

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey, viaSport and the BC Provincial Health authorities. We will continue to evaluate the parameters set out by these governing bodies and work through each part accordingly as restrictions are lifted. Health and safety will be at the forefront of all programming offered by QDMHA. Please note that each part is subject to change according to facility requirements and PHO guidelines.

**Communications officer:**

Quesnel and District Minor Hockey Association have identified Carlos Gonzalez as our Communications Officer. Carlos will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan. Carlos can be contacted at [cggonzalez@shaw.ca](mailto:cggonzalez@shaw.ca).

**Reporting and Compliance:**

QDMHA is committed to ensuring that these safety procedures and guidelines are followed. The below aspects will be evaluated in consultation with our governing bodies and the Health Authority to determine when we can proceed through our plan.

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

- Physical Distancing
- Gathering and group sizes
- Travel

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

- Increased hygiene measures
- Symptom screening

Programming has been delivered within guidelines regarding participants:

- Small group activities
- Limited Spectators

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

- Fundamental movement and skill
- Modified training activities and drills
- No contact between participants during activities
- Modified play introduced, if applicable
- Minimal shared equipment and procedure for disinfecting

**Safety Procedures and Hygiene:**

**Safety:**

- Dressing rooms will be used as per facility restrictions.

- Physical distancing markers will be placed.
- Physical distancing will be practiced to the best of our ability on and off the ice.
- Benches will be used with physical distancing.
- Participants are asked to arrive dressed as much as reasonably possible to reduce time in the facility before and after activities.
- Masks are recommended when arriving or leaving the facility but are not mandatory.
- Upon arrival, participants will be screened, attendance and temperature taken by the team Covid Ambassador:
  - o Are you experiencing any of these symptoms: Dry cough, tiredness, fever, sore throat, headache, difficulty breathing?
  - o Have you traveled outside of Canada in the past 14 days?
  - o Have you been in contact with anyone experiencing COVID-19 symptoms in the past 14 days?
- If a participant answers yes to any of the above questions, that participant will not be permitted to attend.

**Hygiene:**

- Minimize going in and out doors – Enter and Exit through marked doors only
- Absolutely no spitting on the ice, the floor or the benches
- Cough or sneeze into a tissue or the bend of the arm, not the hand
- Avoid touching eyes, nose, and mouth with unwashed hands
- All participants must have their own water bottle with their name labelled, no sharing of water bottles
- Participants are encouraged to wash equipment after each session (jerseys, pant shells, socks, under garments)

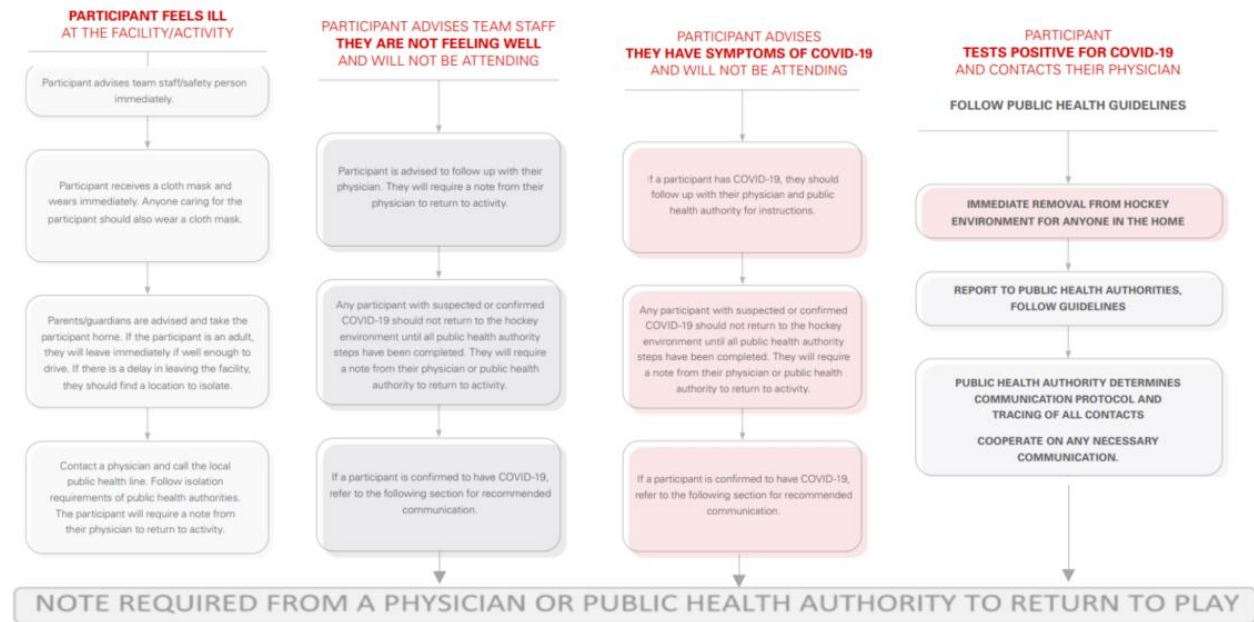
**Signs of Sickness:**

- Any participant, player or volunteer, exhibiting signs or symptoms of any illness before an activity, should not attend
- Notify the coach immediately if you are experiencing symptoms of COVID-19
- Any participant, player or volunteer, exhibiting signs or symptoms of any illness during their participation should leave the on-ice session or activity immediately
- Any participant traveling outside of Canada must not attend for a minimum of 14 days upon return
- A doctors note/Return to Play form must be completed prior to the participant rejoining activities
- Follow Hockey Canada's recommended Return to Hockey Procedures regarding illness below
- Link to BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/>

# Quesnel & District Minor Hockey Association

## Covid-19 Return to Play Plan

2020



## Part 1: Fall 2020

### Starting Dates (Subject to change):

Arena 2 will have its ice open on September 14<sup>th</sup>. This week will be dedicated to all Rep Teams Ice time.

WFC Ice will be available on September 21<sup>st</sup>, at this time all house teams can expect to start practices

### Entering the Facility:

- Participants arrive 15 minutes before ice time.
- All players must come in dressed as much gear as reasonably possible, with hockey bag.
- Dressing rooms available only to put on / remove remaining gear as per facility restrictions, no parents.
- Small children requiring parental assistance for gear will use designated areas in facility.
- QDMHA representative will check in on entry and screen participants health; hand sanitizer must be used at this time
- Enter through the door marked "ENTRANCE"
- Participants must have their own filled water bottle with name on it.

### Exiting the facility:

- Participants will have 15 minutes to exit the facility
- Participants will put their shoes on or skate guards and leave through door marked "EXIT"
- On the way-out participants encouraged to hand sanitize and refrain from touching any walls or door frames as they exit

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**On ice structure:**

- Maximum of 24 players and 2 goalies on the ice at a time split into 2 groups. Divided at the center line
- Maximum of 2 coaches per group
- Ice times will be dependent on facility scheduling.
- Sessions will be geared towards skills and modified area games while respecting social distancing practices
- Benches will be used with physical distancing.
- Lesson plan direction will be pre-determined by QDMHA.
- Coaches to pick up pucks and equipment.
- Modified game play with no contact to be introduced.

**Spectators:**

- One spectator may be permitted per participant
- Must stand or sit in facilities designated area, 6 feet from other spectators
- Spectators must enter and exit through marked “**ENTRANCE**” and “**EXIT**”, no loitering (Wait in your vehicle for participant if age permits)

**Part 2: TBD (Fall/Winter 2020)**

**Entering the facility:**

- Participants arrive 30 minutes before ice time
- Dressing rooms available as per facility restrictions, no parents.
- QDMHA representative will check in and screen participant’s health, hand sanitizer must be used at this time.
- Enter through the door marked “**ENTRANCE**”
- Participants must have their own filled water bottle with their name on it.

**Exiting the facility:**

- Participants will have 15 minutes to exit the facility
- Participants will exit through the marked “**EXIT**” door
- On the way-out participants encouraged to hand sanitize and refrain from touching any walls or door frames as they exit

**On ice structure:**

- Maximum of 24 players and 2 goalies on the ice at a time split into 2 groups. Divided at the center line
- Maximum of 2 coaches per group
- Ice times will be dependent on facility scheduling.
- Sessions will be geared towards skills and modified area games while respecting social distancing practices

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- Benches will be used with physical distancing.
- Lesson plan direction will be pre-determined by QDMHA.
- Coaches to pick up pucks and equipment.
- Begin local or regional league play

**Spectators:**

- 1-2 spectators will be permitted per participant
- Must stand or sit in designated area, socially distance when possible
- Spectators must enter and exit through marked "ENTRANCE" and "EXIT" doors, no loitering

**Part 3: TBD**

Phase 3 will be back to traditional hockey format in Quesnel with minimal restrictions, we may resume game and tournament play.

- Larger group sizes allowed
- No restrictions on spectators
- Full contact game play
- Provincial competition permitted
- Other processes will be outlined at this time