



# RETURN **to** HOCKEY

COVID-19 RESPONSE



## RETURN TO HOCKEY MEMBER PLAN

# Introduction

BC Hockey Members are focused on reviewing and applying the guidelines within the primary resources outlined in this section to create their Association 'Return to Hockey' plans. BC Hockey has created this document to serve as tool to assist Members in the formation of these plans with the understanding that aspects of each plan may be unique from Member to Member. There is also an understanding that these plans are fluid and must be adaptable to updates provided by the health authority, sport sector or national sport organization (Hockey Canada).

## Primary Resources

### Review and Follow:

- Provincial Guidelines [CLICK HERE](#)
- viaSport (Sport Sector) return to activity guidelines [CLICK HERE](#)
- Hockey Canada guidelines [CLICK HERE](#)
- BC Hockey Return to Hockey Phases [CLICK HERE](#)

BC Government	viaSport (Sport Sector)	Hockey Canada
General hygiene protocols	Shared equipment protocols	Regulations & registration
Group sizes	Transition from training to games	Certification & training
Physical distancing measures	Transition from non-contact to contact activity	Season structure
Travel restrictions		Program delivery model
Phase transition timelines	Facility & spectator protocols	Events & communications

☐ This step complete

## Communications Officer

Responsibilities can include:

- Monitoring all updates from the public health authority, via Sport & Hockey Canada
- Communication with local facilities (public & private) on guidelines and updates
- Ensuring teams are following the prevention guidelines set by Hockey Canada
- Ensuring COVID-19 cases are reported: Health authority, BC Hockey, MHA, league & facility

☒ We have appointed a Communications Officer

**Adam Fletcher, 778 899-2364**

X This step complete

# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name: **MRC Arena; Abbotsford**

- What facility guidelines and requirements are in place specific to physical distancing?
  - ☐ **Maintain 2 meter distance, use designated entrance/ exit areas, no entrance to restricted areas**
  - ☐ **Staggered Ice Times increased to 30 minutes separation from 15 minutes**
  - ☐ **Participants arrive no sooner than 15 minutes prior and leave no later than 15 minutes after**
- Are there restrictions specific to the number of people allowed in public areas?
  - ☐ **Maximum 50 people (includes players / coaches / arena staff / spectators)**
  - ☐ **1 Spectator / Participant Cap – must also complete screening**
- Are masks required when entering the facility? ☐ Yes ☒ No
  - ☐ **Masks are recommended**
- Are the following areas accessible within the facility or facilities used? X
 

<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Main Lobby; allowed in arena lobby area
<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Team, Officials' or alternate (accessibility) dressing room(s) & showers
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Observations or Spectator areas
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Washrooms;
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Area designated for isolation <div style="border: 1px solid black; padding: 2px;">Yes – Café Room</div>
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Ice surface or surfaces (ex. Rink 1) <div style="border: 1px solid black; padding: 2px;"></div>
<input type="checkbox"/> Yes <input type="checkbox"/> No	Other <div style="border: 1px solid black; padding: 2px;"></div>
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - ☐ **See diagram; participants will be directed to specific seating to put on skates. COVID officer will ensure maximum number of people in area not exceeded. Participants will need to remain outside until designated seating available.**
  - ☐ **Wellness screening will be completed prior to entering building by all participants, spectators and team officials. Exploring ability to do via TeamSnap or Google Docs**
  - ☐ **Hand sanitization will be encouraged upon entering building.**

☐ Dressing room(s) (e.g. physical distance markers, post-activity only etc)

- **Encouraged to gear up prior to arriving at rink / No equipment bags in room**
- **Dressing rooms for skate tying – Max 6 players / 2 adults capacity at any time**
- **5 minute turn around time / Goalies can don gear in dressing room**

☐ Observations or Spectator areas (Limits, physical distance markers etc.)

- **Spectators are limited to one/ participant/ family. Spectators will be limited to designated areas and must remain 2 meters apart. Distance guidelines will be provided on seating.**

☐ Shower and Washroom facilities

- **Participants and spectators may use designated washrooms only. Capacity numbers will be posted on door. No access to dressing room bathrooms or showers.**

☐ Isolation area & Other areas (if applicable)

- **Isolation area is through doors towards recreation center office. Participant will need to put on skate guards if wearing skates.**

☐ Ice Surface(s)

- **Distancing markers will be place on the glass to enable players to remain distanced 2 m apart.**
- **Separate entrance (near lobby) and exit (near driveway) to ice will be in place.**
- **Spacing to be marked on benches**

☐ How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

- **Limited to 20 participants on ice and 5 team officials.**

# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name:

**MSA Arena; Abbotsford**

- What facility guidelines and requirements are in place specific to physical distancing?
  - ☐ **Maintain 2 meter distance, use designated entrance/ exit areas, no entrance to restricted areas**
  - ☐ **Staggered Ice Times increased to 30 minutes separation from 15 minutes**
  - ☐ **Participants arrive no sooner than 15 minutes prior and leave no later than 15 minutes after**
- Are there restrictions specific to the number of people allowed in public areas?
  - ☐ **Maximum 50 people (includes players / coaches / arena staff / spectators)**
  - ☐ **1 Spectator / Participant Cap – must also complete screening**  
☐
- Are masks required when entering the facility? ☐ Yes ☒ No  
☐ **Masks are recommended**
- Are the following areas accessible within the facility or facilities used?

<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Main Lobby; allowed in arena lobby area
<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Team, Officials' or alternate (accessibility) dressing room(s) & showers
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Observations or Spectator areas
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Washrooms;
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Area designated for isolation <b>small meeting room</b>
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Ice surface or surfaces (ex. Rink 1)
<input type="checkbox"/> Yes <input type="checkbox"/> No	Other
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - ☐ **See diagram; participants will be directed to specific seating to put on skates. COVID officer will ensure maximum number of people in area not exceeded. Participants will need to remain outside until designated seating available.**
  - ☐ **Wellness screening will be completed prior to entering building by all participants, spectators and team officials. Exploring ability to do via TeamSnap or Google Docs**
  - ☐ **Hand sanitization will be encouraged upon entering building.**
  - ☐ **Directional flow to be demarcated through building**

☐ Dressing room(s) (e.g. physical distance markers, post-activity only etc)

- **Encouraged to gear up prior to arriving at rink / No equipment bags in room**
- **Dressing rooms for skate tying – Max 6 players / 2 adults capacity at any time**
- **5 minute turn around time / Goalies can don gear in dressing room**

☐ Observations or Spectator areas (Limits, physical distance markers etc.)

- **Spectators are limited to one/ participant/ family. Spectators will be limited to designated areas and must remain 2 meters apart. Distance guidelines will be provided on seating.**

☐ Shower and Washroom facilities

- **Participants and spectators may use designated washrooms only. Capacity numbers will be posted on door. No access to dressing room washrooms or showers.**

☐ Isolation area & Other areas (if applicable)

- **If required participant would exit arena using exit door and go straight to isolation room.**

☐ Ice Surface(s)

- **Distancing markers will be in place on the glass to enable players (and spectators) to remain distanced 2m apart.**
- **Designated entrance and exit points for ice surface**
- **Distancing markers will be in place on benches**

☐ How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

- **Limited to 20 participants on ice and 5 team officials.**

Facility Name:

ARC Arena; Abbotsford

- What facility guidelines and requirements are in place specific to physical distancing?
  - ☐ Maintain 2 meter distance, use designated entrance/ exit areas, no entrance to restricted areas
  - ☐ Staggered Ice Times increased to 30 minutes separation from 15 minutes
  - ☐ Participants arrive no sooner than 15 minutes prior and leave no later than 15 minutes after
- Are there restrictions specific to the number of people allowed in public areas?
  - ☐ Maximum 50 people (includes players / coaches / arena staff / spectators)
  - ☐ 1 Spectator / Participant Cap – must also complete screening ☐
- Are masks required when entering the facility? ☐ Yes ☒ No  
☐ Masks are recommended
- Are the following areas accessible within the facility or facilities used? X
  - ☒ Yes ☐ No Main Lobby; allowed in arena lobby area
  - ☐ Yes ☒ No Team, Officials' or alternate (accessibility) dressing room(s) & showers
  - ☒ Yes ☐ No Observations or Spectator areas
  - ☒ Yes ☐ No Washrooms;
  - ☒ Yes ☐ No Area designated for isolation Room 8
  - ☒ Yes ☐ No Ice surface or surfaces (ex. Rink 1)
  - ☐ Yes ☐ No Other
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - ☐ See diagram; participants will be directed to specific seating to put on skates. COVID officer will ensure maximum number of people in area not exceeded. Participants will need to remain outside until designated seating available.
  - ☐ Wellness screening will be completed prior to entering building by all participants, spectators and team officials. Exploring ability to do via TeamSnap or Google Docs
  - ☐ Hand sanitization will be encouraged upon entering building.
  - ☐ Directional flow to be demarcated through building

☐ Dressing room(s) (e.g. physical distance markers, post-activity only etc)

- **Encouraged to gear up prior to arriving at rink / No equipment bags in room**
- **Dressing rooms for skate tying – Max 6 players / 2 adults capacity at any time**
- **5 minute turn around time / Goalies can don gear in dressing room**

☐ Observations or Spectator areas (Limits, physical distance markers etc.)

- **Spectators are limited to one/ participant/ family. Spectators will be limited to designated areas and must remain 2 Metres apart. Distance guidelines will be provided on seating.**

☐ Shower and Washroom facilities

- **Participants and spectators may use designated washrooms only. Capacity numbers will be posted on door. No access to dressing room bathrooms or showers**

☐ Isolation area & Other areas (if applicable)

- **Isolation area is through doors towards recreation center office. Participant will need to put on skate guards if wearing skates.**

☐ Ice Surface(s)

- **Distancing markers will be place on the glass to enable players (and spectators) to remain distanced 2 m apart.**
- **Separate entrance (near lobby) and exit (near driveway) to ice will be in place.**
- **Distancing will be in place on the benches**

☐ How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

- **Limited to 20 participants on ice and 5 team officials.**



# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name

**Summit Center – East Rink and West Rink**

- What facility guidelines and requirements are in place specific to physical distancing?
  - ☐ **Maintain 2 meter distance, use designated entrance/ exit areas, no entrance to restricted areas**
  - ☐ **East Rink Must enter via East Entrance and Exit via East Rink Emergency Exit (follow signs)**
  - ☐ **West Rink Must enter via West Entrance and Exit via West Rink Emergency Exit (follow signs)**
    - There will be no access back to the lobby once a skater has been on the ice
    - Parents can bring skates to lobby for sharpening
  - ☐ **Staggered Ice Times increased to 30 minutes separation from 15 minutes**
  - ☐ **Participants arrive no sooner than 15 minutes prior and leave no later than 15 minutes after**
- Are there restrictions specific to the number of people allowed in public areas?
  - ☐ **Maximum 50 people / arena (includes players / coaches / arena staff / spectators)**
  - ☐ **1 Spectator / Participant Cap – must also complete screening**  
☐
- Are masks required when entering the facility? ☐ Yes ☒ No  
☐ **Masks are recommended**
- Are the following areas accessible within the facility or facilities used? X
  - ☒ Yes ☐ No Main Lobby; allowed in arena lobby area
  - ☐ Yes ☒ No Team, Officials' or alternate (accessibility) dressing room(s) & showers
  - ☐ Yes ☒ No Observations or Spectator areas
  - ☒ Yes ☐ No Washrooms;
  - ☒ Yes ☐ No Area designated for isolation **Referees Room**
  - ☒ Yes ☐ No Ice surface or surfaces (ex. Rink 1)
  - ☐ Yes ☐ No Other
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - ☐ Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)
  - ☐ **Must enter / exit via Entrance that corresponds to rink (ie. East Entrance for East Rink) – no**

crossing between

- ☐ Parents will have access to skate sharpening in lobby
- ☐ See diagram; participants will be directed to specific seating to put on skates. COVID officer will ensure maximum number of people in area not exceeded. Participants will need to remain outside until designated seating available.
- ☐ Wellness screening will be completed prior to entering building by all participants, spectators and team officials. Exploring ability to do via TeamSnap or Google Docs
- ☐ Hand sanitization will be encouraged upon entering building.

☐ Dressing room(s) (e.g. physical distance markers, post-activity only etc)

- Encouraged to gear up prior to arriving at rink / No equipment bags in room
- Dressing rooms for skate tying – Max 6 players / 2 adults capacity at any time
- 5 minute turn around time / Goalies can don gear in dressing room

☐ Observations or Spectator areas (Limits, physical distance markers etc.)

- Upstairs viewing area will be closed
- Spectators are limited to one/ participant/ family. Spectators will be limited to designated areas and must remain 2 Meters apart. Distance guidelines will be provided on seating.

☐ Shower and Washroom facilities

- 1 Unisex washroom available in each rink – will be in the Referee Change Room
  - If we progress to games this will change
  - This is also designated isolation area
- Participants and spectators may use designated washrooms only. Capacity numbers will be posted on door.

☐ Isolation area & Other areas (if applicable) Referee Room at each Rink

☐ Ice Surface(s)

- Distancing markers will be place on the glass to enable players to remain distanced 2 m apart.
- Benches will have sanitization equipment and users responsible to clean before and after use

☐ How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

- Limited to 20 participants on ice and 5 team officials.

TBD

# Facilities

The **Communications Officer** should lead correspondences with all applicable facilities. The Communications Officer should collaborate with neighboring MHAs and the District MHA when facilities are used by multiple Members. A 'Return to Hockey' plan should include details for all facilities that your MHA plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name

**Abbotsford Ice Rink**

- What facility guidelines and requirements are in place specific to physical distancing?
  - ☐ **Maintain 2 meter distance, use designated entrance/ exit areas.**
  - ☐ **AFHA to reduce on ice time to 52 minutes to allow increased exchange time between normally scheduled 15 minute ice times.**
  - ☐ **Participants arrive no sooner than 15 minutes prior and leave no later than 15 minutes after**
- Are there restrictions specific to the number of people allowed in public areas?
  - ☐ **Maximum 50 people / arena (includes players / coaches / arena staff / spectators)**
  - ☐ **Upstairs spectators capped at 9 (spots marked with red dashers)**
  - ☐ **Rink to open East side via separate entrance to allow another 11 spectators (spaces marked with red dashers)**
  - ☐ **1 Spectator / Participant Cap – must also complete screening** ☐
- Are masks required when entering the facility? ☐ Yes ☒ No  
☐ **Masks are recommended**
- Are the following areas accessible within the facility or facilities used? X
  - ☒ Yes ☐ No Main Lobby; pass through only – no loitering
  - ☒ Yes ☐ No 1 Dressing room for skate tying – 6 person capacity. Coach dressing room.
  - ☒ Yes ☐ No 9 spots upstairs, 11 East End
  - ☒ Yes ☐ No Washrooms; 1 player / 1 public
  - ☒ Yes ☐ No Area designated for isolation **Coaches Dressing Room – signage to indicate**
  - ☒ Yes ☐ No Ice surface or surfaces (ex. Rink 1) – 12 skaters / 3 coaches (5 more on bench)
  - ☐ Yes ☐ No Other

☐ Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?

☐ Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)

☐ **Pass through to skate tying area only – no loitering or viewing from main lobby**

☐ **Wellness screening will be completed prior to entering building by all participants, spectators and team officials. Exploring ability to do via Team Snap or Google Docs**

☐ **Hand sanitization will be encouraged upon entering building.**

☐ Dressing room(s) (e.g. physical distance markers, post-activity only etc)

☐ **Encouraged to gear up prior to arriving at rink / No equipment bags in room**

☐ **Dressing rooms for skate tying – Max 6 players / 2 adults capacity at any time**

☐ **5 minute turn around time / Goalies can don gear in dressing room**

☐ Observations or Spectator areas (Limits, physical distance markers etc.)

☐ **Upstairs viewing area max capacity 9 marked w/ red dashers**

☐ **East end of rink with separate entrance – 11 spaces marked with red dashers.**

☐ **Spectators are limited to one/ participant/ family. Spectators will be limited to designated areas and must maintain physical distancing.**

☐ Shower and Washroom facilities

☐ **1 Unisex washroom – 1 occupant available for players (dressing room area)**

☐ **1 Unisex washroom – 1 occupant available for spectators (off lobby)**

☐ Isolation area & Other areas (if applicable) **Referee Room at each Rink**

☐ Ice Surface(s)

• **Distancing markers will be place on the East end glass to enable players to remain distanced 2 m apart.**

• **Benches will have sanitization equipment and users responsible to clean before and after use**

How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

• **Max 12 skaters and 3 coaches. Spot for additional 5 skaters on bench to rotate through as needed**

# Facilities

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Facility Name:

- What facility guidelines and requirements are in place specific to physical distancing?  
☐ Maintain 2 meter distance, use designated entrance/ exit areas, no entrance to restricted areas
- Are there restrictions specific to the number of people allowed in public areas?  
☐ Maximum 50 people ☐
- Are masks required when entering the facility? ☐ Yes ☒ No  
☐ Masks are recommended
- Are the following areas accessible within the facility or facilities used?X
  - ☒ Yes ☐ No Main Lobby; allowed in arena lobby area
  - ☐ Yes ☒ No Team, Officials' or alternate (accessibility) dressing room(s) & showers
  - ☒ Yes ☐ No Observations or Spectator areas
  - ☒ Yes ☐ No Washrooms;
  - ☒ Yes ☐ No Area designated for isolation
  - ☒ Yes ☐ No Ice surface or surfaces (ex. Rink 1)
  - ☐ Yes ☐ No Other
- Outline the protocols that will be in place for each area and if an area is not available alternative options that will be in place that need to be conveyed to the participants?
  - ☐ Main Lobby (e.g. Foot traffic flow, physical distance signage, sanitation stations etc)
  - ☐ **See diagram; participants will be directed to specific seating to put on skates. COVID officer will ensure maximum number of people in area not exceeded. Participants will need to remain outside until designated seating available.**
  - ☐ **Wellness screening will be completed prior to entering building by all participants, spectators and team officials.**
  - ☐ **Hand sanitization will be encouraged upon entering building.**

☐ Dressing room(s) (e.g. physical distance markers, post-activity only etc)

- **Encouraged to gear up prior to arriving at rink / No equipment bags in room**
- **Dressing rooms for skate tying – Max 6 players / 2 adults capacity at any time**
- **5 minute turn around time / Goalies can don gear in dressing room**

☐ Observations or Spectator areas (Limits, physical distance markers etc.)

- **Spectators are limited to one/ participant/ family. Spectators will be limited to designated areas and must remain 2 Metres apart. Distance guidelines will be provided on seating.**

☐ Shower and Washroom facilities

- **Participants and spectators may use designated washrooms only. Capacity numbers will be posted on door.**

☐ Isolation area & Other areas (if applicable)

- **Isolation area is through doors towards recreation center office. Participant will need to put on skate guards if wearing skates.**

☐ Ice Surface(s)

- Distancing markers will be place on the glass to enable players to remain distanced 2 m apart.
- Separate entrance (near lobby) and exit (near driveway) to ice will be in place.

☐ How many participants are allowed on the ice? *NOTE: This will vary depending on activity level, age group, specific requirements within a facility in order to adhere to the mitigation guidelines identified by the Health Authority. It is important to outline all potential limits.*

- Limited to 20 participants on ice and 5 team officials.

X This step complete

# Participant Meeting & Administration Checklist

Topics to include in orientation of participants and parents / guardians should include

but are not limited to the below: **see plan attached (use power point)**

## Review of Facility and Member protocols for physical distancing guidelines:

- ☐ Protocols within the facility prior to activity (e.g. physical distancing markers)
- ☐ Protocols during on-ice activity and off-ice activity (e.g. Phase 2 = 2m spacing)
- ☐ Protocols within facility post-activity

## Review guidelines regarding the number of people / facility patrons that are permitted:

- ☐ Within the facility at any given time
- ☐ On the ice at any given time
- ☐ In any off-ice training spaces at any given time

## Participant arrival / departure procedure:

- ☐ Established time spacing between ice bookings to minimize group cross-over
- ☐ Established arrival expectations (e.g. Participants arriving dressed for activity)
- ☐ Activity check-in / attendance to assist with possible need for contact tracing
- ☐ Protocols for participants requiring assistance (e.g. para-hockey, younger ages)
- ☐ Established designated drop-off & pick-up areas and procedures

## During Activity:

- ☐ Participants should have individually labeled water bottles (cleaned after use & filled at home)
- ☐ Personal equipment not being used must be stored in an isolated area (e.g. car)
- ☐ No sharing of personal equipment & strict hygiene protocols communicated
- ☐ Coaches, HCSP and Officials prepared to assist in all protocols

## Preparing for Programming / Activity (Registration and Administration):

- ☐ Pre-registration for all activities or programs (e.g. no on-site payments)
- ☐ Payment policy is flexible to make activities or programming accessible
- ☐ Refund policies in place, communicated and flexible (ex. Dependant upon illness)
- ☐ Ensure that all participants that are unwell or displaying symptoms **must** stay home

- ☐ This step complete

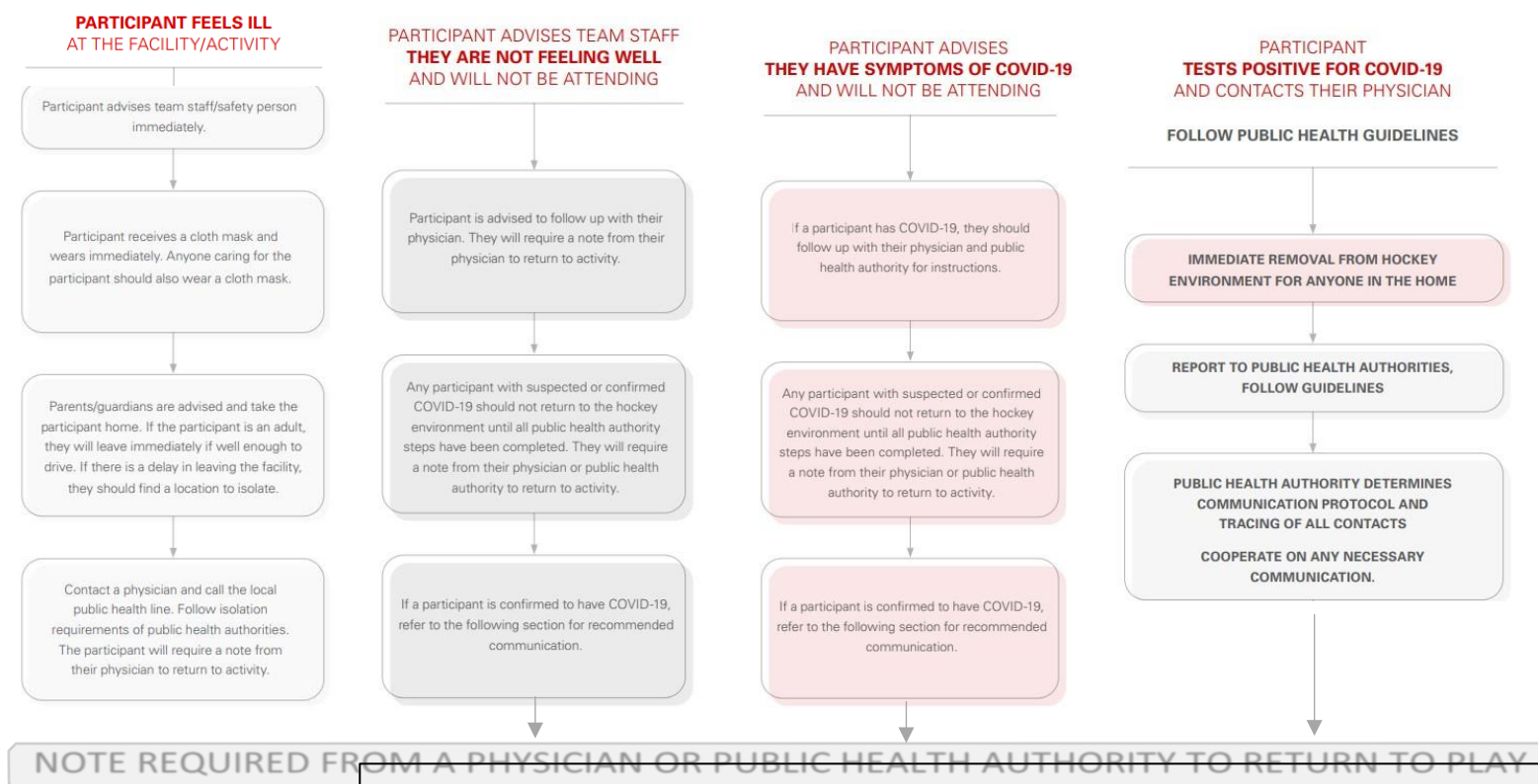
## Hygiene & Illness Protocols

Information regarding hygiene and illness protocols may be subject to change. This section is meant to not only provide resources for such protocols but ensure Members are prepared to make necessary updates as more information or best practices are established.

- ☐ Reviewed Federal Government hand hygiene guidelines [CLICK HERE](#)
- ☐ Process for participants to disclose symptoms or confirmed case of COVID-19
- ☐ HCSP responsible for initiating illness protocol during activity
- ☐ Ill participants must provide a Doctor's note prior returning to hockey activity

**X Complete**





(Source: Hockey Canada Safety Guidelines - Sections 7-8)

## Emergency Action Plan - Emergency Safety Kit

It is important to include COVID – 19 protocols within every program or team Emergency Action Plan (EAP). It is valuable to provide coaches, managers and HCSP volunteers with resources to assist in the construction of each team's EAP. Your MHA 'Return to Hockey' plan should also include COVID – 19 specific resources within all team emergency safety kits to ensure that HCSP and team officials are prepared to deal with a health crisis. Hockey Canada's EAP resource [CLICK HERE](#)

### Enter Emergency Action Plans

Refer to Appendix A and Appendix B

Emerging Telephone Numbers:

Emergency: 911

Ambulance: 911

Fire Dept: 911

Abbotsford Regional Hospital: 604-463-4111

RCMP:

Arena Address:



# Member 'Return to Hockey' Plan (Template)

Below is viaSport's Return to Sport Activity Chart. 'Return to Hockey' plans should comply with these guidelines. Member plans should outline how it aligns with the activity chart for each phase. Particular attention should be paid to Phases 2 & 3 before any hockey programming begins. These plans may require updates as new resources are made available. Therefore, plans should be regularly reviewed and updated to reflect any changes.



## 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

Enter Plan Comments

# Return to Hockey Plan - Phase 2

		Compliance Plans	
Category	Transition Measures	Member Overview	Facility Overview
Restrictions	<input type="checkbox"/> Maintain physical distance (2 metres) <input type="checkbox"/> No non-essential travel <input type="checkbox"/> No groups over 50 people	<b>Follow local &amp; provincial health guidelines.</b> <b>Follow each facilities guidelines for capacity.</b>	<b>30 minute separation between ice times</b> <b>No dressing room access</b>
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene <input type="checkbox"/> Symptom screening in place	<b>Players to gear up and down prior to arrival and after leaving rink</b>	<b>Increased hygiene stations</b>
Facility	<input type="checkbox"/> Outdoor activities recommended <input type="checkbox"/> Indoor facilities slowly re-opening	<input type="checkbox"/> <b>Work w/ Abbotsford facilities on reopening plan</b>	<b>Gradual reopening of most facilities through August.</b> <b>Meeting w/ each facility</b>
Participants	<input type="checkbox"/> Small groups <input type="checkbox"/> No or limited spectators	<b>Max 20 players w/ 5 coaches</b> <b>Increase only on direction of local health authorities</b>	<b>Max 20 players w/ 5 coaches</b>
Activities (Contact to non-contact)	<input type="checkbox"/> No contact should occur <input type="checkbox"/> Non-contact alternative training <input type="checkbox"/> Fundamental movement & training	<b>Adhere to 2m distancing</b> <b>No contact drills or games</b>	<input type="checkbox"/> <b>No tournaments / games</b>
Competition	<input type="checkbox"/> In member activity <input type="checkbox"/> Modified non-contact game play	<input type="checkbox"/> <b>No games of any type</b> <input type="checkbox"/> <b>Follow future guidelines from Provincial Health Office / BC Hockey</b>	<input type="checkbox"/> <b>No tournaments / games</b>
Equipment and Surfaces (facility)	<input type="checkbox"/> Minimal shared equipment <input type="checkbox"/> Disinfect shared equipment and surfaces before, during and after activity	<b>No shared equipment / water bottles</b> <b>Goalie equipment to be wiped down after each use</b>	<b>No dressing Room access – equipment on / off at home or in car</b>

## Enter Phase 2 Plans

- See AFHA Participant Power Point Presentation (Appendix A)
- See Abbotsford Parks and Rec Arena Safety Plan (Appendix B)
- See AFHA Participant Agreement (Appendix C)

☐ This step complete

# Return to Hockey Plan - Phase 3

Category	Progressively Loosen	Compliance Plans	
		Member Overview	Facility Overview
Restrictions	<b>Refer to Public Health Authority</b> <input type="checkbox"/> Physical distancing <input type="checkbox"/> Travel Guidelines <input type="checkbox"/> Group size / gathering guidelines		
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene <input type="checkbox"/> Symptom screening <input type="checkbox"/> Expansion of Training Activities		
Facility	<input type="checkbox"/> Outdoor activities <input type="checkbox"/> Indoor activities		
Participants	<input type="checkbox"/> Increased group sizes <input type="checkbox"/> Spectator limitations		
Activities (Contact to non-contact)	<input type="checkbox"/> Pair or small group contact skills		
Competition	<input type="checkbox"/> Inter-member game play <input type="checkbox"/> Regional / District game play considered		
Equipment and Surfaces (facility)	<input type="checkbox"/> Some shared equipment <input type="checkbox"/> Disinfect shared equipment and surfaces before, during and after activity		

## Enter Phase 3 Plans

To Be determined in conjunction with facilities once Viasport phase 3 entered



This step complete

# Return to Hockey Plan - Phase 4

		Compliance Plans	
Category	New Normal	Member Overview	Facility Overview
Restrictions	<b>Refer to Public Health Authority</b> <input type="checkbox"/> Physical distancing <input type="checkbox"/> Travel Guidelines <input type="checkbox"/> Group size / gathering guidelines		
Enhanced Protocols	<input type="checkbox"/> Increased hand hygiene		
Facility	<input type="checkbox"/> Outdoor activities <input type="checkbox"/> Indoor activities		
Participants	<input type="checkbox"/> Large groups allowed <input type="checkbox"/> No restrictions for spectators		
Activities (Contact to non-contact)	<input type="checkbox"/> No restrictions		
Competition	<input type="checkbox"/> Provincial competitions <input type="checkbox"/> Large scale events		
Equipment and Surfaces (facility)	<input type="checkbox"/> Shared equipment		

Enter Phase 4 Plans

To be determined in conjunction with facilities once Via sport phase 4 reached

☐ This step complete

# Reporting and Compliance

## Prior to Season - Reporting and Compliance

- ☒ x Communications Officer was established
- ☒ x 'Return to Hockey' plan created and shared to all relevant parties
- ☐ Protocols have been established with all relevant facilities
- ☐ Orientation with parents / guardians, volunteers, officials and facilities has occurred x
- ☐ Policies are in place regarding registration, refunds and other administrative processes

## Phase 2: Transition Measures - Reporting and Compliance

Programming was or is being delivered within guidelines for the following restrictions:

- ☐ Physical Distancing (2 metres)
- ☐ Gathering and group sizes (No greater than 50)
- ☐ Travel (no non-essential travel / single member programming)

Programming was or is being delivered within guidelines for the following enhanced protocols:

- ☐ Increased hygiene measures
- ☐ Symptom screening

Programming has been delivered within guidelines regarding participants:

- ☐ Small group activities
- ☐ No spectators or limited spectators (within all previous guidelines)

Programming has been delivered under the following activity and competition protocols:

- ☐ Fundamental movement skills
- ☐ Modified training activities and drills
- ☐ No contact between participants during any activities
- ☐ Modified play introduced, if applicable (adhering to all other Phase 2 guidelines)
- ☐ Minimal shared equipment and procedure for disinfecting before, during and after activity

Enter notes on successes during Phase 2

Enter notes on challenges during Phase 2

## Phase 3: Progressively Loosen - Reporting and Compliance

Programming was or is being delivered within guidelines for the following restrictions:

- ☐ Physical Distancing (TBD)
- ☐ Gathering and group sizes (TBD)
- ☐ Travel (TBD)

Programming was or is being delivered within guidelines for the following enhanced protocols:

- ☐ Increased hygiene measures
- ☐ Symptom screening, if applicable

Programming has been delivered within guidelines regarding participants:

- ☐ Group sizes
- ☐ Spectator limitations

Programming has been delivered under the following activity and competition protocols:

- ☐ Expanding training activities
- ☐ Pair or small group contact skills
- ☐ Inter-member game play (adhering to all other Phase 3 guidelines)
- ☐ Inter-region / district game play (adhering to all other Phase 3 guidelines)

Enter notes on successes during Phase 3

Enter notes on challenges during Phase 3

## Phase 4: New Normal - Reporting and Compliance

Enter Comments regarding implementation of Phase 4

## COVID 19 ARENA User Groups Safety Plan

### Physical Distancing - Make Space Between People

- Users must maintain physical distancing of 2 metres while in the facility.
- Participants must follow the signage and floor markings at all times.
- No gathering in the lobby areas.
- Markers have been placed on the glass in the 4 corners to provide reference for physical distancing of participants in a line up
- There will be no office, dry-land training/warm up sessions permitted

### Upon Building Entry

- Participants are to only arrive 15 minutes prior to their ice time.
- Dressing rooms and showers are not available for use at this time
- Participants are recommended to come dressed in full gear including skates (with skate guards) or shoes - a small area in the lobby will be provided for participants to put on their skates
- Players will go to the marked seating locations in the foyer to put on skates
- User groups are responsible for the safety and security of their items at all times

### On-Ice Session

- On-ice participant capacity is 20 players and 5 coaches
- On-ice sessions must support physical distancing
- Coaches to supervise the use of players benches to ensure proper physical distancing

### Spectators

- Spectators should be kept to a minimum as outlined in user COVID-19 Safety Plan
- User group to enforce spectator numbers as per their COVID-19 Safety Plan
- Each individual should ensure they are physical distancing from other spectators
- Spectator areas are not cleaned after each ice time, please use responsibly

### End of Ice Session

- At the end of the session, participants must exit the ice promptly
- Participants must leave the facility within 15 minutes to allow the next group to enter
- Participants must leave the facility through the designated exit door

## SAFETY PROTOCOL

- User group will be responsible for all first aid and medical assistance for their group
- There has been an increase in the break between groups to 30 minutes
- To ensure our facilities can remain open and safe, please respect and follow all established guidelines
- Guidelines to be reviewed and updated as information becomes available from FHA, BCCDC, and PHO



COMMITTED TO KEEPING OUR COMMUNITY  
**HEALTHY & ACTIVE**





## COVID 19 ARENA User Groups Safety Plan

The user group representative is required to read and confirm that they understand the City's COVID-19 safety plan, policies and procedures as outlined below. The user group is required to take steps to ensure that participants act in accordance with the City's COVID-19 Safety Plan, policies and procedures. Failure to adhere to the same could result in your user group's license being revoked without refund of any fees or any particular person being banned from access to our facilities.

All user groups will be responsible for creating their own COVID-19 Safety Plan that follows the protocols established by the sport National Governing Body (NGB), the Fraser Health Authority (FHA), BC Centre for Disease Control (BCCDC) and Provincial Health Office (PHO).

### STAY HOME if you are SICK



Stay away from others if you are feeling ill, isolate at home and do not attend your organized sport/work

- An isolation room has been established in each facility should a participant/patron fall ill while in our facilities and are unable to make it home on their own

### PRACTICE GOOD HYGIENE



Wash your hands often, avoid touching your face and cough/sneeze into your elbow or tissue.

- All participants are encouraged to wash their hands before entering and when leaving the facilities
- Hand sanitizer stations are located at various points in the facility
- Players should bring their own labelled, pre-filled water bottle.
- Washrooms are available and located in the main lobby (skate friendly flooring)
- Please note that cleaning of the arena spaces will only occur periodically
- NO SPITTING ANYWHERE IN THE FACILITIES OR ON THE ICE SURFACES

### MODIFIED ENVIRONMENT



#### Entering the Facilities

- There will be physical distancing markers to line up at the door.
- Before entering the facility all arena participants and spectators must read Patron Health Declaration and Facility Guidelines at front entrance. A person who says 'Yes' to any of the questions should go home and return when they are well.
- Arena capacity is 50 people in the MSA, ARC and MRC facilities. This includes the participants, coaches, officials and spectators.
- Each user will be required to supervise the group and ensure that unauthorized individuals do not enter the arena.

COMMITTED TO KEEPING OUR COMMUNITY  
**HEALTHY & ACTIVE**





## APPENDIX C – Participant Agreement



Dear parents, players and volunteers

The Abbotsford Female Hockey Association has been working hard to enable a safe return to hockey for the 2020/21 season during the Covid-19 pandemic. In order for us to continue to facilitate safe hockey for our girls we will require the support of all members to abide by the following points:

- I agree to symptom screening checks and will let my team COVID Officer know if I or anyone in our household has experienced any Covid-19 symptoms in last 14 days
- I agree to stay home for 14 days from point of onset if experiencing any Covid-19 symptoms
- I agree to sanitize my hands upon entering and exiting all AFHA events with soap or sanitizer
- I agree to follow social distancing protocols of staying at least 2m away from others while participating in AFHA events.
- I agree to have participants arrive at the arena fully geared (except skates) no sooner than 15 minutes prior to events and to leave immediately in full gear (except skates) after events.
- I agree to abide by the BC Provincial Government mandate of maintaining less than 50 people at an event. (AFHA allowing maximum 1 spectator / player)
- I agree not to share any hockey equipment during AFHA events
- I acknowledge that I have reviewed AFHA's Return to Hockey Safety Guidelines & Participant Presentation on the AFHA website and agree to abide by all of AFHA's COVID-19 Policies and Guidelines respectfully. I further understand that failure to do so may result in being asked to leave the team for up to 14 days to protect those around me.
- I acknowledge that continued abuse of the policies and / or guidelines may result in a temporary suspension of membership with AFHA
- I acknowledge that there are risks associated with participating in AFHA hockey events and that measures taken by AFHA and members including those under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date: \_\_\_\_\_

Name (print): \_\_\_\_\_

Signature: \_\_\_\_\_

Participant Agreement reviewed with the following AFHA members in our household:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_