

# Alberni Valley Minor Hockey

## Return to Hockey Safety Plan



Updated July 23, 2020

**Samantha Barrowcliff – AVMHA Vice President**  
Return to Hockey Communications  
[Sammybarrowcliff@shaw.ca](mailto:Sammybarrowcliff@shaw.ca)

**Mike Foster – AVMHA Risk Manager**  
[MikeFoster@Shaw.ca](mailto:MikeFoster@Shaw.ca)

**Mike Doucette – AVMHA President**  
[Mikedoucette62@gmail.com](mailto:Mikedoucette62@gmail.com)

## This plan is divided into the following sections

1. Introduction
2. Operations Specific Guidelines including facility operations, program deliver, safety protocols and reporting and compliance.
3. Communication
4. References

For the purpose of this document:

**AVMHA** – Alberni Valley Minor Hockey Association

**BCH** – BC Hockey

**HC** – Hockey Canada

**HCSP** – Hockey Canada Safety Person

**PHO** – Provincial Health Officer

**VIAHA** – Vancouver Island Amateur Hockey Association

## Introduction

This plan has been developed following guidelines from the BC Government (General Hygiene Protocols, Group Sizes, Physical Distancing Measures, Travel Restrictions and Phase Transition Guidelines), viaSport (Shared Equipment Protocols, Transition from Training to Games, Transition from Non-Contact to Contact Activity and Facility and Spectator Protocols) and HC (Regulations and Registration, Certification and Training, Season Structure, Program Delivery Model and Events and Communication).

Other collaborators include BCH, and VIAHA, as well as the City of Port Alberni (Facility Management).

This is a living document which may be updated regularly keeping in line with the following principles of BC'S Restart Plan; personal hygiene, stay home if you are sick, environment hygiene, safe social interactions and physical modifications.

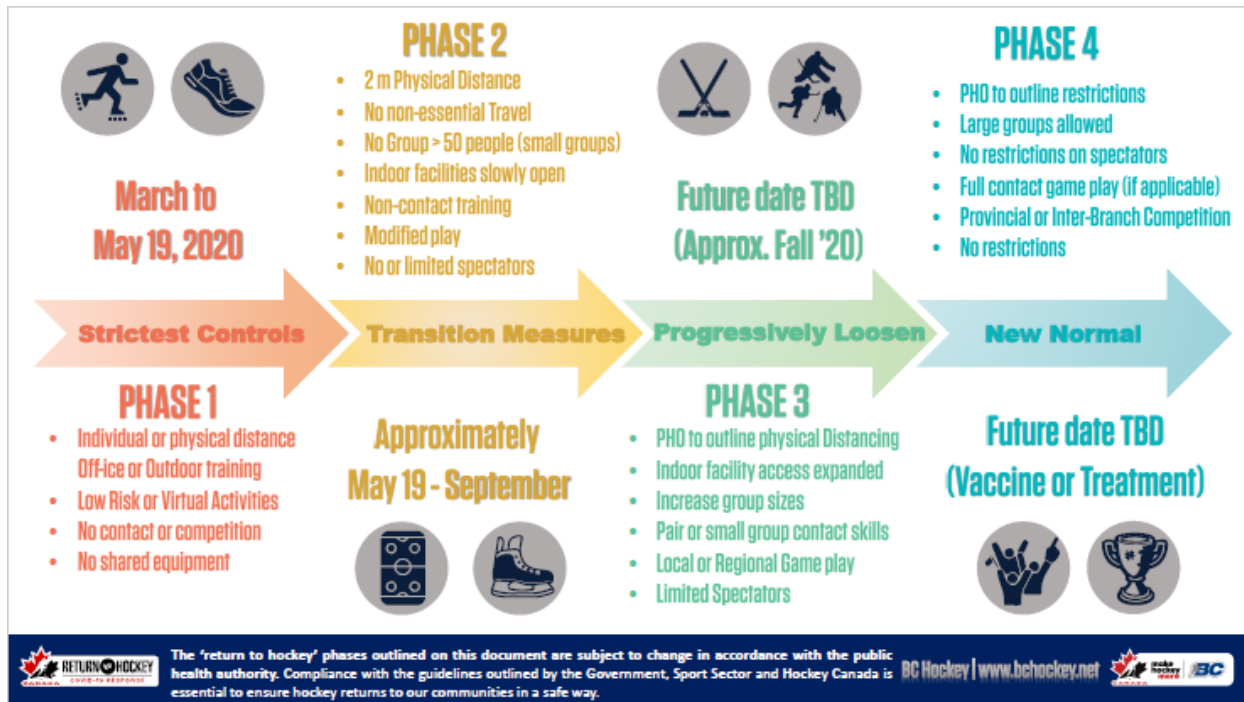
You will find that this document follows BC Hockey Return to Hockey Plan:

- Restrictions in place
- Enhance Protocols
- Facility
- Participants
- Non-Contact Activities
- Contact Activities
- Competition
- Equipment

AVMHA is committed to providing a Return to Hockey Safety Plan that is directed by current and scientifically based best practice. To that end, AVMHA has designated a Return to Hockey Communications Officer whose responsibility it will be to communicate information from viaSport, BC PHO, VIAHA and BCH to the Executive Committee and membership, and assist in setting up protocols for prevention and reporting.

Any questions regarding this plan can be directed to Samantha Barrowcliff, Communications Officer/AVMHA Vice President at [sammybarrowcliff@shaw.ca](mailto:sammybarrowcliff@shaw.ca).

Operations Specific Guidelines (can be found at [www.bchockey.net](http://www.bchockey.net))



The 'return to hockey' phases outlined on this document are subject to change in accordance with the public health authority. Compliance with the guidelines outlined by the Government, Sport Sector and Hockey Canada is essential to ensure hockey returns to our communities in a safe way.

BC Hockey | [www.bchockey.net](http://www.bchockey.net)



|                        | <b>Strictest Controls</b><br>Prior to May 19, 2020  | <b>Transition Measures</b><br>Approx: May 19th to Sept   | <b>Progressively Loosen</b><br>Future date TBC  | <b>New Normal</b><br>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  |

## ***Phase 1 – Strictest Controls***

## ***Phase 2 – Transition Measures (Approx. May 19-September)***

### Pre-Arrival

- Daily COVID screener (we are working with TeamSnap on an app, but this will also be checked by the safety person on arrival)
- Designated drop off and pickup area
- Drop off no earlier than 15 minutes before ice time; pick up no later than 15 mins post ice time
- Come to the arena prepared/dressed as much as possible/safe
- Upon arrival, players and coaches will check in with safety person who will keep an accurate record of attendance

### Multiplex Facility

- All divisions - be dressed as much as possible ready to hit the ice
- For U6 through U9, if your player requires special accommodations in preparation for ice – please advise your team manager at the beginning of the season or as issues arise
  - Team Managers, Coaches and HCSP will be present to assist with tying skates; alternatively walking skate guards are helpful
- Locker rooms will have limited usage – and will adhere to the “BCH Co-Ed Dressing Room Policy”. Please come as prepared to play as possible and bring as little as possible with you
- Upstairs lobby and spectator bleachers are all closed
- Each ice surface will have a maximum of 20 participants, including team officials. Each team will be permitted to provide a HCSP and/or designate a team manager as well.

### Player/Parent responsibility

- Complete the Daily Covid-19 screening prior to attending
- Report Covid-19 Symptoms to your team HCSP
- Follow directions from the HCSP
- DO NOT COME IF YOU ARE SICK
- Use hand washing and sanitization stations upon arrival and at each high touch point
- Bring water bottle, clearly marked with your name
- Leave all non-essentials at home – cell phones, bags etc.
- Parents: Model social distancing
- Read, review and understand the player and parent code of conduct
- Know that you may be contacted to come get your player at any time during ice time
- Take Garbage out with you – there will be no garbage cans available in the dressing rooms

### Coach/Team/Association Responsibility

- Provide hand sanitizer
- Have additional masks for when social distancing becomes difficult (First aid, tying skates)
- Heightened sanitization of shared equipment – minimizing shared equipment at all times.

### On-Ice Structure

- Following BC Hockey and Hockey Canada guidelines, practices will focus on player development
- Maximum 20 per ice surface, including coaches
- Drills and stations that allow for player development and social distancing

- Limit shared equipment

#### Off-Ice Facility Structure (Glenwood Centre)

- 25 person occupancy
- Drills that focus on social distancing, cardiovascular fitness, strength/resistance training
- Arrive appropriately dressed
- Water bottle clearly marked with your name

#### Facility Operator Responsibilities

- Staff will sanitize High touch point areas and locker rooms
- Communicate with AVMHA and other facility stake holders as necessary for transitioning

#### ***Phase 3 – Progressively Loosen (Approx. Fall 2020)***

- Similar to Stage 2, with progressive lessening of restrictions following the PHO
- Increased opening of some facility areas per facility Operator direction
- Expansion of training drills, potential for small games (VIAHA and BCH will provide direction)
- Continued reporting and screening of COVID-19 symptoms

#### ***Phase 4 – New Normal***

- The “new normal” with no restrictions

#### Reporting and Compliance

Parents and player have a responsibility for disclosure and compliance as part of the agreement to play with AVMHA. To that end:

**Participant feels ill with COVID Like symptoms** – STAY HOME, participant advised to follow local Health Authority Guidelines (call 811 – arrange for COVID screening), participant requires clear screening test or note for physician for return to play.

**Participant feels ill with COVID symptoms will at the facility** – report immediately to team official/safety, immediate removal from play, participant given a paper mask, parents are contacted for immediate pickup, participant advised to follow local Health Authority Guidelines (call 811 – arrange for COVID screening), participant requires clear screening test or note from physician for return to play.

**Participant tests positive for COVID-19** – follow public health guidelines, immediate removal from hockey environment for **everyone** in the area, follow local health authority direction for contacts (other teammates) which will be communicated by team safety person; participant advised to follow local Health Authority Guidelines, participant requires note from physician or clear COVID screen to return to play.

## Communication

- AVMHA will communicate the following to our membership, BCH and the City of Port Alberni
  - This safety plan including reporting, physical distancing guidelines, and all protocols including herein
  - Parent and player responsibilities including strict adherence to COVID-19 symptoms disclosure and abiding by the HC Return to Play protocol
  - Occupancy restrictions
  - Schedules which allow for productive and value-based ice time as well as limiting the interaction of players coming in and going on and off the ice or dry land facility
  - Supports for participants requiring extra assistance
  - Process for participants to disclose symptoms or confirmed cases of COVID-19
  - HCSP responsible for initiating illness protocol during activity

## References

BC Hockey Return to Hockey <https://www.bchockey.net/>

Hockey Canada Return to Hockey Safety Guidelines: [https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC\\_RTH\\_Safety-GUIDELINES\\_EN.pdf](https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf)

viaSPORT Return To Sport: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Government of BC: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

City of Port Alberni: [www.PortAlberni.ca](http://www.PortAlberni.ca)

Vancouver Island Amateur Hockey Association: [www.viaha.org](http://www.viaha.org)

Alberni Valley Minor Hockey: [www.avmha.com](http://www.avmha.com)