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April 20, 2022

### Juan de Fuca MHA - Communicable Disease Prevention Plan v2.3

A communicable disease is an illness caused by an infectious agent or its toxic product that can be transmitted from person to person. Examples of communicable diseases that may circulate include COVID-19, norovirus, and seasonal influenza.

Proof of vaccination is no longer required for sport activities and programs. Individual businesses and event organizers can choose to continue requiring proof of vaccination for entry. Teams must be prepared to show POV and valid government ID at any time. Managers are advised to contact host manager ahead of time for latest protocols and devise a plan to verify both teams if required.

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- Physical distance does not need to be maintained on or off the field of play.
  - Masks: not required on the field of play (ice). Masks are recommended off the field of play and anytime inside an arena for those 5 years of age and older. Masks are recommended to be worn by staff on the players bench and in the scorekeeper's box. Players are recommended to wear masks in dressing rooms.

JDF MHA ongoing measures — always maintain:

- Do not come to the rink, dryland training or any team function if you are experiencing fever, chills, recent onset of coughing, diarrhea, shortness of breath, loss of smell/taste, sore throat, nausea, headache, body aches, congestion. Please stay away 24 hours after symptoms subside.
- Maintain hand hygiene by providing your player(s) with hand sanitizer and reminding them to wash their hands regularly and to use appropriate hygiene practices
- Maintaining a clean environment through routine cleaning processes, no sharing of water bottles, and ensure shared equipment is thoroughly sanitized prior to exchange.
- If you have tested COVID-19 positive, you may return to hockey after 5 days as long as you no longer have a fever and your symptoms have improved (18 years and younger)

- A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when health and safety measures were not in place or were insufficient; if in contact, monitor for symptoms.
- If symptoms develop, stay at home until you are well enough to participate in your usual activities and check to [see if testing is recommended](#).

Due to evolving public health protocols, this information is subject to change at any time.

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