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## RETURN TO HOCKEY

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**This document is subject to change at any time with new direction provided by  
Sask Health Authority and the Government of Saskatchewan**

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## Introduction

Hockey Regina has been working with the Sask Hockey Association, who has been working with the Health Authority, in developing a “Return to Hockey” plan that allows our players to get back on the ice and enjoy the great game of hockey. This plan will attempt to provide answers to many of the numerous questions that are being asked regarding how Hockey Regina will operate under the Sask Health Authority guidelines and restrictions.

The Hockey Regina – Return to Hockey Plan is current as of August 26 and is based on the requirements of the Sask Health Authority as of this date. As the situation evolves Hockey Regina will update accordingly to remain in compliance with requirements.

As you read this document please keep in mind that this is the new normal in our current environment, this is not a typical hockey season, and it will look different. There are 3 Phases to Hockey Regina’s plan that will be outlined in the document:

1. Evaluation phase – This will take place in September/October and will be for the purpose of team formation.
2. Development phase – Once teams are formed they will be placed in ‘mini-leagues’ of less than 50 people. This will begin once the teams are formed.
3. Regular season – This is the final phase and will happen when Sask Health guidelines will allow return to ‘traditional’ hockey



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## Program Objectives

The guidelines in place have forced us to think differently on how we operate. While the program may look different, it is developed on achieving the following objectives:

1. Safety – Create a safe, healthy environment for our players, coaches and volunteers.
2. Fun – Maintain an atmosphere where the kids can enjoy the game of hockey.
3. Development – Create a competitive environment that allows players to develop and grow. This is essential and can be accomplished in both practice and game play environments.
4. Tiering – Provide an environment where players are grouped in appropriate skill levels
5. Game play – Create an environment where some form of game play can exist (5v5, 4v4, 3v3)



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## Requirements – Saskatchewan Gov't, Hockey Canada, Sask Hockey

1. Within the current Government of Saskatchewan Re-Open Plan there are a number of requirements/restrictions that hockey must follow:
  - Use of “mini-leagues – “50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents and others who can ensure physical distancing are not included in the 50-person total”
  - maximum of 30 people allowed on the ice surface at any one time
2. No competition outside mini-leagues are permitted.
3. At this time, there will be no tournaments sanctioned in Saskatchewan until the new year, when that will be reassessed based upon the COVID-19 situation within the province
4. At this time, there will be no out of province travel allowed for exhibition games or tournaments until the new year, when that will be reassessed based upon the COVID-19 situation within the province.
5. Complete Re-Open Saskatchewan Plan can be found here  
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>
6. Personal Protective Equipment (PPE)
  - At this time the wearing of PPE's is encouraged but not mandatory



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## Protocols and Safety

We cannot stress enough that the safety and well-being of our players, coaches, volunteers and families is of the utmost importance. This section details several Hockey Canada and Sask Health Authority guidelines and resources.

Hockey Canada has built a comprehensive Safety Guidelines document.

[https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC\\_RTH\\_Safety-GUIDELINES\\_EN.pdf](https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf)

Parents and players play a key role in the Return to Hockey. Their responsibilities include:

- stay at home if experiencing any symptoms
- become educated on the safety protocols and procedures prior to attending any session, and adhere to them while at the session
- ensure each player has their own water bottle which is sanitized prior to each session
- ensure equipment is dried, cleaned and/or sanitized following each session
- arrange appropriate transportation to and from the session

A detailed outline of responsibilities can be found in the Hockey Canada Safety Guidelines – Roles and Responsibilities (Appendix 6)

## Contact Tracing

Hockey Regina teams must appoint a Safety Coordinator that will be responsible for tracking all participants during team activities and submitting it to the HRI office. This information will be kept for one month.



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## Facilities

Hockey Regina does not own or manage the arenas. As a user group it is our responsibility to follow the requirements as outlined by the City of Regina and the Co-operators Centre. The City of Regina is in the process of developing their plan for the City arenas.

The Co-operators Centre guidelines are located on page 12. These guidelines include:

- Entry and exit from the primary doors on the east side of the facility
- Arrive no earlier than 15 minutes before your ice time and leave no later than 15 minutes after ice time
- Dressing rooms are open to a maximum of 9 people per room
- Spectators are permitted at a maximum of 150 in the Co-operators Centre

**Not respecting the facility protocols and procedures jeopardizes the entire Hockey Regina program.**



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## Hockey Regina Phases

The primary concern for Hockey Regina is that any programs offered focus on the health and safety of all participants. The intent is not to re-create the regular season, but to offer development, modified game play and fun before proceeding to the regular season.

### Phase One – Evaluation/Team formation

- Timing – Beginning September to October
- Skill sessions and limited scrimmages

### Phase Two – Development

- Timing – After the evaluation/team formation phase
- Teams will be “paired” with another team to form a mini-league of no more than 50 participants
- Programs include:
  - On-ice practice
  - Off-ice training
  - Games within their mini-league (3v3, 4v4, 5v5)

### Phase Three – Regular Season

- Timing – TBD





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## Evaluation/Team Formations

The evaluation process will look slightly different than in past years for some divisions. Remember that hockey is limited by the current guidelines imposed by the Sask Health Authority. These guidelines could change throughout the process.

### Guidelines:

1. Timbit U7 – Teams will be formed by the HRI office taking into account such items as address, school, etc
  
2. U9 - There will be 3 skill sessions
  - Teams will be formed from the evaluation scores
  
3. U11 – There will be 2 skill sessions and 1 scrimmage for each tier.
  - There will be a goalie session incorporated into each skill session
  - Guidelines with respect to roster sizes and team formation will remain in effect. (see evaluation procedures on HRI website)
  
4. U13 to U18 – There will be 1 skill session and 2 scrimmages for each tier.
  - There will be a goalie session incorporated into each skill session
  - Guidelines with respect to roster sizes and team formation will remain in effect. (see evaluation procedures on HRI website)



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## Development Season

Players will be able to practice and compete in 'mini-league' within their tier.

**NOTE: As per Sask Health Authority and Sask Hockey, tournaments will not be allowed during this phase**

### U7 Timbits

- No major changes to format of U7
- Teams will be formed of 12-14 players
- 'Mini-leagues' will be formed of 2-3 teams
- 2 teams will be on the ice at a time
- Cross ice games only

### U9

- No major changes to format of U9
- Teams will be formed of 12-14 players
- For each tier 'mini-leagues' will be formed of 2-3 teams
- 2 teams will be on the ice at a time
- Half ice games until January 1
- No officials for games

### U11-U18

- Teams will be formed using current Hockey Regina guidelines
- Teams will be "paired" with another team to form a mini-league of no more than 50 participants



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## Regular Season

Hockey Regina will follow the lead of the Government of Saskatchewan, Sask Health Authority and Sask Hockey to determine when it is appropriate to transition from the Development Season to a return to normal Regular Season. We are optimistic that we will be able to transition to a traditional Regular Season in accordance with past season timelines. However, we will only do so when it is safe and when the approval is given.



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## FAQ

Q: Are players allowed to opt-out of the development phase and rejoin for the regular season?

A. No, players must be registered with Hockey Regina from the beginning.

Q: What is a 'Mini-League'?

A. A mini-league is a group of 50-person maximum which includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents and others who can ensure physical distancing are not included in the 50-person total

Q: What if my child starts, and wishes to not continue?

A. HRI has a refund policy that allows for a percentage of the fees to be refunded based on date of quitting. Complete details can be found in the HRI regulations (B.15)

Q: If the Regular Season does not start until January, will the season be extended past March 31?

A. That is a potential. HRI will work with the City of Regina and Evraz Place with respect to ice availability

Q: What if we have to stop because another wave of COVID-19 shuts things down?

A. We will pro-rate refunds on the basis of the amount of season we were able to complete.



## CO-OPERATORS CENTRE GUIDELINES

The health and safety of guests to the Evaz Place campus is of the utmost importance to REAL. All permit holders operating in the Co-Operators Center must be in compliance with the following guidelines.

### Facility Users Will:

- Anyone with COVID-19 symptoms should go straight home and contact HealthLine 811 for further guidance. If a patron is severely sick (e.g. difficulty breathing, chest pain, etc.), call 911.
- Permit holder is responsible for tracing, monitoring and screening camp guests upon arrival by asking if they are sick or symptomatic. If they answer in the affirmative, they should not be allowed to enter.
- The Co-operators Center's primary doors on the east side of the facility are the only doors for entry and exit.
- All user groups are asked to arrive at the facility no earlier than fifteen (15) minutes before their scheduled time. If they arrive early, they will be required to wait outside while observing physical distancing until fifteen (15) minutes prior to their scheduled time.
- Dressing rooms are available. Dressing Room capacity should not exceed (9) people per room. Groups will be assigned (2) dressing rooms for their ice rental. There are (15) skate tying stations available per arena which should be utilized if the group requires additional space.
- Guests are strongly encouraged to bring full water bottles to programs and to not share water bottles. Water bottle filling stations are open and will be frequently sanitized.
- Spectators are permitted at a maximum of one hundred fifty (150) in the Co-operators Centre. Groups are encouraged to permit only one (1) parent/guardian per participant and must ensure physical distancing between non-household members
- Spectators must maintain distancing of at least two metres from other members of the public. Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts).
- Main floor washrooms services will be fully operational and cleaned frequently.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league comprised, but no more than 50 individuals including coaches/staff, instructors, officials and participants.
- Tournaments and inter-provincial travel are not permitted.
- No single group on the ice surface shall exceed thirty (30). Groups/Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices or training.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).
- Shared equipment should be cleaned and disinfected after contact between individuals, even when not visibly soiled.

### REAL Will :

- REAL will clean all player benches, rink board gates, athlete staging areas and entrance/exit to facility. There will be thirty (30) minutes allotted between groups to perform thorough disinfecting of facility spaces.
- REAL has implemented intensified cleaning and disinfecting procedures including more frequent cleaning of high-touch surfaces.
- The Co-operators Center's Guest Services desk will be open to assist with any inquiries guests may have.

For all other general inquiries and patron assistance, please contact The Co-operators Center's Guest Services desk at 781-9292.