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Cowichan Valley Regional District
Kerry Park Recreation Centre
COVID-19 Safety Plan



Member 'Return to Hockey' Plan (Template)

Below is viaSport's Return to Sport Activity Chart. 'Return to Hockey' plans should comply with these guidelines. Member plans should outline how it aligns with the activity chart for each phase. Particular attention should be paid to Phases 2 & 3 before any hockey programming begins. These plans may require updates as new resources are made available. Therefore, plans should be regularly reviewed and updated to reflect any changes.



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



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
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

KPMHA Phase 2 -Return to Hockey Plan

Aug 22nd thru Sept 7th

Key Volunteers	Responsibilities
Communication Officer	<ul style="list-style-type: none">• Communicates with the Rink to determine what restrictions or protocols they will have in place and how the members of the MHA can collaborate with them to ensure compliance with the directives of the PHO for the safety of our players and fans.• Provides this information to the members and to the communications officer in the District.• Receives information from the District on the status of other MHAs and subsequent effect on resumption of league play, updates from BC Hockey and HC and sharing best practices with other MHA.• Will contact Sheena or Kim, Arena Manager regarding ill participants and confirm outcome with the ill player's parent/guardian.• Will receive all Doctor's notes from Members that were ill or injured.• Responds to member inquiries regarding Return to Hockey.• Ensures any new Covid-19 cases are reported.
Group Host	<ul style="list-style-type: none">• Takes attendance and records contact numbers before participants enter the building for the scheduled ice session.• Submits online attendance record for the ice session (recording every KPMHA member in the arena).• Makes sure no unauthorized people enter the warm room/rink area during the scheduled ice session.• Calls Parent/Guardian if their player becomes ill or injured upon entry or during ice session.• Alerts rink staff if something happens during ice session that needs clean up.• Must be approved by Pam (<i>KPMHA Registrar</i>) that volunteer is properly insured before acting in this volunteer role.



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Key Volunteers	Responsibilities
Safety(s)	<ul style="list-style-type: none">• Will ask all members three (3) screening questions before entering the arena.• Instruct participants to wash hands/use hand sanitizer station before proceeding to the warm room.• Bring the group first aid kit to each session.• Observe ice sessions and cues from Coaches if needed to step in to assist with ill or injured player.• Guide ill or injured player to isolation area where they can assess from a distance.• Follow Emergency Action plan on page 13.• Follow Hygiene and illness protocol on page 11.• Submit incident report online through KPMHA website. <i>(If an incident occurs)</i>• Submit general safety report online through KPMHA website. <i>(Must be done once ice session is over)</i>• Must be approved by Pam (<i>KPMHA Registrar</i>) that volunteer is properly insured before acting in this volunteer role.
Coaches	<ul style="list-style-type: none">• Will work to ensure physical distancing on/off ice.• Practice plans will be approved by KPMHA Head Coach Darren.• Encourage players to quickly untie skates to vacate the building after ice session is over.• Must be approved by Pam (<i>KPMHA Registrar</i>) that volunteer is properly insured before acting in this volunteer role.
Board Member	<ul style="list-style-type: none">• At least one (1) Board Member present at each ice session for first few weeks.• Collecting jersey deposits. <i>(\$150 post dated cheque for March 31, 2021)</i>• Assist Group Host



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Participants	Phase 2
U7 and U9	<ul style="list-style-type: none"> • Traditionally do not start until the first weekend after school starts. • This years first weekend after school start is Sept 12th/13th . • Schedule will be posted on TeamSnap in the later part of August.
U11 (first years) "Transition"	<ul style="list-style-type: none"> • Sessions just for the 1st year players of this division. • They may be divided into two groups, dependent on numbers. • Each group will have two sessions of "Transition" recap that was taught in February 2020. • Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.
U11 and U13 (1 st and 2 nd yr) Recreation	<ul style="list-style-type: none"> • Divided into two groups • Two (2) sessions of Prep ice • Schedule to be posted on TeamSnap • Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.
U11 Development	<ul style="list-style-type: none"> • Divided into two groups • Four (4) sessions of Prep ice • New to us this year is the U11 Pathway from Hockey Canada. The Pathway states that player evaluation/selection/tryouts, cannot be scheduled prior to the start of the school year. • Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.
U13 Rep	<ul style="list-style-type: none"> • Divided into two groups • Four (4) sessions of Prep ice + one(1) tryout session. • Due to No game play during this phase, the other two (2) tryout sessions will be scheduled at a later date. • Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.



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Participants	Phase 2
U15 and U18 Recreation	<ul style="list-style-type: none">• Two (2) sessions of Prep ice• Schedule to be posted on TeamSnap• Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.
U15 Rep	<ul style="list-style-type: none">• Four (4) sessions of Prep ice• One (1) tryout session, consisting of drills.• Due to No game play during this phase, the other two (2) tryout sessions will be scheduled at a later date.• Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.
U18 Rep	<ul style="list-style-type: none">• Four (4) sessions of Prep ice• One (1) tryout session, consisting of drills.• Due to No game play during this phase, the other two (2) tryout sessions will be scheduled at a later date.• Parent/Guardian MUST click availability tab in TeamSnap to sign up. Deadline=1 week prior to 1st session.

- All participants must sign up for each ice session through TeamSnap availability. Schedule will be out in the next several days.
(Deadline =1 week prior to first ice session)
- COVID waiver MUST be submitted through SignNow. Stay tuned for email.
(Deadline =1 week prior to first ice session)
- Due to the strict numbers of on-ice participants, only pre-signed up participants will be permitted in the building/on the ice.

If any one is ill they are to STAY HOME!



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Prior to ice sessions

1. This notice serves as a Member briefing on the protocols that must be followed.
2. Group ice sessions will be created in TeamSnap in the next week.
3. Members will have to pre-sign up for sessions through the availability tab on TeamSnap schedule. **(Deadline =1 week prior to first ice session)**
4. COVID-19 waivers will be sent to all members through the SignNow app. This waiver **MUST** be electronically signed and submitted from every participant. **(Deadline =1 week prior to first ice session)**
5. **All participants are to dress in their gear at home as we do NOT have access to dressing rooms. Players must bring already filled water bottle from home.**

There will be a KPMHA Board member at each session for the first couple of weeks.

Before Entering the Building

1. **Do NOT arrive any earlier than 15 min before ice start.** Rec Staff must clean before anyone is allowed in.
2. Group Host (*encouraged to wear a face mask*) will take attendance and record contact numbers, and then submit online attendance record for every KPMHA member in building for the ice session.
3. Safety Person/People (*encouraged to wear a face mask*) will ask three screening questions to every participant and submit safety online report.
4. Participants will be instructed to wash hands/use hand sanitizer station before proceeding to the warm room where they can put on their helmets, skates and/or goalie pads.
5. **For players not able to tie their own skates, only one (1) Parent/Guardian per player may tie the child's skates in the warm room and then leave immediately through the warm room emergency exit. Siblings or extra children are not allowed in. Coaches not to tie skates, they will need to supervise players proceeding to ice surface.**

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Ice Entry/Exit

- Entry and exit of ice surface will take place through lower dressing room hallway entry point into player benches.
- Once fully dressed, walk single file down hallway to enter, maintaining physical distancing.
- Do not stop within hallway area to talk.
- Player benches can be utilized if physical distancing is maintained. Make sure to spread out water bottles on the dasher along the players benches.
- Exit off ice in the same fashion as entry; proceed back to warm room to take off skates, helmet and/or goalie pads.
- Exit building immediately to allow for next group coming in.
(we will have 10 minutes after each ice session to vacate the building)
- Parents/Guardians please make sure you are outside waiting for your player to exit the building through the warm room emergency exit door.

On Ice

- Max of 20 participants (2 Coaches and 18 Players)
- Split participants up on the ice for distancing.
HC specific drills
Hockey Canada has numerous resources, drills and videos that are appropriate for a Return to Practice. Modifications can be made for limited contact, physical distancing, etc. as required. Download the [Hockey Canada Network app](#) on a tablet or smart phone for access to these resources.
- Coaches will work towards ensuring physical distancing on/off ice.
- If an injury occurs, Coach assists player (if needed) to the bench and the Safety person/people assess the player going forward.
- Any player not abiding by the social distancing rules or not listening to the Coaches will be asked to leave the ice and proceed to warm room. The Group Host will call the Parent/Guardian for early pickup if necessary.



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If a player feels ill when on the ice

1. The ill player will be isolated by the assigned area (ie. Rolling door by concession) where the Safety person/people will assess from a distance.
2. Group Host will call the Parent/Guardian for pickup.
3. Ask the ill player two (2) of the screening questions again
Do you have a fever, sore throat, cough, difficulty breathing, or are sneezing?
Do you feel like you are suffering from any other symptoms such as flu-like symptoms including diarrhea?

Contact Michele (**Communication Officer** – webmaster@islanderhockey.ca) and get the parent/guardian to call 8-1-1 immediately if symptoms are present.

If a player throws up on the ice

1. Keep all players away from the area.
2. Notify the rink staff immediately to clean up and sanitize the area.
3. Group Host will call the Parent/Guardian for pickup.
4. The ill player will be isolated by the assigned area (ie. Rolling door by concession) where the Safety person/people will assess the ill player from a distance.
5. Ask the ill player two (2) of the screening questions again
Do you have a fever, sore throat, cough, difficulty breathing, or are sneezing?
Do you feel like you are suffering from any other symptoms such as flu-like symptoms including diarrhea?

Contact Michele (**Communication Officer** – webmaster@islanderhockey.ca) and get the parent/guardian to call 8-1-1 immediately if symptoms are present.

****Group First Aid kit at every session. Arrangements with Shane –KPMHA Risk/Equipment Director equipment@islanderhockey.ca**



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Spectators (reassessed Sept 7th)

Limited to Board Members, Evaluators (for 1 of the sessions), Group Host and Safety person/people for the specific group.

Reasons for this;

1. It is difficult for the Group Host to keep track of too many spectators. Group Host will have to monitor to make sure no unauthorized people come into the area.
2. Less people make it easier to vacate the building within our 10 minute period.
3. If an outbreak occurs it is a lot easier to have a small group contact trace.
4. Shawnigan Arena currently has no spectators and that model is working well for them.

***Please** contact your Divisional Director as soon as possible if you able to volunteer as a Group Host or a Safety Person.

Intermediate Director (U11 and U13) Aaron Vaillancourt

intermediate@islanderhockey.ca

Senior Director (U15 and U18) Kim Downie

senior@islanderhockey.ca



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Hygiene & Illness Protocol

- Wash hands/use provided hand sanitizer upon entrance and exiting the arena.
- Face masks should be wore whenever 6 feet distancing is unable to be obtained by Host and Safety people.
- Contact Michele (**Communication Officer** – webmaster@islanderhockey.ca) and 8-1-1 immediately if any symptoms exist. Michele will contact Sheena or Kim, Arena Manager. Confirm the outcome with Michele.
***Doctor's note will be required**
- There is to be a group **Safety Person** at each ice session. This person is not to be on the ice but rather in the stands waiting to step in if needed. This person is to bring the group first aid kit to each session and is required to ask screening questions of all Participant, Coaches, Board of Director and Group Host before entry to the building. They will record and submit results on the KPMHA online form found on the website, immediately after the ice session is over.

Screening questions:

1. Do you have a fever, sore throat, cough, difficulty breathing, or are sneezing?
2. Have you travelled outside of Canada in the last 14 days?
3. Do you feel like you are suffering from any other symptoms such as flu-like symptoms including diarrhea in the last 24 hours?

If any player/goalie has answered YES to any of the three (3) questions above, call the Parent/Guardian to pick up the child and advise they call 8-1-1 and isolate for 10 days and avoid going out in public as much as possible. Safety person will fill out online safety report.

If a Coach or the Group Host has answered **YES** to any of the above questions, they **MUST STAY HOME!**



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First Aid

KP Arena Safety plan states- Responding to First Aid situations will still be required by user groups' "First Aid Attendant" as is required currently/pre-COVID-19; an instructor teaching the program; or a staff member assisting another staff member. In an emergency situation a staff member will assist the above first responder. Additional safety measures are required with COVID-19, including additional PPE added to first aid kits.

All KPMHA team First Aid kits will be equipped with face masks, hand sanitizer and disposable gloves. There will be a KPMHA first aid kit assigned to each group Safety Person and must be brought to each ice session. Contact Shane (Risk/Equipment Director) for questions on First Aid kits equipment@islanderhockey.ca



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Emergency Action Plans

It is important for the safety person to stay calm and think logically if a crisis situation arises.

They are to assess the situation and make sure they are not putting themselves in harm's way. **If they feel they are at risk and it is an emergency, call 911.**

If a case or outbreak is reported, the following measures should take place:

1. Safety person taking the report needs to complete an incident report and notify the Communication Officer (Michele) immediately who will in turn contact Sheena or Kim the Arena Manager to determine sanitization measures required.
2. Ensure person reporting has been given direction from Island Health on next steps and advise Parent/Guardian to self-isolate family as per policy. Parent/Guardian can contact 8-1-1 if further health advice is required or 9-1-1 if it is an emergency.
3. Arena Manager will determine what needs to be modified or cancelled within the facility based on direction from the General Manager of Community Services.

In the event of a suspected case or outbreak, immediately report and discuss with the Medical Health Officer (or delegate) at Island Health and follow their direction in regards to next steps and contact tracing.

Implement Illness Policy for other participants, coaches, host and Safety person if deemed necessary by Island Health.



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Next Steps

Any questions regarding return to play can be sent to Michele at webmaster@islanderhockey.ca

1. Divisional Coordinators will enter the Pre-season ice times into TeamSnap. Please enter you child's availability as soon as possible. **Deadline will be one (1) week prior to first ice session.**
2. Parent/Guardian will receive a COVID waiver to sign electronically. **Deadline will be one (1) week prior to first ice session.**
3. If you are able to volunteer as a Group Host or Safety Person please contact your Divisional Director ASAP. RIS, Criminal record check and HSCP certificate will have to be obtained if you do not have it already and or yours has expired.
4. If you have not already applied to assist in coaching and you wish to put your name forward, please email our Head Coach Director Darren Van Oene HC@islanderhockey.ca
5. Have your child try on their hockey gear and skates to make sure everything still fits before the day of the ice session. There will be NO sharing of any gear at all. If players show up at the rink missing equipment, they will not be allowed on the ice. ****Remember players should only be putting on helmets, skates, gloves and/or goalie pads once at the arena. (dressing rooms will NOT be available during this phase) They should be dressed with all other equipment before they enter the rink.***
6. Do not forget to get your players skates sharpened.

The KPMHA Board is looking forward to the kids getting back on the ice having fun!

