



COVID-19 Return to Play Plan

2020

SUBJECT TO CHANGE

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 Kamloops Minor Hockey. Please note that each part is subject to change according to facility requirements and PHO guidelines.

Communications Officer:

Kamloops Minor Hockey has identified Riley Woodland as our Communications Officer. Riley will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan. Riley can be contacted at kmhaoperationscoordinator@gmail.com.

Reporting and Compliance:

Kamloops 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.

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
- 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
- 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 Part 1 and Part 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
- Participants are asked to arrive fully dressed to reduce time in the facility before and after activities (Outlined below)
- Upon arrival, participants will be screened:



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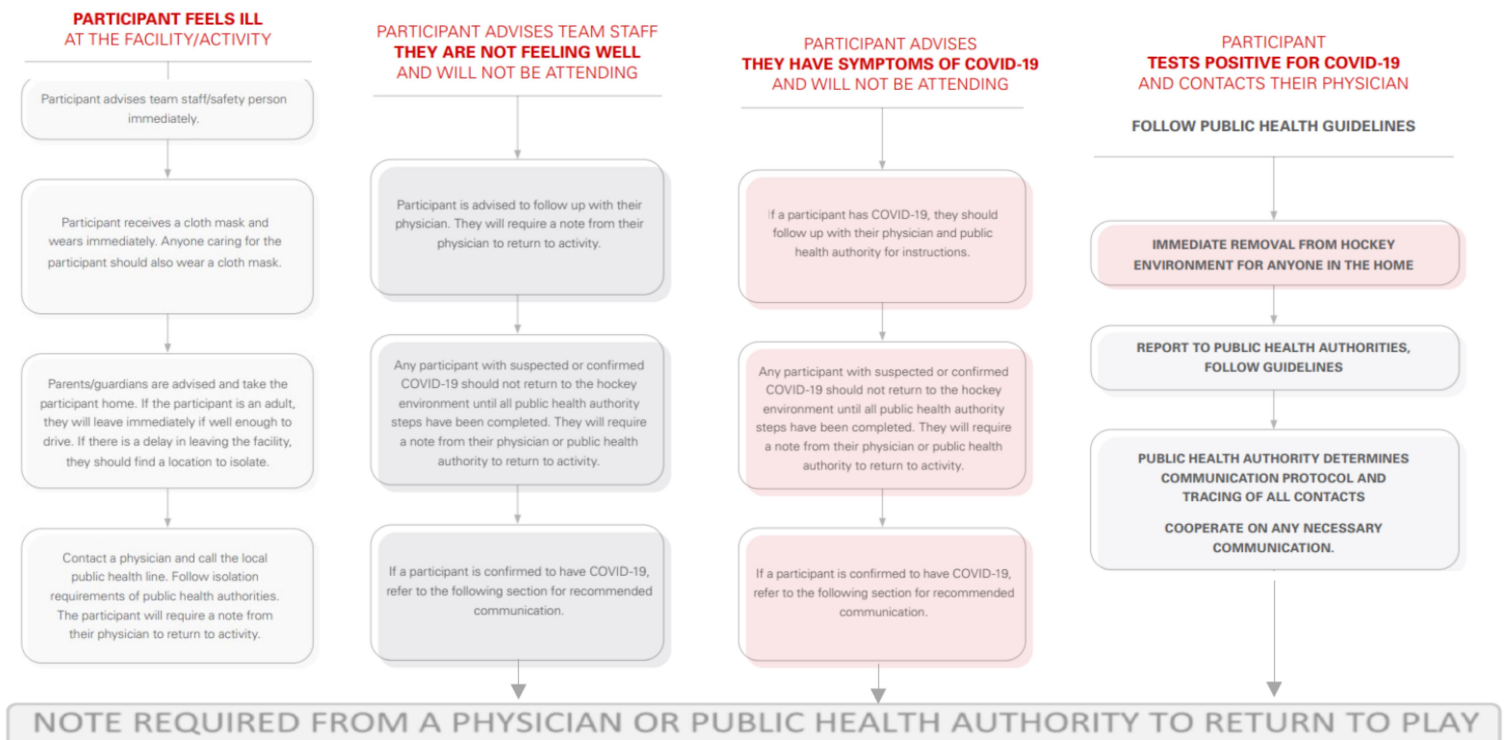
- Are you experiencing any of these symptoms: Dry cough, tiredness, fever, sore throat, headache, difficulty breathing?
- Have you traveled outside of Canada in the past 14 days?
- Have you been in contact with anyone experiencing COVID-19 symptoms in the past 14 days?
- If a participant answers yes to any of the above questions, that participant will not be permitted to attend

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
- 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/>





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Part 1: Summer/Fall 2020

Starting Dates:

KMHA Pre-season Return to Play: July 20 – Aug 26, 2020

U11 Development & Rep U13 – U18: August 31, 2020

Recreation U11 – U18: September 2020

U9: TBD

U7: TBD

Entering the facility:

- Participants arrive, doors open 5 minutes before scheduled 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
- KMHA 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 filled water bottle with name on it and hand sanitizer.

Exiting the facility:

- Participants will have 10 minutes to exit the facility
- Participants will leave the facility as they arrived; in full gear 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 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
- 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 Aaron Keller
- One coach will be designated to pick up pucks and other on ice equipment

Spectators:

- One spectator may be permitted per participant, no siblings
- 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)