

**MERRITT & DISTRICT MINOR HOCKEY ASSOCIATION**

**Box 936 Merritt, BC V1K 1B8**



**COVID-19 Return to Play Plan 2020**

**\*Subject to Change – August 1<sup>st</sup> 2020. \***

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey, via Sports and the BC Provincial Health Authorities. We will continue to evaluate the parameters set out by these governing bodies and work through each part accordingly as restrictions are lifted. Health and safety will be at the forefront of all programming offered by MMHA. Please note that each part is subject to change according to the facility requirements and PHO guidelines.

**Communications Officer:**

Merritt Minor Hockey has identified Peter Schmid & Kim DeRose as our Communications Officers. They will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan.

Peter Schmid, President      [president@merrittminorhockey.com](mailto:president@merrittminorhockey.com)      1-250-315-7032

Kim DeRose, Risk Manager      [riskmanager@merrittminorhockey.com](mailto:riskmanager@merrittminorhockey.com)      1-250-315-3842

**Reporting and Compliance:**

MMHA is committed to ensuring that these safety procedures and guidelines are followed. The below aspects will be evaluated with our governing bodies and the Health Authority to determine when we can proceed through our plan.

Programming was or is being delivered within guidelines for the following restrictions:

- Physical distancing
- Gathering and group sizes
- Travel

Programming was or is being delivered within guidelines for the following enhanced protocols:

- Increased hygiene measures
- Symptom screening

Programming has been delivered within guidelines regarding participants:

- Small group activities
- Limited spectators

Programming has been delivered under the following activity and some competition protocols

- Fundamental movement and skill
- Modified training activities and drills
- No contact between participants during activities

- Modified play introduced, if applicable
- Minimal shared equipment and procedures for disinfecting

## **Safety Procedures and Hygiene**

### **Safety:**

- Dressing rooms will be used as per facility rules
- Social distancing markers placed by facilities will be followed
- Physical distancing will be practiced to the best of our ability on and off the ice
- Benches will be used if or when the facility allows
- Participants are asked to arrive fully dressed to reduce time in the facility before and after activities
- Upon arrival, participants will be asked if they have had a health screen done by their parent and attendance taken by the team Covid volunteer:
- Health surveys will be sent to parents along with a parent contract regarding their diligence to screen their child every day they are participating in MMHA events.
  - Questions will include:
    - Has your child been ill or had any symptoms of COVID-19 in the last 24 hours?
    - Has your child or anyone in your household return from travel outside of Canada in the last 14 days?
    - Is your child or anyone in your household a close contact of a person confirmed to have COVID-19 (Public health will alert you if this is the case)
    - Symptoms of COVID-19 Include
      - Fever
      - New onset or worsening of cough
      - Sneezing/Running Nose
      - Sore Throat
      - Difficulty breathing
      - Severe Fatigue
- If a participant answers yes to any of the above questions during their screen, the participant is asked to remain at home. They will be asked to let the team staff know immediately.

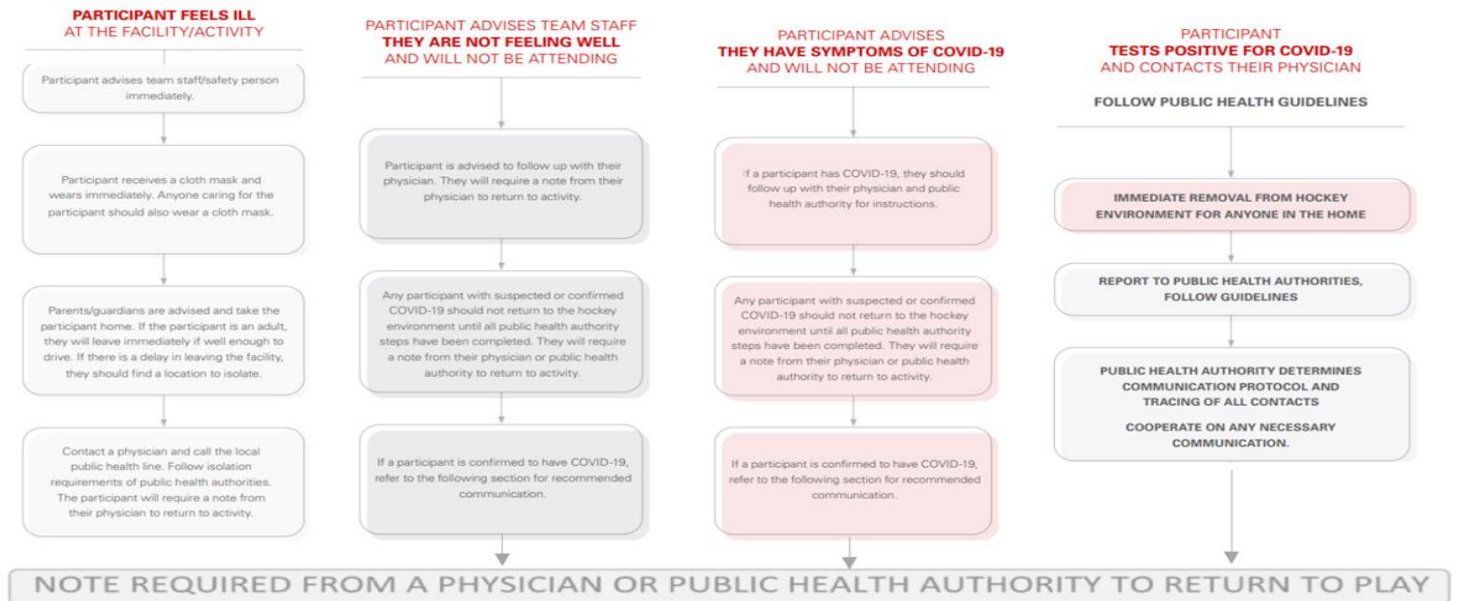
### **Hygiene:**

- Minimize going in and out doors- enter and exit through marked doors, follow all posted signage and arrows put in place by the facility
- Absolutely no spitting on the ice, the floor or the benches
- Participants asked to sanitize hands upon entry and when exiting the building as per facility guidelines
- Cough or sneeze into a tissue or the bend of the arm, not the hand
- Avoid touching eyes, nose and mouth with unwashed hands
- All participants must have their own water bottle that is filled from home, with their name labelled, no sharing of water bottles
- Participants are encouraged to wash equipment after each session (jersey, pant shells, socks, under garments)

### **Signs of Sickness:**

- Any participant, player or volunteer, exhibiting signs or symptoms of any illness before an activity, should not attend
- Notify coaching team and team manager immediately if you are experiencing symptoms of COVID-19

- Any participant, player or volunteer, exhibiting signs or symptoms of any illness during their participation should leave the on-ice session or activity. They are to proceed to the isolation room designated by facility.
- Any participant traveling outside of Canada must not attend for a minimum of 14 days upon return
- A doctors note/Return to Play form must be completed prior to the participant rejoining activities
- Follow Hockey Canada's recommended Return to Hockey Procedures regarding illness below.
- Link to BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/>



## Part 1: Fall 2020

U11, U13, U15, U18 Tryouts or evaluations: September  
 Recreation teams return to play: Late September

### Entering Facility:

- All teams must screen entrants before they enter the building. This is done by having a volunteer stationed at the front door to the building, who will ask if a health screen was at home. Volunteer will take attendance of participant. Once participants are in the building, one parent (of U5, U7 and U9 age groups only at this time) will enter after being asked about their screening and their name has been recorded for contact tracing purposes by the screening volunteer. One person must always be stationed at the front door, providing supervision and to ensure unauthorized individuals do not enter the building. There will be no in and out privileges.
- Participants arrive 15 minutes before ice time or what facility allows
- All players must come in dressed in their gear upon arrival. Those skaters that need assistance with skates are encouraged to use skate guards.
- Dressing rooms available as per facility rules, no parents
- Hand sanitizer must be used at this time as per facility guidelines
- Enter through door marked entrance
- Participants must have their own filled water bottle with name on it and hand sanitizer

### Exiting Facility:

- Participants will have 15 minutes to exit the facility
- Participant will put their shoes on or skate guards and leave through door marked exit
- On the way-out participants are encouraged to hand sanitize as per facility guidelines and refrain from touching any wall or door frames as they exit.

**Dressing Rooms:**

- Players will go to the marked seating locations in their assigned dressing room.
- To change out their shoes/skates or to remove skate guards. Coaches will have designated spots at the benches located near the ice entrance.
- Seats may be used to tie skates, fasten helmet, and remove skate guards.
- Skate guards/street shoes must be left at the seats when the player takes the ice.
- Entry on the ice is to be done in an orderly manner, maintaining physical distancing (following coaches' instruction)
- At the discretion of Arena staff, dressing rooms may be available to rental groups, instructors and coaches. Please follow on-site signage. Capacity will be posted on the dressing room door as per facility guidelines
- Participants are to come full dressed with their own filled water bottle
- Be mindful of common surfaces and limit touch points

**On Ice Structure:**

- A total of 22 people are permitted on the ice.
- Markers in the corners will assist/provide reference to social distancing guidelines. (City to provide)
- Drills need to be designed with Provincial guidelines in place, e.g.: proper spacing/distancing, no contact/battle.
- Gloves and equipment must always be left on the participants. No handling of pucks by players hands. Coaches are to pick up the pucks at the end of the skate.
- Ice times will be dependent on facility scheduling
- Sessions will be geared towards skills and modified area games while respecting social distancing practices (no contact)
- Bench use is dependent on facility restrictions
- Practices will be a minimum of 1 hour in length
- Absolutely no spitting anywhere in the facility or on the ice surface

**Spectators:**

- One spectator may be permitted per participant for age groups U5, U7 and U9 at this time.
- Must stand or sit in facilities designated area, 6 feet from other spectators
- Spectator must enter and exit through marked "entrance" and "exit", no loitering in lobby or entrance area.
- Wait in your vehicles for participants if age permits
- Food and beverages consumed in arena are to be brought in from outside sources and must be disposed of in appropriate bins
- The concessions will be closed until further notice.