

NVMHA Return to Hockey Safety Plan

2020/21 Season



As of: October 10, 2020

North Vancouver Minor Hockey Association
Authored by: Return to Hockey Committee
www.nvmha.com



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Mission Statement

NVMHA Message

“Nvmha is committed to ensuring the health, safety and welfare of all players, coaches, officials, volunteers, parents and facility staff as our highest priority in the successful Return to Hockey. We are all in this together and together we will return to the ice.”



Hockey Canada Message:

“Health and safety are our priorities in establishing the guidelines for the Return to Hockey. While these guidelines (Hockey Canada Safety Guidelines) apply on a national basis, it is important to recognize that most health and safety protocols are managed at the provincial/territorial level.” “This comprehensive document is tailored for local use and allows for provincial/territorial/municipal guidelines to be implemented. It should be used in concert with public health authority guidelines, as well as association guidelines.”

Dr. Mark Aubry - Chief Medical Officer



Introduction

We would like to take this opportunity to thank everyone for their continuous support of North Vancouver Minor Hockey Association (NVMHA), and for their patience during this time while we work hard to complete this Return to Hockey Safety Plan. We realize that this year has been a different year for everyone and this pandemic has affected everyone`s lives which is why we are strongly committed to our Mission statement to bring hockey back to our community in the safest way possible. The youth of our community have had to bear a lot over these past months, so being able to return to a sport that offers so many positive things to their lives is important to all of us at Nvmha. To maximize safety and the hockey experience, Nvmha has adapted the direction from North Vancouver BC Health and the Provincial Sport Authorities to form our Association specific Return to Hockey Safety Plan.

It is essential that all participants are diligent in following instructions and communicate the importance of this to their children. Collectively we want to be leaders in bringing people back to the rinks safely and we all have a role to play to make this happen.

This year our program will be focused more on a developmental theme with game and team concepts also part of the planned curriculum. It will be a positive experience that will focus on improving your player`s skill development in all aspects of the game and increasing their game knowledge. The players will have more puck touches and be able to focus on skills that they really want to improve upon personally.

While we hope things return to normal in the not too distant future, this plan will be our starting point and can be adjusted at any time.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of

COVID-19, please stay home.

- Wash your hands before participating.
- Come dressed, bring your own equipment and water bottle.
- Comply with physical distancing measures at all time.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the arena as quickly as possible after you finish.

We also understand that families may have different comfort levels with the risks associated with returning to hockey; ultimately individuals will need to assess our skills-based return to hockey program and make an informed decision that best suits their family's risk tolerance.

What is COVID-19? (from ViaSport)

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.).

Symptoms Checklist: Click [HERE](#) to view the Government of Canada's webpage with a list of symptoms, a self-assessment test and other information about Covid-19.

Phases of Return to Sport

As per ViaSport, we are now in the "Progressively Loosen" Phase 3 as highlighted by the attached Return to Hockey MHA Template. As a result, all our return to hockey information is based on the specific points listed in the chart. In this phase there can be a careful increase to the number of contacts and contact intensity in sport. While the association and facility will ensure that we create the safest possible environment as guided by health and sport authorities, it is essential that all participants do their part in following the guidelines. During this progressively loosen stage, these are our specific adjustments in each of the areas listed in the chart. Our expectation is that parents read and educate their children on these expectations prior to attending their ice sessions. Staff and volunteers will also be enforcing these protocols at the facility.

	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

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

NVMHA's Protocols for Return to Hockey

Restrictions in Place:

- Close physical proximity should still be minimized as much as possible
- A minimum of 2 meters (6 feet) of physical distancing is to be maintained at all times when players are outside of the field of play (e.g. dressing rooms, hallways, staging areas, etc.)
- There can be a careful increase to the number of contacts and contact intensity in sport
- **Rink Protocols: *Practices***-there will be no more than 24 people (players, coaches, officials and AST) allowed in the facility. ***Games***-28 players will be allowed on the ice. Coaches, officials and Score/timekeeper are not included in the 28-player count.
- Game play may continue in this Phase with modified rules to limit the number and duration of contacts between different participants
- Sport Cohorts will be formed that will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. Nvmha will restrict participation within our organization to one cohort
- When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- Cohorts will remain together for an extended period of time. When a change in cohorts is needed, there will be a two-week break between activities
- No tournaments will be allowed at this time

Enhanced Protocols:

- All participants will be asked to use personal hand sanitizers prior to entering the facility. NVRC is to provide all hand sanitizer and cleaning products.
- No SPITTING will be allowed at any time
- Anyone (participants and parents where allowed) attending must review the symptoms check list daily. Anyone exhibiting any of the COVID-19 symptoms SHALL NOT attend and will need to report to the Team official, Risk Manger and President of NVMHA.
- All participants must fill out an online COVID-19 questionnaire prior to coming to the rink. This will be available through Teamsnap , and in addition on Canlan website for ice times at Ice Sports North Shore. [Canlan](#)

Facilities:

- We will be running all sessions at Canlan Ice Sports North Shore, Harry Jerome and Karen Magnussen. Please refer to the Ice Flow Diagram and Protocols on Page 14-18 of this document.

Participants:

- Group size will be limited to 24 people (players and coaches) for all practices at each rink facility
- Group size will be limited to 28 players for on ice participants, max 3 coaches, 1 HCSP, 1 Team Manager, 1 Scorekeeper and up to 3 Arena Safety Team Volunteers (HJ and KMA only), for games at each rink facility.
- A gradual increase of spectators may be allowed at participating rinks

Non-Contact Activities:

- All extra skill development training plans offered by NVMHA (skater and goalie clinics) will be run under the restrictions of Phase 2 guidelines. They will be designed to keep players distanced, so they do not come into contact with other players or the coaches.
- 2 metre (6 feet) physical distancing will be strictly enforced. There will be no contact drills or checking and 1v1, 2v1 etc. activities will be modified. Contact is not permitted as per the ViaSport and Hockey Canada Safety Guidelines for Phase 2.
- There will be no small area or full-sized games permitted during extra skill development sessions.

Competition & Games:

- For this phase of Return to Hockey program games will occur.
- Competitive activities may be expanded outside club play to include regional play
- Inter-provincial and International competitions will not occur at this time
- All games for U11 -U18 will be played in 5 v 5 format.

Equipment:

- All Players will have their own equipment and water bottles. Refer to Hockey Canada guidelines on water bottles. No water bottles are to be shared at any time. No exceptions. All water bottles to be marked and placed in the designated bench.
- Personal items are not to be shared or mixed with those from other players.
- Coaches training equipment will consist of pucks, cones, tires 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, with the exception of pucks.

Guidelines

Participation in NVMHA hockey program is completely voluntary. If at any point, a participant is feeling uncomfortable with the risks, they can and should remove themselves from the program. Everyone who chooses to participate will need to register online for the program in advance, sign the participant waiver form and should they want to opt for a credit/refund instead, we will honour that request. While we don't want to alarm participants, we do want to recognize the importance and role that players and parents play in ensuring that we resume hockey safely. The health, safety and welfare of all participants in our highest priority. To this end we have established the following guidelines for participants:

- Parents must fill out the Return to Hockey Waiver (Appendix D) on behalf of all family members. The waiver will be available online
- Parents are asked to review all return to hockey protocols and to sit down with their child and explain the information and importance of abiding by all protocols and rules.
- All participants to follow the Hockey Canada Illness Policy (see Appendix C)
- We have confidence that the players will understand and listen to coaches and any volunteers, especially if the parents reinforce the rules beforehand. Any player who is struggling with the concept will first be reminded of the protocols and if it continues, they will be removed from the session.

Risk Management

We are taking every recommended step to ensure the safety of all participants. In addition to information provided, here are additional measures in place to mitigate risk:

- Appointment of a Communication Officer as recommended by Hockey Canada.

This role will:

- ✓ Monitor advice and direction from health and sport authorities
- ✓ Manage any contact tracing reports
- ✓ Oversee all program implementation to ensure compliance
- All sessions will be delivered by our Director of Hockey and approved coaches, who have been trained in Nvmha Return to Hockey Safety Plan and Covid-19 protocols

The North Vancouver Minor Hockey Association is committed to keeping players on the ice. In order to do this safely and ultimately move towards return to games in the future, as approved by the authorities, we will be holding our staff and participants to the highest standards of the recommendations from the health authorities. We recognize that some of these protocols are inconvenient, but we expect 100% compliance from everyone involved. Please do not be offended if you receive a reminder of these protocols. We all have a role to play to get our sport back on the ice and to keep our community safe and healthy

Facility Management

Facilities are defined as all areas of the facility starting from the parking lot. Parking lots, entry and getting to/from the rink: (Refer to Canlan, KMA and HJ Ice Flow Maps on next page)

- The expectation is that people:
 - ✓ Do not congregate
 - ✓ Maintain physical distancing at all times
 - ✓ If a player is not able to manage the above two points, they should not participate.

Parent spectator viewing is **NOT** permitted at this time. **No parents** will be permitted into the facility. Note: Parents are not to congregate in any area outside the facility.

Ice Facility Flow Maps

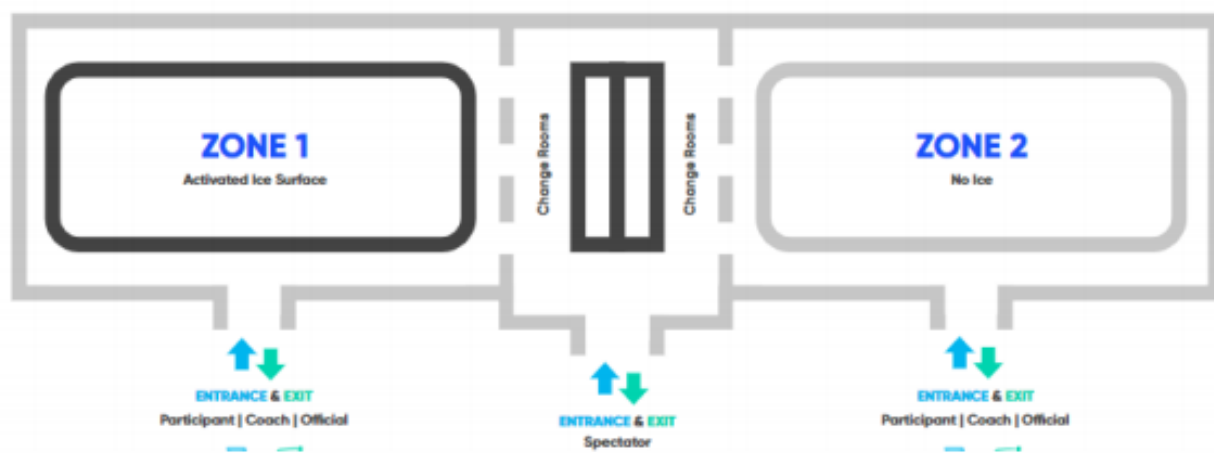
The following maps are an outline of the ice flow for all three rinks used by NVMHA. Please refer to the maps and familiarize yourself with the flow and protocols before coming to the rink.

More detailed information for Protocols for each rink can be found here: nvmha.com/Covid-19

Canlan Ice Flow Map and Specific Facility Protocols

Facility Zones

Most Canlan facilities have multiple ice surfaces and are equipped with at least four change rooms per surface. The occupancy of change rooms that typically hold up to 17 players and 3 coaches will be limited based on Canlan's Physical Distancing Procedure. Occupancy will therefore range from 6 to 11 athletes depending on the size of the change room. For hockey games four change rooms per scheduled ice time. For practices and private rentals, two change rooms will be used per ice time. This provides effective physical distancing while athletes are changing.



Building Occupancy

- Total headcount within each facility is to be tracked on an ongoing basis while in operation. The number of occupants leaving and entering predetermined zones within the facilities will be tracked to ensure that the total occupancy does not exceed the maximum allowable number of people per zone
- A Zone Control Attendant will be deployed to each entrance/exit to control the flow of occupants in and out of a zone. The Zone Control Attendant will have the authority to prevent visitors from entering the facility when total headcount has reached the maximum allowable.
- Athletes will be restricted from entering the facility until 20 minutes before game time.
- Customers will be restricted from entering the facility until 10 minutes before their scheduled time.
- Athletes will be mandated to leave the facility within 15 minutes after game activities have ceased.
- Customers will be mandated to leave the facility immediately after the activity has ceased.

Physical Distancing

- All building occupants will remain 6' (2 meters) apart from each other at all times.
- This includes but not limited to:
Playing surfaces / Entrance into the facility / Restaurant and concession / Viewing areas / Rink spaces / Public washrooms / Offices / Sports store
- Athletes are required to follow Physical distancing practices while in change rooms, walking to/from change rooms, walking to/from players benches, while on players benches, and walking to exit the facility.
- During game activities athletes may come within 6' (2 meters) of each other however when play has stopped, players must follow Physical distancing practices.
- Loitering and crowd gathering outside the facility are prohibited.

Harry Jerome and Karen Magnussen Ice Flow Maps and Facility Protocols

NVMHA's Proposed Safety Plan for Harry Jerome and Karen Magnussen Arena

NVMHA will ensure the following steps to ensure safety when using Harry Jerome and Karen Magnussen Arena to assist NVRC staff with Covid Safety requirements:

- Attendance to be taken at each session and league to retain records
- All participants (players, coaches, spectators-if allowed) are COVID screened prior to entering facility each and every time
- Players to arrive fully dressed no more than 20 minutes before ice time, groups will be allowed into the facility 10 minutes prior to their ice and are expected to leave immediately after session fully dressed.
- Building occupancy to be monitored and maintained at current levels as per Work Safe BC* and NVRC direction
- Physical Distancing of 2m to be maintained at all times, and Coaches/Hockey Canada Safety Person/Covid volunteers will wear masks
- Hand hygiene practiced at both the start and end of each session
- One-way directional flow through facility as indicated by appropriate signage
- Cleaning of player bench surfaces, and any player/coach touch surfaces by NVMHA volunteers following each session
- NVMHA will have (2 to 3) * trained volunteers to assist with the above safety considerations present at each session.
- Access to the ice is only permitted once the previous ice users have completely exited the ice surface and players are called to the ice by a coach or a NVMHA Arena Safety Volunteer. Players will have 5 minutes to exit the ice arena.
- At this time no spectators will be allowed into the buildings

Ice Flow Maps

To reduce close person to person contacts NVMHA proposes a one- way directional flow through Harry Jerome and Karen Magnussen Arena. Please note this is just a proposal and NVMHA will take any direction from NVRC re: the facility and best ways to direct people for reduced contacts.

[Harry Jerome Ice Flow Map](#)

[Karen Magnussen Ice Flow Map](#)

Nvmha Facility Protocols & Scheduling

In addition to each specific facility protocols we have developed a specific program that all players, parents, coaches and volunteers are expected to follow:

- Arrive not more than 20 minutes prior to your scheduled ice time.
- A pre-screen questionnaire must be completed by each athlete/participant before being allowed to enter any facility
- Do not enter rink until permitted by staff and coaches and enter through the appropriate doors.
- Follow coach directions, signs and arrows and maintain 2m distance.
- Enter the building fully dressed. Skates, helmets and gloves can be put on in dressing room or lobby area where applicable.
- Do not enter the lobby area. The Arena Safety Team will meet the players, perform a health screen and check them in.
- Coaches are to follow all Hockey Canada and BC Hockey regulations regarding equipment. Helmets and gloves are to be worn at all times with chin straps attached.
- Every athlete must have their own filled water bottle prior to arriving. (no sharing)
- Spitting is strictly prohibited.
- There will be no group gatherings on the ice at any time without proper physical distancing. This includes for the instruction of drills. Physical distancing is always in effect, which is about one adult stick length.
- Shooting, Passing and Skating drills are permitted. Battle or compete drills will be allowed in Cohort Groups only.
- The Nvmha coaching staff will be available to help with any questions or assistance needed.
- The coaches have been educated regarding illness prevention measures and Covid19 protocols.

-
- At the conclusion of your ice time players will go to the lobby area or dressing rooms, put on their skate guards, gather their water bottle and personal equipment and immediately leave the facility and go to their cars.
 - Players or parents will not be permitted to congregate after the conclusion of their session and must leave immediately.

Note: Physical gatherings of any size are not permitted in the parking lot area. Consuming alcoholic beverages in the parking lot and tailgating is prohibited as per the City and District of North Vancouver and BC Hockey bylaws. Your cooperation and compliance with the above protocols is very much appreciated and will help ensure that we avoid any bottlenecks of people and occurrences where physical distancing becomes more challenging. The program schedule will be communicated directly by email. If you have questions about the schedule, please email our administrator prior to arriving so we can assist you.

Equipment Management & Cleaning

Personal equipment (water bottle, sticks, health equipment) will be the responsibility of each player. We require that players do not share personal equipment under any circumstances. Personal equipment is to be marked clearly and placed on the bench and removed at the end of each ice session. If you need your equipment to be marked please let us know. Training equipment used in the session will be managed by the coaching staff. All equipment will be sanitized daily. Training equipment is not to be handled or touched by the players any time other than pucks.

First Aid

Should a minor injury occur, we will follow the Hockey Canada Safety protocols:

- The head coach will communicate with the player to assess the injury verbally, at the minimum 2M physical distance.
- Depending on the injury, the following may occur:
 - ✓ The player will sit on the bench or go to their designated dressing room until they feel better to re-join the session.
 - ✓ The player will be escorted out of the facility by the coach or volunteer to meet their parent outside.
 - ✓ The player will receive first aid treatment only if required.

Note: If a safety person or coach provides first aid support, they will do so with mask and gloves on at all times, as physical distancing will no longer be possible. In the event of an unforeseen serious injury, Hockey Canada Safety protocols will be initiated and 911 will be called. All injuries will be logged and tracked as per the Hockey Canada Safety protocols.

APPENDIX A– BC Hockey: Return to Hockey June 2020

<https://www.bchockey.net/Files/Return%20to%20Hockey%20Website%20one-page%20Document.pdf>



Safety guidelines are now available via the links below from the Government of British Columbia, viaSport (on behalf of the BC Sport Sector) and Hockey Canada. These resources are meant to provide an introduction on how to prepare your Minor Hockey Association or League for a safe return to hockey.

The Safety Protocols produced by Hockey Canada are this first of many resources to be released, with additional guidelines in the following areas of focus: *Customer Engagement, Regulations, Officiating, Coaching, Seasonal Structure, Delivery Model, Registration, Events, High Performance Hockey, National Teams and Marketing & Communications.*

Next step(s) for BC Hockey members should be focused upon reviewing and applying these resources to their own association or league return to hockey plan that best prepares their particular participants and complies to expectations.









Reddest Concerns or Issues	Public Health Guidelines	Physical Distancing Guidelines	How to Meet Guidelines
<ul style="list-style-type: none"> • Reduced Physical Distancing (1m) • Reduced social contact 	<ul style="list-style-type: none"> • Physical Distancing (2m) • Reduced social contact • No group gatherings over 10 people 	<ul style="list-style-type: none"> • 1m physical distancing • No social contact 	<ul style="list-style-type: none"> • Refer to local authority guidelines • Refer to local authority guidelines
<ul style="list-style-type: none"> • Reduced hand hygiene 	<ul style="list-style-type: none"> • Increased hand hygiene • Sanitization frequency 	<ul style="list-style-type: none"> • Increased hand hygiene 	<ul style="list-style-type: none"> • Increased hand hygiene
<ul style="list-style-type: none"> • Outdoor or well-ventilated spaces • Facilities and equipment issues 	<ul style="list-style-type: none"> • Outdoor or well-ventilated spaces • Outdoor facilities only in morning 	<ul style="list-style-type: none"> • Outdoor only 	<ul style="list-style-type: none"> • Sanitization
<ul style="list-style-type: none"> • Reduced activities 	<ul style="list-style-type: none"> • Social groups • Heavy contact prohibited 	<ul style="list-style-type: none"> • 1m physical distancing • No social contact • 1m physical distancing 	<ul style="list-style-type: none"> • 1m physical distancing • No social contact • 1m physical distancing
<ul style="list-style-type: none"> • Low risk outdoor activities (e.g. hiking, biking, running, etc.) • Group activities 	<ul style="list-style-type: none"> • Fundamentals movement skills • Practising movement skills 	<ul style="list-style-type: none"> • Expansion of existing activities 	<ul style="list-style-type: none"> • No activities in public space
<ul style="list-style-type: none"> • Outdoor activities 	<ul style="list-style-type: none"> • Should not occur • Contact with individuals at risk 	<ul style="list-style-type: none"> • Reduction in size of social group member size 	<ul style="list-style-type: none"> • No social contact in public space
<ul style="list-style-type: none"> • Outdoor activities 	<ul style="list-style-type: none"> • Should not occur • No social contact with individuals at risk 	<ul style="list-style-type: none"> • Outdoor or existing activities (e.g. existing) 	<ul style="list-style-type: none"> • Outdoor or existing activities (e.g. existing)
<ul style="list-style-type: none"> • Outdoor activities 	<ul style="list-style-type: none"> • Personal shared equipment • Contact any shared equipment before, during and after use 	<ul style="list-style-type: none"> • No shared equipment • Disinfection cleaning equipment in place 	<ul style="list-style-type: none"> • Disinfection

Personal Hygiene: <ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	Stay Home if You Are Sick: <ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	Environmental Hygiene: <ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	Safe Social Interactions: <ul style="list-style-type: none"> • Meet with small numbers of people • Maximize distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	Physical Modifications: <ul style="list-style-type: none"> • Spacing within rooms or in travel • Room design • Plexiglass barriers • Movement of people within spaces
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Checklist to Success

- ✓ **Review & Follow**
 - Provincial/territorial health authority guidelines
 - Local health authority guidelines
 - Hockey Canada Member guidelines
- ✓ **Plan**
 - Assign someone to monitor updates
 - Meet with your facility
 - Meet staff and discuss implementation specific requirements
 - Assess if facility is prepared to meet guidelines
 - Hygiene requirements
 - Physical distancing in the facility
 - Guidelines around dressing rooms and showers
 - Physical distancing during service periods
 - Requirements for parents/guardians of the facility
 - Departure from facility registered to meet guidelines
 - Procedure if participant is sick
- ✓ **Meet with Parents/Guardians/Participants**
 - Overview of what to expect
 - Safety protocol in place
 - Their use in creating a safe community environment
- ✓ **At the Facility**
 - Practice physical distancing
 - Practice responsible hygiene
 - Follow public health authority guidelines
 - Follow Member and facility guidelines
 - Have fun!





Appendix B - Illness Policy (ViaSport)

In this policy, “Team Member” includes an employee/staff, coach, volunteer, participant, player or parent.

1. Inform:

✓ The NVMHA Administrator 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 and loss of appetite.

2. Assessment:

✓ Players and parents must review and conduct the self-assessment prior to participating in any association activities.

✓ Coaches will screen players prior to entering the facility and also visually monitor players during the session to assess any early warning signs as to the status of their health if needed. This will be reported to the Administrator and parents.

3. If a Team Member is feeling sick with COVID-19 symptoms:

✓ They should remain at home and contact Health Link BC at 8-1-1.

✓ If they feel sick and /or are showing symptoms while at the facility, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

✓ No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19:

✓ The Team Member will not be permitted to return to the facility or any activity until they are medically cleared of the COVID-19 virus. See Appendix C3.

✓ Any Team Members who are part of the same session with the infected Team Member will also be removed from the facility/activity for at least 14 days to ensure the infection does not spread further.

✓ Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test:

- ✓ As with the confirmed case, the Team Member must be removed from the facility/activity.
- ✓ The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the Public Health Authority of B.C.
- ✓ Other Team Members who may have been exposed will be informed and removed from the facility/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- ✓ Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

6. If a Team Member has come in contact with someone who is confirmed to have COVID-19:

- ✓ Team Members must advise the Association and coach if they reasonably believe they have been exposed to COVID-19.
- ✓ Once the contact is confirmed, the Team Member will be removed from the facility/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the facility/activity for at least 14 days.
- ✓ Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

7. Quarantine or Self-Isolate if:

- ✓ Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ✓ Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ✓ Any Team Member from a household with someone showing symptoms of COVID19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

✓ Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Appendix C1 - Illness Policy (Hockey Canada)



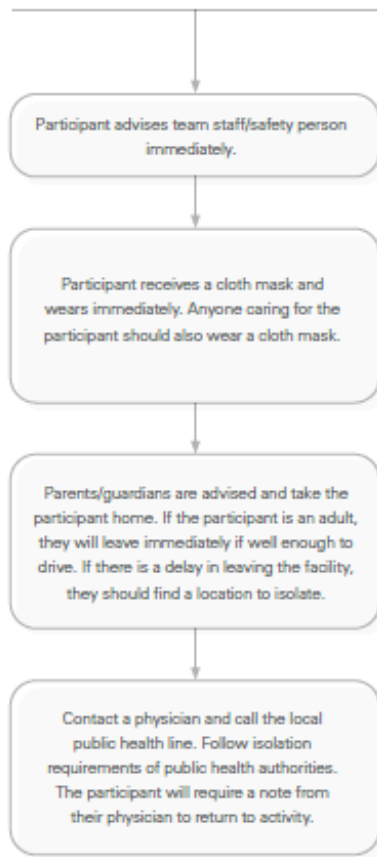
Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

SECTION 7

Recommended Return to Hockey Procedures

The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY



Appendix C2 - Illness Policy (Hockey Canada)



Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

PARTICIPANT ADVISES TEAM STAFF THEY ARE NOT FEELING WELL AND WILL NOT BE ATTENDING

Participant is advised to follow up with their physician. They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. 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.

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. 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.



Appendix C3 - Illness Policy (Hockey Canada)



SECTION 8

Positive COVID-19 Test in Hockey Environment

Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant's/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and NEVER disclose the sick person's name.

PARTICIPANT TESTS POSITIVE FOR COVID-19 AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES

IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME


REPORT TO PUBLIC HEALTH AUTHORITIES, FOLLOW GUIDELINES

PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS

COOPERATE ON ANY NECESSARY COMMUNICATION.

NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY

In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.


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Appendix D – Participant Agreement

All athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at association activities (“Participants”) All Participants of the North Vancouver Minor Hockey Association (NVMHA) agree to abide by the following points when entering designated public facilities operated by the City and District of North Vancouver and/or participating in Association hockey activities under the RTH Protocol:

- ✓ I agree to symptom screening checks prior to entering the facility and will let my association know if I have experienced any of the symptoms in the last 14 days.
- ✓ I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- ✓ I agree to sanitize my hands before entering the facility and also upon exiting the facility.
- ✓ I agree to sanitize my equipment after each session with approved cleaning products.
- ✓ I agree to continue to follow physical distancing protocols of staying at least 2 meters away from others at all times.
- ✓ I agree to not share any equipment before, during or after practice times, including water bottles.
- ✓ I agree to abide by all of the Associations and COVID-19 Policies and Safety Guidelines.
- ✓ I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the program.
- ✓ I acknowledge that continued abuse of the policies and/or guidelines may result in suspension from the association.
- ✓ I acknowledge that there are risks associated with entering public facilities and/or participating in association activities, and that the measures taken by the association and participants, including those set out above and under the Return to Hockey Protocols, will not entirely eliminate those risks.

Date: _____

Participant’s Name: _____

Signature: _____
(parent or guardian)

Appendix E – Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The North Vancouver Minor Hockey Association make no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.

Appendix F – Resources

Public Health Authorities in Canada: <https://www.justice.gc.ca/eng/cv/author.html>

COVID-19 Information: <https://www.canada.ca/en/public-health/services/diseases/coronavirusdisease-covid-19.html>

Provincial & Territorial Resources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/symptoms/provincial-territorial-resources-covid-19.html>

COVID-19 Awareness Resources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/awareness-resources.html>

COVID-19 & Privacy: https://www.priv.gc.ca/en/privacy-topics/health-genetic-and-other-body-information/healthemergencies/gd_covid_202003/

Travel Advisories: <https://travel.gc.ca/travelling/advisories>

Proper Hand Hygiene: <https://www.canada.ca/en/public-health/services/healthy-living/handhygiene.html>

Disinfectants & Hand Sanitizers: <https://www.canada.ca/en/health-canada/services/drugs-healthproducts/disinfectants/covid-19.html>

Hockey Canada: <https://www.hockeycanada.ca/en-ca/exclusive/return-tohockey>

Hockey Canada Members:

<https://www.hockeycanada.ca/enca/corporate/contact/branches>

Hockey Canada Safety Programs: <https://www.hockeycanada.ca/en-ca/hockeyprograms/safety/essentials/safety-program>

Hockey Canada Safety Essentials: <https://www.hockeycanada.ca/en-ca/hockeyprograms/safety/essentials>

Coaching Association of Canada: <https://coach.ca/covid19>

Contacts

Communications Officer

Our return-to-play Communications Officer is comprised of the Nvmha Return to Hockey Committee:

Lawrence Smyth-President president@nvmha.com

Donna Ryder- U15 Director u15@nvmha.com

Kristine Kuss-U18 Division Director u18@nvmha.com

Jon Thomson-U9-U6 Division Director u9@nvmha.com

The responsibilities of the Communications Officers are:

- Monitoring all updates from the public health authority, via Sport & Hockey Canada;
- Communication with local facilities (public & private) on guidelines and updates;
- Ensuring teams are following the prevention guidelines set by Hockey Canada;
- Ensuring COVID-19 cases are reported: Health authority, BC Hockey, MHA, league & facility.

Parent Meeting -A mandatory parent meeting will be held prior to the season starting. Details to come!