



## **NVMHA Sick Procedure for Return to Play**

### **What Should I do if my player is sick?**

- If a player is sick **DO NOT** come to practice/game
- Please contact your Health care provider, 811 or conduct the BC online self-assessment tool-<https://www.thrive.health/bc-self-assessment-tool>

### **Who do you notify at NVMHA?**

- Please advise Coaches and your Team Manager
- Team officials HCSP/manager or parent are required to advise the following people:
  - Division Director
  - Player Safety Director: [player@nvmha.com](mailto:player@nvmha.com)
  - President of NVMHA: [president@nvmha.com](mailto:president@nvmha.com)

Once advised, NVMHA officials will work to bring the player back to play.

### **How do you return to play?**

- To clear a player for return to play, the player will require a doctor's note **OR** a copy of a negative COVID test. **AND** must be symptom free for a minimum of 48 hours.
- Without a note or negative test, the player is required to sit out of hockey for 14 days from the onset of symptoms **AND** be symptom free for 48 hours.
- Medical documentation must be received by [player@nvmha.com](mailto:player@nvmha.com)

### **What if you're signed up to volunteer?**

**Volunteers:** if you're signed up to volunteer and are not well - **DO NOT COME** to a practice/game. We can reassign people as required.

### **How do you confirm you're healthy to play?**

**Health Check questionnaires:** Complete the Canlan health check for Ice Sports Arena [icesports.com/questions](https://icesports.com/questions). TeamSnap health check is required for KMA and HJA. Remember to mark your player's attendance in TeamSnap.

**We need to prioritize everyone's health and safety and the health of the association and everyone must follow these guidelines strictly.**

**Thank you for your cooperation.**