



NORTH OKANAGAN MINOR HOCKEY ASSOCIATION
BOX 116
ARMSTRONG, BC
V0E 1B0
WWW.NOMHA.COM

October 27th, 2020

North Okanagan Minor Hockey Association Return to Play Plan NORVAL ARMSTRONG ARENA

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 Armstrong Parks & Recreation. 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.
- The Safety person for the team must wear a high visibility vest to ensure that COVID-19 Risk Mitigation Strategies and contact tracing is being met for the team.

ENTRANCE TO FACILITY & DRESSING ROOMS

- **Masks are mandatory for everyone in all areas except for the field of play. The field of play is defined as: the ice surface, benches and penalty boxes. Players may remove their mask to their personal bag only when directly proceeding out of the dressing room to the field of play. Helmet must be removed promptly and mask put back on immediately when having re-entered the dressing room.**
- Do not enter the Arena until 15 minutes prior to the scheduled booking. Leave facilities immediately upon completion of the scheduled booking through the designated Exit. This must be within 15 minutes of the end of ice slot.
- One adult per player may enter the facility for **U7 and U9 divisions only** during the designated practice time, if necessary. No siblings permitted-no exceptions.
- Dressing Rooms #1 and #3 enter and exit through Player's Entrance.
- Dressing Rooms #4 and #5 enter and exit through Back Rink Door.
- All entrance, exits and directional signage must be followed.
- Players should arrive mostly dressed
- Dressing rooms are only for the purposes of putting on skates and providing washroom sanitation; showers are unavailable.

CONTACT TRACING

- - - WHERE KIDS COME FIRST - - -



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- Every NOMHA Team must keep a list of the first and last names of all persons attending the facility, 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.

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, 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 use 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.
- Masks are mandatory for anyone inside the facility, including coaches and team staff, when not on the field of play.
- 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

- No Spectators are permitted at this time.
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ARRIVAL/DEPARTURE AT THE FACILITY

- Do not enter the Arena until 15 minutes prior to the scheduled booking. Leave facilities immediately upon completion of the scheduled booking through the designated Exit. This must be within 15 minutes of the end of ice slot.
- 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))