

# COVID-19 – OPERATIONAL PLAN

Minor Hockey Association:

Date:

Action Item ↓

Details of Implementation ↓

How is it communicated? ↓

Status ↓

## DECISION MAKING

The Minor Hockey Association’s Communication’s Officer will work in consultation with representatives from Hockey North and the facilities management.

The Minor Hockey Association Communications Officer will then work with ‘Team Liaison’s’ to provide updates, who will filter the information to parents / guardian’s and participants.

Ongoing communication with facility management / Hockey North

Regular updates to parents / guardian’s through email and social media.

## PHYSICAL DISTANCING (2-METER RULE)

Limit the amount of traffic in the facility

Expectations upon arrival and departure – recommend pre-meeting with team parents as well as facility. Spectators need to physical distance throughout facility.

Limit the amount of time spent in the dressing rooms

Meet with the facility to discuss the use of dressing rooms or alternate set-ups which will be available.

Distancing amongst spectators

Spectators are required to physical distance as per GWT & GNU guidelines.

Masks

If physical distancing cannot be followed, its required that non-medical masks be worn. For example:

- In dressing room
- On benches
- Attending to an injured player

Off ice team warm ups

Coach should ensure physical distancing is practiced.  
No sharing of warm up equipment.  
Observe facility rules regarding team warmups.

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On ice activities	Teams follow the phases which have been developed by Hockey North		
Traffic flow	Members are to identify traffic flow in their specific arenas.		
<b>HEALTH AND RESPIRATORY HYGIENE</b>			
Promote frequent handwashing	<p>Players are recommended to wash their hands before and after ice session.</p> <p>Hand sanitizer can be used if there's no access to water.</p>		
Water bottles	<p>Players are to have a labelled water bottle and use only that water bottle when participating in the activity.</p> <p>Players should wash water bottles after each session.</p>		
Good respiratory hygiene/ cough etiquette	<p>Cough or sneeze in a tissue or the bend of your arm, not the hand.</p> <p>Dispose of any used tissues as soon as possible in a waste basket and wash your hands.</p> <p>Avoid touching the eyes, nose or mouth with unwashed hands.</p>		

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Additional hygiene guidelines	<p>Minimize going in and out of doors, including the dressing rooms. Facility doors are considered a high-risk touch point.</p> <p>No sharing of drinks or food.</p> <p>A towel should be used for emergencies only.</p> <p>A towel should only be used once and taken off the bench to be washed.</p> <p>No spitting.</p> <p>No blowing the nose without tissue.</p> <p>Pre-game and post-game handshakes have been eliminated.</p> <p>Players should not share clothing, soap, shampoo or other personal items such as razors or towels.</p> <p>Wash your hands after using restrooms with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer (minimum 60% alcohol content) if soap and water are not available.</p>		
<b>CLEANING AND DISINFECTING</b>			
Follow facility guidelines			
Equipment	Some equipment should be washed (jerseys, pant shells, mouth guards, socks) after each training session following manufacturers guidelines.		
<b>SCREENING AND MONITORING</b>			
Sickness	If participant does not feel well, they should stay home and advise the coach. All those participating in or attending a hockey activity should stay home if sick.		
Pre-screening	All members are to do the Hockey North Screening & Contact Tracing Questionnaire.		

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Contact tracing	Teams to take attendance of participants for each ice time; In case there is a positive test among the members.		
<b>RECOMMENDED RETURN TO PLAY PROCEDURES</b>			
Steps to follow	Appendix B		
Positive COVID-19 test in hockey environment	Appendix A		

## ADDITIONAL RESOURCES:

Government of the Northwest Territories Emerging Wisely Plan  
<https://www.gov.nt.ca/covid-19/en/services/relaxing-phase-2-next-steps-current-phase>

Government of Nunavut: Nunavut's Path - Moving Forward During COVID-19  
<https://www.gov.nu.ca/health/information/nunavuts-path#:~:text=Nunavut%20is%20unique.&text=Nunavut's%20Chief%20Public%20Health%20Officer,way%20we%20always%20have%2D%20together.>

Hockey Canada Safety Guidelines  
[https://hnb.ca/images/hnb/pdf/HC\\_RTH\\_SafetyGUIDELINES\\_8.5X11\\_ENG\\_FINAL.pdf](https://hnb.ca/images/hnb/pdf/HC_RTH_SafetyGUIDELINES_8.5X11_ENG_FINAL.pdf)

Hockey North Return to Hockey Guidelines

## APPENDICES

- Appendix A – Positive COVID-19 test in hockey environment
- Appendix B – COVID-19 Return to Play Procedure
- Appendix C – Contact Tracing Registry
- Appendix D – Hockey North COVID-19 Screening Questionnaire
- Appendix E – Flow of traffic - example from Yellowknife Multiplex