



# ***BLUES***

## ***SUNSHINE COAST***

# COVID-19 HEALTH AND SAFETY PROTOCOL



## TABLE OF CONTENTS

<b>INTRODUCTION .....</b>	<b>3</b>
<b>ASSESS YOUR SITUATION .....</b>	<b>3</b>
<b>PHYSICAL DISTANCING .....</b>	<b>4</b>
<b>What does physical distancing mean? .....</b>	<b>4</b>
<b>Here's how you can practise physical distancing: .....</b>	<b>4</b>
<b>HYGIENE .....</b>	<b>5</b>
<b>Hygiene Guidelines.....</b>	<b>5</b>
<b>AT THE RINK .....</b>	<b>6</b>
<b>Water Bottle Protocols.....</b>	<b>6</b>
<b>Suggested Facility Guidelines .....</b>	<b>6</b>
<b>Suggested Facility Guidelines Chart .....</b>	<b>7</b>
<b>RETURN TO HOCKEY PROCEDURES .....</b>	<b>8</b>
<b>Participants .....</b>	<b>8</b>
<b>Officials .....</b>	<b>11</b>
<b>Off-Ice Officials .....</b>	<b>12</b>
<b>Coaches, Bench Staff, On-Ice Helpers and Team Officials .....</b>	<b>12</b>
<b>Appendix A: Assumption of Risk and Waiver .....</b>	<b>13</b>
<b>Appendix B: Health Screening Questionnaire Template .....</b>	<b>15</b>
<b>Appendix C: SCMHA Player Record Form .....</b>	<b>16</b>



## INTRODUCTION

We're thankful to all involved on the frontlines in helping us through this pandemic. Remember that we can contribute to helping eliminate COVID-19 by doing these three things:

1. Physical Distance
2. Wash Hands
3. Clean Surfaces

Local rinks and programs need to follow the guidelines set forth by the Center for Disease Control and Prevention (CDC), as well as the direction from our Public Health Officers in determining when, and how, it is appropriate to return to the rinks, including requirements or guidelines for physical distancing, size of gatherings or number of people permitted in a facility, or wearing of masks, etc. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Sunshine Coast Minor Hockey Association makes no representation and assumes no responsibility for the accuracy or completeness of this information.

## ASSESS YOUR SITUATION

It is the responsibility of all members and registrants to abide by policies and procedures designed to ensure a safe environment for all.

By following these guidelines as well as those from provincial and municipal governments and health agencies, players and their families will be able to make informed decisions as to when they can return to the ice.

We need to continue to think ahead about the actions we can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes staying at home as much as possible and being prepared in case your player or family member becomes ill. Everyone should be practising physical distancing. Even if you do not have symptoms of COVID-19, you could become infected by others.

**Symptoms** have included: (use the [Self-Assessment Tool](#) if you are unsure)

- cough
- fever
- difficulty breathing
- pneumonia in both lungs

**If you or your player exhibits any of these symptoms, please stay home and contact your family doctor.**



## PHYSICAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

### What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- Avoid crowded places and gatherings.
- Avoid common greetings, such as handshakes, a kiss or a hug.
- Limit contact with people at higher risk (e.g. older adults and those in poor health).
- Keep a distance of at least 2 arms lengths (approximately 6 feet) from others.

### Here's how you can practice physical distancing:

- Greet with a wave instead of physical contact.
- Conduct virtual meetings with Coaches, Players and Parents.
- Come to the rink fully dressed, if possible. Or use the restricted areas to put on/take off skates, if necessary.
- Keep all personal equipment in a secure bag or leave it in the car.
- Limit coach/player contact during ice times. Coaches will use verbal cues when instructing players rather than physical contact.
- All warm-ups should be done outside of the building, weather permitting.
- Players should enter/exit ice at staggered times and clearly marked separate entrances.
- Practice plans should be adopted to ensure players and coaches are keeping a distance of at least 2 arms lengths. Utilize markers on the ice and new activities to ensure spacing is maintained.
- Group Gatherings is not permitted in the lobby, stands, entrance or bathrooms.



## HYGIENE

If faced with symptoms of respiratory illness such as fever, cough or difficulty breathing, please stay at home and do not attend any Sunshine Coast Minor Hockey Association event. Consult a physician or public health authorities and follow their instructions. Limit contact with others and avoid interaction with individuals who are ill.

### Proper hygiene can help reduce the risk of infection or spreading infection to others.

**HYGIENE GUIDELINES:** From Hockey Canada Safety Guidelines

- Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. Team staff should try and control the number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use the elbow to open.
- **Absolutely no sharing of drinks or food.**
- Team warm-ups and practices will be adapted to maintain physical distancing.
- 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 of. Garbage cans or a plastic bag should be placed close to the bench.
- Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.
- Each player needs to have a **marked water bottle**, which is washed after each practice or game.
- Wash your hands after using restrooms with soap and water for at least 20 seconds as PER HEALTH Authority Guidelines. Use alcohol-based hand sanitizer if soap and water are not available.



## AT THE RINK

### Water Bottle Protocols

Hockey Canada Safety programs recommends the following protocol for the use of water bottles

- Good team hygiene includes ensuring all players and staff have their own water bottles to prevent the transmission of viruses and bacteria.
- Bottles should be labeled and washed after each practice or game
- It is further recommended that officials avoid the practice of drinking from the goal tenders water bottle. If officials require water during a game, we suggest they have their own water bottle at the penalty bench

### SCMHA FACILITY USE GUIDELINES- **Refer to SCRD Facility Plan**

- To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical-distancing requirements of the public health authority and local facilities. Minimize congregation in areas of the facility, such as the lobby, as much as possible.
- Limit dressing room use as much as possible.
- If there are multiple entrances to the ice surface, we will split the players into groups and have them space appropriately to meet physical-distancing standards at each entrance.
- We will encourage participants to minimize their time in or around the facility. Participants may be required to put on their shoes or skate guards so that they can leave the facility fully dressed.
- Will remind players and parents to follow physical-distancing guidelines when leaving and adhere to facility traffic directives.
- Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- When public health authority protocol and facility guidelines allow use of dressing rooms, we will have players appropriately physically distanced.
- For age groups where parents need to assist players with equipment, we will limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry will be limited to meet physical-distancing requirements. Please follow directions of program staff.



## SUGGESTED FACILITY GUIDELINESS

ViaSport Category	ViaSport Transition Measures Phase: Progressively Loosen: Phase 3-August 24 <sup>th</sup>	Overview of planning for compliance
<b>Restrictions in Place</b>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Follow local &amp; provincial health guidelines</li> <li>Local plan aligned with NSO &amp; PSO guideline</li> </ul>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>Increased hand hygiene, cleaning protocols And symptom screening.</li> </ul>	<ul style="list-style-type: none"> <li>Screen volunteers and players prior to every session</li> <li>Retain attendance records and screening documents</li> <li>Frequent handwashing</li> </ul>
<b>Facility</b>	<ul style="list-style-type: none"> <li>Participants should maintain physical distance while not on field of play.</li> </ul>	<ul style="list-style-type: none"> <li>Familiarize participants with facility traffic plan</li> <li>Dressing rooms used at 50% capacity</li> <li>Communicate facility rules to all members</li> <li>Monitor entry and exit</li> <li>Comply with SCRD Arena Protocol</li> </ul>
<b>Participants</b>	<ul style="list-style-type: none"> <li>Groups sizes increase based on sport type (ie. Level of contact).</li> <li>Participants and spectators must adhere to 50 people max per event as per public health guidance.</li> </ul>	<ul style="list-style-type: none"> <li>Utilize playing surface to maintain physical distancing measures</li> <li>Limit multi group volunteer contact</li> <li>Limit coaching staff on ice and bench</li> <li>Orient program volunteers (coach &amp; HCSP)</li> <li>Orient session managers</li> <li>Provide educational refence material regarding COVID19 measures</li> <li>Members advised to stay home if sick</li> </ul>
<b>Non-contact activities</b>	<ul style="list-style-type: none"> <li>Where feasible, limit contact (ie. coming within two metres) in training and sport activities.</li> </ul>	<ul style="list-style-type: none"> <li>Focus on Skill development</li> <li>Maintain physical distance outside playing field</li> <li>Coaches to review practice plans with SCMHA for approvals</li> </ul>
<b>Contact activities</b>	<ul style="list-style-type: none"> <li>Cohort model introduced for sports that cannot maintain 2m physical distancing.</li> </ul>	<ul style="list-style-type: none"> <li>Only non-contact drills with focus on skill development.</li> <li>Utilize small group and station training</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>Competition slowly introduced</li> <li>Regional competition for sports in cohorts.</li> </ul>	<ul style="list-style-type: none"> <li>PCAHA to advise</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>No sharing of equipment</li> <li>No sharing of water bottles</li> <li>Provide PPE for volunteers</li> <li>Coaches to clean training equipment after each session</li> <li>Players to clean equipment after each session</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>Limited</li> </ul>	<ul style="list-style-type: none"> <li>PCAHA to advise.</li> </ul>

Stay up to date with COVID Health and Safety Protocols from the menu on our website: <http://sminorhockey.com/>

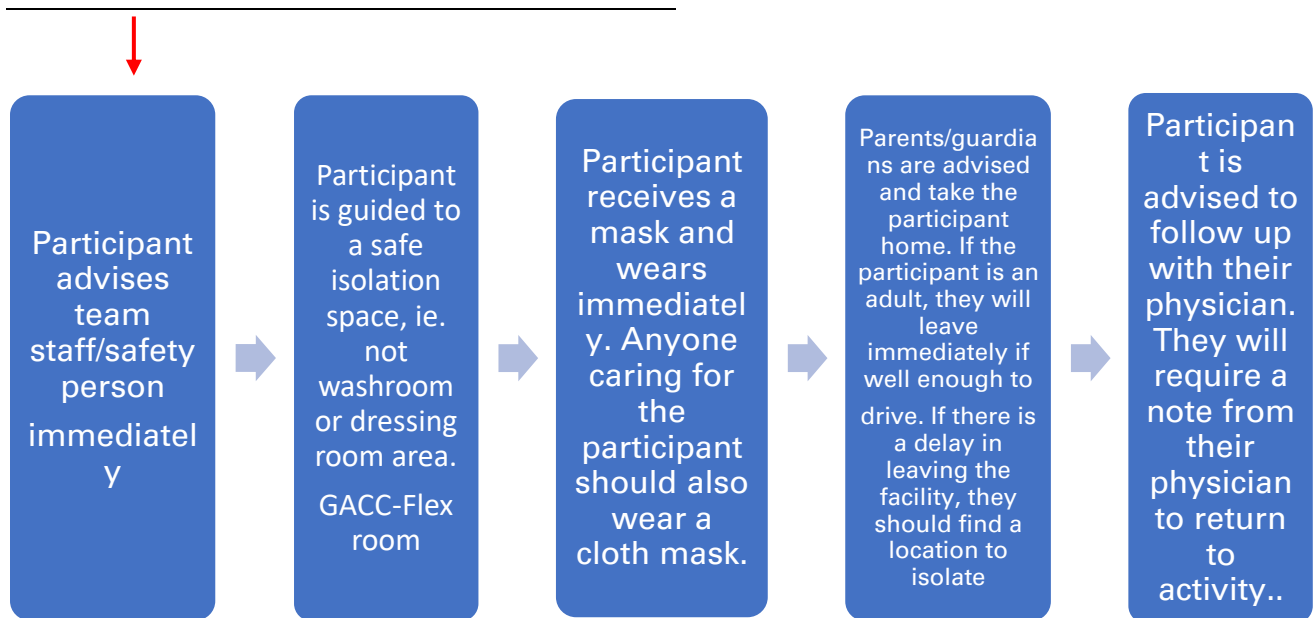


## Return to Hockey Procedures – Participants

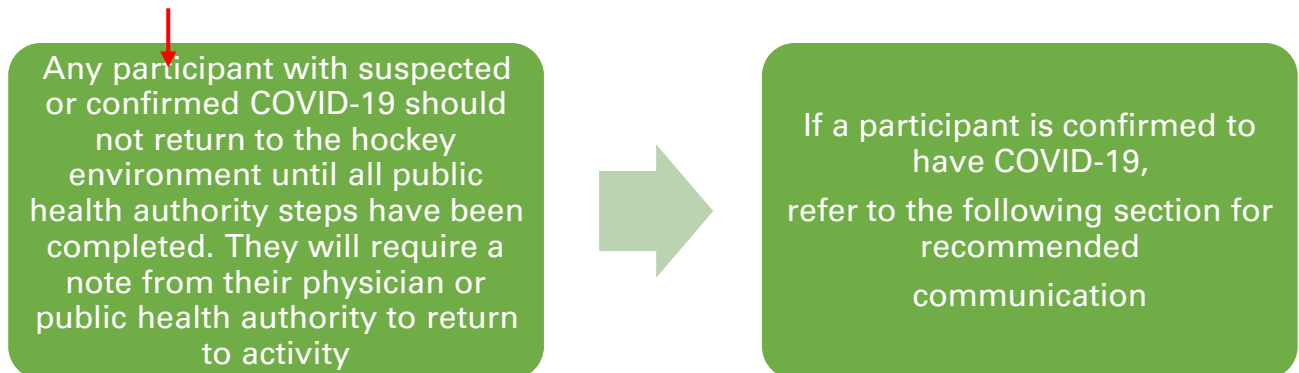
**Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.**

The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.

### **PARTICIPANT FEELS ILL- AT THE FACILITY/ACTIVITY**



### **PARTICIPANT ADVISES TEAM STAFF THEY ARE NOT FEELING WELL AND WILL NOT BE ATTENDING**

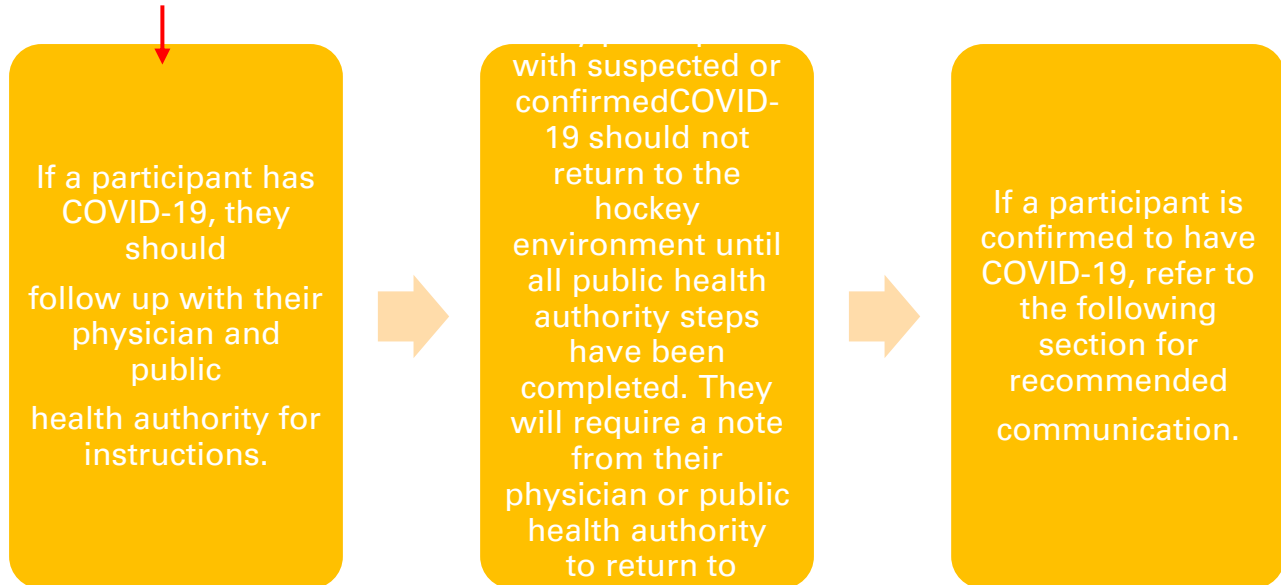






## Return to Hockey Procedures – Participants

### PARTICIPANT ADVISES THEY HAVE SYMPTOMS OF COVID-19 AND WILL NOT BE ATTENDING



**Note: The procedure above applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.**



## Return to Hockey Procedures – Participants

### Positive COVID-19 Test in Hockey Environment

#### Important!

If a sick participant (or their parent/guardian-if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent’s/guardian’s consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent. Explain the communication that will take place and NEVER disclose the sick person’s name.

In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the **privacy legislation** at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have **published their own statements** relevant to the matter of COVID 19.

#### PARTICIPANT TESTS POSITIVE FOR COVID-19 AND CONTACTS THEIR PHYSICIAN

#### → FOLLOW PUBLIC HEALTH GUIDELINES





## Return to Hockey Procedures - OFFICIALS

The following are recommended guidelines for officiating in minor, female, junior and senior hockey.

- Personal towels only (Showers are completely OFF LIMITS)
- If possible, hands should be washed prior to start of each period (officials can carry a small bottle of sanitizer with them on the ice).
- Wear a cloth mask when entering the arena when physical distancing cannot be followed such as in the dressing room (it may also be required by the facility). The cloth mask can be removed when going on to the ice. Continue to monitor public health authority guidelines specific to the wearing of masks.
- Have personal hand sanitizer and disinfectant wipes.
- Have hand sanitizer in the penalty box for officials to use.
- Physical distancing is required in dressing rooms. Work with facility staff to see if more rooms are available, as well marked space/stalls within the dressing rooms. If the dressing room is small, a rotation system should be considered.
- Only game officials should be in the dressing room – no visitors.
- It is prohibited for officials to drink from water bottles belonging to skaters or goaltenders. If officials require water during a game, they should have their own water bottle at the penalty bench.
- Referees should verbally greet coaches as they generally do, but should not shake hands.
- When reporting penalties, do not speak through the hole in the glass – work from a distance.
- Some equipment should also be washed (jerseys, pant shells, etc.) after each session, following manufacturer guidelines. It is important that officials ensure equipment is kept clean.
- Work with the facility to see if the dressing room can be cleaned and sanitized after each use.



## Return to Hockey Procedures -OFF ICE OFFICIALS

- Penalty-box attendants are recommended to wear a cloth mask inside the building (it may be required by the facility). Continue to monitor public health authority guidelines specific to the wearing of masks.
- Off-ice officials are recommended to have personal hand sanitizer and disinfectant wipes to wipe down and disinfect the score clock equipment/penalty bench prior to each game. Handles to doors going to the ice are high-touch areas and proper hygiene and cleaning is important.
- Physical distancing must be practiced, and it is important to work with the facility to plan the best way to incorporate into the space being used.

## Return to Hockey Procedures: Coaches, Bench Staff, On-Ice Helpers and Team Officials

**Benches:** Work with facility staff to ensure the bench area is wiped down and disinfected after each session.

- Non-latex gloves and disinfectant wipes should be available on benches for players and staff/.
- Ensure a garbage can or plastic garbage bag is available on the bench.
- Ensure physical distancing in the bench area. If not possible, bench staff should wear cloth masks.

### Coaching Staff

- Members of the coaching staff must maintain physical distancing with players whenever possible.
- Team meetings should only be held in a controlled environment with physical distancing.
- When coaches cannot physically distance they should wear a cloth mask.

*The following considerations are provided for general informational purposes only and are not intended as, and should not be relied upon as, specific medical or legal advice. You are strongly encouraged to consult with qualified medical personal/public health officials for medical considerations and to local, provincial and federal orders and or laws for legal considerations. If you use any considerations provided for herein, you do so at your own risk and you specifically release from any and all liability from Sunshine Coast Minor Hockey Association and their directors, employees and volunteers, in connection with your use of the enclosed considerations.*



## **Appendix A: Assumption of Risk and Waiver**

**PLEASE READ CAREFULLY:**

### **1. ACKNOWLEDGMENT OF INHERENT RISK**

I understand that participation in hockey and any other sporting activities listed in the enclosed appendix (hereinafter the “Sports Activity”) is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

### **2. WAIVER**

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Hockey Canada, BC Hockey, Pacific Coast Amateur Hockey Association, Sunshine Coast Minor Hockey Association, The Sunshine Coast Regional District, the Town of Gibsons and the District of Sechelt, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the “Representatives”) of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever (“Claims”) that I have or may have in the future in any way connected with my (or my child’s) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

### **3. INDEMNIFICATION**

I further agree to fully indemnify and defend Hockey Canada, BC Hockey, Pacific Coast Amateur Hockey Association, Sunshine Coast Minor Hockey Association, The Sunshine Coast Regional District, the Town of Gibsons and the District of Sechelt, and any of their Representatives from and against any and all Claims brought against Hockey Canada, BC Hockey, Pacific Coast Amateur Hockey Association, Sunshine Coast Minor Hockey Association, The Sunshine Coast Regional District, the Town of Gibsons and the District of Sechelt and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses Hockey Canada, BC Hockey, Pacific Coast Amateur Hockey Association, Sunshine Coast Minor Hockey Association, The Sunshine Coast Regional District, the Town of Gibsons and the District of Sechelt and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward’s) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.



#### 4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

**Acknowledgement:** I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

**Parent/Guardian:** I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

**Participant's Name:** \_\_\_\_\_ **Date of Birth (D/M/Y):** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Participant's Signature: \_\_\_\_\_

**\*All participants must sign this form regardless of age of the participant\***

Parent/Guardian Name(s): \_\_\_\_\_ / \_\_\_\_\_

Parent/Guardian Signature(s): \_\_\_\_\_ / \_\_\_\_\_

Date (D/M/Y): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**\*Parent/Guardian must also sign if participant is under the age of 19\***



## Appendix B: Health Screening Questionnaire Template

This questionnaire must be completed by each individual player, daily, prior to participation in each Minor Hockey activity.

This questionnaire may be completed verbally.

The answer to all questions must be “No” in order to participate in each Minor Hockey activity.

Player’s Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Do you have a fever? (a temperature of 37.8C or higher)**

Yes

No

**2. Do you have any of the following symptoms?**

**a. Cough**

Yes

No

**b. Shortness of breath**

Yes

No

**c. Runny nose, sneezing or nasal congestion (not related to other known causes such as seasonal allergies etc.)**

Yes

No

**d. Sore throat**

Yes

No

**e. Difficulty swallowing**

Yes

No

**f. Lost sense of taste or smell**

Yes

No

**3. Have you or someone in your household travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?**

Yes

No

**4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?**

Yes

No

**If an individual answers “Yes” to any of these questions, they are not permitted to participate in any minor hockey activities.**



## *Appendix C: SCMHA Player Record Form*



