



LAKE COWICHAN

MINOR HOCKEY

LCDMHA RETURN TO PLAY PLAN

Resources:

[BC's Restart Plan](#)

[BC Hockey – Return to play](#)

[Provincial Guidelines](#)

[Viasport](#)

[CVRD Covid-19 information](#)

Introduction

Lake Cowichan District Minor Hockey Association (LCDMHA) has created this Return to Play plan for restarting operations to inform all participants, team staff, officials, parents/guardians, officials and spectators about the policies and procedures in place to prevent the transmission of COVID-19 and maintain a safe and healthy environment for all during the COVID-19 pandemic. This plan is to align with protocols required by the Lake Cowichan Recreation Centre. Other facilities protocols may precede guidelines stipulated within this plan and may change as noted below.

This Pre-Season and Phase 2 Transitional Phase Plan will continue to be changed as new facility requirements are provided and/or as Provincial Health Orders are updated.

Phase 3 and 4 plans to be determined as per provincial guidelines allow and at the direction of the Lake Cowichan Recreation Centre, via Sport, Hockey Canada and BC Hockey.

Communications Plan

Member Communication

The LCDMHA Return to Play plan will be distributed to the members through:

- Email
- Posted publicly on www.lakecowichanminorhockey.com
- Shared through social media channels
- Team Safety and Manager updates when changes occur
- A member meeting

Member/Participant Meeting

- Initial meeting with parents/participants to review Return to Play plan
 - Address questions from the membership
- Topics include but are not limited to:
- LCDMHA protocols and responsibilities for team staff, participants and members
 - Importance of social distancing both on and off the ice
 - Facility-specific guidelines for maximum participants and spectators.
 - Facility-specific guidelines for use of entrances/exits, dressing room use and/or capacity, washroom facilities, pre- and post-event time limits, water bottles
 - The importance of mandatory attendance tracking
 - The importance of staying home when sick
 - Return to play from illness
 - Safety person, manager and coach roles in Covid return to play
 - Equipment guidelines and item storage
 - Mandatory notification of test positive COVID cases for participants, members, team staff, officials or anyone they have been in close contact with

Phase 2 Requirements

All members including participants, team staff, officials, parents/guardians, officials and spectators must adhere to the following requirements in order to return to play.

Upon Arrival

- Meet your team's safety or designate prior to entry to log attendance and answer screening questions
- No members will be permitted if they exhibit ANY symptoms of illness
- If symptoms present during an event, the participant will be excused and asked to follow our return to play protocol

Hygiene

- Wash hands or use hand sanitizer upon entry to the facility

Water bottles

- Bring pre-filled and labelled water bottles
- Do not share water bottles
- Absolutely no spitting; participants found spitting will be asked to leave and the area will be cordoned off for sanitization
- Washrooms available with limited capacity
- No showers are available onsite at facilities

Arrivals and Departures

- A designated host shall supervise all participants and ensure only allowable users enter the facility; the host may be a team official or a designated parent who must report to the safety person
- Arrive no earlier than 15 minutes prior to ice time
- Enter through the South side doors; the door from the lobby to the rink are closed (the main entrance doors to be used to access other areas only)
- Arrive in full gear aside from gloves and helmets; dressing rooms are not available
- If at all possible, arrive in skates with guards; seats outside rooms 5 and 8 may be utilized for skate tying
- There is no locked area to store your items on site
- Parent/guardian to hold player's belongings; bring as little as possible
- Goalies may use the warm room to put on gear but come as fully dressed as possible
- Follow directional arrows/markings if provided
- Entry and exit to the ice surface is to be through the gate nearest room 5, maintaining distances

- All participants must exit the facility within 10 minutes of their ice time end, exiting through designated doors
- Patrons are to arrive no earlier than 10 minutes prior to ice time and leave within 10 minutes

Attendance Limits

Facility specific guidelines can be found under facilities, but the general requirements are as follows:

- There is a limit of 20 people on-ice including participants and coaches
- U7 and U9 divisions are permitted to have one person accompany a participant to assist with skates
- No siblings are permitted until attendance limits are increased
- One spectator per participant to a maximum occupancy of 50 with the following limits per area:

Area	Active Programs	Non-Active Programs/Meetings	User Group Safety Plan Specifications
Arena Ice Rink	50 – Public Skates* 20 – Internal hockey school/power skating 20 – Figure skating	50	User groups required to follow guidelines outlined in their safety plan (in most cases set by your PSO), not exceeding 50 totals. For ice usage for hockey, a maximum of 20 individuals will be permitted. This maximum of 20 includes players, coaches, or others. <i>This maximum may be reassessed for Stage 3 (September 7 and beyond).</i>
Warm Room	8	15	
Dressing Rms 2 - 4	CLOSED	4 <i>CLOSED; reassessed Sept 7</i>	
Dressing Rm 5 - 8	CLOSED	7 <i>CLOSED; reassessed Sept 7</i>	
Ref Room	2	2	
MPR A	24	50	
MPR B (PS Ext)	12	30	
Playschool Room	12	n/a	
Upper Viewing Area	n/a	25	
Meeting Room	n/a	6	
Curling Lounge	36	50	
Curling Rink	50	50	
Curling Change Rm	CLOSED	4 <i>CLOSED; reassessed Sept 7</i>	

Physical Distancing

- Players to maintain 2m distance at all times, on and off the ice
- Coaches may assist players with equipment
 - o coaches must wear with face masks and sanitize hands before and after when assisting with equipment
- No games/scrimmages permitted until physical distancing requirements are lifted; skills based lessons only at this time
- Spectators (where allowed) must maintain physical distancing and remain in designated spectator areas

Responsibilities

Communications Officer

Each MHA is required to designate a communications officer as per our governing bodies:

- Hockey Canada; BC Hockey; Vancouver Island Amateur Hockey Association (VIAHA)

The Communications Officer is responsible for:

- Communicating with the facilities used by each MHA to determine when they plan to resume operations.
- Providing this information to the members and to the communications officer in the District.
- Receiving 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.
- Responding to member inquiries.
- Ensuring new Covid-19 cases are reported

The Communications Officer for the LCDMHA is Glen Callihoo
(president@lakecowichanminorhockey.com)

Hockey Canada Safety Program (HCSP) Personnel - Team Safety

Each team will assign a safety person who is responsible for duties as outlined by Hockey Canada. In addition, the team safety will be responsible for:

- Ensuring any return to play updates are communicated to their team (this can go through the team manager)
- Ensuring that participants, parents and team staff are adhering to the return to play plan
- Ensure screening methods are used and attendance is tracked at all events
- Ensuring there is no shared equipment and any required equipment (cones/pucks,etc) are sanitized after use with approved sanitizer (alcohol based) or sanitizing wipes
- Ensuring that participants are excused if displaying symptoms of illness
- Ensuring that each participant follows all protocols after an absence for illness including completing the return to play form
- Provide site specific safety plans to managers where attending other facilities

Manager

- Include safety messaging and site specific safety plans in regular team communications
- Keep attendance records for all team events
- Support safety person in their duties
- If required, assist safety person with event screening or creating an event screening rotation; support team safety in communicating this information to the team
- Retain signed Return to Play Agreement forms

Coaches

- Ensure physical distancing is taking place on the ice and dressing areas in support of team safety
- Maintain communication with safety person to address any updates to plans or issues
- Assist team safety in ensuring that participants and team staff are adhering to the return to play plan

Parents / Guardians / Spectators

- Discuss the return to play plan with your participant(s) to ensure they understand
- Assist team safety in ensuring that your participant(s) is adhering to the return to play plan
- Understand the ramifications of failing to comply with the Return to Play plan
- Promptly leave the event where spectators are not allowed
- Sign the LCDMHA Return to Play Agreement with your player and comply with requirements
- Assist team staff when requested in order to support them in this challenging time
- Notify your team staff and your communications officer immediately if you, your player, your family or anyone you have had close contact with tests positive for Covid-19 or is a presumptive case

Participants

- Water bottles
 - Bring pre-filled and labelled water bottles
 - Do not share water bottles
- Keep hand sanitizer in their equipment bag
- It is recommended all participants keep a non-medical facemask in equipment bag in case physical distancing can not be observed in the facility

- Do not share equipment with any other player.
- Clean and wash equipment frequently.
- Wear hockey gloves continuously from the designated dressing room/area, throughout the ice session and until return to the dressing room.
- Maintain physical distance between you and other participants while on the ice (approximately equal to the length of your arm plus your stick)
- Avoid body contact during drills in practice and in competition.

Executive

This Return to Play Plan has been approved by the following members of the current Executive administration

PRESIDENT:	Glen Callihoo	President@lakecowichanminorhockey.com
1st VICE PRESIDENT:	Steve Beck	1stVice@lakecowichanminorhockey.com
2nd VICE PRESIDENT:	Trish Gorski	2ndVice@lakecowichanminorhockey.com
TREASURER:	Debbie Longbottom	Treasurer@lakecowichanminorhockey.com
SECRETARY:	Jenny Fawcett	Secretary@lakecowichanminorhockey.com

Return to Play forms:

- LCDMHA Return to Play Agreement form
- Attendance Record

LCDMHA Return to Play Agreement

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of Lake Cowichan District Minor Hockey Association (LCDMHA) agree to abide by the following points when entering facilities and/or participating in activities as a registered member while under the COVID-19 protocols.

Response plan and RTP Protocol:

I agree to symptom screening checks, and will let LCDMHA know if I have experienced any of the symptoms in the last 14 days.

I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.

I agree that when I confirm my attendance at a LCDMHA event I am agreeing to the following: The participant and their household is symptom free; The participant and their household has not traveled outside of Canada within the last 14 days; The participant is not caring for or come into contact with anyone who is a presumptive case or confirmed case of Covid-19

I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.

I agree to sanitize the equipment I use throughout my practice with approved cleaning products (shared and personal equipment).

I agree to continue to follow social distancing protocols of staying at least 2m away from others.

I agree to not share any equipment during practice times.

I agree to abide by all of LCDMHA COVID-19 Policies and guidelines.

I understand that if I do not abide by the aforementioned policies/guidelines, I may be asked to leave the association for up to 14 days to help protect myself and others around me.

I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my association membership temporarily.

I acknowledge that there are risks associated with entering facilities and/or participating in activities and that the measures taken by the association and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Parent or Guardian (One form per player is required)

Player

(print)

(sign)

(print)

Email

Phone
