



COVID-19 Return to Play Plan 2020

Subject to Change – December 3, 2020

This document follows the guidelines set out by Hockey Canada, BC Hockey, via Sport 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 Merritt Minor Hockey Association (MMHA). Please note that each part is subject to change according to the facility requirements and Provincial Health Officer guidelines.

***As of December 2, 2020, viaSport has moved youth indoor and outdoor team sports to Phase 2 (<https://www.viasport.ca/return-sport>)**

Communications Officer:

Merritt Minor Hockey has identified Mike Mouland & 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 as well as be responsible for ensuring these guidelines are followed.

Mike Mouland, President president@merrittminorhockey.com 1-250-378-7622

Kim DeRose, Risk Manager riskmanager@merrittminorhockey.com 1-250-315-3842

Reporting and Compliance:

MMHA is committed to ensuring these safety procedures and guidelines are followed. The below aspects will be evaluated with our governing bodies and the Health Authority.

Programming is being delivered within guidelines for the following restrictions:

- Physical distancing must be maintained at 3 meters
- No games are to occur
- Travel (there is to be no non-essential or group travel and no social interactions)

Programming 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
- No 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
- Minimal shared equipment and procedures for disinfecting

Safety Procedures and Hygiene

Safety:

- Masks **MUST** be worn when entering the facility until players are on the ice (U5 – U9 inclusive, if arriving with their helmet on and mask done up, may proceed directly to the ice without a mask, and follow social distancing rules – if/when the helmet is removed, a mask must be put on).



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- Dressing rooms will be used as per facility rules and maximum person capacity respected.
- Social distancing markers placed by facilities will be followed.
- Physical distancing of 3 meters will be practiced on and off the ice.
- Benches (if used) will have a maximum of 3 players.
- Participants are required to arrive fully dressed/geared 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/guardian prior to arrival) and attendance/contact tracing taken by the team COVID volunteer (Health Screener).
- 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, dressing rooms or the benches.
- Participants are 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 arrive with their own filled and labelled water bottle (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 MMHA activity 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.



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- Link to BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/>.

Entering Facility:

- Masks **MUST** be worn by everyone as they enter the arena and go to their dressing rooms (exception: U5 to U9 inclusive, if they are wearing their helmet, do not have to wear a mask if they proceed to the ice promptly upon entering the facility).
- Participants arrive 15 minutes before ice time.
- Team Health Screener is **FIRST** to enter the building.
- Team Health Screener is required to screen all entrants as they enter the facility. Team Health Screener is to highlight people in the facility (for contact tracing) as ask all players if they had a health check completed (if they have not, they are not to enter).
- One parent/guardian of U5, U7 and U9 age groups **only** is permitted for safety reasons (and must also be included on the contact tracing sheet, with phone number provided).
- Once the ice time has started, team health screener is to lock the facility door to ensure unauthorized individuals do not enter the building. There will be no in and out privileges.
- All players are required to arrive fully dressed in their gear. Those skaters requiring assistance with skates are encouraged to use skate guards.
- Dressing rooms available as per facility rules (each room having a maximum capacity), no parents – and masks will be required.
- 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 (do not share).

Exiting Facility:

- Participants will have 15 minutes to exit the facility.
- Participant will put their shoes or skate guards on and leave through door marked exit (following the arrows).
- 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.
- Are used 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/masks 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 3-meter physical distancing (following coaches' instruction).
- Participants are to come full dressed with their own filled water bottle.
- Be mindful of common surfaces and limit touch points.

On Ice Structure:

- Three-meter physical distancing must always be maintained.
- Shulus Arena allows for a maximum of 25 people in the facility at one time (exception for the U5, U7 and U9 to have one parent/guardian per player to also enter).
- Merritt Arena allows for a maximum of 50 people in the facility at one time, however on ice distancing must be maintained.



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- 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 & no games).
- Bench use is restricted to a maximum of 3 players, appropriately spaced apart.
- Practices will be a minimum of 1 hour in length and drills must keep players physically distanced from one another.
- Absolutely no spitting anywhere in the facility or on the ice surface.

Parents/Guardians:

- One parent/guardian **may** be permitted per participant for age groups U5, U7 and U9 at this time (however, the 50-person capacity for the building CANNOT be exceeded – this will be tracked by the team health screener upon people arriving to the facility).
- Must stand or sit in facilities designated area, physically distanced from other spectators.
- Parent/guardian 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 concession will be closed until further notice.