



COVID-19 Return to Play Plan

2020

SUBJECT TO CHANGE

This document follows 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 Williams Lake Minor Hockey. Please note that each part is subject to change according to facility requirements and PHO guidelines.

Communications Officer:

Williams Lake Minor Hockey has identified Myles MacKinnon as our Communications Officer. MacKinnon will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan. MacKinnon can be contacted at myleswlhockey@gmail.com.

Reporting and Compliance:

Williams Lake 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 the Health Authority to determine when we can proceed through our plan. All dates contained in this document are subject to change based on PHO, BC Hockey and Hockey Canada recommendations. Communication of changes in phases will be provided via Team Snap, Email, Facebook and arena bulletin boards as applicable.

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 the guidelines regarding participants:

- Small group activities
- No spectators or limited spectators

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

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

Safety Procedures & Hygiene:

Safety:

- Dressing rooms may not be utilized during Phase 1 or Phase 2
- Social distancing markers will be in place to be followed
- Physical distancing will be practiced at all times (On and Off the ice)
- Masks are recommended when arriving or leaving the facility but are not mandatory
- Masks are mandatory when physical distancing is not achievable
- It is recommended that players invest in a face shield also known as a BUBBLE or FISH BOWL, to provide the maximum protection



COVID-19 Return to Play Plan

2020

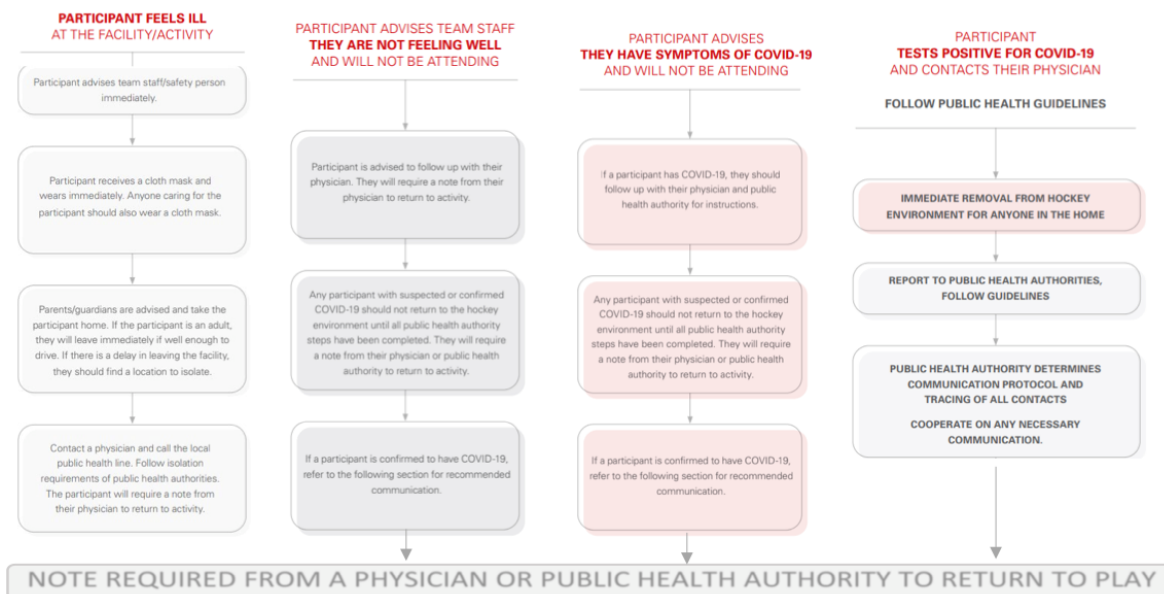
- Participants are asked to arrive fully dressed to reduce time in the facility before and after activities (Outlined below by phases)
- Prior to arrival, participants will be screened, using a questionnaire via TeamSnap.
 - Are you experiencing any of these symptoms: Dry cough, tiredness, fever, sore throat, headache, difficulty breathing?
 - Have you traveled outside of 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
- If a participant fails to respond to the survey prior to the event they will not be allowed to participate

Hygiene:

- Minimize going in and out doors – Enter and Exit through marked doors
- 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
- Dressing rooms will be sanitized on a regular schedule as well as overnight with a 360° Clorox cleaner
- 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 (water filling station/fountain will be turned off)
- 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/>



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



Phase 1: Summer 2020

See Appendix 1

Phase 2: Summer 2020

See Appendix 1

Phase 3: FALL 2020

Starting Dates:

U11 Development, U13 – U18 Rep – Evaluations and Tryouts – September 8th 2020

U11 – U18 Recreational – October 2020

U9 – October 2020

U7 – October 2020

U9 – U18

Entering the facility:

- Participants arrive NO MORE than 30 minutes before ice time
- Participants MUST have their own filled water bottle with their name on it no sharing of water bottle will be allowed
- Enter through the door marked “ENTRANCE” (Designated as the WEST side of the Arena Entrance), where hand sanitizer will be provided.
- Hand sanitizer should be used prior to entry and participants are encouraged to have their own hand sanitizer.
- Covid Ambassador, team manager, coach or HCSP will ensure questionnaire is completed for participant
- U9 Participants should arrive fully dressed carrying sticks, gloves, helmets and skates. Players will be directed by the team manager or covid ambassador as to where their skate tying location will be to don skates, coaches and or designated team parents will be responsible for tying of skates
- Use of dressing rooms may be permitted with social distancing practices, space permitting for U11, U13, U15 and U18 players
- See attachment for goal-tender process for U11 & U13 players
- Players using dressing rooms will be responsible for wiping down their designated location in the dressing room
- ONE team staff must be present prior to athlete arrival to confirm dressing rooms and COVID screen completion
- Dressing room doors will NOT be closed, rather a curtain will be placed across the entrance
- Players will remain in designated social distancing locations in dressing rooms at all times

Exiting the facility:

- Participants will have 15 minutes to exit the facility
- Participants will exit through the marked “EXIT” (Designated as the EAST side of the Arena Entrance)
- 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 up to 18 players including goalies (two teams on the ice at once)
- Maximum of 3 coaches per team on the ice
- Practices will be 1 hour in length for rec and 1.5 for Rep and U11 Development
- Games will be 1.5 to 2 hours in length
- Begin local or regional league play (where approved and available)
- Players are encouraged to get and use a plexi-glass face screen (often referred to as a fishbowl) in place of a cage
- One coach will be designated to pick up pucks and the other on ice equipment



COVID-19 Return to Play Plan

2020

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 (Wait in your vehicle for participant if age permits)

U7 and U9 (when at Total Ice)

Entering the facility:

- Participants arrive 15 minutes before ice time
- Participants should arrive fully dressed carrying sticks, gloves, helmets and skates
- Use of dressing rooms may be permitted with social distancing practices, space permitting
- Covid Coordinator, Team manager, coach or HCSP will ensure questionnaire is completed for participate
- Enter through the door marked “ENTRANCE” (Designated as main entrance), participants will practice social distancing when entering, avoiding doubling up in vestibule
- Participants must have their own filled water bottle with their name on it no sharing of water bottle will be allowed
- Hand sanitizer will be provided, and participants are encouraged to have their own hand sanitizer as well.

Exiting the facility:

- Participants will have 15 minutes to exit the facility
- Participants will exit through the marked “EXIT” (Designated as main entrance), participants will practice social distancing when exiting, avoiding doubling up in vestibule
- 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 up to 9 – 11 players including goalies (two teams on the ice at once)
- Maximum of 3 coaches per team on the ice
- Practices will be 1 hour in length
- Games will be 1 hour in length
- Begin local or regional league play (where approved and available)
- Players are encouraged to get and use a plexi-glass face screen (often referred to as a fishbowl) in place of a cage
- One coach will be designated to pick up pucks and the other on ice equipment

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 (Wait in your vehicle for participant if age permits)

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



COVID-19 Return to Play Plan

2020

- Full contact game play
- Provincial competition permitted
- Other processes will be outlined at this time

Rep League During Phase 2 – 3

It is the intent of WLMHA to continue to support the development of players within the guidelines noted above or Phase 1 – 3, with Phase 4 being the new normal. With this in mind the following is the working plan (subject to feedback and recommendations from Rep coaches once selected: (where Rep mentioned this also includes U11 Dev)

- Rep Coach Selection will proceed
- Rep Tryouts will occur starting on the 8th of September or later depending on when SD27 restarts for the 2020-21 session. WLMHA will start tryouts aligning with SD27 start date to ensure all players are available and ready for tryouts
- Team Selection will occur all teams will be set (currently this will be done without an Ice Breaker Tournament)
- Players from U11 – U15 will be fully rostered to their teams
- Players in U18 may not be rostered until regional game play is approved/available (options being reviewed)
- Teams will be provided 3 hours of practice (2x 1.5hrs) per week
- Teams in U11 – U15 will play up one division (on approval from BC Hockey) for game play or be distributed equally amongst the U11-U15 Recreational teams. (**Decision pending**)
- To ensure U18 players can get game play they will be spread out among U18 Recreational teams for the purposes of game play only, they will not practice with these teams

U9 – U11 GOALIE DRESSING During Phase 2 – 3

Understanding the unique nature of goalies in all age groups the following adaptive approaches to goalies coming to the arena fully dressed are provided:

- All goalies should come as dressed as possible given the unique nature and size of their equipment
- U9 and U11 - participants should normally only be designated as goalie later in the season, and will be assigned a location either in a specific dressing room or space within the complex
- Goalies that are utilizing shared equipment must ensure that the equipment is wiped down before and after use, this can be done by the goalie, HSCP, coach or designated team parents

Team Staff Recommendations

WLMHA recognizes that the protocols noted within this plan will require additional team staff support. Each team is required to complete the needed steps, ensure that COVID-19 health surveys are completed, players remain in their socially distanced spots, no unnecessary contact, this MUST be monitored at all times. With this in mind WLMHA recommends that teams employ a Team Parent as well as a secondary Team Parent (Covid Ambassador) in addition to coaching staff, and HCSP. Keeping in mind that social distancing must be maintained.



APPENDIX 1

Phase 1: Summer 2020

Starting Dates:

WLMHA Pre-season Return to Play: May 31st 2020 - Aug 18 2020

All hockey programming still suspended – for the purpose of a possible return to phase 1 the following protocols have been provided. WLMHA will inform players, parents and coaches via Team Snap and other communications if a return to Phase 1 or 2 is required.

Entering the facility:

- Participants arrive 15 minutes before ice time
- All players must come in dressed in their gear, no hockey bag, 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
- Coaches are not permitted to adjust a players skates/equipment
- WLMHA representative will check in and screen participants health; hand sanitizer must be used at this time
- Enter through the door marked “ENTRANCE” (Designated as the right side of the Arena Entrance)
- Participants must have their own filled 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 on or skate guards and leave through door marked “EXIT” (Designated as the left side of the Arena Entrance)
- 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 18 players and 2 goalies on the ice at a time (Beginning with 12 players and progressing to 18 players)
- Maximum of 2 coaches
- Ice times will be 45 minutes to 1 hour in length, 2 times a week minimum
- Sessions will be geared towards skills while respecting social distancing practices
- Players are not permitted to sit on the boards or benches
- Lesson plans will be pre-determined by Coaches and using Team Snap sent out to all participants
- One coach will be designated to pick up pucks and other on ice equipment

Spectators:

- 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”, no loitering (Wait in your vehicle for participant if age permits)



Phase 2: Summer 2020

WLMHA Pre-season Return to Play: Aug 18 2020 – Sept 8, 2020

All hockey programming still suspended – some complex run pre-season skill development may occur in conjunction with WLMHA. Through the season and on the recommendation of BC Health, BC Hockey or Hockey Canada WLMHA may be required to return to Phase 2. If this should occur the following protocols will be followed:

Entering the facility:

- Participants arrive 15 minutes before ice time
- All players must come in dressed in their gear, no hockey bags, carrying sticks, helmet, gloves and skates
- Possible use of dressing rooms available with social distancing practices, space permitting
- Participants must be able to tie own skates or arrive with skates and skate guards on
- Coaches are not permitted to adjust a players skates/equipment
- CMRC may provide for additional controls for programs offered by them
- Enter through the door marked “ENTRANCE” (Designated as the right side of the Arena 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 put their shoes on or skate guards and leave through the marked “EXIT” (Designated as the left side of the Arena Entrance)
- 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 2 groups of 9-10 players and 1-2 goalies on the ice at a time
- Maximum of 2 coaches per group on the ice
- Ice times will be 1 hour in length
- Weekday sessions will be geared towards skills while respecting social distancing practices
- Weekend sessions may be 3v3 games, no contact
- U18 Rec may have 1-2 3v3 sessions per week, no contact
- Maximum of 2 coaches and 1 safety person on the bench
- One coach will be designated to pick up pucks and the other on ice equipment

Spectators:

- 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” doors, no loitering (Wait in your vehicle for participant if age permits)