



100 Mile & District Minor Hockey Covid-19 Return to Play Plan

December 3, 2020

**Subject to change*

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey, viaSport, Canlan Ice Sports, the Cariboo Regional District and the BC Provincial Health Office (PHO). As we navigate through each phase of the Provinces re-opening, we will continue to evaluate and adapt our Return to Play plan based on their guidance. This plan is subject to change on short notice and without warning. The health and safety of our membership is of the utmost priority and we strive to bring you back in the safest manner possible and with the best program that can be offered during each Return to Play phase allowable.

Communications Officers:

100 Mile & District Minor Hockey Association (100 Mile MHA) has identified Kersti Toews and Teresa Porter as our Covid-19 Communications Officers. Both people will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan. Kersti can be reached at 250-706-8462 omhmha@shaw.ca and Teresa can be reached at 250-706-8140 krayonqueen@hotmail.com

Reporting and Compliance:

100 Mile MHA is committed to ensuring that these safety procedures and guidelines are followed. Once we have been given the approval by our governing bodies and the PHO, a date will be set for Return to Play. At this time, it is set for September 28, 2020.

Programming will be delivered within the guidelines for the following enhanced protocols:

- Touchless registration and payment
- 2m Physical Distancing – in all facility Zones; 3m while in the field of play.
- Health Screening – upon arrival and before, during or after ice sessions
- Gathering and Group/team sizes
- Increased Hygiene measures
- Symptoms and screening
- Number of Spectators or limited to no spectators
- Use of Dressing Rooms and other areas
- Equipment handling and disinfecting
- Travel
- Modified training activities and drills
- Modified game play introduced, if and when applicable

Status: Currently in Phase 2 viaSport Return to Play (December 3, 2020)

- No games, scrimmages or competition. Modified training activities and drills only.
- No team or group travel outside of our community. Individual travel to and from your residence and your MHA is permitted.
- No Contact can occur – 3m physical distancing required while on the field of play (ice surface).
- No Spectators

Registration:

- Registration will be done online via Team Snap and will be touchless
- Payments will be collected electronically either through Team Snap, Visa, Mastercard or e-transfer of funds. Should a member wish to pay by cheque or cash, payments will be mailed to Box 487, 100 Mile House, BC V0K 2E0 or dropped off using the mail slot at the Minor Hockey office in the arena. Drop box or mailed payments must be in a sealed envelope and include the players name, division and contact phone number.

Refunds:

- Refunds for Covid-19 related illness will be processed as an amendment to 100 Mile & District Minor Hockey Policy 4.1.10 as follows: Players who have registered for the 2020-2021 season and become ill or contract Covid-19 are subject to a full refund of fees (prorated to the date of withdrawal) less a \$50 Administration fee. A Doctors note must be provided as supporting documentation for withdrawal.
- Should the season be cancelled due to Covid-19 related circumstances beyond our control, refunds will be issued as per above.

Safety Procedures and Hygiene:

Safety:

- Players are to arrive no sooner than 20 minutes PRIOR to their assigned ice time.
- Players and only 1 Chaperone per player (no siblings) will be asked to ENTER through the front foyer of the South Cariboo Rec Centre (the facility) ZONE 1.
- Everyone entering the facility will be greeted by Canlan's Health & Safety Officer
- Each person entering the facility must complete a Covid-19 Workplace Health and Screening Form in person or scan a QR Code for the same online Screening Form both which are provided by Canlan. These must be completed daily for anyone entering the facility. www.icesports.com/questions
- Please ensure Physical Distancing of 2m (6 feet) at all times off the ice. Markers and directional arrows on the floor will be visible to all persons entering the facility.
- Canlan's Health & Safety Officer will move people to the next Zone or hold them/groups in holding zones until their assigned Zone is available.
- Dressing rooms (Zone 2) may be assigned to a maximum of 1 team, physically distanced by 2m with markers to designate spacial awareness.
- Players, Coaches and volunteers will EXIT the facility not more than 15 minutes AFTER the ice session and use the west exit (west side of the building inside the arena near the Wranglers Store).
- Chaperone will EXIT through the WEST door (inside the arena near the Wrangler Room).
- No spectators will be permitted inside the arena. Only Safety personnel as designated will be permitted inside the arena during practices.
- Physical distancing of 3m while on the field of play (ice surface).

Hygiene:

- All persons entering the facility must use hand sanitizer upon entering the building.
- Hand sanitizing stations are available at the front entrance as well as key areas within the facility.
- MASKS are MANDATORY for everyone entering the building including while inside the dressing rooms. Players may remove their masks prior to entering the ice surface (field of play).
- Be prepared with your OWN mask and your OWN hand sanitizer to use as necessary.
- In order to allow for proper Physical Distancing, it is recommended that ALL players arrive FULLY DRESSED with only helmet, stick and skates in hand with the exception of Goaltenders, U13 and up.
- Coaches will not be permitted to assist a player with their personal equipment including skates unless absolutely necessary and in doing so, will hand sanitize before and after touching equipment and will WEAR A MASK.
- Hand washing should be done regularly by all members using the facility.
- No shower facilities will be available to players and or coaches.
- Absolutely no spitting on the ice, dressing rooms or players benches. This includes water, saliva or any other substance.
- Cough or sneeze into a tissue or bend of the arm – not the hand.
- All participants must have their own water bottle with their name labelled on it – there will be NO sharing of water bottles.

Signs of Sickness:

- Any player, parent or volunteer exhibiting symptoms of any illness before arriving at the arena MUST not attend
- The Coach or Manager should be notified that the player/volunteer is not attending and why.
- Any player or volunteer exhibiting signs or symptoms of any illness during their participation should leave the ice session or activity and immediately notify the COACH & SAFETY PERSON of the team. The player/Coach/volunteer exhibiting symptoms must be removed from the ice to a Self-Isolation zone until they can be removed safely from the facility.
- A Doctors note/Return to Play form must be completed and returned to the team SAFETY PERSON prior to the player/volunteer resuming hockey related activities. This is not optional and applies to all members of 100 Mile & District Minor Hockey.
- If a player/coach or volunteer tests positive for Covid-19, **Interior Health guidelines will determine contact tracing and isolation requirements**. It is possible, that one diagnosis on a team, could lead to that team being required to pause hockey activities until Interior Health determines it is safe to return.
- If a parent or family member tests positive for Covid-19, the player and their family will need to stay out of the hockey environment. They should contact their physician and Interior Health for instructions. The player will require a note from their physician or Interior Health to Return to Play.
- Any player/coach or volunteer that has travelled outside of **British Columbia** must self isolate and not return to hockey related activities for 14 days post travel. A Doctors note/Return to Play form must be completed and returned to the team SAFETY PERSON prior to the player/volunteer resuming hockey related activities.

Moving towards Phase 3 (games and travel) and Phase 4 (the new normal)



COVID-19 Self-Assessment Tool
<https://bc.thrive.health/>



COVID-19 Symptoms	
✓	Fever
✓	Chills
✓	Cough (chronic cough)
✓	Shortness of Breath
✓	Loss of smell or taste
✓	Diarrhea
✓	Nausea / Vomiting

