



RICHMOND JETS MINOR HOCKEY ASSOCIATION

Return to Hockey 2020-2021 Season

Phase 3 - October 21, 2020

UPDATED NOV 7TH, 2020

APPROVED BY THE BOARD OF DIRECTORS



Return to Play Safety Guidelines & Plan

Mission:

The health, safety and welfare of all players, coaches, officials, volunteers, parents and facility staff is the highest priority in the successful Return To Hockey plan, while balancing the needs of all individuals within the game.

Hockey Canada Message:

“Health and safety are our priorities in establishing the guidelines for the Return to Hockey. While these guidelines (Hockey Canada Safety Guidelines) apply on a national basis, it is important to recognize that most health and safety protocols are managed at the provincial/territorial level.”

“This comprehensive document is tailored for local use and allows for provincial/territorial/municipal guidelines to be implemented. It should be used in concert with public health authority guidelines, as well as association guidelines.”

Dr. Mark Aubry - Chief Medical Officer



Return to Play Safety Guidelines & Plan

Introduction

On June 1, 2020 VIASPORT released their Return to Sport guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and ultimately the minor hockey associations such as Richmond Jets MHA, who fall under BC Hockey's governance.

As we enter into **Step 5** of the City of Richmond's Restoration Plan, we can now start forming "Programming Teams" to start planning for full restoration of our hockey programs. As the City's public health protocols start to lift, we will be able to present our members with more on-ice activities and games. While this may not look like a typical season, we are still excited to be able to get players back on the ice, safely engage socially and competitively, in the weeks to come.

The PHO's direction is that the RTS Guidelines should cover three things:

- Processes to open safely
- Measures to keep people safe to avoid further outbreaks
- A plan in the event of a case or an outbreak should occur

To maximize safety and the hockey experience, RJMHA has adapted the direction from Richmond BC Health and the Provincial sport authorities to form our association specific return to hockey protocols. It is essential that all participants are diligent in following instructions and communicate the importance of this to their children. Collectively we want to be leaders in bringing people back to the rinks safely and we all have a role to play to make this happen. We want to thank our families for their ongoing patience and support as we try to navigate these challenging times. We are close to back-to-normal and excited to have our athletes back on the ice, enjoying the sport they love!



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About COVID-19 and Transmission (from VIASPORT)

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This transmission requires you to be in close contact – closer than the expected physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately human beings touch their faces very often throughout the day, much more than they realize. This is why regular hand washing and cleaning of high- touch surfaces is so important.

For COVID19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced.

However, in the context of sports, even outdoors there can be risks from high - touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, pucks, equipment, etc.).

Symptoms Checklist:

Click [HERE](#) to view the Government of Canada's webpage with a list of symptoms, a self-assessment test and other information about Covid-19.



Return to Play Safety Guidelines & Plan

ViaSportCategory	ViaSport Progressively Loosen	Overview of planning for compliance
Restrictions in Place	<ul style="list-style-type: none"> ·Maintain Physical Distance (2 m) ·No non-essential travel ·No groups of over 50 people 	<p>MHA Plan: Follow local & provincial health guidelines, along with NSO, PSO & LSO Guidelines. Only Richmond residents to be on ice.</p>
Enhanced Protocols	<ul style="list-style-type: none"> ·Increased hand hygiene ·Increased cleaning protocols ·Symptom screening in place 	<p>MHA Plan: Masks are mandatory. All participants (coaches, players, volunteers) must wear a mask in the building (line up, lobby, hallways, bench area, change rooms). All participants must hand sanitize prior to entering the building. Benches, ledges, and change rooms are wiped when players exit and again prior to the next group. Teamsnap Health Check must be completed prior to entering the building. Any player, parent, volunteer or coach who is experiencing any Covid-19 symptoms, must stay home.</p>
Facility	<ul style="list-style-type: none"> ·Outdoor is safest ·Participants should maintain physical distance while not on field of play 	<p>MHA Plan: Continue to work with the City of Richmond on the current plan and protocols for any on-ice activities. Review the current plan with all players/coaches/parents/volunteers. One HCSP is a dedicated supervisor for each specific rink the Jet's are on - help with the flow of rink traffic, supervise the players and any emergencies.</p>
Participants	<ul style="list-style-type: none"> ·Groups sizes increase based on sport type (i.e. level of contact). • Participants and spectators must adhere to 50 people max per event public health guidance ·No or limited spectators 	<p>MHA Plan: On ice Practice - Max capacity 22 participants (players and coaches). 1 HCSP allowed for emergencies. No spectators.</p> <p>On ice Game - Max capacity 50 (players, coaches, manager, HCSP - rostered officials only. 3 on ice officials, 1 timekeeper, 1 scorekeeper permitted only. No spectators.</p>



Return to Play Safety Guidelines & Plan

Facility Plan:		
Non-contact activities	<ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities 	<p>MHA Plan: Phase 2 practice. Adhere to 2m distancing as much as possible when on the ice. Skill development and non contact scrimmages allowed. Coaches to review practice plans with RJMHA and Director of Hockey for approvals.</p>
Contact activities	<ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. 	<p>MHA Plan: Phase 3 practice and games. A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events). Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities. Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with. For game play, benches are a part of the field of play, therefore can be used by teams and coaches without proper distancing.</p>
Competition	<ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. 	<p>MHA Plan: Club play and Regional play. To follow PCAHA cohort regional competition schedule. Will follow future guidelines from PSO, NSO and LSO.</p>
Equipment	<ul style="list-style-type: none"> Enhanced cleaning protocols 	<p>MHA Plan: No shared equipment including water bottles. All players & coaches will be asked to clean equipment after each session. HCSP will assist players and coaches with cleaning of all necessary equipment used or off-ice surfaces touched by players and coaches.</p>

MASKS: As of November 1st, masks are required in all Richmond facilities.

https://twitter.com/Richmond_BC/status/1320806088527273984



Return to Play Safety Guidelines & Plan

ViaSport Progressively Loosening Phase

Per ViaSport, we are now in the "**Progressively Loosening**" **Phase 3** as highlighted by the attached BC Hockey Return To Hockey MHA Template (Appendix C).

As a result, all our return to hockey information is based on the specific points listed in the chart. While the association and facility will ensure that we create the safest possible environment as guided by health and sport authorities, it is essential that all participants do their part in following the guidelines.

During this Progressively Loosening phase, there are our specific adjustments in each of the areas listed in the chart. Our expectation is that parents read and educate their children on these expectations prior to attending the first session. Staff and volunteers will also be enforcing these protocols at the rink and surrounding areas.

Restrictions in Place:

- A minimum of 2 metres (6 feet) of physical distancing is to be maintained as much as possible when on the ice and at all times in common areas. Coaches have been instructed to supervise and reinforce this.
- For Practice ice, maximum capacity is 22. This includes all players and coaches. One off-ice HCSP for emergencies is allowed and is not included in the max 22. For Game ice, max capacity 50 (players, coaches, manager, 2 HCSP, 3 on ice officials, 2 scoreboard). No spectators.

Enhanced Protocols:

- Masks are now mandatory in all arenas per the City of Richmond, no mask no entry.
- Masks to be reinforced for change rooms due to smaller confined area
- After check in, all participants need to hand sanitize prior to entering the facility.
- All participants permitted into the facility must complete a Covid symptom checklist prior to entering. Anyone exhibiting any of the COVID-19 symptoms **SHALL NOT** attend and will need to report to the coach or RJMHA board member.
- RJMHA will have one HCSP official per group that is designated for the ice time. This person will be off the ice in case of any emergencies. This person will be our direct liaison between the city staff and our on-ice staff.
- Benches will be wiped down at the end and at the beginning of each ice session



Return to Play Safety Guidelines & Plan

Facilities:

- The regular season program will be running all sessions at the **Richmond Ice Centre & Minoru Ice Arena.**
- Please refer to the Richmond Ice Centre Flow Diagram and the Minoru Ice Arena Flow Diagram (Appendix A & B)

Participants:

- For Practice ice, maximum capacity is 22. This includes all players and coaches. One off-ice HCSP for emergencies is allowed and is not included in the max 22. For Game ice, **max capacity 50** (players, coaches, manager, HCSP, 3 on ice officials, 2 scoreboard). No spectators.

Non-Contact Activities:

- Phase 2 practice - Skill development and light scrimmaging (with physical distancing) will be allowed in this phase.
- 2 metre (6 feet) physical distancing as much as possible on the ice but mandatory for any common areas inside the facility

Competition & Games:

- Competition slowly introduced.
- Regional competition for sports in cohorts. Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities. Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- For game play, benches are a part of the field of play, therefore can be used by teams and coaches without proper distancing.

Equipment:

- All Players will have their own equipment and water bottles. **All water bottles to be marked and placed in the designated bench area (No sharing)**
- Personal items are not to be shared or mixed with other players.
- Coaches training equipment will consist of pucks, cones, tires and other training aids as deemed necessary by the coaching staff. These will be managed and sanitized daily by the coaches and not touched by any players, with the exception of pucks.



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Richmond Jets Phased Approach

The Richmond Jets will work with the City of Richmond to develop a phased approach to reopening Richmond Ice Centre that operates within the Provincial and BC Hockey guidelines.

	CITY OF RICHMOND STAGE 1	CITY OF RICHMOND STAGE 2		CITY OF RICHMOND STAGE 3
JETS PHASE 1	JETS PHASE 2	JETS PHASE 3	JETS PHASE 4	JETS PHASE 5
USER GROUP COMMITTEE Provide one of our Directors to work with the City's Implementation Team and work together to better understand the Richmond Jets reopening plan and the City's Restoring Plan.	PILOT PROGRAM <ul style="list-style-type: none"> • AUG 24 - 28 • 2 Rinks: Forum & Gardens • 6 sessions per day • Mon - Coach & Volunteer training • Tue - Fri: Bantam Cohort • Skills & Development 	PILOT PROGRAM <ul style="list-style-type: none"> • AUG 31 - SEP 4 • 2 Rinks: Forum & Gardens • 10 sessions per day • Mon - Coach & Volunteer training • Tue - Fri: Bantam & Midget Cohort • Skills & Development 	WEEKLY PROGRAM <ul style="list-style-type: none"> • SEP - DEC • 4-6 Rinks • Peewee, Atom, Novice • One new division / week • Skills & Development 	FULL PROGRAM <ul style="list-style-type: none"> • Date TBD • 4-6 Rinks • All division on the ice • Games



Return to Play Safety Guidelines & Plan

Guidelines

Participation in the RJMHA Hockey Program is completely voluntary. If at any point, a participant is feeling uncomfortable with the risks, they can and should remove themselves from the program. Everyone who chooses to participate will need to register online for the program in advance, sign the participant waiver form and should they want to opt for a credit/refund instead, we will honour that request.

While we don't want to alarm participants, we do want to recognize the importance and role that players and parents play in ensuring that we resume hockey safely. The health, safety and welfare of all participants is our highest priority. To this end we have established the following guidelines for participants:

- Parents must fill out the Return to Hockey Waiver (Appendix K) on behalf of all family members. The waiver is to be completed as part of the registration process.
- Parents are asked to review all return to hockey protocols and to sit down with their child and explain the information and importance of abiding by all protocols and rules.
- All participants to follow the viaSport [Illness Policy](#) (Appendix F) and Hockey Canada [Illness Policy](#) (see Appendix G)
- We have confidence that the players will understand and listen to coaches and any volunteers, especially if the parents reinforce the rules beforehand. Any player who is struggling with the concept will first be reminded of the protocols and if it continues, they will be removed from the session.



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Risk Management

We are taking every recommended step to ensure the safety of all participants. In addition to information provided, here are additional measures in place to mitigate risk:

- Appointment of a **COVID-19 Committee / Communications Officer** as recommended by Hockey Canada.

This role will:

- Monitor advice and direction from health and sport authorities
- Manage any contact tracing reports
- Oversee all program implementation to ensure compliance
- Oversee all sessions delivered by our Director of Hockey and approved coaches, who will be trained in Covid-19 protocols

The **Richmond Jets Minor Hockey Association** is committed to keeping players on the ice. In order to do this safely and ultimately move towards returning to games in the future, as approved by the authorities, we will be holding our staff and participants to the highest standards of the recommendations from the health authorities. We recognize that some of these protocols are inconvenient, **but we expect 100% compliance from everyone involved**. Please do not be offended if you receive a reminder of these protocols. We all have a role to play to get our sport back on the ice and to keep our community safe and healthy.



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Facility Management

Facilities are defined as all areas of the facility starting from the parking lot.

Parking lots, entry and getting to/from the rink: (Refer to Richmond Ice Centre Flow Map - Appendix A & Minoru Ice Arena Flow Map - Appendix B)

- The expectation is that people:
 - Do not congregate around the building
 - Maintain physical distancing at all times (2 metres)
 - If parents must leave for a quick errand, they must be no more than 10 mins away. They should also have a designated parent, within their group, to be in charge of their child should there be an emergency.
 - If a players/parents are not able to manage the above two points, they should not participate in our hockey program.

Parent spectator viewing on the rink level is not permitted at this time. Customers are allowed in Stanley's through the outside entrance.

Note: Parents are not to congregate in any area outside the facility including the parking lot and outside seating areas. Anyone not in compliance will be asked to vacate the area, wait in their cars and come back to pick their child up when the session is over. Anyone found repeatedly challenging this protocol, after having been informed, will be disciplined on a case by case basis.

Note: Physical gatherings of any size are not permitted in the parking lot area. Consuming alcoholic beverages in the parking lot and tailgating is prohibited as per the City of Richmond and BC Hockey bylaws.



Return to Play Safety Guidelines & Plan

Activity "Snapshot" - As of November 7th

As we are in the beginning of Step 5 of Richmond's Restoring Plan, rinks at Richmond Ice Centre are restoring to full programming. They have opened all 6 rinks, sharing with many other skating groups. Dressing rooms are also now opened for OPTIONAL use. We will have designated areas inside the change/dressing room and rink for players to get ready. For the younger age groups, we encourage them to come fully dressed, with their skates on.

We have developed a specific plan that all players, parents, coaches and volunteers are expected to follow:

- **Rink Entry – 15 minutes prior to ice time.** Please arrive in parking lot between 15 and 30 mins before your ice time. Players, team officials, referees, will only be allowed in the building 15 minutes before their ice time. **No early entry permitted!**
- Every participant entering the facility will need to do a health screen via Teamsnap HealthCheck and show results to the volunteer at check in. Please arrive partially dressed. We recommend U9 and under to be fully dressed with skates on, prior to entering the building.
- Check in lines will be set up outside of the main entrances for players. Masks are mandatory as per the City of Richmond. All participants will need to wear masks inside and outside the building. **No mask, no entry.**
- **After check in, hand sanitize.** The HCSP (safety person) will take the participants into their rink or change rooms. Please follow the directional flow arrows and signage while maintaining 2m distance.
- Small duffle bags are allowed inside the rink and large hockey bags are allowed in the change/dressing rooms.
- A HCSP will be designated inside and out of the rink to help answer questions for players, direct traffic flow and attend emergencies.
- There will be designated "numbered" spots on the bench for players and water bottles for proper distancing during practices
- For game play, benches are a part of the field of play, therefore can be used by teams and **max 3 coaches.**
- Every athlete must have their own **pre-filled water bottle prior** to arriving. (no sharing). **Spitting is strictly prohibited.**
- At the conclusion of your ice time, players will have a **maximum 10 minutes** to EXIT the facility. Hand sanitize before exiting. Please refer to facility flow maps. A mask must be worn in all common areas. U9 and under players can enter the facility with helmets on and no mask if they go directly to the benches and not the dressing rooms. Please pick up your player at the CORRECT exit door.
- No public washrooms for spectators on the rink level. You are allowed to use Stanley's washrooms, enter from the outside entry door only.

Group Size:

- **For Practices/Skills Sessions - max capacity 22 participants**
- **For Games - Per team: We are allowing Max 22 ROSTERED participants per team only - 1 must be HCSP and maximum 3 coaches on the bench (HCSP, players, coaches, manager all included in the 22). If capacity is reached then not all team officials will be allowed entry. 1 timekeeper, 1 scorekeeper and 3 refs are the **ONLY** other people permitted for the game. Max capacity for facility for games = 50**
- **No spectators permitted**

Your cooperation and compliance with the above protocols is very much appreciated and will help ensure that we avoid any bottlenecking of people and occurrences where physical distancing becomes more challenging. Thanks – RJMHA Executive



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Equipment & First Aid

Personal equipment (water bottle, sticks, PPE) will be the responsibility of each player. We require that players do not share personal equipment under any circumstances. Personal equipment is to be marked clearly and placed on the bench and removed at the end of each ice session. If you need your equipment to be marked please let us know.

Training equipment used in the session will be managed by the coaching staff. All equipment will be sanitized daily. Training equipment is not to be handled or touched by the players at any time other than pucks.

First Aid:

Should a minor injury occur, we will follow the Hockey Canada Safety protocols:

- The head coach will communicate with the player to assess the injury verbally, at the minimum 2M physical distance. Head coach will call the HCSP person to assist with the injured player.
- Depending on the injury, the following may occur:
 - The player will sit on the bench until they feel better to re-join the session.
 - The player will be escorted out of the facility by the coach or volunteer to meet their parent outside.
 - The player will receive first aid treatment only if required.

Note: If a safety person or coach provides first aid support, they will do so with **mask and gloves on at all times**, as physical distancing will no longer be possible.

In the event of an unforeseen serious injury, Hockey Canada Safety protocols will be initiated and 911 will be called.

All injuries will be logged and tracked as per the Hockey Canada Safety protocols.



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Coaches Expectations & Guidelines

Social distancing is our biggest challenge when we have the players on the ice and in the facility. As you can imagine keeping the players social distancing is not easy when in a hockey environment. With smaller number of participants on the ice it will allow for a more control and more space to spread the players out. However, there are things we can do to help the players social distance and stay 6 feet apart as much as possible. Below is a list of common challenges we will now see as on ice coaches and skill providers

1. Water Bottles

In typical fashion players will place water bottles on the top of the boards. What we as coaches must enforce is that the players spread the water bottles out using both benches (6 on one bench, 6 on the other, half and half) this way when the players take water breaks the players are not bunched together. In addition to spreading the kids out we must ask the players to have their name on their water bottles in big bold letters. Kids are to never share water bottles under any circumstance. Many water bottles look similar so it is important the players are able to easily identify their bottle from another player's.

2. Formation of lines for drills

When we are building practice plans we must be aware of how we are going to organize drills and the formation of lines. A simple way for use to keep the players socially distanced is to allow for lots of space to build lines. A few easy tips to use is:

- Tell the players if they are able to reach out and touch any player with their hockey stick, then they are too close to that player and need to move back and spread out
- Use the glass and ask the players to have their own pane of glass and have a space of one pane of glass between them and the next player in line. It is very important we understand that if the players are spread out the lines could potentially go behind the net. If the drill has a shot on net that will mean players are in the area where they could be hit by a puck. It is important to move the start of the lines up so that the kids are not standing in line behind the net. We need to be able to adjust parts of the drills to ensure social distancing as well as being aware of player safety

3. Using the rink board and team meetings

During a practice we will need to explain drills and talk to the players on the ice for a variety of reasons. Players are programed to gather in and get close to the coach to hear and see what the next expectations are. We will need to ensure that when the players are gathered, they are using social distancing measures. The players must spread out and the coaches must be aware of this. Coaches must ensure that the kids are spread out before explaining drills or giving instruction. Again, using the hockey sticks as a measuring tool is a great way to create a visual guide for the players. "if you can reach out and touch any player with your stick you are too close to that player"



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4. Injured players

As the leaders of a group we must have a plan in place to deal with a variety of scenarios. If a player is injured and needs to leave the ice we have a plan to handle those scenarios.

- Never be alone with a player. Always use the two-deep rule. It is very important we have 2 Jets coaches and or volunteers with the player at all times
- If a player is hurt and needs assistance getting off the ice and the staff helping that player is not able to practice social distancing (a player's leg is hurt and the coach is going to assist by helping to support that player as he or she skates off, and or walks to the dressing room) the coach must put on a mask before doing so. We need to help an injured player but we must ensure we are protecting the player and the coaches when we are not able to practice social distancing.
- The Jets will have a safety person off the ice at all sessions. This safety person is at the arena to assist with any scenarios where we have players that need to leave the ice for any reason. If a player is hurt the procedure will be as follows:
 1. Player is helped to the bench
 2. Off ice safety person is notified and joins the coach and injured player at the bench
 3. Front desk staff should not leave the position at the welcome table. The front desk person will have the contact information for all the players. The front desk person will call the family member/ guardian of the hurt player and have that parent or guardian meet the injured player at the exit door. If the situation is elevated or serious, the safety person will call 911 for medical assistance.
 4. The coach and safety person will stay with the player together, until the parent and or medical professionals can take the hurt player from the arena or until the player is able to rejoin the practice.
 5. If the on ice coach is leaving the ice to help the injured player, then the other coach will have to take over the practice and run the drills alone until the other coach is able to rejoin the practice.

As we are not able to have parents in the arena we must take all precautions to make sure we are covering all the regulated hockey Canada expectations as well as being mindful of the new COVID regulations. When in doubt always use caution and take extra precautions for safety and wellness.

5. Masks

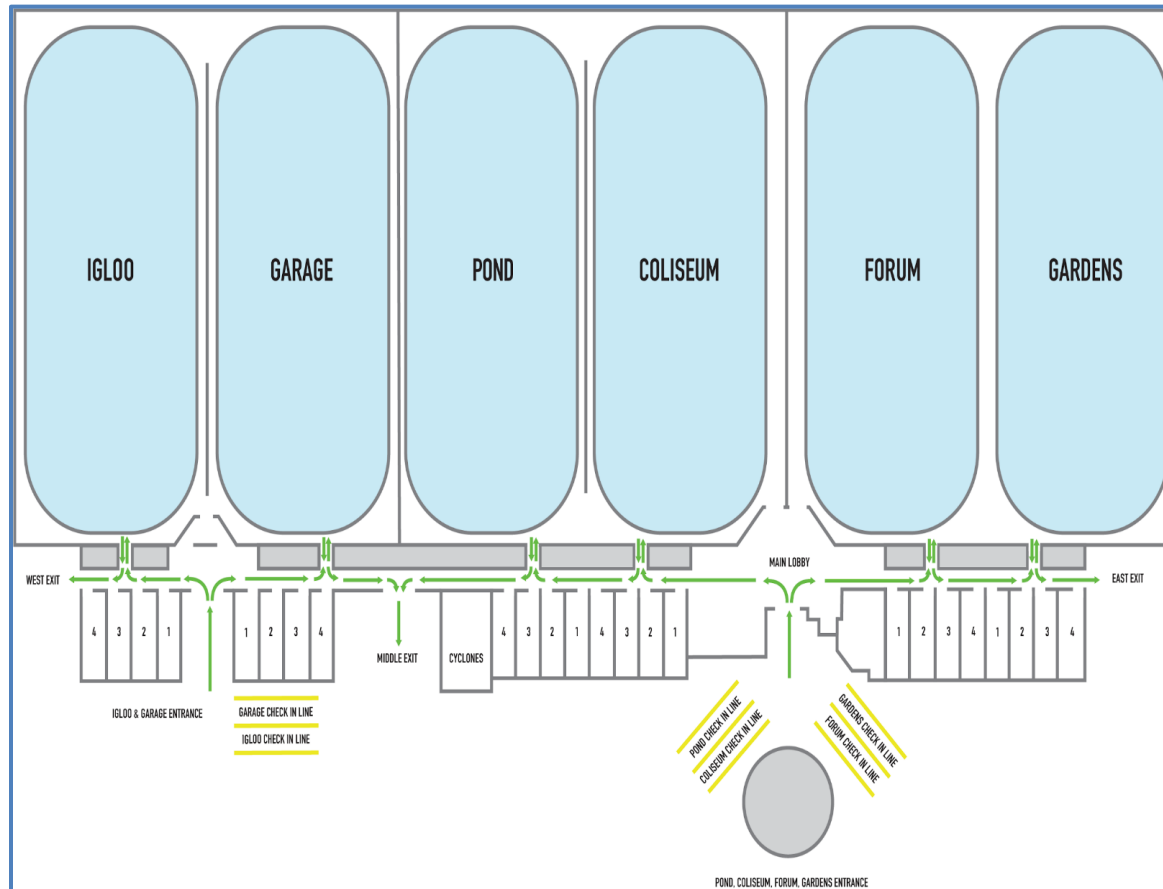
All coaches are expected to wear masks in all common areas of the arena. When entering the facility please wear your personal mask. Keep your mask on and wear it onto the ice. Please wear your mask during the opening moments of the practice. Coaches will call the players into a group meeting, in this initial practice meeting the coaches will go over the various rules surrounding social distancing and how the structure of the session will go. After that group's discussion, the coaches can then elect to remove their personal mask. At the conclusion of the ice session the coaches can put their mask back on when waiting for the next session to start. **No mask, no entry - as per RJMHA Health & Safety protocols**



Return to Play Safety Guidelines & Plan

Appendix A - Richmond Ice Centre Flow Map

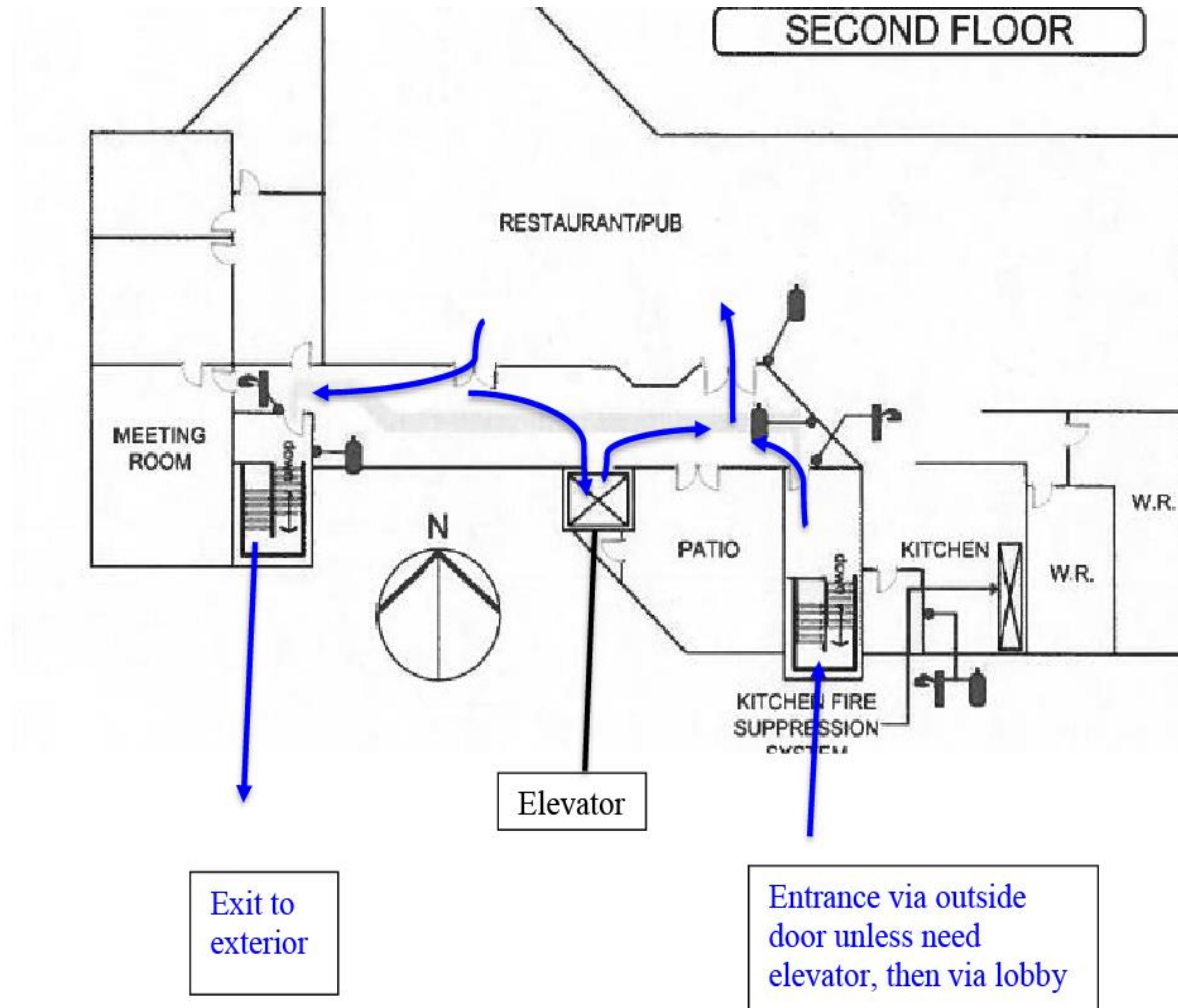
The City of Richmond has put together a facility flow map for Richmond Ice Centre to best illustrate the facility. Please refer to the map on the following page and familiarize yourself with the flow before coming to the rink.





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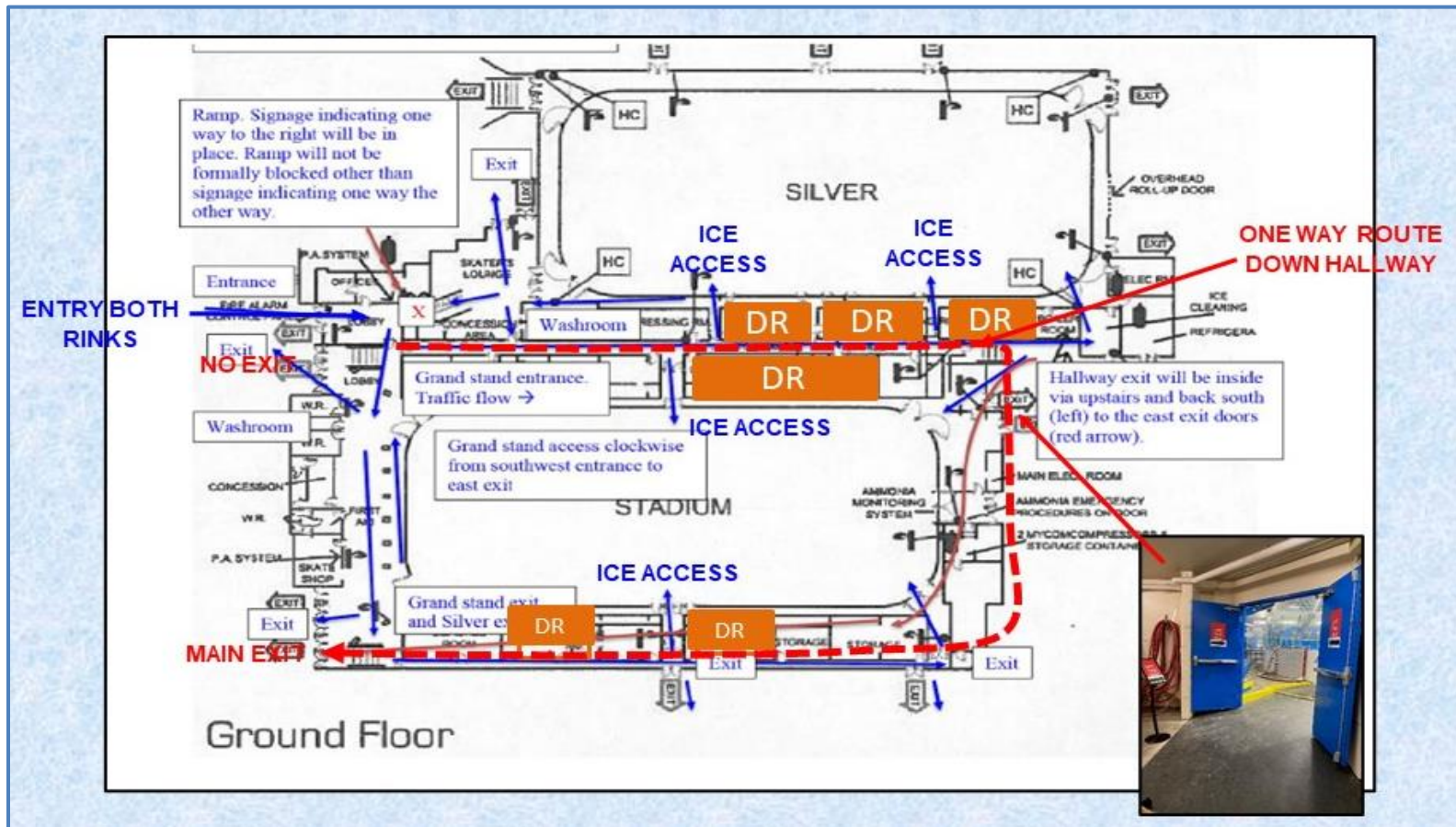




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Appendix B - Minoru Arena Flow Map

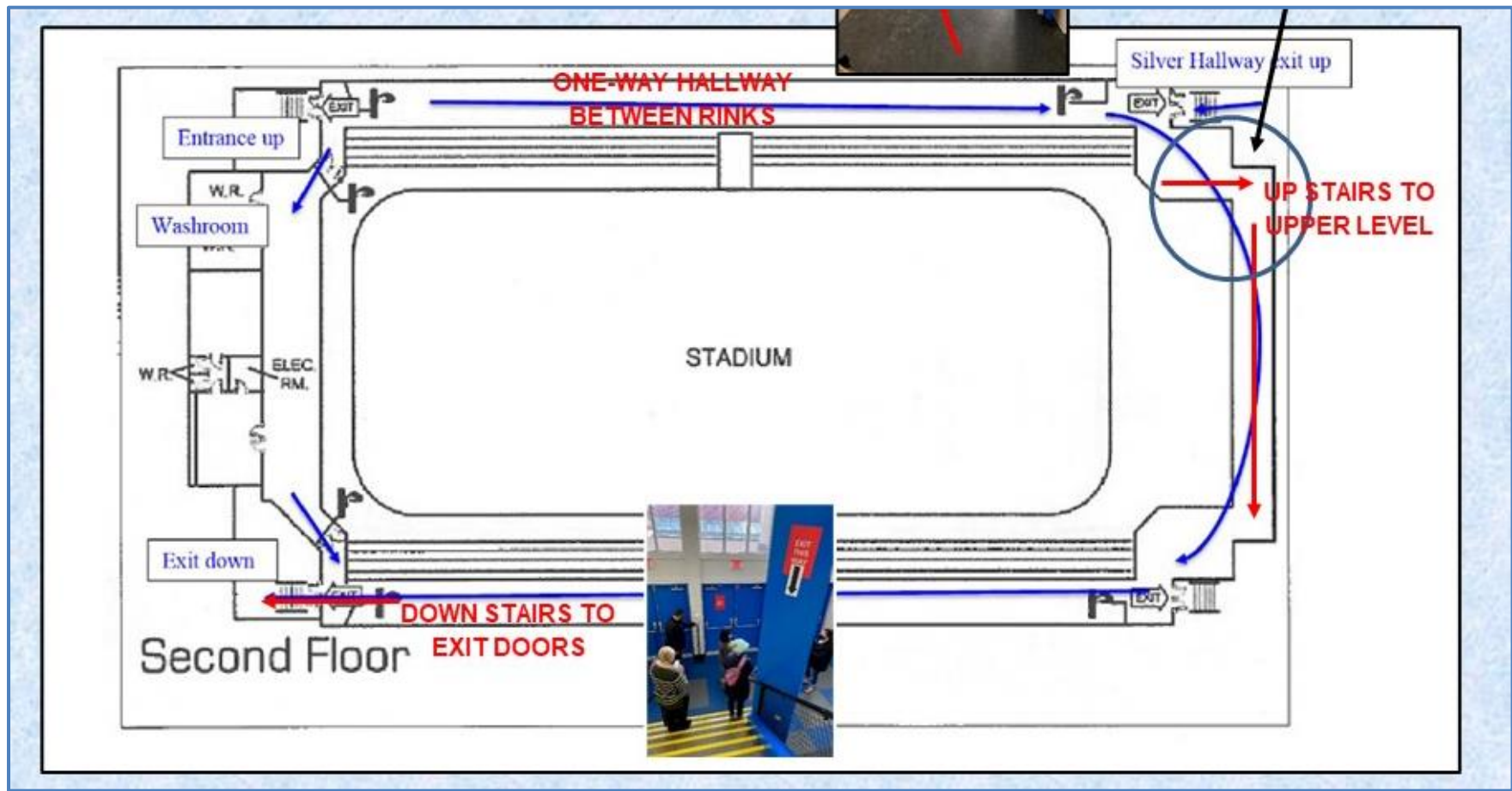
The City of Richmond has put together a facility flow map for Minoru Ice Arena to best illustrate the facility. Please refer to the map on the following page and familiarize yourself with the flow before coming to the rink.





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The City of Richmond has put together a facility flow map for Minoru Ice Arena to best illustrate the facility. Please refer to the map on the following page and familiarize yourself with the flow before coming to the rink.





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Appendix C - BC Hockey: Return to Hockey June 2020

	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

Checklist to Success

- ✓ **Review & Follow**
 - Provincial/territorial health authority guidelines
 - Local health authority guidelines
 - Hockey Canada Member guidelines
- ✓ **Plan**
 - Assign someone to monitor updates
 - Meet with your facility
 - Team staff clarifies responsibilities specific to practices
 - Arrival at facility organized to meet guidelines
 - Hygiene requirements
 - Physical distancing in the facility
 - Guidelines around dressing rooms and showers
 - Physical distancing during on-ice sessions
 - Requirements for parents/guardians at the facility
 - Departure from facility organized to meet guidelines
 - Procedure if participant is sick
- ✓ **Meet with Parents/Guardians/Participants**
 - Overview of what to expect
 - Safety steps put in place
 - Their role in creating a safe and healthy environment
- ✓ **At the Facility**
 - Practice physical distancing
 - Practice responsible hygiene
 - Follow public health authority guidelines
 - Follow Member and facility guidelines
 - Have fun!

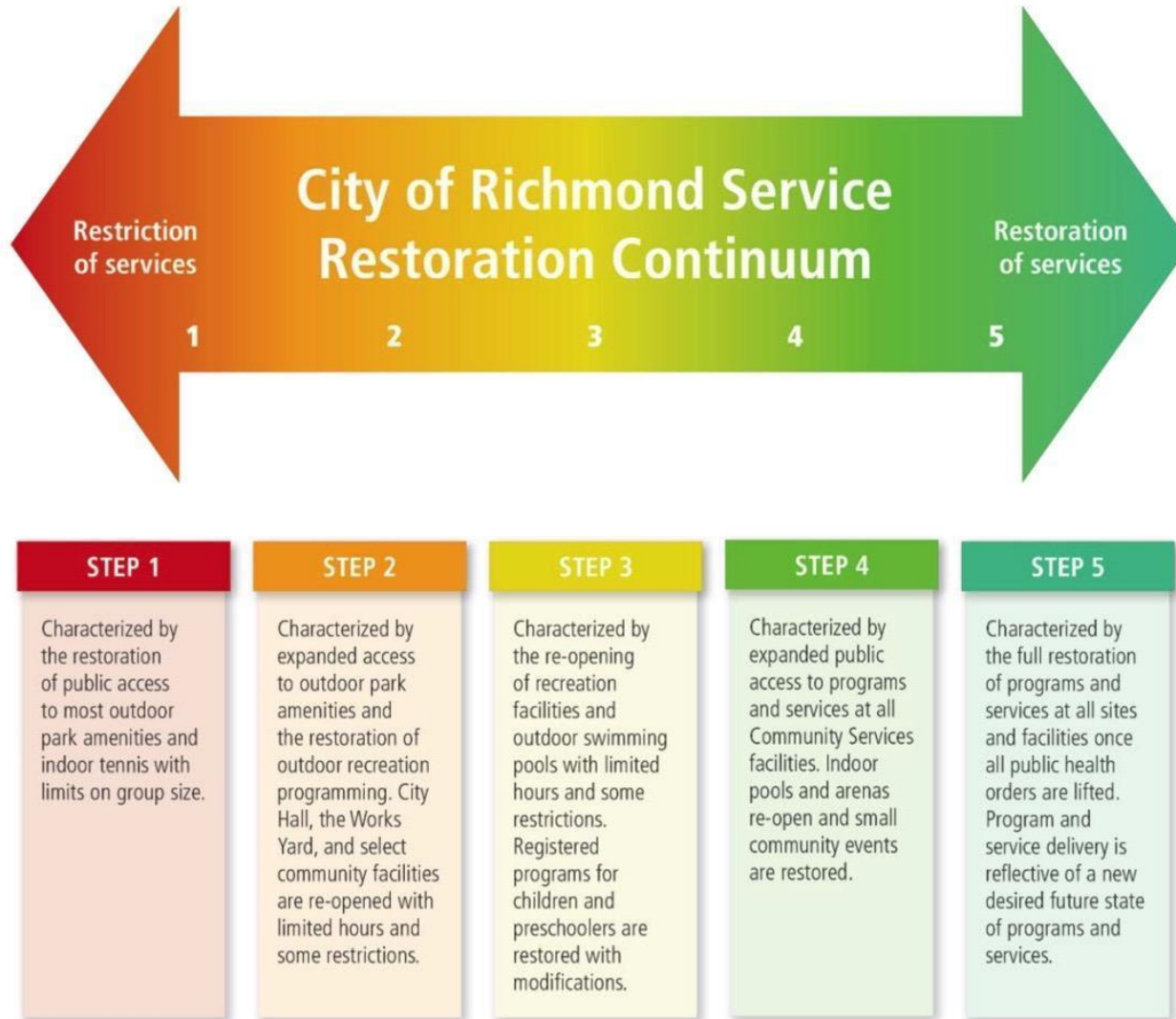
Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> Frequent handwashing Cough into your sleeve Wear a non-medical mask No handshaking 	<ul style="list-style-type: none"> Routine daily screening Anyone with any symptoms must stay away from others Returning travellers must self-isolate 	<ul style="list-style-type: none"> More frequent cleaning Enhance surface sanitation in high touch areas Touch-less technology 	<ul style="list-style-type: none"> Meet with small numbers of people Maintain distance between you and people Size of room: the bigger the better Outdoor over indoor 	<ul style="list-style-type: none"> Spacing within rooms or in transit Room design Plexiglass barriers Movement of people within spaces





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Appendix D - City of Richmond - Services Restoration Plan





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Appendix E - PCAHA Return to Hockey Plan

Cohorts - Competition Groups for Game Play

The concept of a “cohort” is fast becoming the only way for groups to interact in a variety of settings across everyday life. Hockey is no different and PCAHA has been directed to pursue developing a cohort, or competition group, concept in the planning to return to game play.

What is a cohort?

- A cohort is a pre-determined group of players who train or play games with each other
- An advantage of participating in a Cohort is it can more closely resemble regular practices and game play
- Cohort participants can be grouped together to participate in small area games, scrimmages etc
- This structure will reduce the risk that a COVID-19 case could spread widely throughout a division/league and allow for rapid contact tracing or isolation of players or team officials should an infection occur
- Operating within cohorts reduces impact of any potential positive Covid-19 case as only that cohort would need to be paused

PCAHA teams will be organized into competition groups (cohort) when league play is permitted to begin with the size being dependent upon viaSport recommendations.

PCAHA Levels



Upcoming Decisions

Sept 30*: U11-U21 - move to Level 2 or 3 post Thanksgiving or remain in Level 1

Oct 15: Tournament status Dec 1-Jan 3

Oct 26*: U8-U9 - move to Level 2 or 3 for December 1 or remain in Level 1

Nov 15: Tournament status Jan 4-Feb 28

Jan 15: Tournament status Mar 1-Mar 31

** Future decision dates regarding levels will be communicated after this date*



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Appendix F - Illness Policy (ViaSport)

In this policy, “**Team Member**” includes an employee/staff, coach, volunteer, participant, player or parent.

1. Inform:

- The RJMHA Administrator immediately if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment:

- Players and parents must review and conduct the [BC Covid-19 self check](#) prior to participating in any association activities.
- Coaches will screen players prior to entering the facility and also visually monitor players during the session to assess any early warning signs as to the status of their health if needed. This will be reported to the Administrator and parents.

3. If a Team Member is feeling sick with COVID-19 symptoms:

- They should remain at home and contact Health Link BC at 8-1-1.
- If they feel sick and /or are showing symptoms while at the facility, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19:

- The Team Member will not be permitted to return to the facility or any activity until they are medically cleared of the COVID-19 virus..
- Any Team Members who are part of the same session with the infected Team Member will also be removed from the facility/activity for at least 14 days to ensure the infection does not spread further.
- Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.



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5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
 - As with the confirmed case, the Team Member must be removed from the facility/activity.
 - The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the Public Health Authority of B.C.
 - Other Team Members who may have been exposed will be informed and removed from the facility/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.

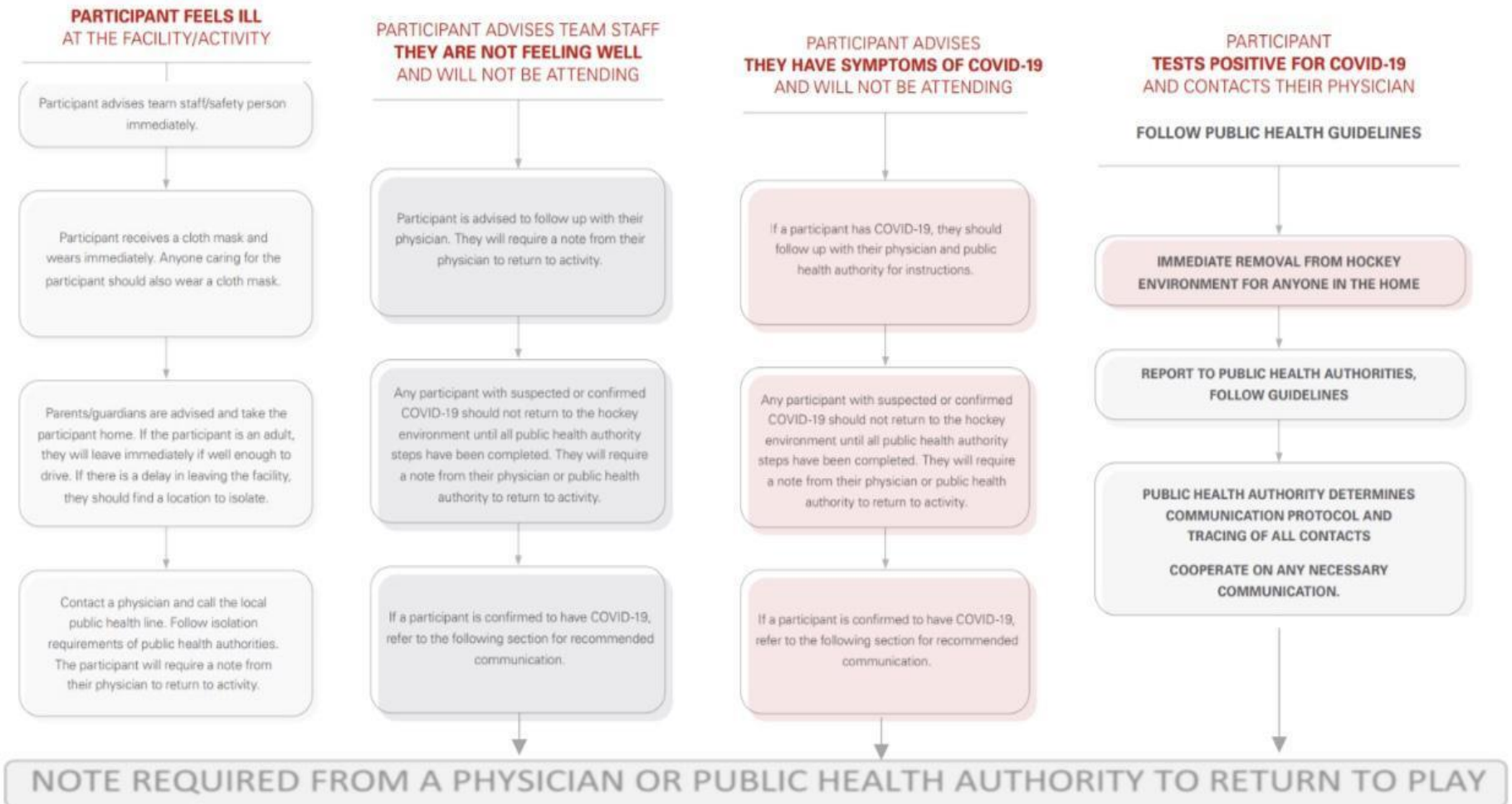
6. If a Team Member has come in contact with someone who is confirmed to have COVID-19:
 - Team Members must advise the Association and coach if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Team Member will be removed from the facility/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the facility/activity for at least 14 days.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:
 - Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



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Appendix G - Illness Policy (Hockey Canada)

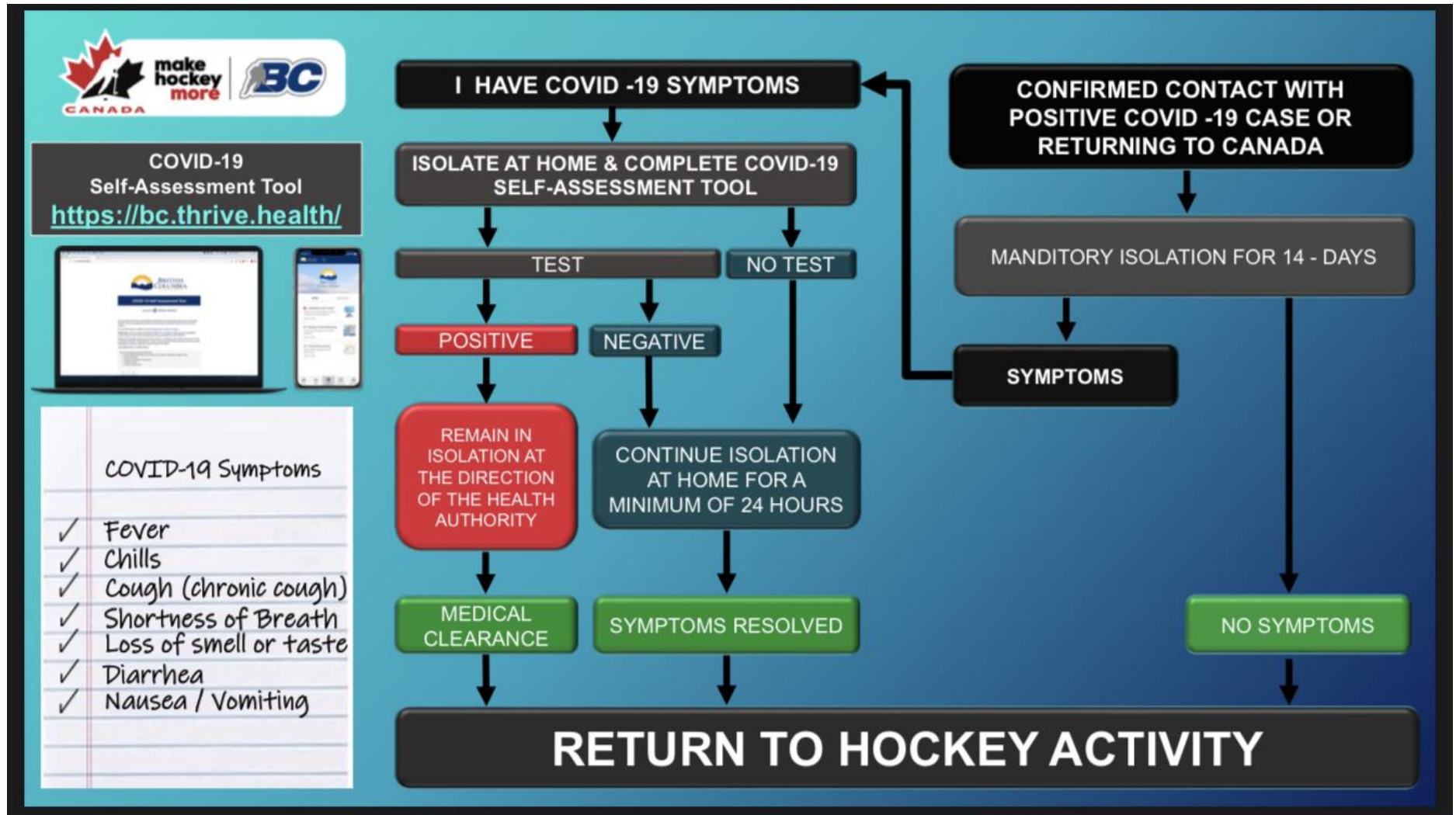


(Source: Hockey Canada Safety Guidelines - Sections 7-8)



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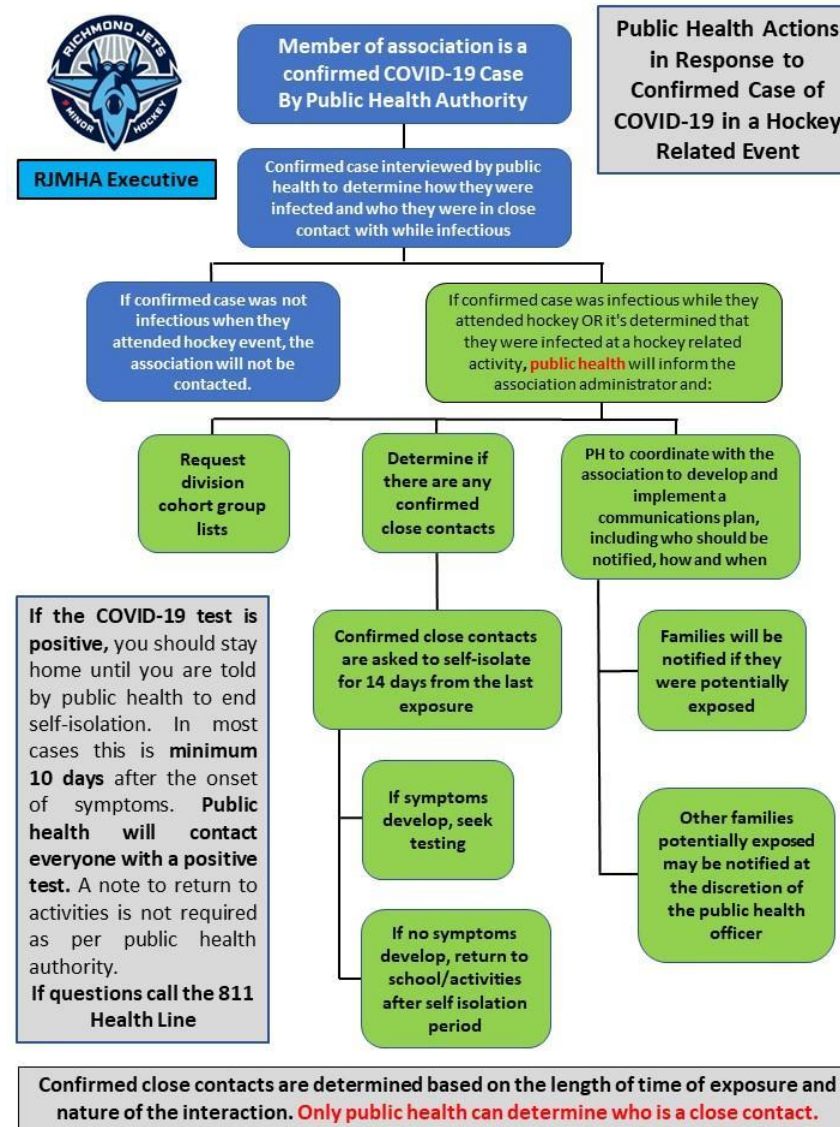
Appendix H - Self Screening Tool (BC Hockey)





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Appendix I - RJMHA Flow Diagram (Richmond Jets Covid Process)





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Appendix J - Emergency Action Plan & Contact info

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection, immediate implementation of enhanced cleaning measures and self reporting/monitoring/isolation are some of the most important factors in limiting the size and length of an outbreak. If a case or outbreak is identified within the Richmond Jets MHA, the RJMHA President or Vice Presidents will have the authority to modify, restrict, postpone or cancel activities as required to stop the spread of the disease. If none of these are available and a decision needs to be made immediately, any current RJMHA Board Member is authorized to make that decision.

1. If a player, coach or volunteer reports feeling ill during their session, immediately remove them from the ice and put a mask on them. Ensure the HCSP or volunteer is also wearing a mask when assessing them. The participant will need to vacate the arena immediately and wait for their parents to pick them up outside, find a location to isolate the participant. Ensure someone is staying with them during this wait time. If the participant is an adult and is well enough, they can drive themselves home.
2. They must self monitor for Covid-19 symptoms daily. Some symptoms included are fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, diarrhea, fatigue and loss of appetite. If the participant has any symptoms, they will need to seek medical attention and get tested for Covid-19.
3. They must not return to hockey activities for at least 14 days following the onset of any symptoms. Participants will need a physician's note to return to activity.
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report the suspected outbreak to any of the RJMHA Covid Committee members and/or Richmond Ice Centre arena staff, where we will report it to our local health authority. Implement our Illness Policy and Enhanced Measures (Appendix F & G).
5. Covid Committee members will need to contact all participants in that grouping about possible exposure and the need to self monitor for the next 14 days. Seek medical attention if needed and report to your local health authority for further contact tracing information.

Local Health Authority Information

Vancouver Coastal Health Authority - [VCH Covid-19](#)

Richmond Public Health - Phone: (604) 233-3147

Vancouver Coastal Health Covid line - 1-888-COVID19 (1-888-268-4319)

If you think you are sick: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>



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RJMHA Contact Information

COVID COMMITTEE		
Kate Chan	Volunteer/Member	thetangfive@gmail.com
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Eric Bernal	President	eric.bernal@richmondjetsmha.com
Norman Jay	Coach	ellemnopee@gmail.com
Wayne Carleton	Executive Director	wayne.carleton@richmondjetsmha.com

Eric Bernal	President	(604) 813-2540	eric.bernal@richmondjetsmha.com
Pam Allen	Vice President	(778) 886-2218	pam.allen@richmondjetsmha.com
Cody Kusch	Vice President	(778) 837-2826	cody.kusch@richmondjetsmha.com

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Jim Sutherland	Board Member	jim.sutherland@richmondjetsmha.com
Nicole Swanson	Board Member	nicole.swanson@richmondjetsmha.com



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Appendix K - Participant Waiver

Application - all athletes, coaches, members, volunteers, participants, and family members of participants while in attendance at association activities ("Participants")

All Participants of the **Richmond Jets Minor Hockey Association (RJMHA)** agree to abide by the following points when entering designated public facilities operated by the Corporation of Richmond and/or participating in community minor hockey activities under the RTP Protocol:

- I agree to symptom screening checks prior to entering the facility and will let my association 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 before entering the facility and also upon exiting the facility.
- I agree to sanitize my equipment after each session with approved cleaning products.
- I agree to continue to follow physical distancing protocols of staying at least 2 metres away from others at all times.
- I agree to not share any equipment before, during or after practice times, including water bottles.
- I agree to abide by all of the Associations and City of Richmond COVID-19 Policies and Safety Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be disciplined by the board or asked to leave the hockey program.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension or termination from the association.
- I acknowledge that there are risks associated with entering the City of Richmond public facilities and/or participating in association activities, and that the measures taken by the association and participants, including those set out above and under the Return to Hockey Protocols, will not entirely eliminate those risks.

Date: _____

Participant Name: _____

Signature: _____

(Parent or Guardian)



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Appendix L - Definitions (ViaSport)

Return to Sport: Return to Sport refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Return to Sport Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.

Physical Distancing: According to the Provincial Health Officer, physical distancing requires keeping two metres (or at least two arms lengths) of space between individuals. For hockey, this is approximately one adult stick length apart. This also includes staying at home when you're sick, even if symptoms are mild.

Provincial Health Officer (PHO): The Provincial Health Officer is the senior public health official for B.C. She is responsible for monitoring and reporting on the health of the population of B.C. This office works with the B.C. Centre for Disease Control and provides independent advice to the ministers and public officials on public health issues.

Community Focused: Community focused sport activities take place within the home sport community or clubs or associations where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Recreation as defined by the Canadian Parks and Recreation Association is the "experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing." Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document. Refer to Appendix B for a list of additional definitions pertinent to Return to Sport.

Organized Sport Activities: Involve a number of people doing something together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.

Competitive Activities: Competitive activities are formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept.

Rule of Two: The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. During the pandemic, compliance



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remains mandatory and organizations must ensure a coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.



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Appendix M - Additional Resources

Public Health Authorities in Canada: <https://www.justice.gc.ca/eng/cv/author.html>

COVID-19 Information: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Provincial & Territorial Resources:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

Hockey Canada Return to Hockey COVID-19 Response Safety Guidelines:

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

BC Hockey Return to Play Template: <https://www.bchockey.net/Files/Return%20to%20Hockey%20Website%20one-page%20Document.pdf>

Travel Advisories: <https://travel.gc.ca/travelling/advisories>

Proper Hand Hygiene: <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/benefits-hand-washing.html>

Disinfectants & Hand Sanitizers: <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/disinfectant-sanitizers-cleaners-soaps.html>

Hockey Canada: <https://www.hockeycanada.ca/en-ca/exclusive/return-to-hockey>

Hockey Canada Safety Programs: <https://www.hockeycanada.ca/en-ca/hockey-programs/safety/essentials/safety-program>

Coaching Association of Canada: <https://coach.ca/covid19>

BC Centre of Disease Control: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>



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Appendix N - Disclaimer

Disclaimer:

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The Richmond Jets Minor Hockey Association makes no representation or assumes any responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.