



Oceanside Minor Hockey Association

Return to Play Plan

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Prepared by

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 - a. Safety protocols,
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Introduction:

- We have designed this plan based on the guidelines put forth from the BC Government
 - General Hygiene Protocols,
 - Group Sizes,
 - Physical Distancing Measures,
 - Travel Restrictions
 - Phase Transition Guidelines,
- viaSport
 - Equipment protocols,
 - Transitioning from training to games,
 - Transitioning from non-contact to contact,
 - Facility and
 - Spectator protocols
- Hockey Canada
 - Regulations,
 - Registration,
 - Certification,
 - Season structure,
 - Program delivery model,
 - Events and Communication.

Other collaborators include BC Hockey (BCH), Vancouver Island Amateur Hockey Association (VIAHA) and the RDN Facility Management.

This is a living document which may be updated on a regular basis following the principals of BC's Restart Plan; personal hygiene, stay at home if you are sick, environment hygiene, safe social interactions and physical modifications. Changes can occur without notice.

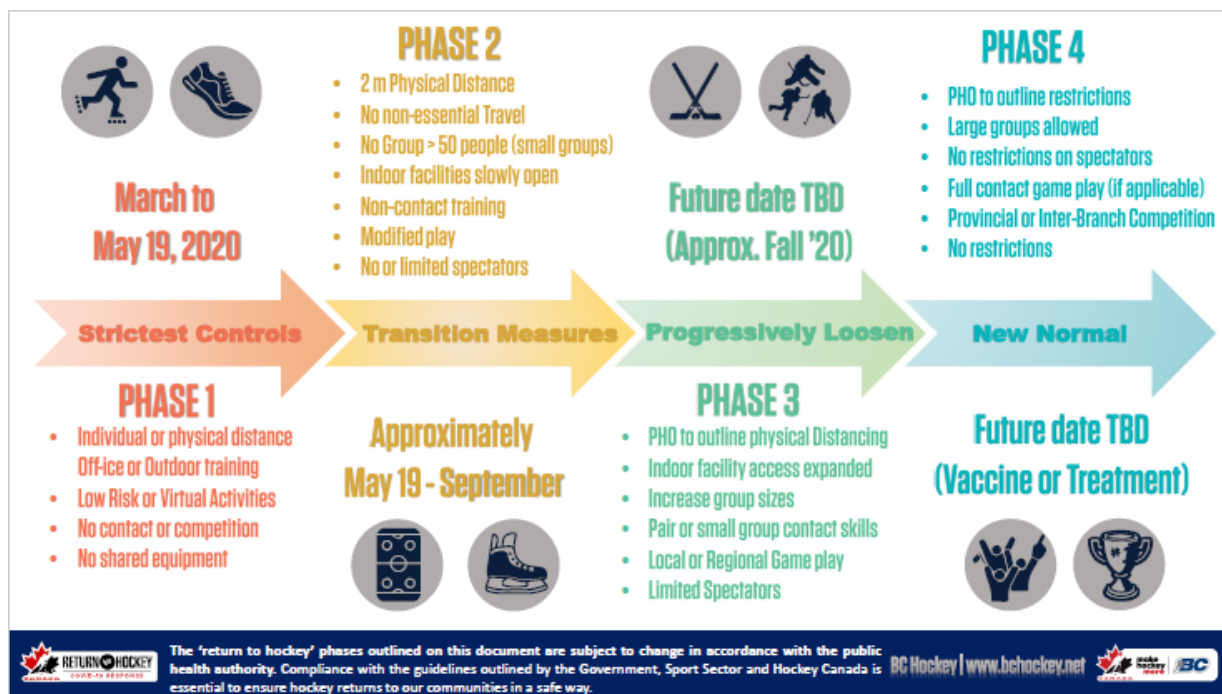
We are under obligation to follow BC Hockey Return to Hockey Plan policies with the collaboration of our local Vancouver Island Health Authority and provincial Health Officer while keeping in mind that our Rink Facility also has safe protocols in place which we must respect and follow.

Oceanside Minor Hockey Association (OMHA) is committed to providing a Return to Hockey Safety Plan as specified by BC Hockey and Hockey Canada guidelines which have been provided by current best practice scientifically based measures.

Any queries, regarding this plan should be directed to Marusha Whitehead, Communications Officer/Risk Manager, OMHA riskmanager@oceansidehockey.com

Operations Specific Guidelines as specified by BC Hockey:

Please note that these guidelines listed below are always subject to change based on the advisory of the current community and provincial Health Authority.



	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	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"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	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"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

Phase 1 – Strictest Controls

Phase 2 – Transition Measures (Our current phase)

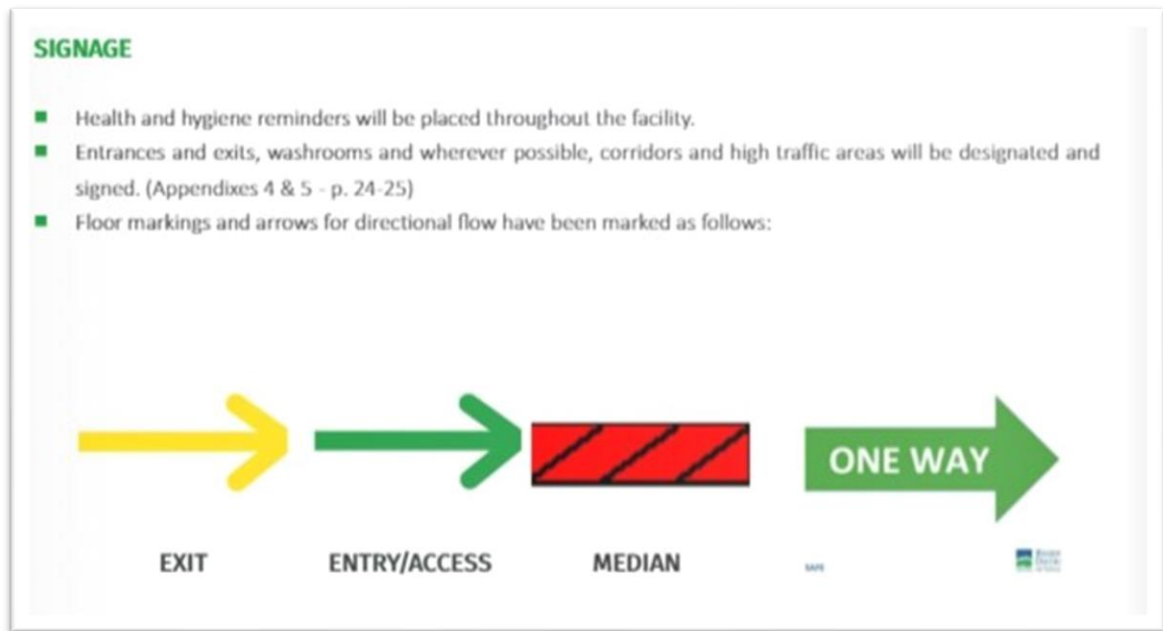
Pre-Arrival

- Daily COVID screener – This will be checked and monitored by each individual team, either by Safety person/Manager or Coach upon arrival at the facility. We are currently looking at Team Snap for monitoring covid-19 screening. Upon arrival, players and coaches will check in with safety person, or team appointed volunteer who will keep an accurate record of attendance.
- Designated drop off and pickup up area
- Drop off no earlier than 20 minutes prior ice start time and pick up no later than 20 minutes post ice time.
- Come to the arena prepared/dressed as much as possible, change rooms will not be available until further notice.

- If a player has symptoms of fever, nausea, cough, or other flu like symptoms, this will be recorded by the Activity leader responsible for screening players. Player will be asked to immediately leave the arena, have Covid-19 testing and will be welcomed back on the ice once a Doctor's note has been provided by player indicating that the player is safe from Covid-19. If a parent or alternative ride home is not available at the time, player will be directed to the isolation room of the arena located next to the skate sharpening area.

Facility

- All divisions - be dressed as much as possible ready to hit the ice.
- For U6 through U9, if your player requires special accommodations in preparation for ice – please advise your team manager at the beginning of the season or as issues arise. Team Managers, Coaches and HCSP will be present to assist with tying skates if required; alternatively walking skate guards are recommended. One parent per family will be allowed to observe practices/game in allotted area of the arena.
- Until further notice, change rooms will not be available, “BC Hockey Co-Ed Dressing Room Policy “. Please come as prepared to play as possible and bring as little as possible with you.
- Only Meeker Arena will be open for ice time, Kraatz arena will be not available till further notice from the facility management.
- The ice surface will have a maximum of 24 participants, including team officials. Spectators will not be allowed in the facilities until further notice.
- It is important that anyone coming into the Oceanside place, understand the signage which has been strategically placed to help enforce the safety of visitors and OMHA members:



For further information regarding Oceanside Place Start up Plan can be found at this link:

<https://en.calameo.com/read/004883709060445d527b1>

Player/Parent responsibility

- Complete the Daily Covid-19 screening prior to attending
- Report Covid-19 Symptoms to your team HCSP
- Follow directions from the HCSP/Coach or volunteer responsible for monitoring Covid-19 screening.
- DO NOT COME IF YOU ARE SICK OR EXPERIENCING FLU LIKE SYMPTOMS
- Use hand washing and sanitization stations upon arrival and at each high touch point
- Bring water bottle, clearly marked with your player's name
- Hockey bags can be left under supervision of an Activity leader, in the concession area of Oceanside Place under the benches. It is important that all personal items are kept in the bag while player is on the ice and bag is kept zipped up and tidy at all times.

- It will be imperative that an Activity Leader from each team, monitor numbers of people in the arena. The lobby/concession area cannot exceed 24 people. It's also goes for the rink surface. It will be each team's responsibility to ensure that the numbers of people in each area does not exceed capacity.
- Leave all non-essentials at home – cell phones, bags etc.
- Parents: Model social distancing
- Read, review and understand the player and parent code of conduct
- Know that you may be contacted to come get your player at any time during ice time, be available at a moment's notice.

Coach/Team/Association Responsibility

A Covid-19 kit will be available for each team. Kits will include the following:

- Hand sanitizer
- Additional masks for when social distancing becomes difficult (First aid, tying skates etc.)
- Sanitation wipes
- Gloves

On-Ice Structure

- Following BC Hockey and Hockey Canada guidelines, practices will focus on player development until we are advised by BC Hockey and VIAHA that we can commence with games.
- Maximum 24 per ice surface, including coaches
- Drills and stations that allow for player development and social distancing
- No sharing of personal equipment or items.
- Anyone caught spitting on ice or floor surfaces of the facility will be asked to leave premises immediately.

- **Ice Schedule Structure**

The following is a tentative ice schedule of what Oceanside Minor Hockey will require during a typical week. As registration numbers fluctuate almost daily, we can only anticipate that we will have 2 teams in each division, each requiring their own ice time.

For all sessions that are strictly skills and drills, we will only require 1 hour per session.

For our 1st ice time on Mondays, there will be approximately 12 to 24-U7 players/coaches on the ice.

For our 2nd ice time on Mondays, it will be our second group of 24-U11 players/coaches on the ice.

For our 3rd ice time on Mondays, there will be approximately 24-U18 players/coaches on the ice.

For our 1st ice time on Tuesdays, it will be our second group of approximately 12 to 24-U7 players/coaches on the ice.

For our 2nd ice time on Tuesdays, there will be approximately 24-U13 players/coaches on the ice.

For our 3rd ice time on Tuesdays, it will be our second group of 24-U18 players/coaches on the ice.

For our 1st ice time on Wednesdays, it will be first group of approximately 17 to 24-U9 players/coaches on the ice.

For our 2nd ice time on Wednesdays, it will be our second group of approximately 24-U13 players/coaches on the ice.

For our 3rd ice time on Wednesdays, there will be approximately 24-U21 players/coaches on the ice.

For our 1st ice time on Thursdays, it will be our second group of 17 to 24-U9 players/coaches on the ice.

For our 2nd ice time on Thursdays, it will be approximately 24-U15 players/coaches on the ice.

For our 1st ice time on Fridays, there will be approximately 24-U11 players/coaches on the ice.

For our 2nd ice time on Fridays, it will be our second group of 24-U15 players/coaches on the ice.

Off-Ice Facility Structure

- Main concession area - 24 person occupancy
- Drills that focus on social distancing, cardiovascular fitness, strength/resistance training.
- Arrive appropriately dressed.
- Water bottle clearly marked with your name.
- Check in with the Sport Activity Leader of your team that is responsible for individual team check in procedures regarding Covid-19 screening prior to going on the ice.
- We will not require the use of dressing rooms as each player from U7 to U21 will come dressed and, if needed, put on their skates in the lobby just before their ice time. All hockey bags can be left neatly fastened shut under one of the benches.
- We will have an Activity Leader stationed at the front door. Upon entering, each person will be required to provide their name and contact information.
- At the end of each session, the Activity Leader will drop the list of attendees in a RDN mailbox located by the office door in the lobby.
- At no time will the maximum number of participants set out by the RDN be exceeded.
- As there will be no official “games” for quite some time, we will have no need to use the referee room. I understand that at some point we will be able to have inter-squad games within a division. At that time, we would be requesting 1 ½ hour ice time with referees.
- All players should come appropriately dressed. Our lobby concession area has been established as a place to tie skates and not to be used as a change room, but please remember that this is a public place.

Facility Operator Responsibilities

- Facility Staff will sanitize high touch point areas and locker rooms; this will take approximately 60 minutes between scheduled ice times.
- Communicate with OMHA and other facility stake holders as necessary for transitioning

Phase 3 – Progressively Loosen (To be determined upon the advice of local and provincial health authorities)

- Similar to Stage 2, with progressive lessening of restrictions following the PHO
- Increased opening of some facility areas per facility Operator direction
- Expansion of training drills, potential for small games (VIAHA and BCH will provide direction)
- Continued reporting and screening of COVID-19 symptoms

Phase 4 – New Normal

- The “new normal” with no restrictions

Links:

BC Restart Plan:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs_restart_plan_web.pdf?bcgovtm=20200526_GCPE_AM_COVID_6_ADW_BC_GOV_EN_BC_TEXT

ViaSport Return to Sport Plan:

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Hockey Canada Return to Hockey Covid-19 Response:

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf