



PGMHA Return To Play Protocols

Season

Dear player and parent:

While we hope things will return to normal in the not too distant future, currently this Covid-19 Return to Sport Plan will be the new normal until we are advised otherwise by public health authority. The following information has been put together by viaSport, BC Recreation and Parks Association, BC Hockey and the City of Prince George.

If you choose to participate, you must follow these rules:

- Update your availability and complete My Health Check in the TeamSnap app ([Help info here](#))
- If you don't feel well or are displaying symptoms of Covid-19, you must stay home
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days
- If you live in a household with someone who has Covid-19 or is showing symptoms of Covid-19, please stay home
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all times
- Avoid physical contact with others, including shaking hands, high fives or spitting while in the facility
- Leave the facility as quickly as possible after you finish the ice session
- You must notify both the Risk Manager, Tarra Latkowski riskmanager@pgmha.com and your team Hockey Canada Safety Person (HCSP) immediately if you have any symptoms before, during or after an ice session.

Entrance

- Your team Ambassador or HSCP will greet team and verify My Health Check is complete ([Help info here](#))
- Players will need to complete the Covid-19 screening assessment prior to arriving at the rink – **My Health Check in TeamSnap**
- Players come dressed in full gear and filled personal water bottle 15 mins prior to ice time
- Social distance while lining up outside the facilities entrance door
- 1 Parent is allowed in to help with skates etc. and must leave prior to the ice time (subject to change)

Up on entry

- Sit in designated seats, spaced apart as per provincial recommendation
- Seats to be used to tie skates, fasten helmet
- Street shoes to be left at the designated seat as you take the ice

Ice entry

- Main gate to ice open, benches not to be used
- Player to place water bottle on top rail at bench, markers provided

On ice procedure

- Coaches on the ice
- Players properly spaced apart
- Drills designed for skill development and no physical contact
- Gloves and equipment left on at all times. No handling of pucks, coaches to pick up pucks at end of skate
- During game play, players are allowed on the bench & coaches must wear masks during games while on the bench

Exit procedure

- End of skate players will stay distanced and single file out of main gate back to designated seat to remove helmet and skates
- Players will have a maximum of **15 mins** to depart the arena

Safety protocol

- There will be no spectators
- Players need to complete the Covid-19 self-assessment prior to arriving at the facility – My Health Check in TeamSnap
- Read and email consent to covidforms@pgmha.com

(Continue to next page)

PARTICIPANT AGREEMENT

All participants of PGMHA agree to abide by the following points when entering the facility and/or participating in activities under the Covid-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let Steve O'Rourke know if I have experienced any of the symptoms in the last 14 days
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing Covid-19 symptoms
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer
- I agree to sanitize jersey and socks after each ice session
- I agree to continue to follow social distancing protocols of staying at least 2m away from others
- I agree to not share any equipment or water bottles during practice times
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the training group for up to 14 days to help protect yourself and the others around you. No reimbursement will be provided
- I acknowledge that there are certain risks associated with entering facilities and/or participating in ice hockey training activities, and that the measures taken by PGMHA and participates, including those set out above and under the Covid-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

*** INSTRUCTIONS ***

Email covidforms@pgmha.com with the following:

- I agree
- Parent Name: _____
- Player Name & Division: _____
- Player Name & Division: _____
- Player Name & Division: _____