



SUMMERLAND MINOR HOCKEY ASSOCIATION

2020/21 Return to Hockey Safety Plan



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Mission Statement of SMHA

At Summerland Minor Hockey we are committed to:

- welcoming and respecting players, coaches, referees, parents, and fans of all ages, religions, ethnicity, gender, and sexual orientation.
- promoting, improving and nourishing a life-long passion for the game of hockey and encouraging sportsmanship, good citizenship and community spirit, regardless of hockey ability or financial situation.
- governing and improving organized hockey in accordance with Hockey Canada, BC Hockey, Okanagan Mainline Amateur Hockey Association and Summerland Minor Hockey Association.



Bringing the Community Together Through Hockey...

www.summerlandminorhockey.org

Introduction

The **safety** of all our participants and their families is our top priority and key to the planning and execution this plan. The protocols and procedures described here will help reduce risk and permit our children to play the game they love.

We are working with the District of Summerland, viaSport, BC Hockey, Hockey Canada, and the PHO to ensure that we have effective and sensible protocols in place and are in compliance with all regulatory requirements and public health guidance.

Our coaches will develop strategies for on-ice activities that will maximize player development. While there will be a strong emphasis on individual skills, team and game concepts are also part of the curriculum.

We are viewing the present situation as an *opportunity*. The goal is to help our players' skills development and knowledge of the game during this transition period with an emphasis of having fun.

This will be a moving document with this evolving situation and there will be changes made to our procedures to adapt as we proceed through the hockey season.

Communications Officer

Contact: Steve Almas (SMHA Risk Manager)

jetssafety@gmail.com



The responsibilities of the Communications Officer are:

- Monitoring all relevant updates from the public health authority.
- Monitoring all relevant updates from our membership.
- Communicating with local facilities on guidelines and updates.
- Ensuring teams are following the prevention guidelines set by the Member/hockey association/league.
- Ensuring any COVID-19 cases are reported as required by the public health authority, Member, hockey association, league and facility.

Parent Meeting

Mandatory Parent Meeting

- There will be a **mandatory** parent meeting during your 1st ice time so that you can be informed of the protocols that must be adhered to.
 - SMHA are following viaSport directives as well as the District of Summerland's policies and procedures.
 - There will be a handout at the end of the meeting as a summary of what was discussed. This handout will need to be signed for by the parent or guardian attending the meeting.
 - **Players will not be allowed on the ice until a parent or guardian has attended a COVID protocol meeting.**
- During the meeting we will also be **asking for two volunteers** to be the COVID liaisons for their group.
- This is not a team manager or safety officer position, this position will be to ensure COVID related protocols are being followed by your group.

Restrictions in Place

- **Masks required.** The District of Summerland requires all individuals entering the rink **MUST wear a non-medical mask**. Players can remove their mask just prior to entering the field of play. Coaches can remove their masks during practice on the ice – but they **MUST** maintain 2 metres physical distancing. If this is not possible, for example, the U7 and U9 – coaches must wear a mask on the ice.
- **The field of play** is defined as the ice surface, benches and penalty boxes only. The field of play is the *only time* that players can come in contact with each other and the 2 metre physical distancing is not required.
- **The arena will have an occupancy of no more than 50 people.**
- **Spectators will not be permitted to enter the arena.**
- **If your child may need assistance during the event** such as using the washroom, the covid ambassador will call your contact number and ask that you come in while wearing a mask to attend to your child and leave after the assistance is provided.
- **Skate tying** will be permitted for one guardian per player. **The guardian must wear a mask before entering the arena and leave as soon as the skates are tied.**
- **Player cohorts is limited to 4 teams or 50 players.** These cohorts must not come into contact with any other cohorts. There is a procedure to change cohorts, it requires a 14 day period of time and removing contact from a cohort. The reason for cohorts is to have the ability of known contact tracing in the event of a positive covid-19 case in a cohort.

Enhanced Protocols

Prior to Activity:

- If a participant does not feel well, has a fever or a cold (runny nose, sore throat, cough, etc.) they **should stay home** and advise the coach. *All those participating in or attending a hockey activity should stay home if feeling ill.*
- Emphasize to the players the importance of strict hand hygiene **before** arriving to the arena. If possible, players should be encouraged to carry handsanitizer.
- Parents are to complete TeamSnap “Health Check” **prior to every scheduled event or ice times**. This should be completed prior to 1 hour before the event start time. *If the*

player is exhibiting covid-19 symptoms, immediately inform the team's covid liaison, manager and coach.

Rink Arrival:

- Players are **not to arrive** at the rink more than 15 minutes prior to the start time of their event. Follow all on-site posted signage.
- **All players** will be asked to use personal hand sanitizers prior to entering the facility. The District of Summerland has hand sanitizers on site as well.
- Players are asked to **come to the rink fully dressed** with the exception of helmets, gloves, skates, goalie pads and any equipment that interferes with the vehicles seat belt functionality. It is very important we all do our best to make this work. This will allow us to keep cohort separation and have more time on the ice.
- It is **recommended that each player** have a set of walking skate guards so that skates can be tied in the parking lot.



During Ice Session:

- At this time spectators are not allowed in the arena
- The following are permitted in the designated spectator area for each session. 1 – Covid Ambassador, 1 – Certified Safety Person, 1 – Manager, 1 – Videographer.
- We will **require up to date contact information** and if a player requires their parents assistance then the parent will be called to pick up the child at that time.



Rink Departure:

- Players are to only take the time to take off their helmets, gloves and skates and immediately leave the building **immediately**. This is to ensure the next group coming to the arena arrives after the prior group has left, promoting physical distancing.

Equipment:

- All Players will have their **own equipment and water bottles**. *Water bottles are to be pre-filled at home and labeled with the player's name and never shared.*
- Water bottles are to be placed on the top rail of the boards and not in the box during the ice session. There will be no permission given to share any hockey gear if a player is missing a piece of equipment.
- Personal items are not to be shared or mixed with those from other players. They should always remain in the players hockey bag.
- Coaches training equipment will consist of cones and other training aids as deemed necessary by the coaching staff. These will be managed and sanitized daily by the coaches and not touched by any players.
- Pucks – players should **only handle pucks with a hockey glove on** and only during the drills. Coaches are to pick up the pucks at the end of the session.
- Masks and hand sanitizers will be added to each team's safety kit. **In the event that a coach or safety person needs to come into close contact with a player due to an injury they will put on a mask.**



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.

Practice, Competition & Games

- The **initial focus** of the return this year is hockey skill development. The start of this year will be different than any previous year. The coaches will be developing skill development plans that are appropriate for the players age and skill level with a focus on having fun.
- Competition cohorts are limited to 4 teams or 50 players. SMHA teams will probably be in a cohort with 3 other teams to compete with.
- See gameday procedures section for more information on what occurs on gameday.

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others.

- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
 - Use alcohol-based hand sanitizer if soap and water are not available.
- When coughing or sneezing:
- Cough or sneeze into a tissue or the bend of the arm, not the hand.
 - Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
 - Avoid touching the eyes, nose or mouth with unwashed hands.

First Aid

Should a minor injury occur, we will **follow the Hockey Canada Safety protocols** with these Covid considerations:

- The coach will communicate with player to assess the injury with physical distancing in place or with a mask on allowing for close contact
- Safety Person will be notified if assistance is required.
- Masks and safety gloves are part of each team's medical kit.
They will be used at all times when assisting a player with an injury.
- If applicable the parent will be contacted to pick up their child from the arena.
- All normal non-covid safety protocols will be followed as per Hockey Canada Safety protocols.



Arena Facilities

We are working closely with the District of Summerland to adhere to their own Facility Covid Safety Plan. Here are some applicable highlights of their plan:

- **Masks are required for everyone at all times in the arena facility**, when off the field of play including the lobby, dressing rooms, spectator stands, etc.
- Hallways are shared, **do not enter the hallway** if someone is approaching from the opposite direction.
- Be mindful of common surfaces and limit touch points.
- **No showers are available until further notice.**
- The **concession & skate shop are closed** until further notice.
- **No food or beverages** (beside water) to be consumed in the arena.
- Collect all garbage and recycling and place in appropriate receptacles.
- The capacity of the arena **must not exceed** 50 people total including participants, coaches, parents and arena staff. During games there is a provision to not include up to 10 game day official positions that do not come in contact with the players. Examples would include score keepers, video and audio team personnel. **Note:** if this provision is used to include score keepers we must have the skater in the penalty box let themselves out and never cross a players path when passing through the box.
- Please note that staff will be scheduled to clean/sanitize periodically throughout the day.
- Wash or sanitize your hands often. Sanitization stations are located throughout the facility
- **NO SPITTING ANYWHERE IN THE FACILITY OR ON THE ICE.**

A brief guide on **Canadian**

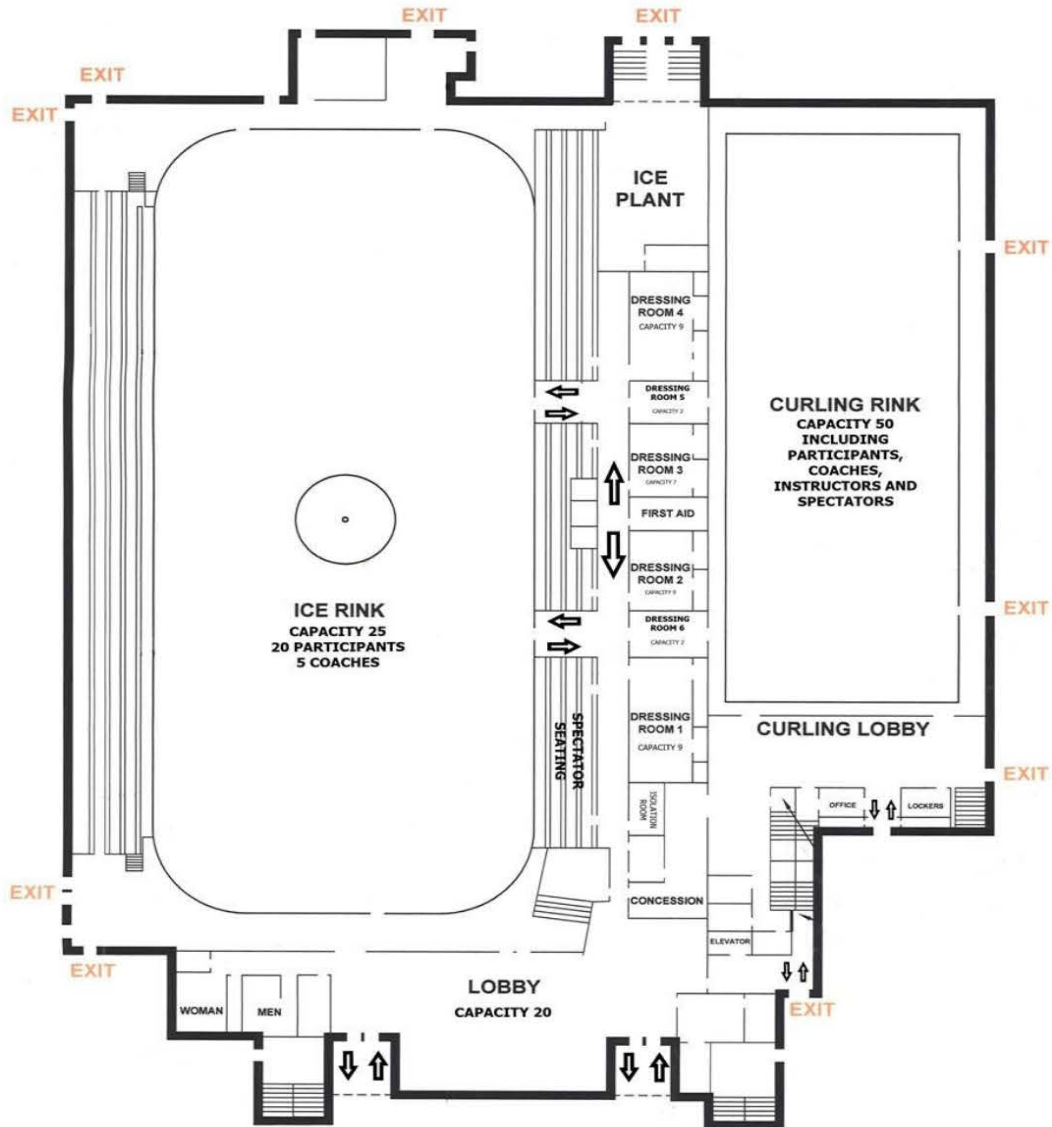
SOCIAL DISTANCING

Keep a hockey stick length of space between you and others, eh



COVID-19 SAFETY REQUIREMENTS

For your safety, please note:



Be Calm, Be Kind, Be Safe



For the latest COVID-19 updates please visit www.summerland.ca

GAMEDAY PROCEDURES 2020/2021



- **Visiting team responsibilities include providing contact information of ALL screened participants including support staff prior to entering the arena. Full name, phone number, and email address are required. You may bring your own list or fill out the blank sheet that is attached. In addition, one completed copy of the attached form confirming screening has been completed.**
- **Maximum of 50 people** in the arena at one time. This includes players, coaches, covid ambassadors, safety people, and officials. Essential gameday support staff, including arena staff, timekeepers, and video streamers are not included in the 50 limit but they must not exceed 10 total and never come into contact with the 50 participants.
- **Spectators are not permitted** in the arena on gameday due to the event limit of 50 people.
- **Home players** are to enter the arena no earlier than 15 minutes prior to the start of the game. They are to complete the TeamSnap health check and reviewed by covid ambassador prior to entering the arena. They will use the assigned dressing room and will enter the ice surface using the Home players bench. They will leave the arena no later than 15 minutes following the game.
- **Visiting players** are to enter the arena no earlier than 15 minutes prior to the start of the game. A covid ambassador for the team is to complete the attached covid screening form and submitted to the SMHA covid ambassador prior to entering the arena. No players will be permitted in the arena that have failed the covid screening. Visiting players will use the assigned dressing room and will enter the ice surface using the Visitors players bench. They will leave the arena no later than 15 minutes following the game.
- **Female dressing room** will be made available.
- **All players** are required to wear a personal mask at all times in the arena when not on the ice surface, including the dressing room until moments before the game and their helmet is put on.
- **Officials** are to maintain physical distancing of 2 metres or wear a mask when not on the field of play (ice surface, benches and penalty boxes).
- **Coaches** are required to wear a mask at all times including the benches.
- **Timekeepers** are to arrive at the timekeeper's box prior to players going out on the ice and wear a mask at all times. Players in the penalty box will operate the door without assistance of the timekeeper when the penalty is completed.
- **1 – Covid Ambassador, 1 – HCSP, 1 – Manager, and 1 – Videographer allowed per team in the designated spectator area. They must wear a mask at all times.**
- **Spitting will not be tolerated.** If a participant spits at any time in the facility, they will be asked to leave immediately.

GAMEDAY COVID-19 PRE-SCREENING FORM FOR VISITING TEAM TO SUMMERLAND ARENA

Team Name: _____	Hockey Division: _____
Phone Number: _____	Email: _____
Date: _____	Time In: _____ Time Out: _____

- | | |
|---|--|
| <ul style="list-style-type: none"> • Fever • Chills • Cough or worsening of chronic cough • Shortness of breath • Sore throat • Runny nose • Loss of sense of smell or taste | <ul style="list-style-type: none"> • Headache • Fatigue • Diarrhea • Loss of appetite • Nausea and vomiting • Muscle aches |
|---|--|

Please answer the following questions taking into consideration all participants attending today.

1. Participant that is experiencing any of the above covid-19 symptoms?
 YES _____ NO _____
2. Received a positive covid-19 result in the past 14 days?
 YES _____ NO _____
3. Come into contact with anyone that had covid-19 or symptoms of covid-19 in the past 14 days?
 YES _____ NO _____
4. Traveled outside of the country in the past 14 days?
 YES _____ NO _____

By signing below you are confirming that all participants attending today have “NO” answers and agree to SMHA gameday procedures. Please give this along with a list of all participants to a SMHA covid ambassador who will deposit in the SMHA Registrar mailbox.

Visiting team representative name (Print): _____

Signature: _____

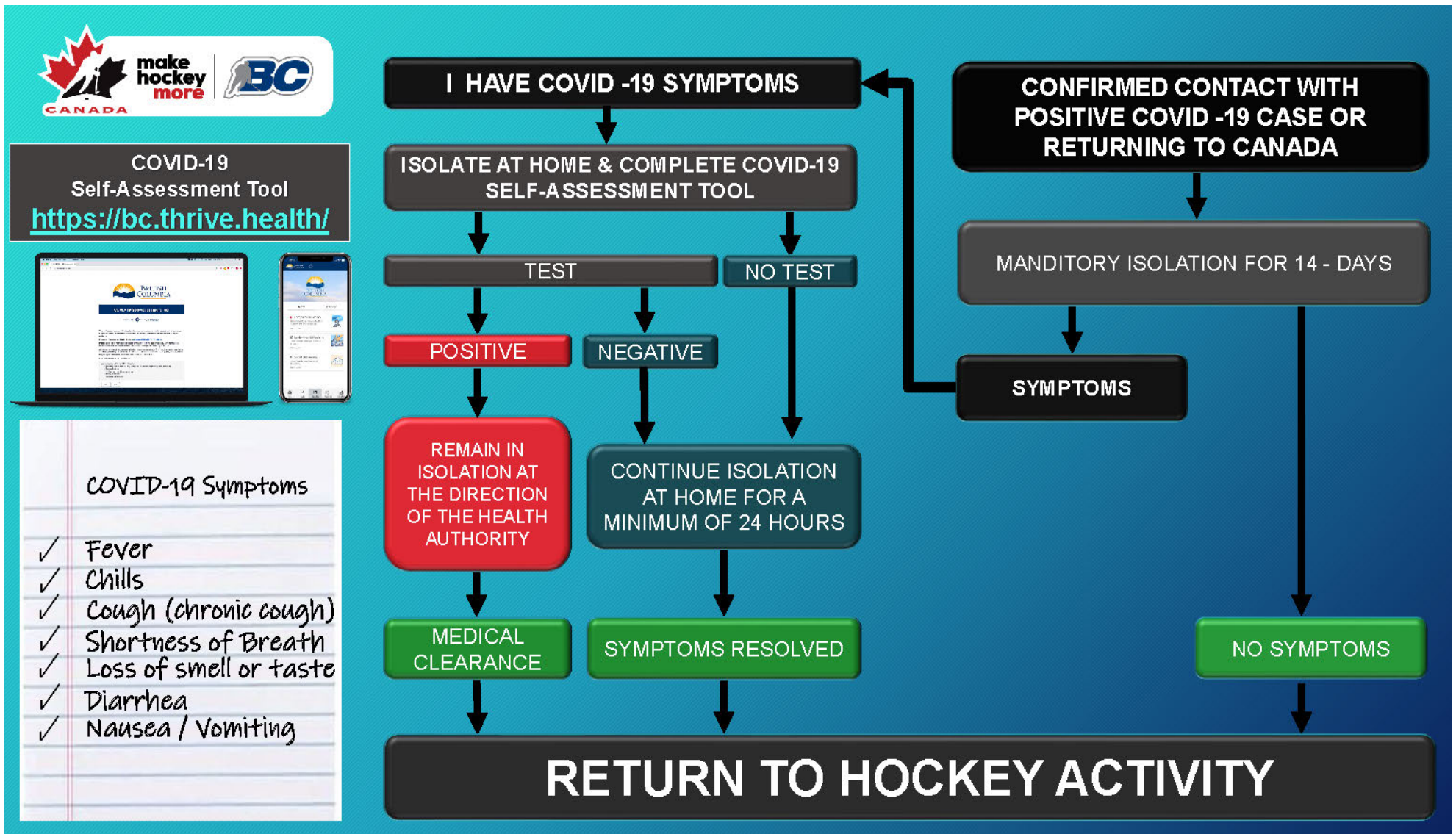
Date: _____

Team Name: _____ Hockey Division: _____

Date: _____

NAME	PHONE NUMBER	EMAIL ADDRESS

BC Hockey Self Screening Chart



What is COVID-19?

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This **transmission requires you to be in close contact** – closer than the expected physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 **can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands**. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high touch surfaces is so important.

For COVID19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is **much more likely when in close contact in an indoor setting**. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, pucks, equipment, etc.).

Player Illness during event

- The coach will signal to the covid ambassador that a player is ill.
- The coach will maintain physical distance and take the player to the isolation room (by concession).
- The covid ambassador will ask the player to put on a mask supplied in the isolation room and wait outside the isolation room while contacting the player's parents to come and get the ill player.

Covid-19 and illness

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever
- Dry cough
- Shortness of breath

Less common symptoms:

- Runny nose
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste and/or smell
- Skin rash, or discoloration of fingers and toes

Serious symptoms:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility.

On average, it takes 5-6 days from infection for symptoms to show, but it can take up to 14 days.

Illness Policy

In this policy, "Team member" includes an employee, contractor, volunteer, participant or parent/spectator.

1. **Inform SMHA Coach or Manager immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

2. Assessment
 - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
 - c. Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
3. If a Team Member is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19
 - a. Follow the direction of health officials.
5. Quarantine or Self-Isolate if:
 - a. You have travelled outside of Canada within the last 14 days.
 - b. You have come into close contact with someone who has tested positive for COVID-19.
 - c. You have been advised to do so by health officials.

Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility rightaway.
3. Implement your illness policy and advise individuals to:
 - monitor their symptoms daily, use the [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 8-1-1. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Appendix A: ViaSport – Currently Phase 3

ViaSport is a non-profit organization that is the Provincial Government's lead delivery agency for sport programs. ViaSport has published return-to-sport guidelines. These guidelines are based on the following chart:

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	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 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<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 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return

Appendix B: Hockey Canada - Return to Hockey Stages

Hockey Canada governs the sport of hockey in Canada. They have outlined four general “Return to Hockey” Stages:

Return to Hockey Stages

Stage	Framework	Player Contact	# of Participants	Structure	Travel
RETURN TO Ice	Strict on-ice physical distancing with a variety of on-ice setups Skill development only Off-ice training & activity No competition Limited/no use of bench	None	Limited/defined consistent skills groups	Private instruction Hockey schools Teams/LHAs	None community-based only
RETURN TO Practice	May be some on-ice physical distancing Skill development/ drills progress to competitive Off-ice training & activity No competition May be limited use of bench	Limited gradually increased	May be limited/ defined consistent skills groups or teams	Teams/LHAs Cohort groups	None community-based only
RETURN TO Play	May be some or no on-ice physical distancing Regular practice Off-ice training & activity Competition may be modified Limited or normal use of bench	May be limited or allowed (Body-checking may be permitted in applicable category)	May be limited/ defined	Teams/LHAs Leagues May be modified game play or cohort groups	Limited community-based
RETURN TO Regular Competition	No on-ice physical distancing Regular practice Off-ice training & activity Standard competition May be normal use of bench	Allowed (Body-checking permitted in applicable category)	Regular team sizes	Teams/LHAs Leagues Regular game play	Travel Increased Tournaments Championships