Alberni Valley Minor Hockey

Return to Hockey Safety Plan Phase 3



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This plan is divided into the following sections

- 1. Introduction
- 2. Operations Specific Guidelines including facility operations, program delivery, safety protocols and reporting and compliance.
- 3. Communication
- 4. Liability and Compliance
- 5. References

Terminology:

AVMHA – Alberni Valley Minor Hockey Association **BCH** – BC Hockey

HC – Hockey Canada Safety Person

VIAHA – Vancouver Island Amateur Hockey Association PHO – Provincial Health Officer

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.

Community – The team that the player is registered with. Example, female players registered with the female team are considered part of that "community"; are therefore able to travel to practice with that team. This includes players from residential communities outside of Port Alberni whose registered team is AVMHA; they are considered part of this "community".

Development Ice – this is ice time set aside for players in the local community for development. It may consist of separate cohorts from the same community (see above). In AVMHA it consists of goalie development, female development, and player development general. Development ice MUST be run only at a phase 2 practice.

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:

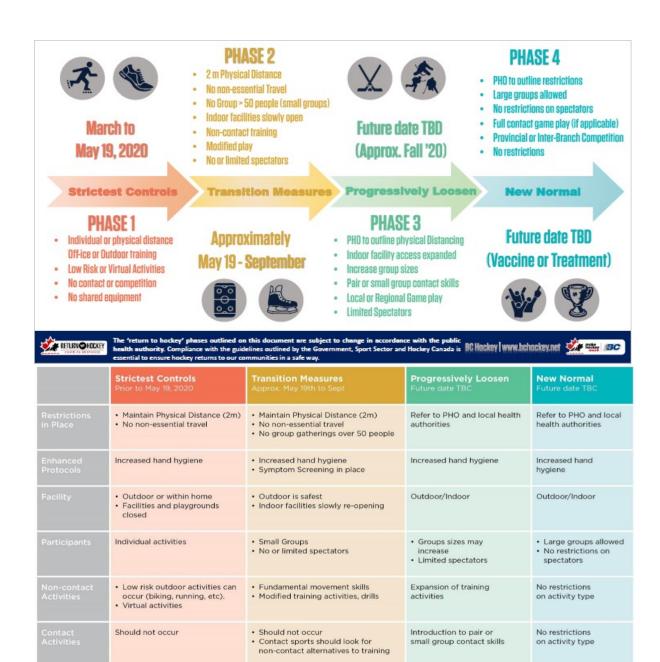
Restrictions in place

Activities

- Enhance Protocols
- Facility

- 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 first to your manager, and then to Samantha Barrowcliff, Communications Officer/AVMHA Vice President at sammybarrowcliff@shaw.ca.



Operations Specific Guidelines

Should not occur

No shared equipment

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.**

In club play or modified games may

slowly be introduced

· Minimal shared equipment

 Disinfect any shared equipment before, during and after use Interclub or regional game play

· Some shared equipment

protocols in place

may be considered

Provincial competitions

and larger scale events may return

Shared equipment

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)
- Masks must be worn before entering the arena and may only be removed by players immediately prior to entering the field of play. Masks must be placed back on immediately leaving the field of play.
- All coaches may remove their masks when they are able to physically distance on the ice, only. They must wear masks on the bench and in the locker room.

During the Event (appendix D)

- Upon arrival, team officials and volunteers must put on mask prior to entering the facility, sanitize or wash hands and check in with team official
- Teams may enter only when the previous team has left the area
- Every team MUST provide check in person (rostered official) who will (appendix A)
 - o Ensure all participants have completed the pres
 - o creener
 - o All contact information of everyone participating has been accurately recorded
 - o Ensure only roster participants (players, bench staff and volunteers) are present
 - o Ensure that total bodies do not exceed capacity numbers
 - o Ensure that social distancing measures are in place
 - o Ensure sanitization is occurring
 - O Submit the check in form/roster with recorded contract 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 during games
- 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

Coach/Team/Association Responsibility

- Provide hand sanitizer at building entrance
- Have additional masks (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)
- Avoid sharing equipment when possible. When equipment must be shared, it is up to the safety person or designate to ensure proper cleaning and disinfecting occurs.
- 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

Cleaning Shared Goalie Equipment (See Appendix C)

- Wash with cloth with warm water and soap to remove body fluids (sweat, mucous etc.)
- Spray the equipment with a solution of bleach and water (20ml bleach to 980 ml water), allow to sit for 10 mins.
- Wipe clean.
- Allow to dry in open air, may be reused after 3 days

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

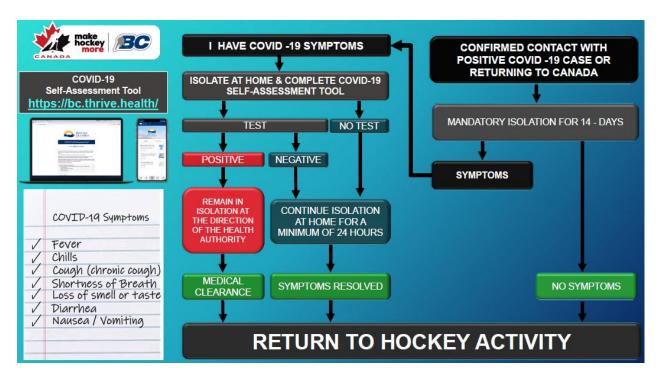
Parents and players have a responsibility for disclosure and compliance as part of the agreement to play with AVMHA. To that end we request that you keep your safety person apprised of your player's health and wellbeing as it relates to injury, illness or playing.

Participant feels ill at the facility/activity

- Participant puts on mask and waits in isolation room or outside of the facility
- Parents/quardians are contacted immediately
- Anyone caring for the participant should also don a mask
- Participants with COVID symptoms are required to use the Thrive Health BC Covid screening tool
 (https://www.thrive.health/bc-self-assessment-tool) and follow instructions. In the event that
 player or volunteer chooses not to be tested after failing the BC Self Assessment, they must
 remain away from activities for 14 days from the onset of symptoms

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

- Participants with COVID symptoms are required to use the Thrive Health BC Covid screening tool
 (https://www.thrive.health/bc-self-assessment-tool) and follow instructions. If player or
 volunteer chooses not to be tested after failing the BC Self Assessment, they must remain away
 from activities for 14 days from the onset of symptoms
- 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

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

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/hockeyhttps://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-

hockey/downloads/HC RTH Safety-GUIDELINES EN.pdfcanada/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/officehttps://

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

Vancouver Island Amateur Hockey Association: www.viaha.org

Alberni Valley Minor Hockey: www.avmha.com

BC CDC PHO Orders (November 24, 2020) https://www2.gov.bc.ca/gov/content/safety/emergency-

preparedness-response-recovery/covid-19-provincial-support/restrictions

Appendix A

Check in Sheet

Team roster may also be used, provided it is dated and has accurate contact information

Team Name:		Date:			
Time:	Check in Person:				
First Name	Last Name	Contact Info	Screener Completed	Attended	

Appendix B 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:

ONew 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
O 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.

https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html

Appendix C



BC Centre for Disease Control | BC Ministry of Health

Ministry o Health

Environmental Cleaning and Disinfectants for Clinic Settings

Cleaning: the physical removal of visible soiling (e.g., dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Environmental cleaning for COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in hospitals and health care settings are strong enough to deactivate coronaviruses and prevent their spread. Cleaning of visibly soiled surfaces followed by disinfection is recommended for prevention of COVID-19 and other viral respiratory illnesses.

Suggested cleaning and disinfecting frequencies for clinic settings:

	Type of surface	Frequency
1.	Shared equipment Examples: stethoscopes, blood pressure cuffs, otoscopes, baby scales, table and exam beds	IN BETWEEN PATIENTS
2.	Frequently-touched surfaces Examples: medical equipment, door knobs, light switches, telephones, keyboards, mice, pens, charts, cell phones, toys, bathrooms	AT LEAST TWICE A DAY
3.	General cleaning of procedure / exam rooms Examples: chairs, tables, floors	AT LEAST TWICE A DAY

For electronic equipment please comply with manufacturer's instructions to not void the warrantee.





If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries 1-888-COVID19 (1888-268-4319) (ex. travel, physical distancing): or text 604-630-0300





Coronavirus COVID-19



BC Centre for Disease Control | BC Ministry of Health

CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

See Health Canada's List of hardsurface disinfectants for use against coronavirus (COVID-19) for specific brands and disinfectant products.

IMPORTANT NOTES:

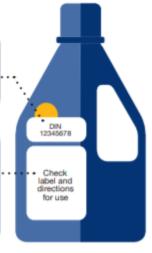
- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, contact time and safe use.
- All visibly dirty surfaces should be cleaned BEFORE disinfecting (unless otherwise stated on the product).

Drug Identification Number (DIN):

A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.

Agents effective against coronavirus:

- Bleach: sodium hypochlorite (5.25%)
- > Hydrogen peroxide (0.5%)
- Alkyl dimethyl benzyl ammonium chlorides (QUATs)



List of disinfecting agents and their working concentrations known to be effective against coronaviruses 1.2:

Agent and concentration

- 1. 1:100 dilution Chlorine: household bleach – sodium hypochlorite (5.25%)*
 10 ml bleach to 990 ml water
- 1:50 dilution Chlorine: household bleach - sodium hypochlorite (5.25%)*
 20 ml bleach to 980 ml water
- 3. Hydrogen Peroxide 0.5% Do not dilute your own.
- Quaternary Ammonium Compounds (QUATs): noted as 'alkyl dimethyl benzyl ammonium chlorides' on the product label Do not dilute your own.

Uses

Used for disinfecting surfaces (e.g. hand railings, grab handles, door knobs, cupboard handles). Make fresh daily and allow surface to air dry naturally.

Used for disinfecting surfaces contaminated with bodily fluids and waste like vomit, diarrhea, mucus, or feces (after cleaning with soap and water first). Make fresh daily and allow surface to air dry naturally.

Used for cleaning and disinfecting surfaces (e.g. counters, hand rails, door knobs).

Used for disinfecting surfaces (e.g. floors, walls, furnishings).

- Dellarno, Christine, Quinn Vega, and Diane Boesenberg. "The antiviral action of common household disinfectants and antiseptics against murine hepatitis virus, a potential surrogate for SARS coronavirus." American journal of infection control 37.8 (2009): 649-652.
- Provincial Infection Prevention Control Network of British Columbia. "Infection Prevention and Control Guidelines for Providing Healthcare to Clients Living in the Community." (2014). https://www.picnet.ca/wp-content/uploads/PICNet Home, and, Community, Case, Guidelines, 2014, pdf

The BC Ministry of Health does not endorse or promote any specific brands of disinfectant products.





If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries 1-888-COVID19 (1888-268-4319) (ex. travel, physical distancing): or text 604-630-0300



Appendix D



Memo: 2020 – RTHSP7

Date: November 25, 2020

Subject: Event day procedures

Welcome to the Alberni Valley Multiplex. Our Return to Hockey Safety Plan (RTH SP) is available on our www.avmha.com website for your review, however, this document serves as a summary of what our agreement with the facility operators. The plan focuses on the continued safety of players, volunteers, and arena staff.

Main Points

- 1. Compliance to capacity numbers
- 2. Self screening
- 3. Masks are mandatory
- 4. Sanitization, hygiene
- 5. Accurate contact tracing
- 6. Respect
- 7. Social distancing/wear a mask
- 8. Clean dressing rooms, reducing touch points

For everyone

- 1. No spectators or parents permitted rostered team officials only whenever possible. In the event that there are not enough team officials to cover the necessary positions, a non-rostered parent may be used for timekeeper, scorekeeper or checkin person as a last resort.
- 2. Self screen following the BC CDC Symptom COVID Checklist or Teamsnap HealthCheck App
- 3. Adhere to capacity numbers at all times
 - a. <u>During practices, this is **30** on ice maximum, with an ADDITIONAL up to **4** off ice officials</u>
 - b. During GAMES, capacity must not exceed **54**.
 - i. 17 players + 2 goalies and 3 bench staff
 - ii. 1 safety and 1 manager per team (home manager is to remain in lobby)
 - iii. Home team will provide timekeeper and score clock persons
 - iv. Up to 4 referees
 - **c.** NOTE: 54 is the Maximum number for capacity. Teams are expected to bring only those team officials listed above, not to abuse the capacity number by bringing additional volunteers as "spectators".

4. Mask policy:

- a. Players must wear masks into the arena and may ONLY remove them immediately prior to entering the field of play (bench, ice surface). They must be replaced immediately upon exiting the field of play and must be worn out of the arena.
- **b.** Volunteers, coaches, and bench staff MUST wear masks into the arena at the exterior door and may NOT remove them until exiting the arena at the exterior door.
- 5. Arrival 15 minutes before and depart 15 minutes after the ice time ONLY
 - a. Please ensure previous user groups have cleared the building before entering
- 6. It is preferred that the lobby use used for donning gear rather than dressing rooms EXCEPT for games.
 - a. Dressing rooms operate as co-ed so that BC Hockey Co-ed Locker policy can be followed with proper supervision and team inclusion

- b. Leave your dressing room clean, any garbage or mess left will result in a cleanup fee
- 7. Be respectful of arena staff, volunteers and officials at all times.
- 8. Accurate contact tracing sheets must be completed for each team and account for all persons (bench staff, players, team volunteers, etc.)
 - a. Rosters with contact information can be used
 - b. Required information includes indication that self screening has been complete, name phone number, date and time of event and name of person completing the form
 - Contact sheets must be handed in to the home team manager at the end of the game who will ensure these forms are placed into the mail slot at the minor hockey office.
- 9. An emergency contact must be provided if a player must leave the arena. This person must be able to retrieve the player immediately.
 - a. If a player leaves the arena feeling ill, advise facility staff so that they can sanitize if required
- Teams using ice under the AVMHA umbrella, who are not competing with AVMHA teams are expected to comply with the RTH SP and this document as well. (For example, female Impact Teams)
 - a. Please submit the completed check in form/roster to the minor hockey office behind the bleachers in the Weyerhauser arena at the completion of your ice rental.
- 11. Except for the home team accessing the equipment locker and the referee's accessing each ice surface, crossover between arenas is prohibited
- 12. Changerooms
 - a. Changerooms MUST be left clean, with all trash disposed off in the allotted receptacle. Our use of changerooms are dependent on facility staff being able to enter, do a quick sanitization and prepare for the next group coming in.
 - b. Absolutely no garbage left in the changeroom remember the reduction of touch points.
 - c. Coaches, please ensure you or a designate is the last person to leave the room and ensure that the room is clean.
 - d. Failure to comply will result in a \$250.00 cleaning fee.

I acknowledge that I have read and will ensure my team is aware of the expectations above, and I acknowledge that non-compliance can and will result in loss of available ice, capacity numbers and a \$250.00 clean up fee, payable immediately.

Team Name:	Date: _	
Team Manager/Coach Name:		
Team Manager/Coach Signature:		
Verbal Agreement:		
Name:	Date:	Acquired by:

Non-compliance can and will lead to fines, reduction of capacity and loss of ice time.