



NORTH OKANAGAN MINOR HOCKEY ASSOCIATION

BOX 116

ARMSTRONG, BC

V0E 1B0

WWW.NOMHA.COM

September 18th, 2020

North Okanagan Minor Hockey Association Return to Play Plan

Our Return to Play Plan complies with all Guidelines, Health Orders and Facility Safe Operation Guides as set by Provincial and Federal Governments, ViaSport, BC Hockey and the City of Enderby.

It is subject to change as the season and situation progresses.

Following our Return to Play Plan is a condition of use of the facilities.

Teams, Players or Parents who do not adhere to the Return to Play Plan will be prohibited from participating.

HEALTH ORDERS, GUIDELINES, AND FACILITY SAFE OPERATIONS

- Follow all health orders and guidelines
- Follow all facility signs and instructions

ROLES AND RESPONSIBILITIES

- Each NOMHA team must designate Safety Person(s) who will be responsible for ensuring that the *Return to Play Plan* is implemented and monitor for compliance.

ENTRANCE TO FACILITY & DRESSING ROOMS

- Only One adult per player may enter the facility during the designated practice time if necessary. This count includes the On Ice Support Staff – one Player, one Adult. No siblings permitted-no exceptions.
- All entrance, exits and directional signage must be followed.
- Players must arrive dressed in equipment and hockey bags must be left in vehicles
- **Goaltenders may bring one bag into the facility and are permitted to pad up in the open area to the left of the main entrance or concession area and must observe physical distancing requirements while doing so. Goalies must take their bag to the exit area beyond dressing room #5 before starting to play.**
- Dressing rooms have a maximum occupancy of 8 and each group will have access to a maximum of two (2) dressing rooms
- Dressing rooms are only for the purposes of putting on skates and providing washroom sanitation; showers are unavailable
- Cloth masks should be worn by anyone inside the facility when physical distancing cannot be followed, including coaches and team staff when on the bench or in the scorekeeper's booth.

CONTACT TRACING

- Every NOMHA Team must keep a list of the first and last names of all persons attending the facility, including spectators, along with either a telephone number or email address, for at least 30 days, and must provide this information to a health officer or the facility owner upon request
- Every NOMHA Team will provide a copy of this list to Recreation Services, in its capacity as the agent of the facility owner, which will be retained for 30 days and provided to a health officer upon request.
- Every NOMHA Team must have designated Safety Person(s) that will always be the first person present so that the names and contact information for users is collected before entry into the facility.

- - - WHERE KIDS COME FIRST - - -



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PERSONAL PROTECTION, SANITATION, AND HYGIENE

The following are prohibited from accessing the facilities:

- Anyone who has symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, new muscle aches or headaches.
- Anyone directed by Public Health or a health officer to self-isolate.
- Anyone who has arrived from outside Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- Individual gear, personal equipment, and clothing is required and must not be shared
- Shared equipment must be sanitized between uses
- Only used the assigned dressing room for putting skates on and off
- Avoid touching your eyes, nose or mouth
- Cover your mouth and nose with a tissue or into your elbow when coughing or sneezing
- Do not spit
- Wash your hands often, including after using restrooms, for at least 20 seconds as outlined previously. Use alcohol-based hand sanitizer if soap and water are not available
- Bring your own labelled water bottle with sufficient water for your personal use, and do not share
- Any designated first aid attendee must be familiar with and apply, to the extent applicable, the *OFAA Protocols during the COVID-19 Pandemic*
- There will be no contact, including no handshakes or high fives
- Referees should verbally greet coaches but should not shake hands
- All conferences, group huddles, and cheers must be done in a way that observes physical distancing rules
- Minors must not be left unattended while playing, and must be supervised by a responsible adult who is capable of ensuring that all aspects of this Safe Operations Plan and/or Return to Play Plan are observed at all times.
- Cloth masks should be worn by anyone inside the facility when physical distancing cannot be followed, including coaches and team staff when on the bench
- Absolutely no sharing of drinks or food
- Team warm-ups and practices should adapt to proper spacing; reduce the number of one-area stations, including the players coming together in one group for instruction
- Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.
- Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed in a garbage can.

Spectators

- The only Spectators allowed within the Arena will be the One Adult per Player during that player's registered practice time. Spectators must sit socially distanced from team members and other spectators.

ARRIVAL/DEPARTURE AT THE FACILITY

- Do not enter the Arena until 8 minutes prior to the scheduled booking, and arrive no earlier than 15 minutes before the scheduled booking.
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- Leave facilities immediately upon completion of the scheduled booking through the designated Exit.
- Do not congregate before or after the scheduled booking in the facility or in the parking lot.

We agree to implement and ensure compliance with this Return to Play Plan at all times:

Adopted by _____ (Team Name)

Adopted on _____ (Date of Adoption)

Person(s) Responsible _____ (Print Names of Team Safety Designates)

Signature of the Person Responsible _____ (Signature(s) of above named Person(s))