

Alberni Valley Minor Hockey

Return to Hockey Safety Plan



Updated September 2, 2020

**indicates updated information since previous publication*

Samantha Barrowcliff – AVMHA Vice President

Return to Hockey Communications

Sammybarrowcliff@shaw.ca

Mike Foster – AVMHA Risk Manager

MikeFoster@Shaw.ca

Mike Doucette – AVMHA President

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.

Operations Specific Guidelines (can be found at 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.

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

Phase 1 – Strictest Controls

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

Pre-Arrival

- DO NOT COME if you have any symptoms
- Pre participation screener (Health Check) through TeamSnap
- Designated drop off and pickup up area
- Drop off no earlier than 15 minutes before ice time; pick up no later than 15 mins post ice time
- *Come into the arena dressed in gear (goalies dressed in under armour), gloves, helmet and skates and goalie pads are the exception*
- You must maintain an accurate availability on Teamsnap prior to arriving at the arena.

Multiplex Facility (Shawn Bourgoin, Shawn_Bourgoin@portAlberni.ca) (Parents, please do not email Shawn with questions, refer them to Samantha Barrowcliff (Sammybarrowcliff@shaw.ca))

- Every team MUST provide at least one, maximum 2 off-ice officials who will
- All divisions - be dressed as much as possible ready to hit the ice
- A small bag to carry gloves, helmet and skates or goalie pads is permitted. **This must contain minimal equipment and must be contained (do not spread items around as these increase “touch points”**
- Team Managers, Coaches and HCSP will be present to assist with tying skates; alternatively walking skate guards are helpful
- Upstairs lobby and spectator bleachers are all closed
- Capacity is determined by the facility; operations within that capacity are determined by AVMHA
- NO spectators permitted, “rostered” team officials only
- Follow directions posted by the Facility

Player/Parent responsibility

- Complete the Daily Covid-19 screening (TeamSnap Health Check) 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; tape sticks prior to arriving
- 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
- Players/coaches are prohibited from spitting on or off the ice – you will be directed to leave the arena immediately; must cover mouth and nose with tissue or use elbow to cover coughing or sneezing
- Players are not to be sharing equipment especially water bottles
- Players and coaches should avoid touching their eyes, nose or mouth
- Team officials are expected to complete the Return to Hockey online program through Hockey Canada

On-Ice Structure

- Following BC Hockey and Hockey Canada guidelines, practices will focus on player development
- 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
- Facility operator to communicate capacity and building regulations to Ice Allocator and RTH SP Communications Officer

Phase 3 – Progressively Loosen (September 2020)

- AVMHA is responsible for recording, implementing, and complying with:
 - Personal Hygiene
 - Enhanced cleaning protocols
 - Symptom screening
 - Participant tracking
- Increased opening of some facility areas
- Expansion of training drills, potential for small games (VIAHA and BCH will provide direction)
- Continued reporting and screening of COVID-19 symptoms

Phase 3 does not remove Phase 2, it speaks specifically to the playing surface, travel, and group size. See below for ViaSport definitions of same:

- “Playing Surface” refers to area of play only (for hockey this means ice Surface only; benches, changerooms are not included)
 - Out of playing surfaces, physical distancing must be maintained, or a mask must be worn, or barriers put into place.
- “Contact” refers to entering the 2-metre space of an individual; does not mean specific physical touching (viaSport includes Hockey is close contact)

- Limited contact will be permitted in the Cohort group while on the playing surface
- “Cohorts” - designated group of participants who primarily interact with each other over an extended period; specifically, with Hockey it is a 4-team cohort. To change cohorts a 14-day break between activities must occur. 50-person group sizes remain per the PHO.
 - No Affiliate players permitted; players not permitted to cross teams
- Competition is coming back slowly. VIAHA will advise about this.
- Travel is minimal – recommended to remain regional

LIABILITY

- COVID Emergency Related Measures Act – Order in Council 459
- Protection for individuals (paid and volunteer) from liability
- **New enforcement measures:** Event organizers can be fined \$2000 for not following measures

PHO Order for Gatherings and Events

- Gathering limits (50) remains the same
- The organizer (AVMHA) must provide the owner/operator of the facility with the names and contact information for those who attend the event

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 at the facility/activity

- Participant advises team/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. Safety person to document with illness/injury report
- If illness includes symptoms of COVID-19, perform self-screening and/or contact **8-1-1** for further instruction.
- With mild COVID symptoms, you will need a letter from your physician to return to activity

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.
 - Contact their physician or dial 8-1-1
 - 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
- For off ice events, refer to BC Hockey Sanctioning Guidelines

Participant tests positive for COVID-19 and contacts their physician

- Immediate removal from Hockey Environment for anyone in the home
- Safety person to report immediately to AVMHA Risk Manager, Mike Foster who will report to our local Medical Health Officer
- Public Health Officer determines communication protocol and tracing of all contacts
- Note required from a physician or public health authority 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 and Resources

Return to Hockey Course

<https://ehockey.hockeycanada.ca/ehockey/ClinicDetail.aspx?cid=131168>

Return to Hockey FAQs [https://www.bchockey.net/Files/RTH%20FAQ%2008-31-20%20\(v3\).pdf](https://www.bchockey.net/Files/RTH%20FAQ%2008-31-20%20(v3).pdf)

Return to Hockey Viasport Webinar, Phase 3

https://www.youtube.com/watch?v=iWoesPd54UI&utm_source=viaSport+Newsletter&utm_campaign=56094eb59c-

[EMAIL CAMPAIGN 2020 04 14 05 04 COPY 01&utm_medium=email&utm_term=0 e001f69b1e-56094eb59c-413697433](https://www.youtube.com/watch?v=iWoesPd54UI&utm_source=viaSport+Newsletter&utm_campaign=56094eb59c-413697433)

Via sport guidelines for phase three

<https://www.viasport.ca/sites/default/files/Phase3ReturntoSportGuidelineswebV2.pdf>

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

Hockey Canada Return to Hockey Safety Guidelines:

https://cdn.hockeycanada.ca/hockeycanada/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/officeof-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

City of Port Alberni: www.PortAlberni.ca

Vancouver Island Amateur Hockey Association: www.viaha.org

Alberni Valley Minor Hockey: www.avmha.com