



## **RPM Hockey Company & Pacific Rim Hockey Academy**

Return to Instructional Hockey - Covid-19 Safety Plan

**RPM Hockey Company - 2020 Hockey Academies**

Pitt Meadows "Phase 2" Plan

Start date for program:  
September, 2020 -



**RPM Hockey Company**

craig@rpmhockey.com

www.rpmhockey.com

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## RPM Academic Hockey Academies

With the easing of some restrictions, RPM is pleased to offer our Instructional Programs and player development via our Academic Hockey Academies in partnership with BC School Districts and the Ministry of Education. This September marks RPM's 17th year providing academies approved hockey academies throughout B.C.

As a technical based skill development provider we don't play games or scrimmages we focus on individual skill development. RPM is well positioned to deliver the on ice environment parents and players would expect with Covid restrictions. RPM is looking forward to getting our students back on ice providing a safe, rewarding experience.

RPM supports BC Hockey, Hockey Canada, Public Education and has implemented protocols that meet the needs and direction provided by BC School Districts, Ministry of Education, BC Health, and the Provincial sport authorities. Working together to form RPM's safe return to Instructional hockey protocols.

**It is essential that all parents are diligent in following instructions and communicate the importance of this to their students.** It is RPM's goal to bring our students back on ice safely and everyone must work together to make that happen.

**RPM has provided as much information as possible Parents & Players are expected to familiarize themselves with this information.**

The table of contents helps you to quickly access and refer to specific information.

- Pages 3 to 10 are specific to our Hockey Academies
- Pages 11 to 21 provides additional agency information as it relates to Covid - 19

We appreciate your support, patience and co-operation and thank you for making RPM your choice for player development.

Craig Millin RPM Hockey Company & Pacific Rim Hockey Academy

# COVID-19 Operational Plan

## PMAC Facility Use Guidelines (revised 08/31/2020)

Protocols/Guidelines for Facility Use are as follows:

- Ice slots may be used for skill development as well as modified game play according to the Aug 24, 2020 updated guidelines released by ViaSport and the PHO.
- On ice numbers shall not exceed the limit of 20. This limit includes a Minimum of 2 coaches (or 2 Referee's) and a Maximum of 18 participants (including goalies).
- At least two meters distancing should be maintained between all participants when outside of the field of play, in this case, the ice surface. (e.g. dressing rooms, hallways, team benches, lobby, washrooms etc.). If physical distancing cannot be maintained, masks should be worn. For reference, dressing rooms accommodate up to 9 participants per room and team benches accommodate up to 4 participants at a time.
- A minimum of 6 feet/ 2 meters separation between patrons, spectators, players, coaches & employees, off the ice, must be maintained at all times.
- User groups will only be permitted in the building 15 minutes prior to ice times and must exit within 10 minutes of ice session.
- Participants must arrive to the facility dressed with the majority of their equipment already on.
- 1 Parent/Guardian permitted in the building per participant. No Siblings are permitted at any time.
- Parents/Guardians must go directly to designated ice rink and remain in the stands which will be marked for physical distancing.
- The Lobby Area will be restricted to flow through traffic only and spectators waiting for participants are asked to wait in their vehicles.
- Lobby Washrooms will be open but limited to one patron at a time. Frequent hand washing by patrons is recommended.
- Participants must use their own pre-filled water bottles. Facility water fill stations will not be operable. No sharing!
- Dressing Room Showers will not be in use.
- No Spitting!

MOST IMPORTANTLY....if a Participant, Parent, Guardian or Coach have recently travelled outside the country and have not cleared 14 days of self-quarantine or, are experiencing any COVID-19 symptoms, we ask that you refrain from entering the Facility.

## ICE HOCKEY / RINGETTE RECOMMENDATIONS

Ice slots may be used for skill development as well as modified game play according to the Aug 24, 2020 updated guidelines released by ViaSport and the PHO.

On ice numbers shall not exceed the limit of 20. This limit includes a Minimum of 2 coaches (or Referee's) and a Maximum of 18 participants (including goalies).

At least two metres distancing should be maintained between all participants when outside of the field of play, in this case, the ice surface. (e.g. dressing rooms, hallways, team benches, lobby, washrooms etc.). If physical distancing cannot be maintained, masks should be worn.

For reference, dressing rooms accommodate up to 9 participants per room and team benches accommodate up to 4 participants at a time.

Off-ice warm-ups will not be permitted inside the facility.

## RPM's Hockey Academies

- The group size, will be limited to 16 participants.
- One Parent per player is permitted to attend the on ice session (no siblings).
- All skill development training plans and on-ice sessions will be designed to keep players distanced as best as possible, so they do not encroach on other players or the instructors.
- RPM will focus on the skating, passing, puck control & shooting as it relates specifically to our programs.
- 2 metre (6 feet) physical distancing will be strictly enforced.
- 3 There will be no **compete, battle, contact drills, checking, 1v1, 2v1 etc or scrimmages/games of any kind**. RPM has modified its content and instruction to focus on skating, passing, puck control & shooting as it relates specifically to the programs you have selected.
- Contact is not permitted as per the ViaSport and Hockey Canada Safety Guidelines for Phase 2.
- RPM instructional staff will make use of cones, on ice markers and other teaching aids to ensure social distancing.

**Social Distancing is a must both on and off the ice.** RPM requires that 1 parent attend each on ice session to assist with their players "check in" and helping to ensure protocols outlined in this document are followed.

All players are required to **arrive in gear with skates and skate guards on** the rink has a tight timeframe and arriving in gear will help everyone to stay within time constraints.

**Water Bottles** - RPM recommends that **players hydrate prior to entering the rink and rehydrate after the on ice session** avoid bringing water bottles into the facility.

## Equipment:

- All players will have their own equipment and arrive to on ice sessions in their gear with skates and skate guards on. Each player must bring their own dedicated water bottle. Refer to Hockey Canada guidelines on water bottles.
- No water bottles are to be shared at any time. No exceptions. All water bottles to be marked and placed in the designated area.
- Personal items are not to be shared or mixed with those from other players.
- Coaches training equipment will consist of pucks, cones, and other training aids as deemed necessary by the instructional staff. These will be managed and sanitized daily and not touched by any players, except for pucks.

## Arriving to the Rink (see Facility Protocols page 6)

## GUIDELINES

RPM's guidelines are in place to make for a safe transition back on ice and in our instructional programs.

- Parents must download the Return to Hockey Waiver (Appendix D) on behalf of all family members and send a copy (picture) of the form to [craig@rpmhockey.com](mailto:craig@rpmhockey.com)
- 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 Hockey Canada Illness Policy (see Appendix C)
- It is expected that players & parents will follow all guidelines with respect to our safe return to instructional hockey plan. Please note that any Player/Parent who is struggling or unable to follow the protocols will first be reminded of the protocols, and if it continues, they will be removed from the session.

## **RISK MANAGEMENT & Communication**

RPM is taking every recommended step to ensure the safety of all participants. In addition to information provided, here are additional measures RPM has put in place to help minimize the risk.

- Craig Millin - Owner of RPM Hockey Company and Pacific Rim Hockey Academy will:
- Monitor advice and direction from health and sport authorities
- Manage any contact tracing reports
- Oversee all program implementation to ensure compliance
- All sessions will be delivered by RPM professional/certified technical instructors.
- Ensure RPM instructional staff follow covid protocols
- Communication with local facilities (public & private) on guidelines and updates
- Ensuring players/staff are following the prevention guidelines and protocols in this plan.
- Ensuring any COVID-19 cases are reported to the appropriate agency ie Health authority, & facility.

RPM has for 40 years operated at the highest possible standard and we are following protocols and recommendations from several agencies and organizations. While some of these protocols may appear to be an overreaction or inconvenience we strongly believe that these protocols ensure the best possible conditions for a safe return on ice. Everyone involved will be required to follow these protocols no exception.

## **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:

### **The expectation is that people:**

Do not congregate

- Always maintain physical distancing

- If a player is not able to manage the above two points, they should not participate in the RPM Academies.

## **Parents attending sessions?**

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 remain in their cars, or leave and come back to pick up their child. Anyone found repeatedly defying this protocol, after having been informed, will be removed from the summer program.

## **FACILITY PROTOCOLS AND SCHEDULING**

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

- Arrive not more than 15 minutes prior to your scheduled ice time.
  - Late arrivals will not be permitted in the building as the doors will be locked.
  - Do not enter the rink until permitted by staff and coaches, and enter through the correct doors.
  - Follow staff directions, signs, and arrows, and maintain 2m distance.
  - Enter the building fully dressed, (skates on with skate guards) except for helmets, and gloves.
  - Do not enter the lobby area. The RPM staff will meet the players, perform a health screen, and check them in.
  - RPM Instructors are to follow all Hockey Canada and BC Hockey regulations regarding equipment. Helmets and gloves are always to be worn with chin straps attached.
  - Every player must have their own filled water bottle prior to arriving. (no sharing)
  - **Spitting is strictly prohibited.**
  - There will be no group gatherings on the ice at any time without proper physical distancing. This includes the instruction of drills. Physical distancing is always in effect, which is about one adult stick length.
  - Shooting, Passing, Puck Control and Skating drills are permitted. No battle, compete drills, scrimmages or games will be allowed.
  - The RPM instructional staff will be available to help with any questions or assistance as needed.
  - The instructors have been educated regarding illness prevention measures and Covid-19 protocols.
  - At the conclusion of your ice time, players will go to the bench and dressing rooms, take off skates or put on their skate guards, gather their water bottle and personal equipment, and immediately leave the facility and go to their cars.
- Do not undress in the facility.**
- Players or parents will not be permitted to congregate after the conclusion of their session and must leave immediately.

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

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

The program schedule, rink allocation will be communicated directly by email to all participants.



## **EQUIPMENT MANAGEMENT AND CLEANING**

Personal equipment (water bottle, sticks, health equipment) 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, placed on the bench, and removed at the end of each ice session.

Training equipment used in the session will be managed by the coaching staff. 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, RPM will follow the Hockey Canada Safety protocols:

- The head On Ice instructor will communicate with the athlete to assess the injury verbally, at the minimum 2M physical distance.
- Depending on the injury, the following may occur:
  - The athlete will sit on the bench or go to their designated dressing room until they feel better to re-join the session.
  - The athlete will be escorted out of the facility by the parent, coach or staff.
  - In the event of an unforeseen serious injury 911 will be called.
  - All injuries will be logged and tracked as per RPM protocols.

\* Should a player need assistance to get off the ice the senior RPM instructor will wear a mask and rubber gloves to assist the player to physically get off the ice.

ViaSport Category	ViaSport Transition Measures	RPM/Academy - Overview of planning for compliance
Restrictions in Place:	<ul style="list-style-type: none"> <li>• Maintain Physical (2m Distance)</li> <li>• No non-essential travel</li> <li>• No groups of over 50 people</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• Follow local and provincial health guidelines, along with NSO, PSO &amp; LSO guidelines</li> <li>• Only RPM registrants to be on the ice.</li> <li>• Allow 30 minutes between ice times to eliminate cross-over between groups.</li> <li>• Players arrive no more than 15 minutes prior to icetimes and must exit building within 10 Minutes</li> <li>• Players arrive fully dressed, helmets with skates on with skate guards.</li> <li>• Max of 8 per dressing room with appropriate spacing</li> <li>• Facilities to provide entrance and exit strategies to reduce contact between groups</li> <li>• No more than 4 on the bench at any one time.</li> </ul>
Enhanced Protocols	<ul style="list-style-type: none"> <li>• Increased hand hygiene</li> <li>• Symptom screening</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• Players and coaches must follow self-assessment screening protocol prior to arriving at facility Stay Home if exhibiting any symptoms <a href="https://bc.thrive.health/covid19/en">https://bc.thrive.health/covid19/en</a></li> <li>• Players are required to follow proper hand hygiene protocols prior to and during activities, including frequent hand washing before and after activities</li> <li>• Should first aid be required during an activity, all persons attending to the injured individual must first put on a mask and gloves. A first aid kit, along with extra gloves and masks, should be kept near the ice during all on ice activity.</li> <li>• <b>Participants refrain from spitting on ice or benches.</b></li> <li>• Players dress before - arriving with skates and skate guards.</li> <li>• RPM Staff will be available on site to greet participants.</li> <li>• Facility Host will be onsite to provide direction to players/parents</li> </ul>
Facility	<ul style="list-style-type: none"> <li>• Outdoor is safest</li> <li>• Indoor facilities slowly re-opening</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• All warm-up and dry land activities to take place outdoors while maintaining appropriate spacing.</li> <li>• Work with Pitt Meadows on reopening plan and protocols and do tour of facility prior to each day's on-ice activities. Review with athletes/coaches.</li> </ul>
Participants	<ul style="list-style-type: none"> <li>• Small groups</li> <li>• No or limited spectators</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• Limit group sizes to max TBD on ice including coaches</li> <li>• Limit of one parent per player in designated viewing area</li> <li>• No one on a player's bench,</li> <li>• Increased groups based on direction of Pitt Meadows &amp; Provincial Health Authorities</li> </ul>
Noncontact activities	<ul style="list-style-type: none"> <li>• Fundamental movement Skills</li> <li>• Modified training activities &amp; drills</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• Activities limited to practice/skill-based drills. Avoid line ups and the use of players benches</li> <li>• Station based approach recommended.</li> <li>• Limit compete drills.</li> <li>• No contact drills.</li> <li>• Skating, passing, puck control &amp; shooting as it relates to RPM's Programs.</li> </ul>

Contact activities	<ul style="list-style-type: none"> <li>• Should not occur</li> <li>• Contact sports should look for non-contact alternatives to training</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• No contact type drills.</li> <li>• No full contact scrimmages.</li> <li>• Practice plans reviewed with RPM Senior Staff</li> </ul>
Competition	<ul style="list-style-type: none"> <li>• In club play or modified games may slowly be introduced</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• No competitive games outside of group.</li> <li>• Modify game-like play to small group games of limited duration.</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>• Minimal shared equipment</li> <li>• Disinfect any shared equipment before,</li> </ul>	<b>RPM/Academy Plan:</b> <ul style="list-style-type: none"> <li>• No sharing of water bottles.</li> <li>• All protective equipment must always be worn and not be shared during and after use.</li> <li>• Instructors should limit use of whistles.</li> </ul>



### **PARTICIPANT AGREEMENT**

All players, coaches, members, volunteers, participants, and family members of participants while in attendance at RPM activities ("Participants").

All Participants of the RPM/Hockey Academies agree to abide by the following points when entering designated public facilities and/or participating in RPM Hocket Academies under the RTP Protocol:

- I agree to symptom screening checks prior to entering the facility and will let RPM/Teacher know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick & remain home for 14 days if experiencing COVID19 symptoms.
- I agree to sanitize my hands before entering the facility and upon exiting the facility.
- I agree to sanitize my equipment after each session with approved cleaning products.
- I always agree to continue to follow physical distancing protocols of staying at least 2 metres away from others.
- I agree to not share any equipment before, during or after practice times, including water bottles.
- I agree to abide by all of the RPM/Academy/School and Arena COVID-19 Policies and Safety Guidelines.
- I understand that if I do not abide by the policies/guidelines, that I may be asked to leave.
- I acknowledge that continued abuse of the policies and/or guidelines may result in removal from all RPM/Academy services & programs.
- I acknowledge that there are risks associated with entering Arena facilities and/or participating in RPM/Academy activities, and that the measures taken by RPM and participants, including those set out above and under the Return to RPM's Instructional Hockey Protocols, will not entirely eliminate those risks.

Date:

Participant Name:

Signature:  
(Parent or Guardian)

**Please forward this completed form to RPM**

**Scan and email to [craig@rpmhockey.com](mailto:craig@rpmhockey.com)**

**Take a picture of the completed form and email to [craig@rpmhockey.com](mailto:craig@rpmhockey.com)**

## **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. Therefore, regular handwashing and cleaning of high touch surfaces is extremely important.

For COVID-19, 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.)

## **VIASPORT TRANSMISSION MEASURES PHASE**

(Refer to Sport Activity Chart)

Per Via Sport, we are still in the "Transition Measures" Phase 2 as highlighted by the attached Return to Hockey MHA Chart provided.

As a result, all of 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 transitional 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 field.

### **Restrictions in Place:**

- A minimum of 2 metres (6 feet) of physical distancing is always to be maintained. Coaches have been instructed to ensure that at no point, any encroachment of personal space occurs. Coaches will provide instruction and direction in the event a player moves too close to someone else's space on the ice as required to ensure the health and safety of each player.
- The rink will have no more than 16 participants on the ice plus coaches. The coaches will group the players for skill development and training only. **No game play will be permitted in this Phase of Return to Play.**

### **Enhanced Protocols:**

- All participants will be asked to use personal hand sanitizers prior to entering the facility. Sanitizers will also be provided by the facility.
- Anyone (participants and parents) attending must review the symptoms check list daily. Anyone exhibiting any of the COVID-19 symptoms SHALL NOT attend and will need to report to the coach or communications officer. The facility and RPM will also have signage at the facility and all players will be screened by the coach or designated RPM instructor prior to being permitted to enter the facility.

### **Facilities:**

- All RPM Summer Hockey Schools will be held at Pitt Meadows Arenas.

### **Participants:**

- As mentioned, the group size, will be limited to 16 participants.
- One Parent per player is permitted at this time as per municipal requirements.

## Facilities

Craig Millin & RPM Senior Staff will lead correspondence with all applicable facilities.

The following section has been completed by Pitt Meadows arena and will be evaluated and updated during each phase:

### **HYGIENE GUIDELINES** From Hockey Canada Safety Guidelines

RPM has met with the Pitt Meadows Arenas to review and monitor on an ongoing basis:

- Facility guidelines and requirements specific to physical distancing.
- Restrictions specific to the number of people allowed in public areas.
- Areas not accessible: main lobby, dressing rooms, observation areas, showers, washrooms, etc.
- If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
- Cleaning processes in the facility, including how often it is disinfected.
- General facility rules specific to practicing good hygiene.
- Personal hygiene requirements.
- Talk with facility of whether on-ice markings for Physical Distancing will be needed.
- Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. Program/team staff should try and control the number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use the elbow to open.
- Absolutely no sharing of drinks or food.
- Team warm-ups and practices should adapt to proper spacing (physical distancing); reduce the number of one-area stations, including the players coming together in one group for instruction.
- Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.
- Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench.
- **Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.**
- Each player needs to have a marked water bottle, which is washed after each ice session.
- Wash your hands after using restrooms with soap and water for at least 20 seconds AS PER HEALTH Authority Guidelines. Use alcohol-based hand sanitizer if soap and water are not available.

The Hockey Canada Safety Program recommends the following water bottle protocol:

- Good team hygiene includes ensuring all players and staff have their own water bottles to prevent the transmission of viruses and bacteria.
- Bottles should be labelled and washed after each practice or game.



# APPENDIX A1: BC HOCKEY RETURN TO PLAY



Safety guidelines are now available via the links below from the Government of British Columbia, viaSport (on behalf of the BC Sport Sector) and Hockey Canada. These resources are meant to provide an introduction on how to prepare your Minor Hockey Association or League for a safe return to hockey.

The Safety Protocols produced by Hockey Canada are this first of many resources to be released, with additional guidelines in the following areas of focus: *Customer Engagement, Regulations, Officiating, Coaching, Seasonal Structure, Delivery Model, Registration, Events, High Performance Hockey, National Teams and Marketing & Communications.*

Next step(s) for BC Hockey members should be focused upon reviewing and applying these resources to their own association or league return to hockey plan that best prepares their particular participants and complies to expectations.



## Checklist to Success

	Strictest Controls (prior to May 18, 2020)	Transition Phases (between May 18 to June 1)	Progressively Loosen (between June 1 to 15)	New Normal (after June 15, 2020)
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	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"> <li>Increased hand hygiene</li> <li>Symptom screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safer</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc.)</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Multi-sporting activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	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"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment



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





## APPENDIX B: DEFINITIONS

**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 (6 feet) (or at least two arms lengths) of space between individuals. It also includes staying at home when you are sick, even if symptoms are mild. **FOR HOCKEY = APPROXIMATELY ONE ADULT STICK LENGTH**

**Provincial Health Officer (PHO):** The Provincial Health Officer is the senior public health official for B.C., and 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 several 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 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.

## **APPENDIX C: ILLNESS POLICY (VIASPORT)**

In this policy, "Team Member" includes, RPM Instructor, volunteer, participant, player, or parent.

### **1. Inform:**

-The RPM staff 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 self-assessment prior to participating in any RPM activities.  
-RPM Instructors & Parents 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. See Appendix C3.  
-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.

### **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 be 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 be 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 COVID19 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.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

### SECTION 7

# Recommended Return to Hockey Procedures

The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.

#### PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY

Participant advises team staff/safety person immediately.

Participant receives a cloth mask and wears immediately. Anyone caring for the participant should also wear a cloth mask.

Parents/guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find a location to isolate.

Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.

# Positive COVID-19 Test in Hockey Environment

### Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and **NEVER** disclose the sick person's name.

PARTICIPANT  
**TESTS POSITIVE FOR COVID-19**  
AND CONTACTS THEIR PHYSICIAN  
  
FOLLOW PUBLIC HEALTH GUIDELINES

IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME

REPORT TO PUBLIC HEALTH AUTHORITIES,  
FOLLOW GUIDELINES

PUBLIC HEALTH AUTHORITY DETERMINES  
COMMUNICATION PROTOCOL AND  
TRACING OF ALL CONTACTS  
  
COOPERATE ON ANY NECESSARY  
COMMUNICATION.

NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC  
HEALTH AUTHORITY TO RETURN TO PLAY

In Canada, the management of public health crises is a matter involving close coordination between **all** levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.



## APPENDIX C3: ILLNESS POLICY (HOCKEY CANADA)

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

**PARTICIPANT ADVISES TEAM STAFF  
THEY ARE NOT FEELING WELL  
AND WILL NOT BE ATTENDING**

Participant is advised to follow up with their physician. They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

**PARTICIPANT ADVISES  
THEY HAVE SYMPTOMS OF COVID-19  
AND WILL NOT BE ATTENDING**

If a participant has COVID-19, they should follow up with their physician and public health authority for instructions.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

## APPENDIX E: DISCLAIMER

### Disclaimer:

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The RPM Hockey Company makes no representation and assumes no 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.

## APPENDIX F: RESOURCES

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

**COVID-19 Information:** <https://www.canada.ca/en/publichealth/services/diseases/coronavirusdisease-covid-19.html>

**Provincial & Territorial Resources:** <https://www.canada.ca/en/publichealth/services/diseases/2019-novel-coronavirusinfection/symptoms/provincialterritorial-resources-covid-19.html>

**COVID-19 Awareness Resources:** <https://www.canada.ca/en/publichealth/services/diseases/2019-novel-coronavirusinfection/awareness-resources.html>

**COVID-19 & Privacy:** [https://www.priv.gc.ca/en/privacy-topics/health-genetic-and-otherbody-information/healthemergencies/gd\\_covid\\_202003/](https://www.priv.gc.ca/en/privacy-topics/health-genetic-and-otherbody-information/healthemergencies/gd_covid_202003/)

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

**Proper Hand Hygiene:** <https://www.canada.ca/en/public-health/services/healthyliving/handhygiene.html>

**Disinfectants & Hand Sanitizers:** <https://www.canada.ca/en/healthcanada/services/drugs-healthproducts/disinfectants/covid-19.html>

**Hockey Canada:** <https://www.hockeycanada.ca/en-ca/exclusive/return-tohockey>

**Hockey Canada Members:** <https://www.hockeycanada.ca/enca/corporate/contact/branches>

**Hockey Canada Safety Programs:** <https://www.hockeycanada.ca/enca/hockeyprograms/safety/essentials/safety-program>

**Hockey Canada Safety Essentials:** <https://www.hockeycanada.ca/enca/hockeyprograms/safety/essentials>

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

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











