



Return to Play & COVID-19 Safety Plan for Chetwynd & District Minor Hockey Association

SUBJECT TO CHANGE

Note: This is a fluid document and may be updated as changes are announced by governing bodies (Via Sport, BC Hockey, Hockey Canada, District of Chetwynd, CDMHA)

Chetwynd & District Minor Hockey Members will be required to adhere to all COVID-19 procedures and facility guidelines, regardless of your opinion.

Masks are not mandatory unless noted otherwise.

COMMUNICATION OFFICER

Ashley Tower is CDMHA Safety & Risk Manager for the 2020/2021 season. Ashley will be regularly communicating with facilities, staying up to date on provincial regulations, and will initiate and facilitate a family education program for our hockey families to ensure the guidelines put in place are upheld and respected.

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FACILITY GUIDELINES AND REQUIREMENTS

- The facility is following and enforcing provincial guidelines in regard to physical distancing. At this time participants and members will respect the 2m distancing recommendation.
- Stay home when sick, feeling unwell, or if you have recently travelled out of the country.
- Make sure you have registered your child with CDMHA and signed all waivers and agreements prior to entering the facility to participate.
- The capacity limit of the facility will be determined by the facility
- The Following capacity limits have been set by the facility as of September, 2020.
 - Arena Room Occupancy Limits
 - Dressing Rooms:
 - #1 - 5
 - #2 - 14
 - #3 - 21
 - #4 - 25
 - #5 - 17
 - #6 – 17
 - Referee's Room – 1
 - Player's Boxes – 4 on bench plus coach standing – more players may spread out further along the boards as long as distance requirements are met.
 - Scorekeepers Booth – 1

Penalty Box – 1, but possible to use the first row of bleachers on occasion. Players unable or unwilling to behave while in the bleachers will be asked to leave the facility.

Concession viewing area – 7

SE Rink Corner Adjacent to Bleachers – 4

Men's Washroom – 2 or one family

Women's Washroom – 2 or one family

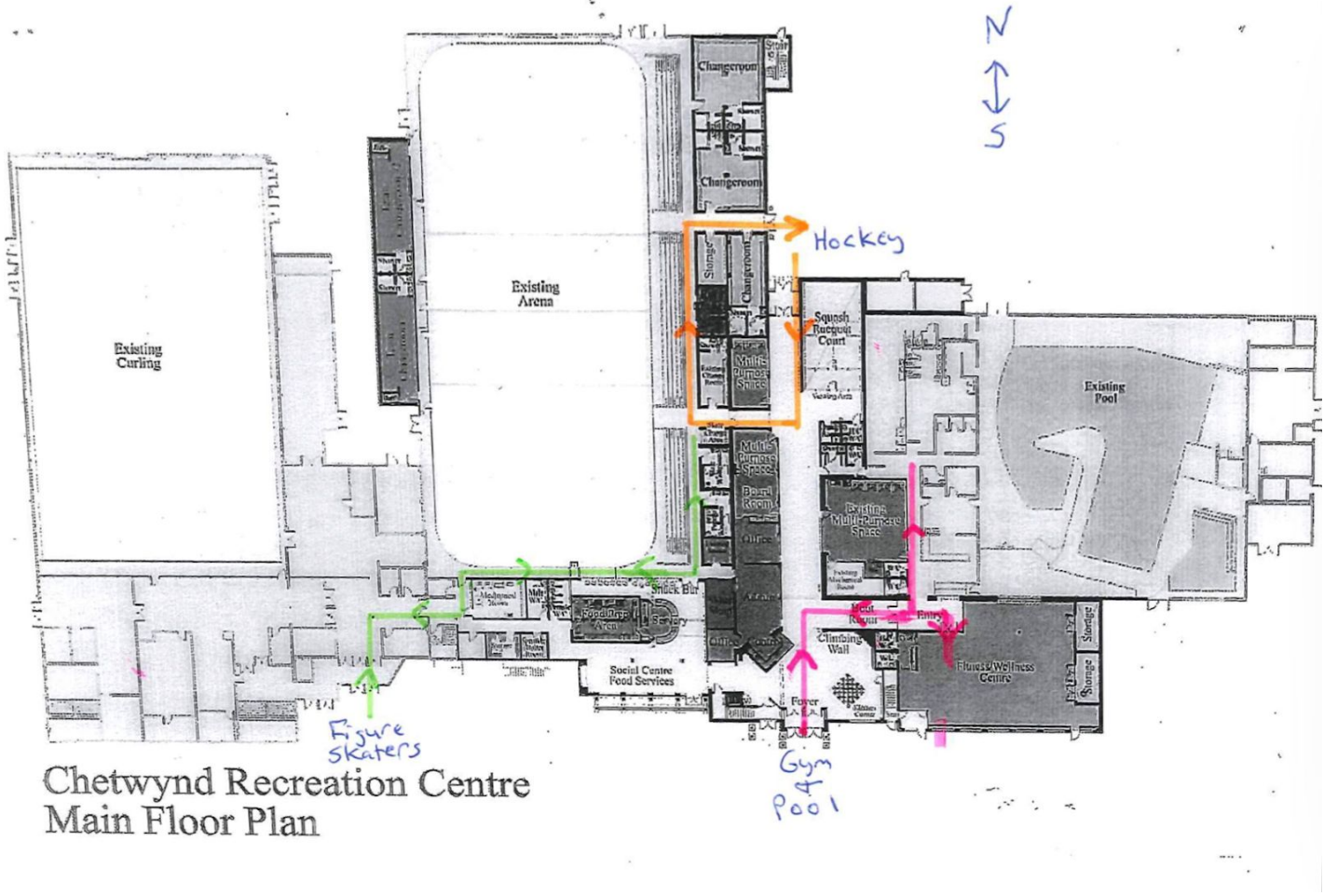
- Pinch Points:
 - Hallways
 - Doorways
 - In front of players benches
 - Behind the seating at the concession viewing area

Spitting is not permitted in any area of any building including players benches.

Entering/Exiting Facility

- Enter through the back entrance of the Rec Centre only. Upon entering the facility there will be hand sanitizer available to use.
 - Players must enter through the back door by the minor hockey schedule board and dressing room 1.
 - When done ice time, players will exit through doors by dressing room 2 & 3.
- Arrive no earlier than 15 minutes before your scheduled ice time and leave within 15 minutes after scheduled time
- All players will complete a TeamSnap health screen prior to entering the facility.
 - Those families not able to use TeamSnap, will be responsible for completing the paper checklist and submitting it to the team manager or safety prior to practice or game.
- Do not enter facility or participate if you:
 - Exhibit any COVID-19 symptoms, fever, cough, difficulty breathing, or other symptoms as identified by health experts
 - If you or someone in your household has been in contact with someone with COVID-19 in the last 14 days
 - If you or someone in your household has travelled outside of Canada in the last 14 days
 - If you enter the facility and are requested to leave due to signs of illness you may not return without note from Doctor

- Link to BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/>
- Please see attached maps of traffic flow for details.



Chetwynd Recreation Centre
Main Floor Plan

Dressing Rooms

- At this time dressing rooms will be available to U13 and down to put on skates and helmets only, players must still come fully dressed. U15, U18 and the Female team will have full access to dressing rooms.
- Players using the dressing rooms will be required to adhere to physical distance markers. There will be zero tolerance for those individuals or teams who are unable to respect the physical distancing and sanitation guidelines.

- There will be no showers. Please shower at home.

Spectators

- In spectator areas family groupings will be permitted to sit together. Physical Distancing will be required for parties not of the same household.
- At this time only the center set of bleachers are open to the players and one adult guardian. Due to limitations on capacity no siblings or additional adults may attend practices.
- Spectators will not be permitted during games.

Washrooms

- Washrooms available for public use will be clearly marked.

HYGIENE AND ILLNESS PROTOCOLS

- Wash your hands with soap and water often
- Avoid touching any surfaces
- Use hand sanitizer after coughing or sneezing into your sleeve or tissue.
- Spitting or blowing nose freely is not allowed due to high risk of virus transfer
- Keep your equipment clean
 - Sanitize undergarments and towels immediately after participating
 - Sanitize your helmet, cage and visors prior to and after participation
 - Do not share with coaches or other players
 - Bring your water bottle full and marked with your name
 - Sanitize bottle prior to and after each session
- While waiting for your ice time keep 2m physical separation distance at all times.
 - No wrestling, high fives or hugs with others
- Food and snacks are to be left in your vehicle
- Store personal equipment not in use in your vehicle

- No sharing of personal equipment

EMERGENCY ACTION PLAN

- HCSP will have online training prior to the start of Hockey
- In the event a player begins to show COVID-19 symptoms, the coach, manager and team safety must be notified immediately. PPE must be worn by association members working with the potentially ill member.
 - The player will be removed from the arena and into an isolation area while waiting for parent or guardian to pick them up.
 - All potentially contaminated surfaces will be wiped and disinfected.
- Confirmation of an all clear must be obtained by a medical professional, before the member is able to return.
- Team safety will communicate incident and follow-up with the Association Risk Manager.

FIRST AID

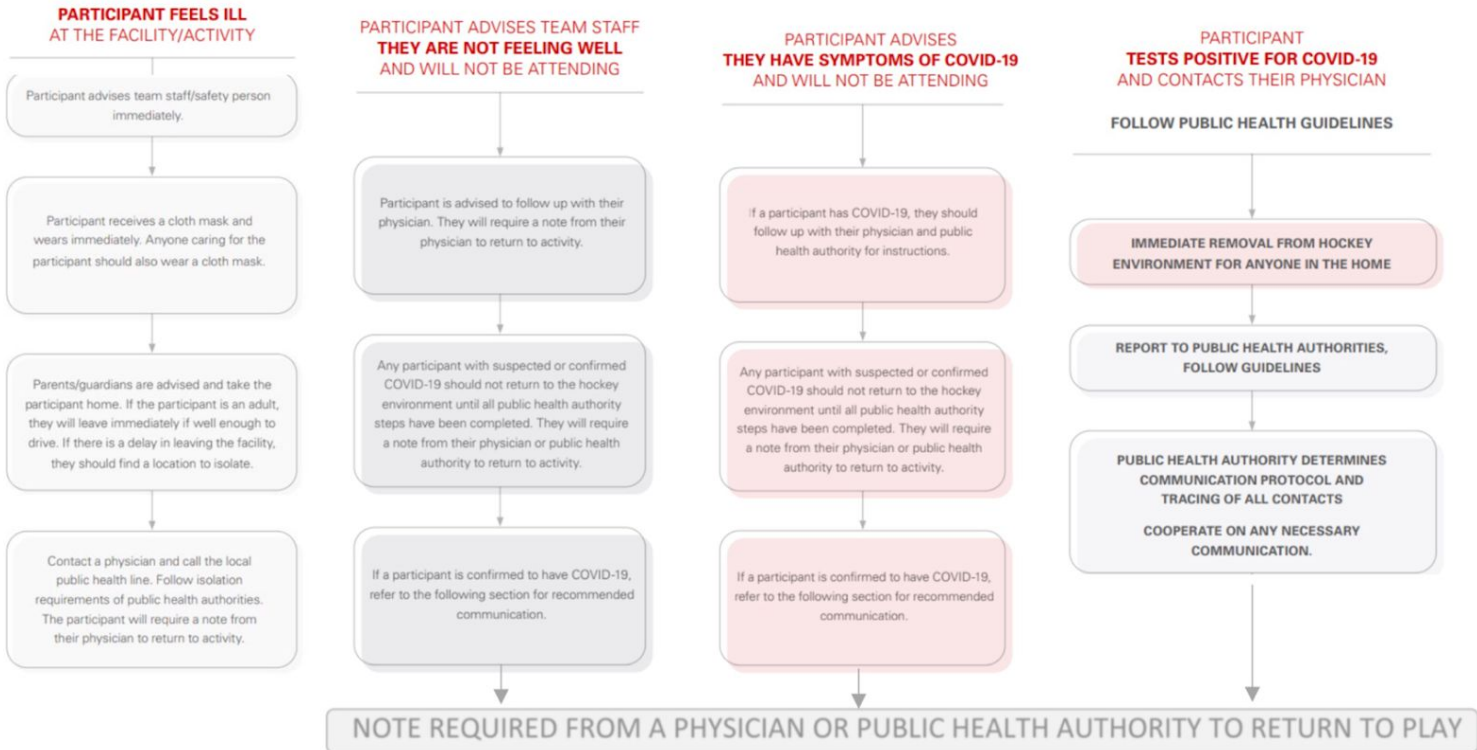
Should a minor injury occur, CDMHA will follow the Hockey Canada Safety protocols:

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

Note: If a safety person or coach provides first aid support, they will always do so with mask and gloves on, 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.



Return to Sport Activity Chart

Phase 1

Phase 2

Phase 3

Phase 4

| | 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 |