

Greater Vernon Minor Hockey

Return to Play Plan for City of Vernon Facilities (PV Arena, Kal Tire Place & Kal Tire Place North)

Updated November 17, 2020

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey, Via Sport and the BC Provincial Health Authorities as well as Greater Vernon Recreation Services. We will continue to evaluate the parameters set out by these governing bodies and work through each part accordingly as restrictions are lifted or enforced. Health and Safety are at the forefront of all programming offered by GVMHA. Please note that each part is subject to change according to facility requirements and PHO guidelines. Following our return to play plan is a condition of use of the facilities. Coaches, volunteers, and players who do not adhere to the return to play plan **will be prohibited from participating.**

Communication Office:

Greater Vernon Minor Hockey president Kara Blazek is the Communication Officer. Kara will be the point contact to address questions, updates, or concerns regarding our Return to Play Plan. Kara can be contacted at presidentgvmha@shaw.ca

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 the guidelines for the following enhanced protocols

- Increased hygiene measures

- Symptom Screening

Programming has been delivered within the guidelines regarding participants

- Small group activities
- No spectators or 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 procedure for disinfecting

Safety Procedures & Hygiene

- **Safety:**
 - **MASKS ARE MANDATORY IN ALL FACILITIES**
 - Dressing rooms will be used as per facility rules and occupancies – MUST WEAR MASK IN DRESSING ROOM UNTIL SUCH TIME A HELMET IS BEING PUT ON.. Showers are not available
 - Social distancing markers will be followed in the facilities
 - Physical distancing will always be practiced when off the field of play
 - Benches are considered part of the playing surface. Coaches must wear a mask when on the bench.
 - Participants are asked to arrive and depart half-dressed/fully dressed to reduce time in the facility before and after activities. (Ie: Ice users are required to come dressed as ready to skate as possible, and dressing rooms are limited to upper gear including goalie pads, shoe/skate changes only) Participants not dressed appropriately upon arrival will not be granted access to the facility until they are dressed to skate appropriately.

- (Max 15 min allowed before activity and 15 min allowed after activity. (Outlined below)
 - Upon arrival participant will be screened and attendance taken by Covid Ambassador.
 - Anyone with COVID-19 like symptoms such as sore throat, fever, sneezing, coughing, will be asked to refrain from entering the facility get tested and self-isolate at home for a minimum of 14 days from onset of symptoms or until there symptoms are completely resolved.
 - Any participant traveling outside of Canada must not attend for a minimum of 14 days upon return
 - Follow Hockey Canada recommended Return to Hockey Procedures regarding illness below.
 - Link to BC COVID-19 Self-Assessment Tool: <http://bc.thrive.health/>
- **Hygiene:**
 - Minimize going in and out, doors (Doors unlocked 15 min before ice time) – Enter and Exit through marked doors
 - Absolutely no spitting on the ice, floor, or benches.
 - Cough or sneeze into a tissue or the bend of the arm, not hand.
 - Avoid touching eyes, nose, and mouth with unwashed hands
 - All participants must have their own water bottle with their name labelled, no sharing of water bottles
 - Participants are encouraged to wash equipment after each session (jerseys, pant shells, socks, under garments ect.)

Contact Tracing for Activity within the facility

- The team must have a designated a on-site volunteer acting solely as the Covid Ambassador who will be responsible for ensuring that the Return to Play Plan is implemented and monitored for compliance and can not hold more than one role during the rental. They are to assist with managing occupancy limits and facility access.

1. Contact tracing information (first & Last names, telephone, or email addresses) must be submitted for each ice times to **gvmhacovidtrace@outlook.com**. Failure to do so could result in the forfeit of next ice time. Information will be retained by Communications Officer for a period of thirty (30) days. Ambassador will check in and screen persons entering the facility's health; hand sanitizer must be used at this time. Question asked: Are you experiencing any of these symptoms: Dry cough, tiredness, fever, sore throat, headache, difficult breathing? Have you travelled outside of Canada in the past 14 days? Have you been in contact with anyone experiencing COVID-19 symptoms in the past 14 days? – If any answers yes to any of the above questions, that person will not be permitted to attend.

Entering the facility:

- Participants must use the designated entrance for the facility
- Masks must be worn in all facilities, except for on the field of play.
- Participants to arrive, doors open 15 minutes before scheduled ice times
- Covid Ambassador must remain at the door until doors are locked by the facility attendant
- All players must come half-dressed/fully dressed in their gear. (I.e: Ice users are required to come dressed as ready to skate as possible, and dressing rooms are limited to upper gear including goalie pads, shoe/skate changes only)
- Participants not dressed appropriately upon arrival will not be granted access to the facility until they are dressed to skate appropriately.
- Participants must be able to tie their own skates or arrive with skate guards on as there will be minimal help available to help (anyone helping to tie skates but wear a mask while doing so)
- Dressing rooms and washrooms are available. Showers are not available

- Participants must have their own filled water bottle with their name on it and hand sanitizer.

Exiting the facility:

- Participants will have 15 minutes to exit the facility
- Participants will leave the facility as they arrived: half-dressed/fully dressed in their gear and leave through the designated EXIT (Ie: Ice users are required to leave dressed as they came, and dressing rooms are limited to upper gear including goalie pads, shoe/skate changes only)
- Participants must wear a mask except for on the field of play.
- On the way-out participants will hand sanitize and refrain from touching any walls door frames as they exit.
- Covid Ambassador will ensure their group has vacated in the appropriate manner and time frame.

On Ice structure = PRACTICE: No Spectators

1. Maximum 20 participants and 5 Coaches
2. 1 Covid Ambassador, 1 Video Streamer, 1 Team Manager, 1 HCSP (Rostered)
3. 2 dressing room attendants per 1 dressing room, 4 dressing room attendants for 2 dressings room , 2 female dressing room attendants (if needed) per team are permitted in the building for practice
4. **For U9 & U7 ONLY** – 6 Extra Support volunteers, to help with equipment, and social guidance.
5. One coach should be designated to pick up pucks and other on- ice equipment
6. Coaches must wear a mask on the bench
7. – Not to exceed 56 people.

On Ice Structure – GAME PLAY : No spectators

1. Teams must follow the Hockey Canada Return to Play Guidelines regarding travel and hotel accommodations
2. Game play is only allowed within the determined 4 team cohort as set out by OMAHA and GVMHA (4 teams per cohort – no change to cohort without approval and 14 day disband of cohort)
3. Each team will be permitted 20 players in the building for games but Rosters of 19 are permitted for game play. (17 skaters – 2 goalies) and 3 Team Staff on the bench.

4. HOME TEAM;

20 Players

3 Coaches

1 Covid Ambassador

1 Team Manager

1 score keeper

1 time keeper

4 Game officials (Referees, Linesman)

1 video streamer

1 HCSP (rostered if not on the bench)

2 Dressing room attendants (male)

1 female attendant (if needed & other team has female player)

2 female dressing room attendant if visiting team does not have a female player

Not to exceed 65 people in the facility. **Please note if all spots cannot be filled due to max numbers in facility some positions may be subject to change as per COVID Ambassador

5. VISITING TEAM;

19 players

3 Coaches

1 Covid Ambassador

1 Team Manager

1 video streamer

1 HCSP (Rostered if not on the bench)

2 Dressing room attendants (male)

1 female dressing room attendant (if needed & other team has female player)

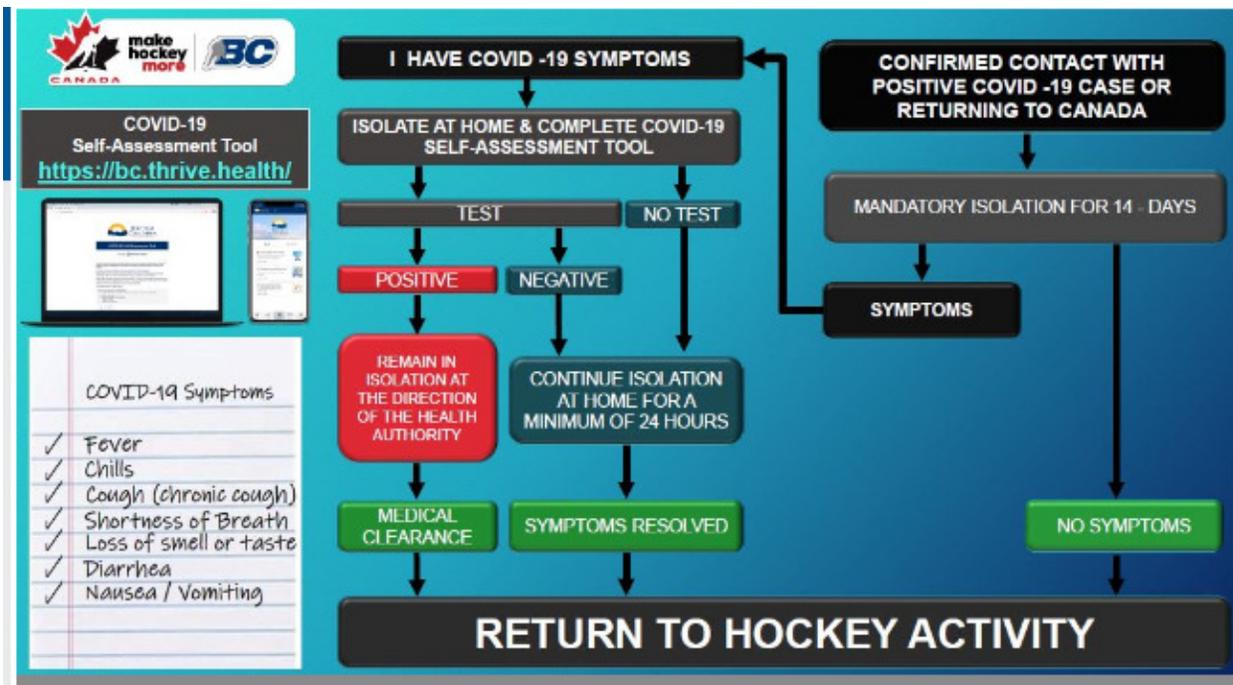
2 female dressing room attendant if home team does not have a female player

Not to exceed 65 people in the facility. **Please note if all spots cannot be filled due to max numbers in facility some positions may be subject to change as per COVID Ambassador

It is each team's responsibility to pre-screen and check their own team BUT the Vernon Minor Hockey Team Covid Ambassador must collect pre-screen from visiting teams and send as per protocol above.

1. Visiting teams are required to submit a list to the Vernon Minor Hockey Team Covid Ambassador of who is entering the facility prior to entering.

Coaches must wear masks at all times



Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	<ul style="list-style-type: none"> Refer to PHO and local health authorities 	<ul style="list-style-type: none"> Refer to PHO and local health authorities
Enhanced Protocols	<ul style="list-style-type: none"> Increased hand hygiene 	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	<ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening 	<ul style="list-style-type: none"> Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	<ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play 	<ul style="list-style-type: none"> Outdoor/Indoor
Participants	<ul style="list-style-type: none"> Individual activities 	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<ul style="list-style-type: none"> No restrictions on activity type
Contact Activities	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<ul style="list-style-type: none"> No restrictions on activity type
Competition*	<ul style="list-style-type: none"> Should not occur 	<ul style="list-style-type: none"> In club play or modified games may slowly be introduced 	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return
Equipment	<ul style="list-style-type: none"> No shared equipment 	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Enhanced cleaning protocols in place 	<ul style="list-style-type: none"> Shared equipment
Travel	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Limited 	<ul style="list-style-type: none"> Unlimited

*Introduction of competitive activities should be in alignment with sport-specific guidelines.

