



**Return to Hockey
September 2020**

Safety Guidelines & Plan

Queens Park Arena & Moody Park Arena
New Westminster BC

September 2020



Return to Hockey Safety Plan

Queens Park & Moody Park Arenas, New Westminster BC

Introduction

- The Covid-19 Pandemic has changed many aspects of how things are done on a daily basis.
- Our goal is to continue to provide a safe and fun hockey experience for all of our NWMHA members.
- NWMHA is required to adhere to PCAHA, BC Hockey and Hockey Canada guidelines, as always, but also now via SportBC
- All information in this plan is subject to change based on decisions by governing bodies and health authorities
- We will all need to work together to ensure a safe return to hockey and a fun season for all. Thank you for your ongoing cooperation.



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NWMHA Covid Guidelines for Rep A Tryouts ONLY

Safety First

1. **YOU MAY NOT PARTICIPATE OR ENTER THE ARENA, if:**
 - i. you have recently travelled outside of the country and have not cleared the required 14 days of self-quarantine;
 - ii. you are experiencing any COVID-19 or flu-like symptom; or
 - iii. you have had any contact with someone who has COVID-19-like symptoms.



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NWMHA Covid Guidelines for Rep A Tryouts ONLY

Before Arriving at the Arena

1. Daily Covid Questionnaire:
 - a. Must be completed before or entry into the Arena by **EACH** Player, Parent, Coach, Division Manager, and Rep A tryout designated HCSP on the Rep A tryout list;
 - b. Covid Questionnaires will be emailed out to all participants the night before; and
 - c. Entrance into the Arena and participation at Rep A tryouts will be denied if the Covid Questionnaire has not been completed and submitted.
2. Players must:
 - a. Bring their own water bottle and clearly label with their name; and
 - b. Adhere to appropriate hygiene and hand washing protocols prior to playing and going on the ice.
3. Coaches, Division Managers and Rep A tryout designated HCSP must:
 - a. Be on the Rep A tryout list; and
 - b. Adhere to appropriate hygiene and hand washing protocols prior to going on the ice.
4. Players are to be fully dressed upon entry into the Arena. Skates are optional (with skate guards) or can be tied by the player or parent in the designated area in the Arena.



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NWMHA Covid Guidelines for Rep A Tryouts ONLY

Upon Arrival at the Arena

1. Players will enter the Arena 10 minutes prior to their ice time and must:
 - a. Be fully dressed except skates (for Players), or goalie leg pads and skates (for Goalies);
 - b. Bags for Players are prohibited in the Arena; however, Goalies may bring their equipment bag in;
 - c. If skates are worn into the Arena, skate guards must be worn;
 - d. Wait in your vehicle; and
 - e. If you are waiting outside the Arena two (2) metre physical distancing must be maintained.
2. Enter the Arena through the front doors:
 - a. Sanitize your hands upon entry; and
 - b. Look for directional signage telling you where to go:
 - i. Queens Park Arena will have an assigned side of the Arena.



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NWMHA Covid Guidelines for Rep A Tryouts ONLY

Upon Arrival at the Arena cont.

3. Division Managers will be the first to enter the Arena and will be responsible for verifying that Covid Questionnaires have been completed before players can proceed to designated area of the Arena to tie their skates.
4. Parents role:
 - a. One (1) parent may accompany the Player for ages U11 and below to help tie their skates in designated area of the Arena;
 - b. The parent should wear a mask and leave the Arena as soon as the skates are tied; and
 - c. No parents will be allowed to enter the Arena or accompany the player for ages U13 and above.



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NWMHA Covid Guidelines for Rep A Tryouts ONLY

On the ice/during the ice time

1. Only Rep A tryout Players, Rep A designated coaches (scheduled per Division), and Rep A tryout designated HCSP should be in attendance for the duration of the ice time;
2. The Division Manager and Rep A tryout designated HCSP should both be in attendance to ensure that the 2 deep method is observed for any participant leaving the ice and/or needing assistance;
3. External certified evaluators, NWMHA President, Coaching Coordinator, Risk Management delegate, and the respective Division Manager will be permitted during tryouts evaluation process;
4. Two (2) metre physical distancing must be followed at all times as per Fraser Health Authority including the players on the field of play (on the ice surface);
5. No spitting or spitting water on the player's bench or ice surface. If this happens you will be asked to leave the ice surface and Arena;
6. Up to a maximum of three (3) people may be on the player's bench during the evaluation process; and
7. Two (2) Rep A tryout designated on-ice coaches will be scheduled by the Division Manager.



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NWMHA Covid Guidelines for Rep A Tryouts ONLY

Leaving the Arena

1. Players must leave fully geared except for skates (or with skates and skate guards) within 10 minutes of their ice time ending;
2. Where to exit - Queens Park Arena – through the side doors by the dressing rooms; and
3. Gathering in the parking lots outside of the Arenas is prohibited.

Cleaning Protocols

1. All high frequency touchpoints will be cleaned regularly by Arena staff.

We are all doing our best to ensure a safe return to hockey for players, parents, volunteers, and arena employees.

Thank you for your cooperation 😊



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“Safety Plan Overview”

ViaSport Category	ViaSport Transition Measures Phase Progressively Loosen Phase 3	Overview of Planning for Compliance
Restrictions in Place	<ul style="list-style-type: none"> Refer to PHO and local health Authorities -Physical Distancing -Travel Guidelines -Group Size / gathering Guidelines 	<p>MHA Plan: Follow local & provincial health guidelines, along with NSO, PSO & LSO Guidelines. Only NWMHA rostered team members to be on the ice.</p> <p>Facility Plan:</p>
Enhanced Protocols	<ul style="list-style-type: none"> Increased personal hygiene Symptom Screening Cleaning Protocols 	<p>MHA Plan: Players dress before arriving without skates. 2 Rooms used on a single side for each ice time. Frequent handwashing. Stay home if sick. Electronic attendance and screening upon arrival.</p> <p>Facility Plan: Increased cleaning of high touchpoint areas and Hand sanitizer stations have been installed at front entrances.</p>
Facility	<ul style="list-style-type: none"> Participants should maintain 2 M physical distance when not on the field of play 	<p>MHA Plan: Work with New Westminster on reopening plan and protocols and do tour of facility prior to any on-ice activities. Review with players/coaches.</p> <p>Facility Plan: Everyone should maintain 2M distance when not on the field of play. Players benches have a maximum of 3 people. Masks should be worn whenever physical distancing is not possible.</p>
Participants	<ul style="list-style-type: none"> Group sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to the 50 people max per event public health guidance 	<p>MHA Plan: Max 19 players, coaches, manager and HCSP (must be on official Hockey Canada Team Roster) and increase based numbers on direction of New Westminster & Health Authorities. No spectators to start.**Outside evaluators, NWMHA President, Coaching coordinator, and the respective division manager will be permitted during tryouts. Never to exceed the 50 person maximum.</p> <p>Facility Plan: Minor Hockey is never to exceed the 50 person maximum.</p>
Non-Contact Activities	<ul style="list-style-type: none"> Where feasible limit contact (i.e. coming within two meters) in training and sport activities 	<p>MHA Plan: Adhere to 2m distancing. Limit contact during training and gameplay as much as possible. Coaches to review practice plans with NWMHA for approvals.</p> <p>Facility Plan: Absolutely no off-ice training.</p>
Contact Activities	<ul style="list-style-type: none"> Cohort Model introduced for sports that cannot maintain two meter physical distancing 	<p>MHA Plan: Some 1 on 1 contact drills with focus on skill development. Cohort Model to be used throughout the season to limit the interactions between different teams. 2 week breaks between Cohort changes.</p>
Competition	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports cohorts 	<p>MHA Plan: Games will only be played within the lower mainland. Will follow future guidelines from PSO, NSO and LSO.</p> <p>Facility Plan:</p>
Equipment	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<p>MHA Plan: Pucks - cleaned before activity and after. Never touched with ungloved hands. All players & coaches will be asked to clean their own equipment after each session. Borrowed Goalie Equipment will be cleaned upon return.</p>
Travel	<ul style="list-style-type: none"> Limited 	<p>MHA Plan: Regional travel within the PCAHA boundaries excluding the USA. NWMHA will likely not host the Annual Herb House Memorial Tournament this season. Decision by Oct 15th. The Annual AL Hughes and Bobby Love Tournaments will be decided upon by Jan 15th.</p>



Return to Hockey Safety Plan

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“Prior to Getting on the Ice - Facility Meeting”

From Hockey Canada - Return to Hockey - COVID19 Response

Facility Meeting - August 5th & Sept 2nd 2020

Prior to starting hockey activities we have reached out to the facility and discussed the following:

- Facility guidelines and requirements specific to physical distancing. 2M physical distancing is required except on the field of play, if not possible masks are recommended to be worn.
- Restrictions specific to the number of people allowed in public areas. Maximum 50 people per provincial health order.
- Areas that may not be accessible in the facility – seating and walkways in the arena past the players dressing room halls towards the zamboni will be closed, scorekeeping and penalty boxes are closed.
- 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. Frequent cleaning of high touchpoint areas & disinfection of dressing rooms between each user group.
- General facility rules specific to practicing good hygiene. Signage has been posted around the arenas.



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From Hockey Canada - Return to Hockey - COVID19 Response

Suggested Facility 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. Will have participants put on their shoes or skate guards 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 could help).
- 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, we will limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical distancing requirements



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“Hygiene Guidelines”

From Hockey Canada - Return to Hockey - COVID19 Response

HYGIENE 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. Keep dressing room doors open whenever possible.
- Absolutely no sharing of drinks or food.
- Each player needs to have a marked water bottle, which is washed after each practice or game.
- Each player must have their own equipment, there is no sharing of equipment including goalie equipment.
- Team warm-ups and practices should adapt to proper spacing; 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 must wash their hands or sanitize upon entry to the facility.
- Each player will be encouraged to wear a mask when physical distancing is not possible (in the dressing room, upon entry and exit of the facility.



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“Water Bottle Protocols - Hockey Canada”

Water Bottle Usage

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.
- Bottles should be labelled and washed after each practice or game.
- 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.
- There should not be sharing of water bottles in the penalty box, as well as no sharing of towels.



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“Return to Hockey Procedures - Participants”

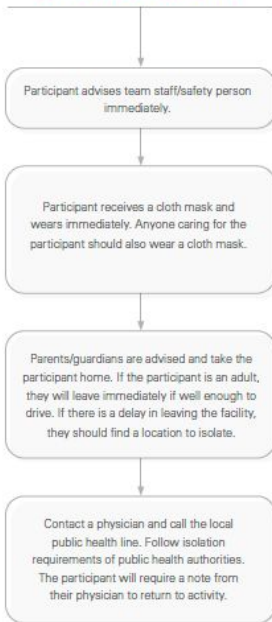
Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

SECTION 7

Recommended Return to Hockey Procedures

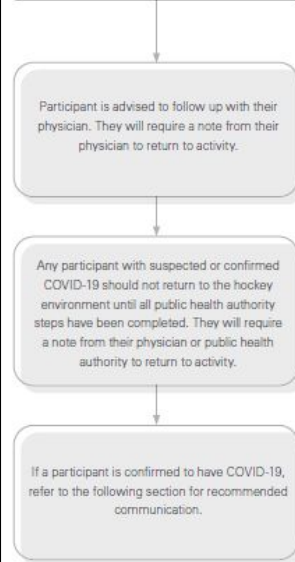
The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY

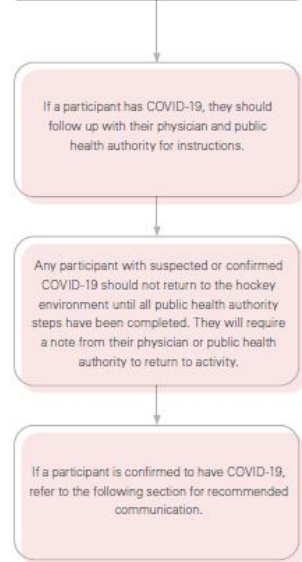


Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

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



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





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“Return to Hockey Procedures - Participants”

SECTION 8

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.

RETURN TO HOCKEY CANADA COVID-19 RESPONSE

PARTICIPANT TESTS POSITIVE FOR COVID-19 AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES

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graph TD; A[IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME] --> B[REPORT TO PUBLIC HEALTH AUTHORITIES, FOLLOW GUIDELINES]; B --> C[PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS]; C --> D[COOPERATE ON ANY NECESSARY COMMUNICATION.]; D --> E[NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY];
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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.

- NWMHA will be following the hockey Canada recommended procedures for illness and possible COVID-19 exposures.
- In the event of a COVID-19 exposure or positive test, NWMHA will cooperate fully with the Fraser Health Authority and our governing bodies to ensure hockey can resume/continue safely in our community.



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“Return to Hockey Procedures - Officials”

SECTION 10

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.

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.



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“Resources”

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/

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>

Coaching Association of Canada: <https://coach.ca/covid19>

Public Health Authority Assessment Tools: <https://ca.thrive.health/covid19/en>

BC Hockey Return to Hockey Resources: <https://www.bchockey.net/Files/Return%20to%20Hockey%20Website%20one-page%20Document.pdf>

ViaSport Return to Sport Guidelines: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>



Return to Hockey Safety Plan

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Start Date for Plan:

QPA Starting Saturday September 12th.

MPA Starting the Sunday Sept 20th - providing all goes well