

# Alberni Valley Minor Hockey

## Return to Hockey Safety Plan Phase 3



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Return to Hockey Communications

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## 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. Liability and Compliance
5. References

### Terminology:

**AVMHA** – Alberni Valley Minor Hockey Association

**HC** – Hockey Canada

**VIAHA** – Vancouver Island Amateur Hockey Association

**Field of play** - Ice surface, penalty box, players bench

**Contact** – includes entering the two-metre space around another individual as well as physical contact

**Cohort** – 4 team groups, devised by VIAHA that may play exhibition and league game amongst each other

**TeamSnap** – the attendance and screener program used by the association

**Contact/Check in Forms** – the formal contract tracing forms that teams must complete and hand in at the conclusion of practice/games/events. AVMHA must hold these for up to on year.

**BCH** – BC Hockey

**HCSP** – Hockey Canada Safety Person

**PHO** – Provincial Health Officer

## 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). It serves as an agreement between BCH, VIAHA and the facility to operate our 2020-2021 season. **Compliance to this safety plan is non-negotiable.**

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
- Activities
- Equipment
- Participants

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

### Pre-Arrival

- DO NOT COME if you have any symptoms
- Pre participation COVID screener must be completed prior to arrival. **DO not come if you have any symptoms. Follow Memo 2020-RTHSP1 Health Check Screener protocol.**
  - Drop off no earlier than 15 minutes before ice time; pick up no later than 15 mins post ice time
- Be dressed as much as possible (as change rooms become available, this includes the minimum to operate a co-ed dressing room)
  - When dressing rooms are available, masks MUST be worn

### During the Event

- Upon arrival, **team officials and volunteers should put on mask** where physical distancing is difficult, sanitize or wash hands and check in with team official
- Every team MUST provide check in person (rostered official) who will
  - Ensure all participants have completed the prescreener
  - All contact information of everyone participating has been accurately recorded
  - Ensure only roster participants (players, bench staff and volunteers) are present
  - Ensure that total bodies do not exceed capacity numbers
  - Ensure that social distancing measures are in place
  - Ensure sanitization is occurring
  - Submit the check in form/roster with recorded contact tracing is submitted to the minor hockey office
- **Within capacity limitations**, up to 4 additional rostered officials may be available to help
- HCSP must be present; if capacity restrictions prevent an HCSP per team, please advise the home team manager and they will act on behalf of both teams.
- Signage of capacity, area closures, physical distancing and traffic flow must be followed

### Player/Parent responsibility

- Follow the direction of team officials
- Complete the Daily Covid-19 screening prior to attending **do not send a player who is sick**
  - Report Covid-19 Symptoms to your team HCSP for further support
- 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 physical 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; **Keep all contact information up to date**
- **Wear a mask in the dressing room** and when social distancing is difficult

### Coach/Team/Association Responsibility

- Provide hand sanitizer at building entrance
- Wear masks when physical distancing is difficult – masks in locker rooms are mandatory
- Have additional masks for when physical 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; during games, this will default to HC Officiating Rules for discipline
- All players are to provide their own water bottles clearly marked with their names and should not be sharing any equipment with teammates
- 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
- Communicate need for increased sanitization (for example, rooms that were used by sick players)
- ***Respect and maintain Phase 3 guidelines, including Cohort Teams as assigned by VIAHA and rule implementation of Game Officials***

#### On-Ice Structure

- Following BC Hockey and Hockey Canada guidelines, practices will focus on player development
- Drills and stations that allow for player development
- Limit shared equipment

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

- Follow occupancy signs at the facility
- Drills that focus on physical 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

## Liability and Compliance

### LIABILITY and COMPLIANCE

- 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

100% Compliance to this return to safety plan and the direction is expected. Non-compliance can and will result in

- \$2000.00 fines
- Loss of ice time
- Loss of capacity numbers resulting in an inability to play games
- Loss of season

## Reporting

Parents and player have a responsibility for disclosure and compliance as part of the agreement to play with AVMHA. To that end we request that you keep your safety person apprised of your player's health and wellbeing as it relates to injury, illness or playing.

### ***Participant feels ill at the facility/activity***

- *Participant puts on mask and waits in isolation room or outside of the facility*
- *Parents/guardians are contacted immediately*
- *Anyone caring for the participant should also don a mask*
- *Participants with COVID symptoms are requested to use the Thrive Health BC Covid screening tool (<https://www.thrive.health/bc-self-assessment-tool>)*
- *Participants should contact their GP and/or call 811 and follow direction by health authorities*
- *Participants shall not return until they are symptom free*

### ***Participant advises they have symptoms of COVID-19 (and will not be attending) (See appendix c)***

- *Participant is required to contact their health care provider and/or contact 811 and follow direction for testing etc.*
- *If a player exhibits symptoms of COVID-19. Hockey Canada States that they require a physician or health care provider note to return to play or will be required to remain away from ALL AVMHA events for 14 days after the first symptom AND there is no fever AND the player/official is feeling better*
- ***See Appendix C for more information***

## 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-EMAIL_CAMPAIGN_2020_04_14_05_04_COPY_01&utm_medium=email&utm_term=0_e001f69b1e-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](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/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirusof-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)

Doctor Bonnie Henry; Covid UPDATE October 13, 2020. <https://www.cbc.ca/news/canada/british-columbia/bc-covid-19-briefing-tuesday-1.5760845>

## Appendix A



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

	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"> <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





## Appendix C

### October 4, 2020: Effective Immediately

We are aware that the TeamSnap HealthCheck app is not up to date with the BC CDC COVID Symptom Guidelines and as such, we are implementing the following "work around".

**IF a player fails a COVID HealthCheck screener on the Teamsnap App, the Manager or designate (safety) should follow up with the player directly and review the following checklist from the BC CDC:**

- New or worsening cough
- Shortness of breath or difficulty breathing
- Temperature equal to or over 38c
- Feeling feverish
- Chills
- Fatigue or weakness
- Muscle or body aches
- New loss of smell or taste
- Headache
- Gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- Feeling very unwell

**If the player has NONE of the symptoms above,** they may attend the practice/game

**If the player answers yes any of these symptoms, please use the Government of Canada COVID-19 Self-Assessment tool (Powered by Thrive Health).** <https://ca.thrive.health/covid19/en> and follow direction. Alternatively, you can call 8-1-1 and follow direction.

*(Note to Team Officials: Generally speaking, if any of these symptoms are marked off, the player will be directed to have a COVID test by the health Authority; they will be required to provide a Doctor's note to return to play or a negative screener result)*

**If the player answers yes any of these symptoms, and they choose NOT to contact 8-1-1 or use the screening test, they may not attend practice or games until a doctors note is provided OR they must remain away from all AVMHA events for 14 days from the onset of symptoms. (\*See below regarding transmission of virus after 14 days.)**

*(\*Note to Team Officials: The GP will likely not sign off on a return to play if the player has any symptoms and will likely request that they isolate for 14 days. Having the COVID test when directed is usually faster.)*

**If the player has travelled out of Canada within the last 14 days, have come into close contact with someone who has tested positive for COVID-19, or has been advised to do so by health officials – Quarantine or self isolate for 14 days. If they develop symptoms of COVID-19 please follow the direction of Health Authorities by calling 8-1-1 or using the Government of Canada COVID-19 Self Assessment tool (Powered by Thrive Health). They may come to practice/games at the end of the 14 days if they have no symptoms of COVID-19.**