

## Stay Away When Sick

No participant, team staff, parent/guardian, official or spectator should attend an event or facility if they are unwell. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

They include:

- |                                    |                      |
|------------------------------------|----------------------|
| Fever Chills                       | Cough                |
| Shortness of breath                | Headache             |
| Sore throat and painful swallowing | Stuffy or runny nose |
| Loss of sense of smell             | Muscle aches         |
| Fatigue                            | Loss of appetite     |

All members are advised to stay at home if they are feeling unwell.

If a participant starts experiencing symptoms while at an event, they must:

- notify the Coach, Group Host or Group Safety
- isolate themselves from others immediately
- excuse themselves from the event as soon as possible.

Members who start displaying respiratory symptoms should use the [BC COVID 19 self- assessment tool](#) and follow all instructions provided.



**PARTICIPANT FEELS ILL  
AT THE FACILITY/ACTIVITY**

Participant advises team staff/safety person immediately.

Participant receives a cloth mask and wears immediately. Anyone caring for the participant should also wear a cloth mask.

Parents/guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find a location to isolate.

Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.

**PARTICIPANT ADVISES TEAM STAFF  
THEY ARE NOT FEELING WELL  
AND WILL NOT BE ATTENDING**

Participant is advised to follow up with their physician. They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

**PARTICIPANT ADVISES  
THEY HAVE SYMPTOMS OF COVID-19  
AND WILL NOT BE ATTENDING**

If a participant has COVID-19, they should follow up with their physician and public health authority for instructions.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

**PARTICIPANT  
TESTS POSITIVE FOR COVID-19  
AND CONTACTS THEIR PHYSICIAN**

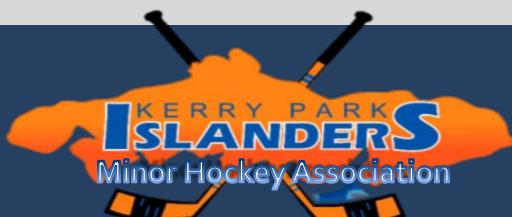
**FOLLOW PUBLIC HEALTH GUIDELINES**

**IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME**

**REPORT TO PUBLIC HEALTH AUTHORITIES,  
FOLLOW GUIDELINES**

**PUBLIC HEALTH AUTHORITY DETERMINES  
COMMUNICATION PROTOCOL AND  
TRACING OF ALL CONTACTS  
COOPERATE ON ANY NECESSARY  
COMMUNICATION.**

**NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY**



# Return to Play After illness

Members can return to play after 10 days when all symptoms have resolved. If a member tests positive for COVID-19, they must submit a clearance letter from a physician to our KPMHA Risk Management Director Shane Kendall at [equipment@islanderhockey.ca](mailto:equipment@islanderhockey.ca)

## What if a participant tests positive for COVID 19?

If a participant, team staff, parent/guardian, volunteer, official or a member of their household tests positive for COVID-19, they are required to inform;

1. KPMHA Risk Management Director [equipment@islanderhockey.ca](mailto:equipment@islanderhockey.ca) and
2. KPMHA Communications Officer [vp-admin@islanderhockey.ca](mailto:vp-admin@islanderhockey.ca)

The communications officer will report test positive cases to the following:

1. The Rink that the person attended
2. VIAHA (our governing body)
3. The team
4. KPMHA membership



***If any one is ill they are to STAY HOME!***

# KPMHA Return to Play after illness form

Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

Player Illness Start Date: \_\_\_\_\_

Player Isolation Dates (From - To): \_\_\_\_\_

Date Symptoms Ended: \_\_\_\_\_

Seen By Physician?  Yes  No

Tested for Covid-19?

(if Yes, include physician signature and ensure your team safety is aware for contact tracing):

Yes  No

Result of Covid-19 Test:  Positive  Negative

If positive, ensure your Team Safety and KPMHA Risk Management Director has been notified)

Physician:

Is the player able to return to sport with the following considerations:

1. On ice activity with others
2. Attendance at recreation facilities
3. Physical activity (list any restrictions) \_\_\_\_\_

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I, the undersigned, understand that this information must be completely entirely and approved by my Team Safety and KPMHA Risk Management Director prior to being permitted to return to Hockey. I understand that myself and/or my player must isolate for a minimum of ten days if ill and a minimum of fourteen days if contracted Covid-19.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Physician Signature (If Covid Test was completed and positive): \_\_\_\_\_

Date: \_\_\_\_\_

\*Form to be completed by players/parents in all illness situations, regardless if positive Covid-19 test is returned. No player is permitted to play when ill, to any degree, and must isolate as per provincial protocol if they become ill.

