



# Campbell River Minor Hockey Return to Play 2020-2021

## COVID -19 Safety Plan at Strathcona Gardens Campbell River, BC

Note: This is a fluid document and may be updated as changes are announced by governing bodies including Via Sport, Hockey Canada, Hockey BC, Regional District of Strathcona, City of Campbell River and Campbell River Minor Hockey Association

September 2020

Revision Log

<b>Rev</b>	<b>Section</b>	<b>Date</b>	<b>Revision Description</b>
0	All	Sept 03/20	RTP & COVID-19 Safety Plan draft
1	All	Sept 10/20	RTP & COVID-19 Season Start Document.
2	Pgs 4,5,6,7,8,12	Sept 24/20	Process Updates, Movement in/out of the Facility, Flow Map
3	All	Nov 11/20	Process Updates, Rink 2, Game Complement
4	All	Nov 23/20	Process Updates, Mask Use, Contract Development, BC Hockey FAQ, Illness Flow Graphic
5	Pg 4,5,16,27	Dec 04/20	Definitions-VIASPORT Phases 2,3 BC HOCKEY DEC 03/20 MEMO

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## Communications Officer/Risk Manager

Andrea Schulte has been appointed to serve as the CRMHA Communications Officer/Risk Manager. Andrea is the resource person and point of contact for all questions, concerns and/or updates regarding the CRMHA Return to Play and COVID-19 Safety Plan. Contact Andrea at:

Voice/Text: (250)830-7373

Email: [andrea.schulte@crmha.ca](mailto:andrea.schulte@crmha.ca)

## COVID-19 and Transmission (VIASPORT DEFINITION)

Covid-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person. This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then their face without cleansing their hands. The virus does not enter the body through the skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high touch surfaces is so important.

Droplet transmission is much more likely when in close contact in an indoor setting.

## VIASPORT Guidelines- Phase 2

VIASPORT Phase 2 Guidelines allow for a cautious start or continuation of hockey activities while in Pandemic context. Phase 2 guidelines are also used to facilitate development outside of the Phase 3 Cohort model because Phase 2 activity does not allow physical contact or close physical proximity between Participants (Players, Coaches, Support Volunteers).

Participants:

- Must maintain physical distance on and off the ice (3m) (Per BC Hockey Memo- Public Health Order Update Dec 03/20 in consultation with PHO.)
- Adults (including players over 18 on Junior teams) may not participate with their teams at this time.
- No non-essential travel (Stay within your MHA or member club)

- No social interactions
- No group gatherings over 50 people
- Continued Hygiene Protocols
- Symptom Screening( [BC COVID-19 Self-Assessment Tool](#) )
- Complete Team Linkt COVID-19 Symptom Waiver **AND** set Team Linkt “Attendance” for every event or session at the rink or off site.
- No Spectators**, small groups are best, sessions may have a maximum of (2) COVID-19 Ambassadors, (1) Team Manager, (1) HCSP, and (2) Off Ice Support Volunteers in addition to On Ice Coaches. Only Adults essential to the safe facilitation of the session may be present.
- FACE COVERINGS/ MASKS** All CRMHA Members will wear masks or face coverings when not on the ice. The only exception is U7, U9, and U11 players who arrive and depart dressed in full gear including helmets with full cage/plexi systems. Parents of U7, U9, and U11 players to wear a mask or face covering while not on the ice if they feel their player is capable of managing a face covering or mask.
- NON-CONTACT ACTIVITIES ONLY** No Contact may occur. (3m distance maintained) Activities may include fundamental movement skills and modified training activities, drills.
- No games, scrimmages or battle drills.** (Per BC Hockey Memo- Public Health Order Update Dec 03/20 in consultation with PHO.)

## What is a Cohort? VIASPORT Phase 3

A Cohort is a group of participants who primarily interact with each other within the sport environment over an extended amount of time (i.e. a series of events, practices, games, training). The purpose of establishing Cohorts is to limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an exposure event or outbreak occur. The Cohort model in relation to sport was specifically introduced for sports that inherently have contact or that can not maintain 2m of distancing between participants during game play or practice. Game Play will slowly be introduced, it will be defined by MHA boundaries and regions by Public Health, BC Hockey and VIAHA. Travel will be limited.

**Who will be included in our Cohorts?** CRMHA will create cohorts by gathering age groups per Hockey Canada Guidelines and then creating practice groups or teams that adhere to VIASPORT PHASE 3 guidelines for Ice Hockey. Player Participants will be placed in Cohorts to facilitate game play and development in Phase 3 Activity. Adults including Parent Volunteers in any role will not be considered part of the Cohort. Adults that Coach or serve as On Ice Volunteers across more than 1

Cohort will be required to wear a mask when on the playing surface (ice) when it is not possible to maintain physical distance of 2m. See VIASPORT Return to Activity Chart in reference materials.

Participants:

-Will maintain physical distance (2m) while not on the ice.

-Cohorts will not exceed the maximum BC Hockey roster: Team Player max is (19) x 4(teams)=76

-Players may not participate in Phase 3 activity with more than 1 Hockey Team at anytime. Players may participate in Phase 2 programming outside of their Cohort.

-off ice away/from rink (training, fitness) Participants will limit contact (i.e. coming within 2m)

## Guiding Principles

-A COVID-19 screener must be completed prior to each session and indicate no affirmative answers in order for a Participant or Volunteer to enter the rink and participate or help facilitate the activity. The CRMHA COVID-19 Screening Tool is currently being phased out for CRMHA members as Teams are organized and soon all Participants will be required to check in electronically via the Team Linkt App. Invites and download information regarding the Team Linkt App and how to submit an electronic waiver will be on line and sent out to all teams as soon as possible.

-**Masks** are to be worn upon entry to the facility. Only U7, U9 and U11 Players arriving/departing fully dressed in equipment and entering/departing the building wearing a helmet with the required full cage or plexi system are not presently required to remove their helmet and apply mask. All other participants (U13, U15 and U18), **all Adults** and U7, U9 and U11 Players choosing to arrive/depart not dressed in gear including helmet and full cage/plexi system will wear a mask in all areas inside of the building or the Rink 2 Tent until immediately before they enter the ice surface. Participants who are not exempted from mask use (U7, U9 and U11 while fully geared including helmet/full cage system) will apply a MASK IMMEDIATELY after exiting the ice surface and until they have exited the building. All off ice Volunteers will wear masks at all times they are in the building. Coaches will wear masks when on the player bench.

-Congregation of groups in the parking lot and around entrance or exit points is prohibited, with the exception of cohorted Team groups for dryland and fitness. **All Dryland and fitness training on or off Strathcona Gardens property must adhere to ViaSport RTP Phase 2 Activity Protocols.**

-**Any participation of CRMHA Members outside of their assigned CRMHA cohort or any cross-cohort activity or development activity must adhere to ViaSport RTP Phase 2 Protocols.**

-Ensure your Participant's current registration information has correct/up to date contact info.

-Contact a CRMHA Representative for any safety or health issues.

## Remember!

Do not enter the facility or participate if you:

-Or anyone in your household exhibit any COVID-19 Symptoms (fever, cough, difficulty breathing or any other symptoms identified in the [BC COVID-19 Self-Assessment Tool](#) ). Participants experiencing symptoms identified in the Self Assessment Tool will be **required to contact 811** for screening to determine if they should be investigated (swabbed, swish test, or rapid test) for COVID-19. (see resource material for BC HOCKEY COVID-19 SYMPTOM ALGORITHM)

-If you or anyone in your household is being investigated for Covid-19 (Will require Medical note or evidence of negative result to return)

-If you or anyone in your household has been in contact with someone with COVID-19 in the last 14 days. (Will require Medical note or evidence of negative result to return)

-If you or anyone residing in your household has travelled outside of Canada in the last 14 days.

-NOTE: If you enter the facility and are requested to leave due to signs or symptoms of illness you will require a note from your Doctor to return.

-Follow the direction or requests of CRMHA COVID AMBASSADORS and Strathcona Garden's COVID NAVIGATORS

-Follow all directional arrows and signage

-Use the washroom before you arrive to the facility, wherever possible.

## Entering/Exiting the Facility

Each Cohort group will provide at the minimum one COVID Ambassador/Safety Person(s) is designated and present for each ice session who will be in charge of attendance and ensuring that the MANDATORY COVID-19 Screener or the Team Linkt Electronic Waiver and Check-In (which will soon replace the paper COVID-19 Screener) has been completed. COVID Ambassadors will be an integral part of the CRMHA team in ensuring the entry and exit points and off-ice safety of the participants. They will perform/ensure protocols that are put in place by CRMHA, Strathcona Gardens and the BC Health Authority are adhered to. All Parents/Guardians regardless of role listed/or **no role listed** on a Participants Registration will be required to complete the **no cost** Hockey Canada [“Planning a safe Return to Hockey” Course](#).

- Drop off is expected no earlier than 15 minutes prior to the start of the Participants scheduled ice session and no later than 15 minutes prior to the start of the session. Unless specifically scheduled to arrive and depart at an earlier or later time. Division Managers

and Team Managers will be the best source of specific arrival and departure information. PARENTS ARE RESPONSIBLE FOR THE SUPERVISION OF ALL MINOR CHILDREN UNTIL THEY ARE RECEIVED BY AMBASSADOR/ OFF ICE VOLUNTEER or COACHING STAFF.

- **RINK 1 ENTRANCE/EXIT PROTOCOL- Entrance Rink 2 Main Doors-**
- **MASK USE MANDATORY** for entry to the building, movement in corridors, use of dressing rooms, travel to and from the ice and dressing rooms and for exiting the building.
- **U7, U9 and U11 Players** who arrive fully geared and wearing their helmet/cage will not have to remove their helmet to apply a mask. All other Participants (regardless of dress) will arrive wearing a MASK. Participants will sanitize their hands, confirm check in with Ambassadors for attendance (Team Linkt GREEN “GOING” check mark) and Team Linkt Waiver completed status (HEART ICON). They will be directed to an assigned dressing room or to the 1<sup>st</sup> Row bleachers in Rink 1. Coaches may be directed to Rink 1 Room 3 if dressing room capacity is exceeded. All Dressing Rooms have posted capacity on the door. MASKS ARE MANDATORY IN DRESSING ROOMS. Participants will arrive with as much gear on as possible to safely transport in, including wearing shoes or skates with skate guards if possible. Participants will wait in their designated dressing room or seated on distanced markers along the 1<sup>st</sup> row bleachers in Rink 1 until the On-Ice Coaches are ready to enter the ice. MASKS will be worn until immediately before entering the ice. All Participants must store all their belongings, in their designated Dressing Room, on their designated spaced seat or inside their hockey bag at all times and place their hockey bag in the designated area. Players may keep their mask in a sealable bag with their belongings in the 1<sup>st</sup> Row Bleachers or in a labelled sealable bag with their labelled water bottle at the Player bench area. The On-Ice Coaches/Helpers will invite the Participants onto the ice through the middle gate.
- Following the ice session Participants and Coaches will IMMEDIATELY APPLY THEIR MASK collect their belongings as quickly as possible from either the dressing room or their seat along the 1<sup>st</sup> row of bleachers in Rink 1 and exit through the Rink 1 Tunnel and out the arena doors that open to the parking lot to be met by their parents for pick up.
- Parents/Guardians will be required to drop off and pick up their children on time. When a Participant's ice time is completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time - max 15 mins after their session has ended.



## **RINK 2 ENTRANCE/EXIT PROTOCOL**

- **MASK USE IS MANDATORY**
- RINK 2 will have a 20'x40' all weather event tent located along the outside of the bleacher wall. Rubberized matting will be placed along the sidewalk and on the interior of the event tent.
- **ON ARRIVAL: U7, U9 and U11 Players** who arrive fully geared and wearing their helmet/cage will not have to remove their helmet to apply a mask. All other Participants (regardless of dress) will arrive wearing a MASK. Participants will sanitize their hands, confirm check in with Ambassadors for attendance (Team Linkt GREEN "GOING" check mark) and Team Linkt Waiver completed status (HEART ICON)
- Participants will arrive with as much gear on as possible to safely transport in, including wearing shoes or skates with skate guards if possible. Participants may access the tent for the application of skates or equipment that they were unable to be transported in.
- The tent has limited capacity, MASK USE will be required for all Adults and Players in Divisions U13, U15 and U18 as well as any U7, U9 and U11 Players not wearing their Helmet with a full cage system for access to the tent and all off playing surface areas inside of the RINK 2 building. Port-A-Potty washrooms will be located on either side of the event tent. They will be the only washrooms available to CRMHA members accessing the RINK 2 ice surface. Port-A-Potty's will not be heated.
- **PLEASE NOTE: The Tent is not heated.** Due to limited space parents may not have access or may need to wait to have access to the tent. Assessment for smooth facilitation/transition and need of parent volunteers to assist with transition will be occurring in the first weeks of Rink 2 use.
- Participants, Coaches and necessary Volunteers will gather all personal belongings and enter RINK 2 through the designated ENTRANCE DOOR, AMBASSADORS will be present to assist. Participants and Coaches will sit along pre marked spaced seat designators along the 1<sup>st</sup> bleacher row of RINK 2, placing their belongings in the bleacher space directly behind them. Participants will enter the ice surface through the designated ice entrance gate. Players and Coaches who are required to wear a MASK will only remove their MASK immediately prior to entering the ice surface. Players may keep their mask in a sealable bag with their belongings in the 1<sup>st</sup> Row Bleachers or in a labelled sealable bag with their labelled water bottle at the Player bench area. Coaches will wear masks while on the

**Player bench. As much as possible all members will maintain 2 meters (6Ft) of physical distance when not on the playing surface.**

- **FOR EXIT OF RINK 2 ICE SURFACE -Participants, Coaches and On Ice Volunteers will exit the ice surface through the designated EXIT gate, return to their marked seat, IMMEDIATELY APPLY THEIR MASK (unless they are a player from U7, U9 and U11 who will keep their helmet on) then apply skate guards or shoes, collect their belongings, exit through the designated EXIT door, out into the parking lot for departure. The Tent will not be available for departing members unless advised of its availability by your AMBASSADOR.**
- **Parents/Guardians will be required to drop off and pick up their children on time. When a Participants ice time is completed, all individuals must leave promptly. Parents will be reminded to pick up their children on time - max 15 mins after their session has ended**

### **Other Considerations:**

**Pack it in Pack it Out:** Strathcona Gardens is presently a food free zone. No garbage cans are available during ice times (including in and around the arena). Any/All tape and other rubbish MUST be taken home with each Participant and disposed of at home.

**Beverages/Beverage Containers: No Single Use/disposable cups or bottles permitted.** This includes paper cups from restaurants and drive-thrus. Beverages are only permitted in reusable cups and must go home with Participant/Coach/ Volunteer.

- **WATER BOTTLES:** Participants will place their own water bottle on the top of the player bench **clearly labeled** with the Participant's full name.
- All Participating CRMHA Members will follow the direction/instruction of CRMHA COVID Ambassadors and Team Staff when entering and exiting the facility. CRMHA COVID AMBASSADORS will liaise with Strathcona Gardens Staff regarding situational/urgent operational requirements as needed.
- Prior to completing registration for the 2020-2021 Minor Hockey season Participants will require a liability and release waiver and a declaration of compliance to COVID-19 Procedures document to be signed and dated.

## Spectators and Parents

Presently Spectators of any kind are not permitted. Capacity group sizes may change over the season. The Membership will be updated via email regarding details/rules around Spectator permissibility and space availability. We can not exceed the capacity number that we have agreed to with Strathcona Gardens during a session or game. Priority must be given to working Facility Staff, Program Participants, Coaching Staff, Officials and Volunteers required for facilitation of the session or game. ANY/ALL CRMHA MEMBERS WHO ATTEND ICE SESSIONS OR EVENTS including, CRMHA sponsored development, Coaching or Officials education, OFF SITE/AWAY games, training/conditioning, team building, meals, CRMHA gatherings IN ANY CAPACITY INCLUDING VOLUNTEERS MUST COMPLETE THE COVID-19 SCREENER (which will soon transition and be replaced by to the TEAM LINKT electronic waiver) AND PROVIDE CONTACT INFO EACH TIME THEY ATTEND. Please contact Andrea Schulte directly with concerns, requests (250)830-7373.

## Washrooms

- Follow signage guidelines for the number of people that may be in the Washroom at one time.
- Do not loiter, if you are not using a stall or a sink, please vacate the Washroom.

Rink 1- south end of Rink 1 Tunnel, Female Dressing Room, Dressing Room 3

Rink 2- Port-A-Potty x 4 near All Weather Tent for Rink 2 staging, south wall Rink 2.

## CRMHA Office

The office is presently closed to drop in traffic. Please direct all questions or needs to [info@crmha.ca](mailto:info@crmha.ca)

Information on Participant grouping (Cohorts) and ice times will be communicated by the email or the Team Linkt App via the email provided during the registration process, and throughout the season by Division Managers, Team Managers and Coaches, please ensure your contact information is up to date. If you need to update your contact information please contact [info@crmha.ca](mailto:info@crmha.ca)

## Lost and Found

We ask all Members and Participants to ensure they take all belonging with them when exiting the building after their ice session. Currently Strathcona Gardens will have no LOST and FOUND Collection area. Parents please ensure all of your Participant's belongings are clearly labelled.

## Capacity Limits

### Rod Brind'Amour Arena(Rink 1)includes Entrance Rink 2 and Dressing Room Corridor

Entrance: Rink 2 Main Doors

Exit: Through Rink 1 Tunnel and out through south facing doors to parking lot.

Sanitizing of hands required at point of entry.

COVID-19 Screening Process required for entry- (responsibility of COVID AMBASSADORS)

Sanitizing considerations: AMBASSADORS will sanitize high contact touch points and Ambassador implements.

Dressing Rooms:

Rink 2: ABE CDF and Female Dressing Room

Rink 1: Dressing Room #2 Referee Room, Female Referee Room (between Dressing room 2 and 4)

Washrooms: Rink 1 Tunnel Female Dressing Room (between Dressing rooms 1and 3), Dressing Room 3

General Capacity, Practice Capacity, Development Event Capacity- 48 persons from User Group, 2 from Facility staff.

Game Complement: Representative and Recreational: up to but not exceeding in any category, "unused" category limits are not transferable.

### TEAM COMPLEMENT

19 "Players" x 2

3 "Coaches" x 2

1 "HCSP" (safety) x 2

1 "Manager" x 2

1 "Ambassador" x 2 (1 per team for Recreation or 2 per Rep Home Game)

Total Team x 2 =50

## **OFFICIALS**

Up to 4 “Referees/Linespersons”

1x “Score Keeper”

1x “Time Keeper”

1x Music

Total OFFICIAL= 7

Total All Roles =57

## **RINK 2**

Prep Area- 20’x40’ All Weather Tent located outside Rink 2 South Wall (not heated)

Entrance: Marked ENTRANCE door closest to Rink 2 Zamboni Garage

Exit: Marked EXIT door at the opposite end of the “ENTRANCE” side bleachers.

Sanitizing of hands required at point of entrance. COVID-19 Screening Process required for entry- (responsibility of COVID AMBASSADORS)

Sanitizing considerations: AMBASSADORS will sanitize high contact touch points and Ambassador implements.

General Capacity, Practice Capacity, Development Event Capacity -48 persons from User Group, 2 from Facility staff.

Game Complement Representative and Recreational: up to but not exceeding in any category, “unused” category limits are not transferable.

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Total Team x 2 =50

## **OFFICIALS**

Up to 4 “Referees/Linespersons”

1x “Score Keeper”

1x “Time Keeper”

1x Music

Total OFFICIAL= 7

Total All Roles =57

NOTE: OCCASSIONALLY MEMBERS OF THE CRMHA EXECUTIVE MAY ATTEND GAMES IN THE CAPACITY OF THEIR ROLE FOR OVERSIGHT RELATED TO THEIR ROLE. THEY WILL NOT BE INCLUDED IN THE GAME COMPLEMENT NUMBERS. THEY WILL CHECK IN AND BE SCREENED BY THE COVID AMBASSADORS. THEIR WAIVER AND CONTACT DETAILS WILL KEPT WITH THE SESSION THEY ATTEND.

## **COVID-19 Screening for Officials, Visiting teams, Special Development Events**

Where Team Linkt Electronic Waivers are not available to groups including: Referees, visiting Teams within cohorts, CRMHA Special Development/Contract Development Coaching; the CRMHA Paper Screening Tool will be provided for COVID-19 Screening purposes. Referees may be added to the electronic waiver by “ADD SPECTATOR”. The AMBASSADORS will enter “OFFICIAL” before the Referees name (i.e. OFFICIAL John Doe). All events must have at a minimum one approved COVID AMBASSADOR in place and on tracking schedule. Contact Leah Brown CRMHA Director at Large/ COVID AMBASSADOR MANAGER a minimum of 48 hours prior to event. [leah.brown@crmha.ca](mailto:leah.brown@crmha.ca)

## **Currently Closed Areas**

Participant and Volunteers must remain in the Arena Area they are assigned to. Walk-about, wandering, or moving between designated areas is prohibited and may place CRMHA and the individual who does not adhere to this requirement at risk of breaching the group limit size or crossing cohorts, as set by the Provincial Health Office. All questions about movement in the building during your session will be directed to the COVID AMBASSADOR your group assigns to your session.

## Staff Training

- Peer Orientation for CRMHA Volunteers will be provided to address the COVID-19 Safety Plan and programming modifications at the start of our season and as needed.
- CRMHA will send session information updates via email so Participants and Parents/Guardians know what to expect during their ice time.
- Volunteers will contact Andrea Schulte if they have questions regarding COVID-19 implications on planned activities or concerns as they settle into their roles.

## Hygiene

-Strathcona Gardens will provide hand-washing and/or sanitizing stations; CRMHA will ask each individual upon entry to their ice session to sanitize their hands prior to making contact with any surfaces. Hand-washing or sanitizing will be required at a minimum upon entering the facility, after using the washroom, and between stations.

-Strathcona Gardens will provide Sanitizing/Cleaning implements. CRMHA COVID AMBASSADORS will be responsible for ensuring “high touch” surfaces (door handles, gate latches to ice surface and COVID Ambassador table and implements) are cleaned after each cohort. Every effort will be made by all CRMHA members to keep touch points to a minimum.

-All Participants should arrive dressed for their session and only bring what they need in a hockey bag (e.g. full water bottle, hand sanitizer, tape, etc.) clearly marked with their first and last name. We ask all Participants to keep their gloves on as much as possible in the facility.

-Sharing of personal items including beverages (e.g. water bottles) is forbidden.

-All garbage created by a Participant will be taken home by the Participant.

-Parents/Guardians will keep their Participant’s equipment clean, wash or sanitize undergarments and towels after participation.

-Sanitize helmet, cage and/or visors prior to and after participation.

-Off ice keep 2 meters (6ft) of physical distance with others.

**-ALL SPITTING IS PROHIBITED AND WILL BE CONSIDERED A SERIOUS BREACH OF COVID-19 AND SAFETY PROTOCOL. PARENTS ARE REQUESTED TO ENSURE THEIR PARTICIPANT UNDERSTANDS THIS CLEARLY. THIS IS UNSAFE AND UNACCEPTABLE BEHAVIOR DURING THIS COVID-19 PANDEMIC.**

## First Aid

If a Participant becomes ill or injured during a CRMHA activity, the HCSP (Hockey Canada Safety Person) will be responsible for initiating illness/injury protocol. In the absence of the HCSP, the Team Manager or Coaching Staff will be responsible to initiate the illness/injury protocol. Anyone who attends a Participant/Person who is ill/injured will sanitize their hands, put on gloves and mask,( if the Participant is able to tolerate a mask, provide one to the Participant/Person) then provide care and perform assessment. Initiate 911 for Ambulance as is appropriate or needed.

**NOTE: ANY and All** incidence of Illness or Injury occurring during a CRMHA activity, whether related or unrelated to COVID-19 must be documented on a Hockey Canada Injury/Illness Report. **All** incidences of Illness or Injury that occurred during a CRMHA activity must be reported to Communications Officer/Risk Manager for tracking within 24hours. Text, call or email Andrea Schulte (250) 830-7373 or [andrea.schulte@crmha.ca](mailto:andrea.schulte@crmha.ca)

## Illness

If a Participant (Players, Coaches, Volunteers) or someone they reside with have a respiratory illness or any of the symptoms consistent with COVID-19, the Participant(s) must stay home. If the Participant(s) or someone they reside with requires a lab test for to investigate for COVID-19, the Participant(s) will require a **Physicians note or evidence of the Negative COVID-19 result to return to activity**. Anyone having symptoms consistent with COVID -19, will use the [BC COVID-19 Self-Assessment Tool](#) and **contact 811 or their Physician** if the tool recommends 811 or Physician assessment or referral for COVID-19 testing. See reference material for BC HOCKEY COVID-19 ILLNESS ALGORITHM. **Documentation (Physicians note, evidence of Negative COVID-19 test result) for Participants to return after being away for their illness or COVID-19 test, the illness or COVID-19 test of someone they reside with, will be provided to their Team HCSP or Coach and forwarded to Andrea Schulte CRMHA Risk Manager a minimum of 24 hours prior to returning to the ice or any team activity.**



## Emergency Action Plan/Outbreak Response

All PARENTS, Coaching Staff, Team Staff, HCSP, and COVID AMBASSADORS will complete Hockey Canada's ["Planning a safe Return to Hockey" Course](#).

### CRMHA is committed to the following process in the event of a COVID-19 Outbreak:

1. If a case (defined as 1 person) or outbreak (defined as two or more cases) is reported, Andrea Schulte will be the main point of contact for all parties. Andrea has the authority to modify, restrict, postpone or cancel any or all Association activities.
2. If a Participant, Team Staff or a Volunteer report they are confirmed to have COVID-19 and have been at Strathcona Gardens or participating within a CRMHA cohort or group at any other location, CRMHA in will seek the immediate advice and guidance of the Island Health Medical Health Officer/Public Health.
3. CRMHA will advise Participants/Parents/Guardians of Participants of that advice from the Medical Health Officer/Public Health Team and under their direction may also request that Members:
  - a. Self-isolate
  - b. Complete the self-assessment tool at: [BC COVID-19 Self-Assessment Tool](#), dial [811 for Health Link BC](#) or contact their Physician for direction and determine if further assessment or testing is required.
  - c. Monitor their symptoms daily, report respiratory illness (if had not previously experienced those symptoms), report and seek assessment for worsening symptoms and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite. PARTICIPANTS who require self-isolation for symptoms consistent with COVID-19, confirmed or suspected COVID-19 or ANY OTHER RESPIRATORY ILLNESS WILL REQUIRE A PHYSICIANS NOTE TO RETURN TO PARTICIPATION.

***If CRMHA is contacted by a Medical Health Officer and the Public Health Unit of Island Health in the course of contact tracing, all individuals associated with CRMHA must cooperate with local health authority's instruction.***

## ACCESS TO THIS FACILITY - ARENA

Is by way of advanced registration, reservation, or booking online or by phone. No drop-in admission or access available. Our top priority is to health and safety, however by the nature of viruses like COVID-19 participation includes possible exposure to and illness from infectious diseases. While rules and personal discipline may reduce this risk, elimination is not possible.

If patrons do not follow the protocols while on Strathcona Regional District property they will be asked to leave, and their participation privileges will be suspended.

**No person may enter the facility if they have cold or flu symptoms, if they have recently been in contact with anyone suspected to have COVID-19 or similar infectious diseases, or if they have been outside of Canada in the past 14 days.**

**Practice physical distancing**  
(two metres or six feet away)

**Follow patron flow signage**



**Remember:** If you have just returned to Canada, you cannot enter this facility and you must self-isolate for 14 days.

The COVID-19 Ambassador or Communications Officer must be assigned and be a visible presence (e.g. arm band signifier); this volunteer/parent/coach or instructor will oversee adherence to the return to play plan, and ensure COVID-19 protocols are being followed, and will monitor Provincial Sport Organization or League Sport Organization updates.

At all times, facility users are expected to keep 2 metre (6ft) distance between themselves and others outside of their household.

Contact / competitive sports & organized games are not permitted at this time, focus should be on skill development.

The black lobby off Pinecrest Road is not available for public access to the Rod Brind'Amour arena. Important note: accessible service to the elevator/lift is available through this area to spectator seating.

Parking located at Arena #2 southeast area and entrance through the doors of the Rod Brind'Amour.

Check in time will be allowed under outside canopy tent or on the first row of the benches in the arena in designated seating areas - 15 minutes prior to ice time and 15 minutes after.

Licensee is responsible for cleaning and sanitizing their required high touch surfaces during use of the facility.

Avoid touching surfaces unnecessarily.

No water stations will be available. Please bring your own labelled water bottle(s), that have been filled at home.

No congregation in any of the open spaces including clustering outside the facility entrance or in the parking lot spaces.

Face covering are recommended as an additional layer of protection in the 2 metre (6ft) distancing cannot be maintained.

No sharing of personal equipment. Licensee is responsible for sanitizing common equipment (before, during and after use).

Patrons are expected to wash their hands with soap or use sanitizer upon entering the facility and frequently throughout their visit.

Please monitor self-care such as hand washing and personal hygiene.

Each session may have a maximum of 20 participants including coaches, or group representatives on the ice at any time, provided the areas and play are able to facilitate the physical distancing requirements - coaches must be identifiable as a coach, not in full gear, and one must be over the age of 18.

Designated washrooms facilities must be used at all times. Dressing rooms are not available at this time.

Player benches are not to be used.

Showers not available at this time.

1 guardian per skater may attend each session. No minors or pets in spectator area.

Designated spectators' areas will be assigned for each booking. Spectators are to observe from assigned seating area to facilitate sanitization between each use.

No spitting anywhere in the facility or on the ice.

To ensure the facility can remain open and safe, please obey all rules as presented by the Regional District and the Province of BC.

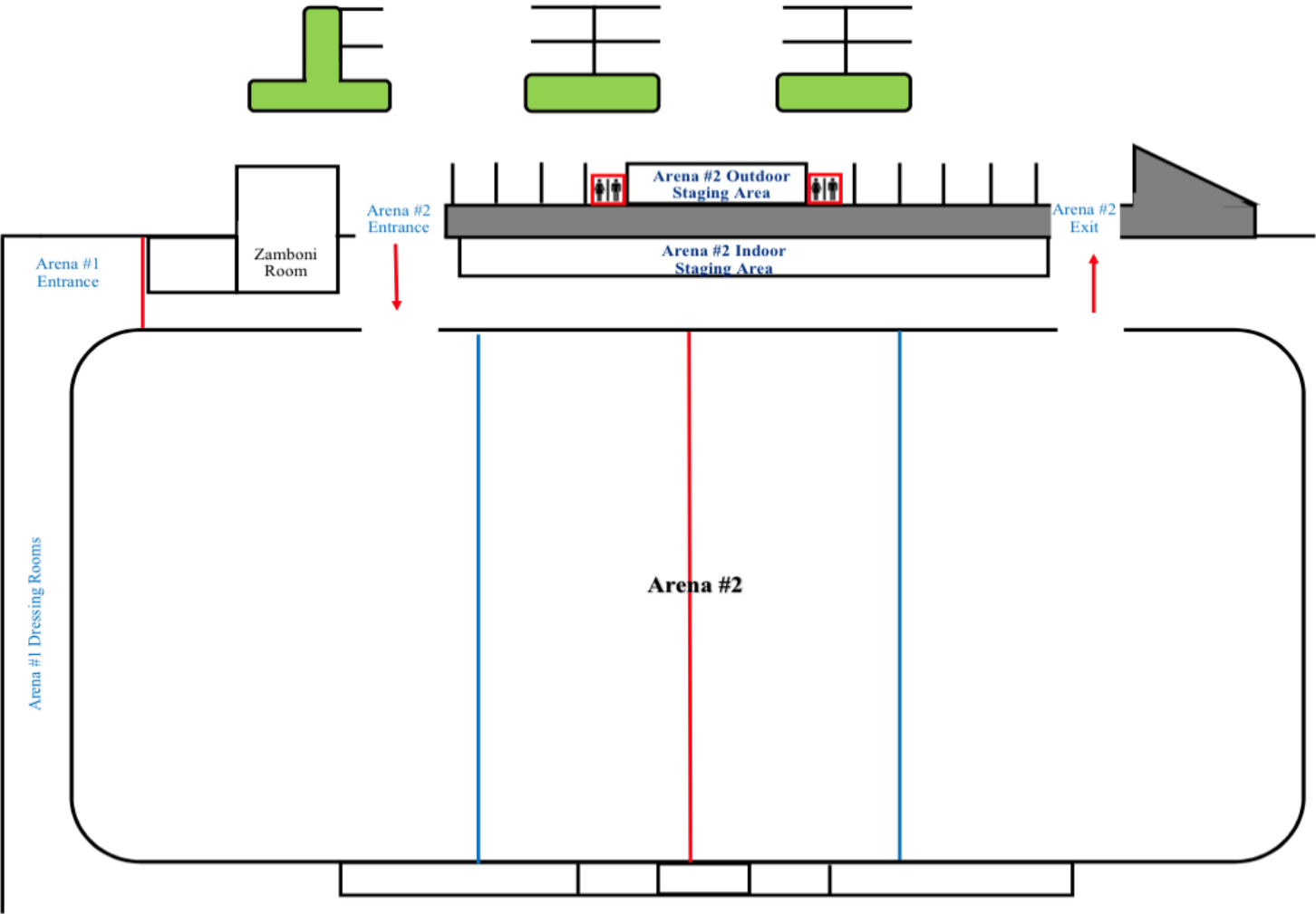
## Questions?

Thank you for your patience as we do our best to operate safely. Please note that this plan will be adapted as the COVID-19 situation progresses. The most current plan can be found at [www.strathconagardens.com/COVID-19](http://www.strathconagardens.com/COVID-19).





RINK 2 MAP



# Return to Sport Activity Chart

## Phase 1

## Phase 2

## Phase 3

## Phase 4

	<b>Strictest Controls</b> Prior to May 19, 2020	<b>Transition Measures</b> Approx. May 19th to Sept.	<b>Progressively Loosen</b> Future date TBC	<b>New Normal</b> Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment





## BC HOCKEY RETURN TO HOCKEY FREQUENTLY ASKED QUESTIONS

Updated October 22, 2020

### 1. What is a cohort?

*Answer:* In accordance with viaSport's Return to Sport guidelines each Provincial Sport Organization (PSO) may implement cohorts during Phase 3 that will allow for participants to be involved in contact activity and breach the 2-metre physical distance guidelines. A cohort can consist of either fifty (50) people or four (4) teams, whichever is deemed most appropriate by the PSO. BC Hockey's Board of Directors has endorsed the four (4) team cohort model, which allows for up to four (4) teams to participate in Phase 3 activity as a group, which in the case of hockey allows for more than 50 participants, based upon active roster sizes.

### 2. What are the parameters regarding transitioning cohorts?

*Answer:* A participant may be part of only **one (1) cohort within a single sport organization at any given time (e.g. Hockey Canada Membership)**. A participant may transition to a new / different cohort as an individual participant or as a member of a team, granted that a 14-day break has occurred prior to participating in Phase 3 activity within the new cohort.

If a participant is transitioning to a new cohort as an individual player, a 14-day break is required before beginning Phase 3 activity with the new team / cohort. However, they are permitted to participate in Phase 2 activity with their new team / cohort during that 14-day break period.

If a participant is transitioning to a new cohort as a member of their current team, that team may continue Phase 3 activity amongst themselves (e.g. contact practices or contact team scrimmages) during the 14-day break prior to joining the new cohort because they are transitioning to the new cohort as a consistent group. Simply, they cannot be introduced to any new cohort participants until the 14-day break period is complete. Furthermore, should any other team(s) also transition from the same existing cohort to the same new cohort, members of those collective teams may be permitted to participate in Phase 3 activity together during the 14-day break because they were and will be members of both cohorts and no new cohort members have been introduced during the break. The premise is that once transition from one cohort to another is complete, participants will be 14 days removed from contact with any previous participants that they will no longer cohort with, before being introduced to a new cohort of participants.

Example:

- Cohort A: September 1-30 = Team 1, Team 2, Team 3 & Team 4
- 14 – day Break: October 1- 14 = Team 1 & Team 2 are transitioning from cohort A to B together, therefore they can continue Phase 3 with each other during the Break.
- Cohort B: October 15 – November 15 = Team 1, Team 2, Team 5 & Team 6

Overall, participants are still recommended to limit the total number of cohorts they are involved with at any given time (simultaneously) in the best interest of their own health, the health of their families and community.

### 3. How do cohorts operate regarding tryouts and evaluations?





*Answer:* If a tryout/evaluation consists of Phase 2 based activity only (observance of physical distance / 2-metres & non-contact) this will not to be considered a cohort environment. Therefore, a 14-day wait period prior to beginning Phase 3 activity within any cohort would not be required following the completion of the try-out / evaluation stage.

If a tryout/evaluation includes Phase 3 based activity of any kind, all players will automatically be determined a member of that tryout cohort. Therefore, upon the conclusion of the tryout/evaluation all participants will be required to complete a 14-day wait period prior transitioning to a different cohort with that team or any other team (in the event that the player is not selected for the team they are trying out for).

Please note, during any 14-day wait period, a participant is permitted to participate in any Phase 2 based activity, regardless of their previous or active participation in a cohort.

**4. What are the maximum numbers of players on a team?**

*Answer:* Junior, Senior and U18AAA teams' active roster limit is 25 players, of which a maximum of 18 skaters and 2 goaltenders are eligible to play in any scheduled game.

The minor hockey active roster limit is 19 players with a maximum of 17 skaters and 2 goaltenders eligible to play in any scheduled game.

These parameters align with Hockey Canada regulation E 2 and Hockey Canada playing rule 2.2.

**5. What is the maximum number of Participants permitted on the field of play and / or total patrons within the arena (facility)?**

*Answer:* Patron capacities are at the discretion of each individual facility, in accordance with the Provincial Health Authority as communicated by viaSport and in alignment with the BC Recreation and Parks Association (BCRPA) and Recreation Facilities Association of BC (RFABC). Capacity for building occupancy may vary from facility to facility and the latest Public Health Officer (PHO) order allows for up to fifty (50) patrons above and beyond any essential activity participants, at the discretion of the municipality and facility based upon the ability to accommodate such patrons. Other than the roster limits outlined in question #4 and other essential activity participants (e.g. coaches and officials), there is no hockey specific maximum number of participants allowed on the ice, granted that all participants can adhere to either Phase 2 or Phase 3 guidelines and the facility's established capacity parameters. Local Minor Hockey Associations should update their Safety plans with the advisement that the Home team or member group booking an event at a facility are responsible for collecting contact information for all non-essential activity patrons (e.g. spectators) in attendance at a hockey event. The Hockey Canada [Seasonal Structure](#) document 'Appendix A' provides guidelines regarding recommended numbers of participants on the ice during Phase 2 activity, outlining physically distancing during hockey activities. [CLICK HERE](#) for a document outlines how the most recent PHO impacts to BC Hockey Members

**6. Defining cohort / participant interaction**

*Answer:* Any participants within a single cohort, can participate in full Phase 3 activity with any other participants within the same cohort (e.g. games, training, activities and contact skills). If a participant is part of a cohort, they are still permitted to participate in any programming that meets Phase 2 guidelines







with any other participants regardless of cohorts because physical distance is maintained during Phase 2 activities.

**7. What are the definitions of 'Region' and 'Community' regarding Return to Sport?**

*Answer:* The definition of '**Community**' for the purpose of Phase 3 activity is the individual cohort a participant or team is part of. A cohort essentially becomes the community based programming and may be made up of teams from the same member association or in some cases participants from surrounding or neighboring associations, based upon the particular program structure or ability to provide reasonable competition.

'**Region**': For the purpose of forming cohorts, participants within the Province of BC are restricted to participating in cohorts with other members of the BC Hockey membership within the geographical Province. Similarly, BC Hockey participants in Yukon Territory are restricted to participating within the BC Hockey Membership within that Territory. However, it is highly recommended that cohorts be formed as locally as possible; within an MHA first, then within a District MHA / League (inter-Association) or potentially within the Province or Territory if it is the only means of coordinating reasonable competition.

**8. Will there be rule adjustments?**

*Answer:* BC Hockey is reviewing enhancements to existing procedures, rules and protocols to assist in delivering Phase 3 activity. Any adjustments will be curated and communicated to the membership for implement during Phase 3. This process will include an education period for all participants, including officials. BC Hockey requests that officials not be integrated into Phase 3 activity until these measures have been confirmed and delivered. Please, note officials are not part of a cohort and therefore must maintain 2-metre physical distance during activity.

**9. Can coaches participate in more than one (1) cohort?**

*Answer:* Coaches are not considered part of the cohort model, as long as they can keep physical distance (2- metres) and wear a mask during Phase 3 activities. Therefore, a coach can serve as a team official with teams in multiple cohorts if required.

**10. Are clinics being delivered online only?**

*Answer:* Coaching and officiating clinics are being reviewed in accordance with Hockey Canada's 2020-2021 minimum requirements. BC Hockey is seeking to make clinic curriculums deliverable online, if necessary. The BC Hockey clinic host request [webpage](#) is currently closed and projected to re-open in mid-September in order to begin processing requests. Unfortunately we are unable to process any requests submitted prior to the release of Phase 3 (August 24, 2020). Therefore, all members wishing to host a clinic should wait until the new clinic guidelines are released and submit at that time. It is projected that clinics may become available for participant registration in late September to early October.

**11. What are the restrictions regarding player benches?**

*Answer:* As of today (Sept. 25), based upon feedback from the BC Hockey membership and in collaboration with the BC Recreation and Parks Association and viaSport, an announcement that players' benches are now included in the field of play has been confirmed.

Hockey players **will not** need to wear masks, physical distance or have a physical divider between them on the benches or in the penalty benches, during Phase 3 activity. Players should consider wearing a mask when not on the field of play.







Coaches and/or trainers who are not able to maintain physical distance, must wear masks on the benches, as well of course in areas where distance cannot be maintained. Also, on-ice officials are required to maintain physical distance and further directions are included in this seasons certification clinics and overall game play guidelines will be distributed in the near future.

**12. What is the protocol regarding contact tracing information being provided to facilities?**

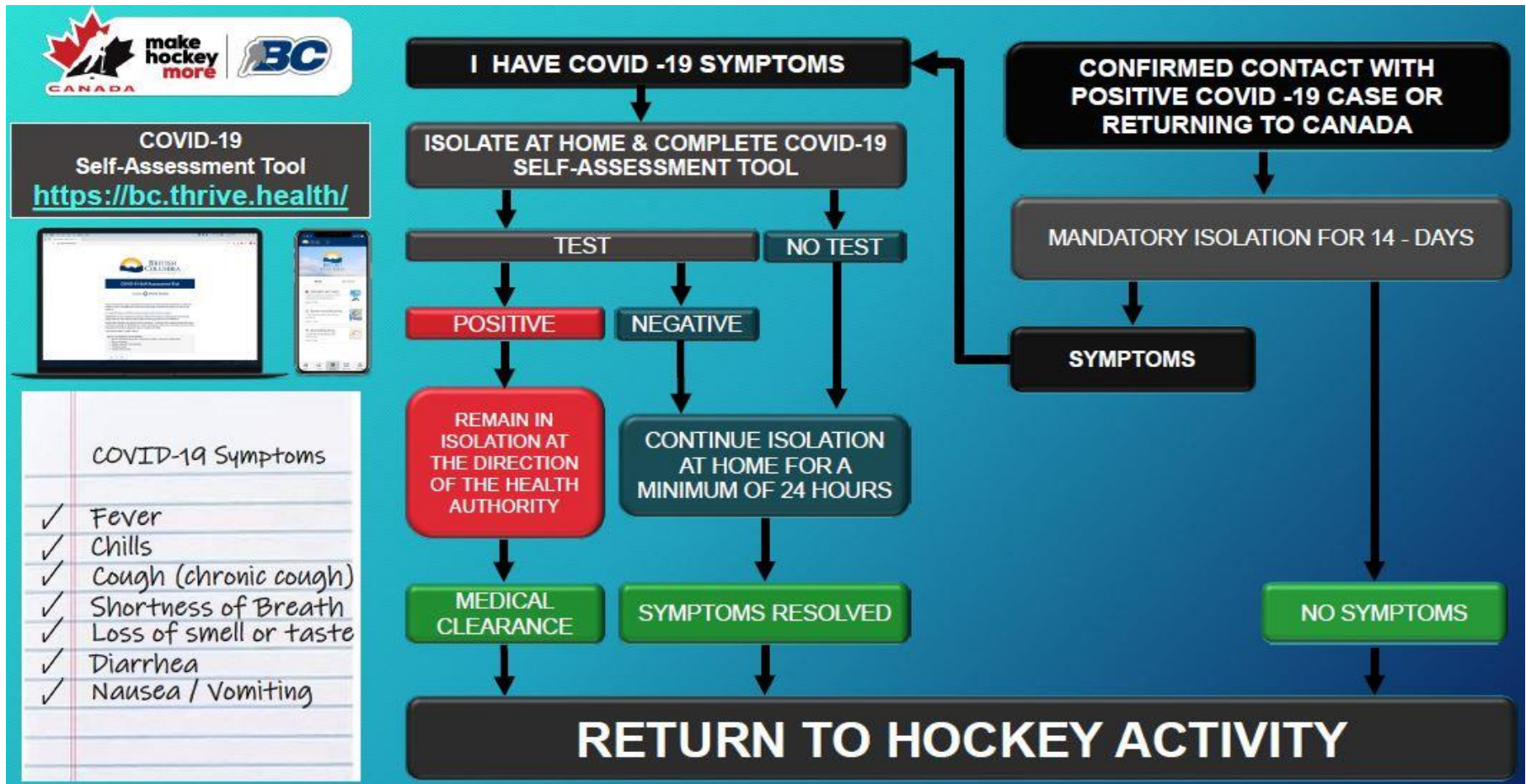
*Answer:* Any pre-screening (registration/forms etc.) can be set forth by the association / member in accordance with a facility's request. This may vary from facility to facility. However, members should be prepared with contact tracing and pre-screening measures that can be easily shared with facilities either electronically or on site. [CLICK HERE](#) for example.

**13. Question: How do we deal with team officials and the inability in some facilities to be on the bench, while keeping physical distance?**

*Answer:* Every facility may vary slightly on how this is handled. Limits to the number of people allowed in an arena and how many people there is space for on a bench will dictate how a team will proceed. A team may have as many team officials (to a maximum of 5) on the bench during a game, as long as they can maintain a minimum 2 metres physical distance from each other and the players or there is a barrier (e.g. plexiglass) between them and the players. Should the number of team officials on the bench be limited by space, some coaches or the HCSP person may be required to stand somewhere other than the bench. In the case of the HCSP, it is important that if they are not on the bench (in order to adhere to physical distancing parameters) that they are able to easily access the ice in the case of an injury or health emergency. The HCSP will still maintain all their responsibilities, regardless of whether or not they are physically on the bench. When necessary, the HCSP you be prepared to escort an ill player to the facilities designated isolation area for assessment.



# BC HOCKEY COVID-19 SYMPTOM ALGORITHM



3



## Public Health Order Update – Dec. 3

On December 2, 2020, Provincial Health Officer Dr. Bonnie Henry provided updates to the current Public Health Order, including specific guidelines for structured youth sport programs.

**The following are some of the important updates for BC Hockey members:**

- 1. There is to be an immediate transition to Phase 2 for indoor sport ([LINK](#)).**
- 2. Adult team participation is halted, and this also affects junior hockey and U21 (Juvenile) players over 18.**
- 3. The physical distance to be maintained during activity is now three (3) metres (not 2m).**

All Phase 3 activities (e.g. scrimmages, games, and contact activities) are paused while this order is in effect. In addition, it remains important to continue to minimize travel and stay within your community for Phase 2 programming. This means continuing to keep your hockey activities within your own Minor Hockey Association (MHA), member club or program.

Below are some key aspects of the current Phase 2 guidelines.



<b>Restrictions</b>	<ul style="list-style-type: none"> <li>• Maintain physical distance (3m)</li> <li>• No non-essential travel (stay within your MHA or member club)</li> <li>• No social interactions</li> </ul>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>• Continued hygiene protocols</li> <li>• Symptom screening (<a href="#">BC COVID – 19 Screening Tool</a>)</li> </ul>
<b>Facility</b>	<ul style="list-style-type: none"> <li>• Outdoor activity is safer</li> <li>• Indoor facilities are restricted to Phase 2 activities</li> </ul>
<b>Participants</b>	<ul style="list-style-type: none"> <li>• Adults (including players over 18 on Junior teams) may not participate with their teams at this time</li> <li>• Small groups are best and restricted to essential participants: <ul style="list-style-type: none"> <li>○ Players</li> <li>○ Coaches</li> <li>○ Safety Person</li> </ul> </li> <li>• No spectators</li> </ul>
<b>Non-contact Activities</b>	<ul style="list-style-type: none"> <li>• All activities must be non-contact and distanced</li> <li>• Fundamental movement skills</li> <li>• Modified training activities and drills</li> </ul>
<b>Contact Activities</b>	<ul style="list-style-type: none"> <li>• NO CONTACT can occur (3m distance maintained at all times)</li> <li>• Contact sports should offer non-contact alternatives to training</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• No games are to occur</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• Minimal shared equipment</li> <li>• Disinfect any shared equipment before, during and after use</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>• No non-essential travel</li> <li>• No team or group travel</li> <li>• Individual travel to and from your residence and your MHA or club team program is permitted</li> </ul>

We are all in this together, and BC Hockey appreciates the ongoing efforts of all our members, volunteers, participants and parents in their commitment to delivering youth hockey programming safely within our communities.

The hockey community in BC has adapted well to this challenging landscape and has specifically (earlier this season) been successful with Phase 2 delivery of programs and with adopting hockey specific resources for Phase 2 programming. Some are linked below. BC Hockey will continue to communicate updates to members as guidelines are updated and released.