Please ensure your specific Covid-19 safety plan includes the following criteria:</p>	
User group name:	
Dates for use:	
Location/facility/space:	
Contact name:	
Contact phone number:	
City of Port Moody contact:	
Physical distancing procedures:	
Hand hygiene:	
Cleaning and disinfection:	
Capacity limit:	
Symptoms/illness reporting procedures:	
Participant training/awareness:	<i>Training or communication process for individuals who will be leading or supporting the activities (new coaching/volunteer guidelines).</i>
Emergency response:	<i>Updated procedures for first aid, medical assistance, PPE supplies.</i>
<b>COMMENTS</b>	
<b>Updated July 15, 2020</b>	

# COVID-19 Addendum to Facility Use Agreement/License

***PLEASE READ CAREFULLY!***

Dr. Bonnie Henry stated on May 16, 2020 that “COVID-19 is new for all of us”. We at the City of Port Moody responded to the direction from our public health officials to first close our facilities and cease offering services, and we are now responding to the direction to reopen our facilities and offer services to our community cautiously, with the safety of our staff and community being our priority. This includes permitting user groups access to our facilities, but solely on the basis that COVID-19 precautions will be adhered to by any and all user groups and individual participants.

COVID-19 remains a worldwide pandemic and a threat to our local health and safety. We know the following (this list is not intended to be exhaustive):

1. The infectious agent, SARS-CoV-2, has caused cases and outbreaks of a serious communicable disease known as COVID-19 among the population of the Province of British Columbia;
2. Our public health officials have determined this constitutes a regional event, as defined in section 51 of the *Public Health Act*;
3. A person infected with SARS-CoV-2 can infect other people with whom the infected person is in contact; and
4. The gathering of people in close contact with one another can promote the transmission of SARS-CoV-2 and increase the number of people who develop COVID-19.

We cannot be certain that a person (of any age) will not contract SARS-CoV-2 at one of our facilities and/or while participating in one of our programs, but we have taken the steps required to develop our COVID-19 Safety Plan, which is available upon request. We have also developed a User Group COVID-19 protocol, which is included with this email. We have implemented our COVID-19 Safety Plan and will be applying our protocols, but **the risk remains that a COVID 19 outbreak could occur despite our efforts.**

As the representative of a user group, you are required to read and confirm that you understand the User Group COVID-19 protocol. You are required to circulate this Addendum to the participants in the activity for which you are utilizing our facilities. You are required to take steps to ensure that participants act in accordance with the User Group COVID-19 protocol. Failure to adhere to the same could result in your user group's license being revoked without refund of any fees and/or any particular person being banned from access to our facilities.

It is vital that no person who feels sick in any way visit any of our facilities and/or utilize any of our services. It is also vital that no person brings a child who feels unwell or is showing any symptoms of illness to any of our facilities and/or programs.

It is vital that any person who believes that they may have become ill or their child may have become ill within 14 days of visiting one of our facilities report this immediately to us by contacting [facilitybooking@portmoody.ca](mailto:facilitybooking@portmoody.ca) and seek appropriate medical attention by first calling 8-1-1. We will share personal information for the purposes of contact tracing if the need arises. To attend our facilities, all persons taking part in your activities must consent to the same.

For more information regarding the risks associated with COVID-19, please review the BC CDC guidelines for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>.

I have read, understand and agree to this Addendum to Facility Use Agreement/License.	INITIAL HERE
I have reviewed the City of Port Moody User Group COVID-19 Protocol.	INITIAL HERE
I have reviewed this Addendum to Facility Use Agreement/License with all participants in the activity(ies).	INITIAL HERE

\_\_\_\_\_  
Print name clearly

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Organization

\_\_\_\_\_  
Cellular Phone Number

\_\_\_\_\_  
Emergency Email