



**PRINCE GEORGE MINOR HOCKEY ASSOCIATION**  
P.O. Box 2242 • PRINCE GEORGE, B.C. V2N 2J8 • (250) 563-0303 • (250) 563-0318

## **COVID-19 RETURN TO PLAY PLAN**

### **\*SUBJECT TO CHANGE\***

#### **October 15, 2020 updates**

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey, viaSport and the BC Provincial Health Authorities (PHO). 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 Prince George Minor Hockey. Please note that each part is subject to change according to facility requirements and PHO guidelines.

#### **Communications Officer:**

Prince George Minor Hockey has Identified Steve O'Rourke as our communications officer. Steve will be the point of contact to address questions or concerns regarding our Return to Play Plan. Steve can be contacted at [AHC@PGMHA.com](mailto:AHC@PGMHA.com)

#### **Reporting and Compliance:**

Prince George Minor Hockey 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 Health Authority to determine when we can proceed through our plan.

Programming will be delivered within guidelines for the following restrictions:

- Physical distancing
- Gathering and group sizes
- Travel

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

- Increased hygiene measures
- Symptom screening

Programming will be delivered within guidelines regarding participants:

- Small group activities
- No spectators or limited spectators

Programming will be 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
- Minimal shared equipment and procedure for disinfecting

# PGMHA COVID-19 RETURN TO PLAY PLAN

## Safety procedures & Hygiene

### Safety:

- Dressing rooms may not be utilized during Part 1 and Part 2
- Social distancing markers will be in place to be followed
- Physical distancing will be in place at all times (on and off the ice)
- Masks are recommended when arriving and leaving the facility but are not mandatory
- Masks are mandatory when physical distancing is not achievable
- Participants are asked to arrive fully dressed to reduce time in the facility before and after activities (Outlined below)
- Prior arrival participants will be screened through My Health Check in TeamSnap
  - Are you experiencing any of these symptoms: dry cough, tiredness, fever, sore throat, headache, difficulty breathing?
  - Have you traveled outside Canada in the past 14 days?
  - 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.

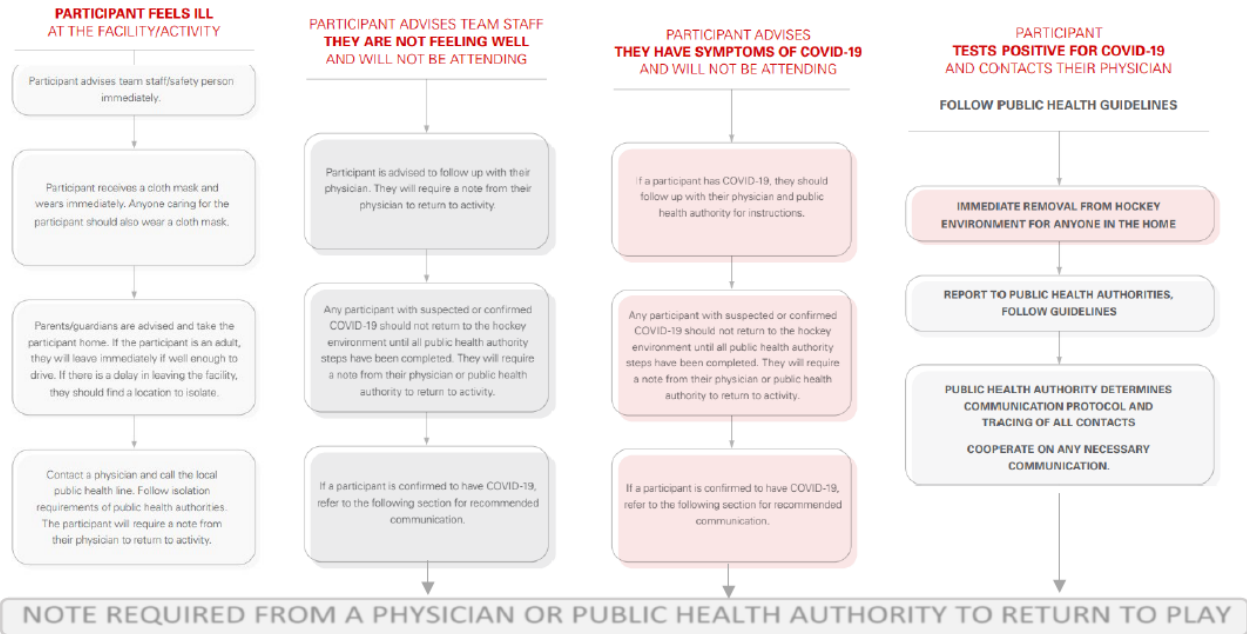
### Hygiene:

- Minimize going in and outdoors – Enter and exit through marked doors
- Absolutely no spitting anywhere in the facility
- 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 bottles 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 activity, should not attend
- Notify the coach and HCSP immediately if you are experiencing symptoms of Covid-19
- Any participant, player or volunteer exhibit 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
- Prior to returning to activities, the participant must have followed all instructions from Northern Health and/or their physician
- Follow Hockey Canada's recommended Return to Hockey Procedures regarding illness below
- Link to BC Covid-19 Self-Assessment Tool: <https://bc.thrive.health/>

# PGMHA COVID-19 RETURN TO PLAY PLAN



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

# PGMHA COVID-19 RETURN TO PLAY PLAN

## **PART 1: SUMMER / EARLY FALL 2020 (past)**

### **Starting Dates:**

U13 Female Skill Development Camp August 17-20

U11 Development Camp August 24-27

U11 Development & Rep U13-U18 Male & Female September 1<sup>st</sup>

U7 / U9, U11-U18 Recreational September 26<sup>th</sup>

### **Entering the facility:**

- Participants arrive 10 minutes before ice time
- All players must come fully dressed in their gear, no hockey bag, carrying sticks, helmet, gloves, and skates
- No dressing rooms available, chairs will be distanced from one another
- Coaches are not permitted to adjust a player's skates/equipment
- PGMHA representative will check in and screen participants health; hand sanitizer must be used at this time
- Enter through the door marked "ENTRANCE"
- Participants must have their own water bottle with name on it and hand sanitizer

### **Exiting the facility:**

- Participants will have 10 minutes to exit the facility
- Participants will put their shoes or skate guards and leave through door marked "EXIT"
- On the way out participants will hand sanitize and refrain from touching any walls or door frames as they exit

### **On-ice structure:**

- Maximum of 20 people can be on the ice surface at a time
- Ice times will be 45 mins to 1 hour in length, 2 times a week
- Sessions will be geared toward skills while respecting social distancing practices
- Players are not permitted to sit on boards or benches
- One coach will be designated to pick up pucks and the other on ice equipment

### **Spectators: \*When Permitted\***

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

# PGMHA COVID-19 RETURN TO PLAY PLAN

## Phase 2: Fall 2020 (Current)

### Entering the facility:

- Participants arrive 15 minutes before ice time
- All players must come fully dressed in their gear, carrying sticks, helmet, gloves, and skates
- No dressing rooms available, chairs will be distanced from one another
- Participants must be able to tie own skates or arrive with skates and skate guards on. One parent can assist with skate tying for U7/U9/U11
- Coaches are not permitted to adjust a player's skates/equipment
- PGMHA representative will check in and screen participants health; hand sanitizer must be used at this time
- Enter through the door marked "ENTRANCE"
- Participants must have their own water bottle with name on it and hand sanitizer

### Exiting the facility:

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

### On-ice structure:

- Maximum of 24 players and 4 coaches can be on the ice surface at a time
- Ice times will be 45 mins to 1 hour in length, 2 times a week
- Sessions will be geared toward skills while respecting social distancing practices
- Recreational game play will have modified 3-on-3 games or 4-on-4 games, no contact
- Representative game play will have 5-on-5 play at U13 and above, full contact for U15 & U18
- One coach will be designated to pick up pucks and the other on ice equipment

### Spectators: \*When Permitted\*

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

# PGMHA COVID-19 RETURN TO PLAY PLAN

## Phase 3: TBD

### Entering the facility:

- Participants arrive 30 minutes before ice time
- Use of dressing rooms may be permitted with social distancing practices, space permitting
- PGMHA 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 and hand sanitizer

### 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 will hand sanitize and refrain from touching any walls or door frames as they exit

### On-ice structure:

- Players may be split into teams of 15 players plus goalies
- Maximum of 3 coaches per team on the ice
- Practices will be 1 hour in length
- Game times will return to normal length for Recreational and Rep
- 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

## Phase 4: TBD

Phase 4 will be the new normal. With minimal restrictions, we may resume game and tournament play.

- Larger group sizes allowed
- No restrictions on spectators
- Full contact game play will return to the appropriate age and division level
- Provincial competition permitted
- Other processes will be outlined at this time