

RPM Hockey Company & Pacific Rim Hockey Academy

Return to Instructional Hockey - Covid-19 Safety Plan

RPM Hockey Company - 2020 Hockey Academies

“Phase 3” Plan

Whistler Hockey Academy Start date for program:
September, 2020 - Quarter 1 - Amended October 16, 2020



RPM Hockey Company

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RMOW – Meadow Park Sports Centre COVID-19 Safe Work Guidelines for Public Entry – Arena User Groups – Whistler High School Hockey Academy, Adult Leagues & Private Users

Revised 10/15/2020

Recent Updates:

- Point of entry changes
- Plan for cohort model (game play)

Task:

The established protocols and procedures have been developed to mitigate the risk of exposure and potential spread of COVID-19 to employees and members of the public. The purpose of these guidelines is to enable limited public access to Meadow Park Sports Centre (MPSC), for select user group bookings in the arena.

REMINDER:

- If you have had contact with a confirmed or suspected case of COVID-19 or are returning from travel outside of Canada, you must self-isolate for 14 days.
- If you are experiencing mild respiratory symptoms, you must self-isolate at home for 10 days after the initial onset of symptoms.
- If you start to feel unwell while at work: Isolate yourself and report it to your supervisor immediately.

Hazard:

Risk of exposure to biological agents.

Safe Work Procedures:

This guideline is intended to assist staff in identifying hazards, to limit exposure and heighten awareness to potential exposure, when dealing with members of the public.

Employees must also read, understand and follow all RMOW Safe Work Procedures and Guidelines. For this plan to be effective, staff and public alike must adhere to these guidelines. The Facility Booking Coordinator will distribute the MPSC COVID-19 Safe Work Guidelines for Public Entry to all user groups, for dissemination to all parents, coaches and participants. MPSC Facility Maintenance staff, in conjunction with the Facility Booking Coordinator and Front Desk staff will ensure all user group coaches and participants abide by these guidelines for the duration of their visit to the facility. These staff will also ensure the public appear healthy and that they properly sanitize their hands before entering the building.

The following documents will be reviewed in combination with these guidelines:

RMOW COVID-19 Exposure Control Plan

**RMOW Indoor/Outdoor Employees Working On-site SWP0601, for general workplace procedures;
RMOW Organizing Meetings during Pandemic SWP;
RMOW Vehicle Operation during pandemic SWP0521; and RMOW Cleaning and Disinfecting SWP0602
RMOW Safe Work Guidelines for MPSC**

Common sense practices:

- Practice social/physical distancing of 2m
- Wash hands regularly for a minimum of 20 seconds with soap & water or use hand sanitizer, particularly before and after eating
- Avoid touching your face with unwashed or gloved hands
- Sneeze or cough into your sleeve or a tissue and dispose of it right away

I. PRACTICES (NON-COHORT MODEL)

Access to the facility:

Building entry

- One coach or user group representative will enter the building through the main front doors to provide access through the back door for the participants and additional coaches. This individual will ensure that only permitted members of their own group are accessing the facility, and that the door is secure once all participants have entered the building. This person will also ensure that a max of 50 people, including players, coaches, officials and spectators, are in the arena at any one time
- Entry to the arena for everyone outside of the coach or representative above will be from the back lane, in behind the building, through the door at the SW end of the dressing room hallway, closest to the laundry room, no sooner than 15 minutes prior to the booking
- User groups will reference the COVID-19 Safe Practices banner located just inside the door and adhere to these guidelines while using the facility
- Guests must sanitize their hands upon entry
- Participants will then proceed to the arena lobby, to the designated chairs provided, all the while remaining socially distanced
- The user group must ensure that the arena lobby capacity of 24 is adhered to and should stagger participant arrivals, as needed, to maintain occupancy limits
- Participants must come fully dressed. Chairs are to be used to put-on or tie-up skates, fasten helmets and remove skate guards. Skate guards/street shoes and all belongings will be moved to the arena dressing room hallway bag drop prior to taking the ice

Ice entry

- Prior to entering the ice, participants will move their bags/belongings from the arena lobby, to the change room hallway bag drop. Arena dressing rooms are not available for use/storage on entry
- Entry onto the ice for all practice participants will be through the guest bench hallway door, across from change room #2
- The main arena doors will remain closed for the duration of all bookings

Building & ice exit

- At the end of the session, participants must leave the ice, on time and single file, through the guest bench door to the dressing room hallway. Users will collect their belongings from the bag

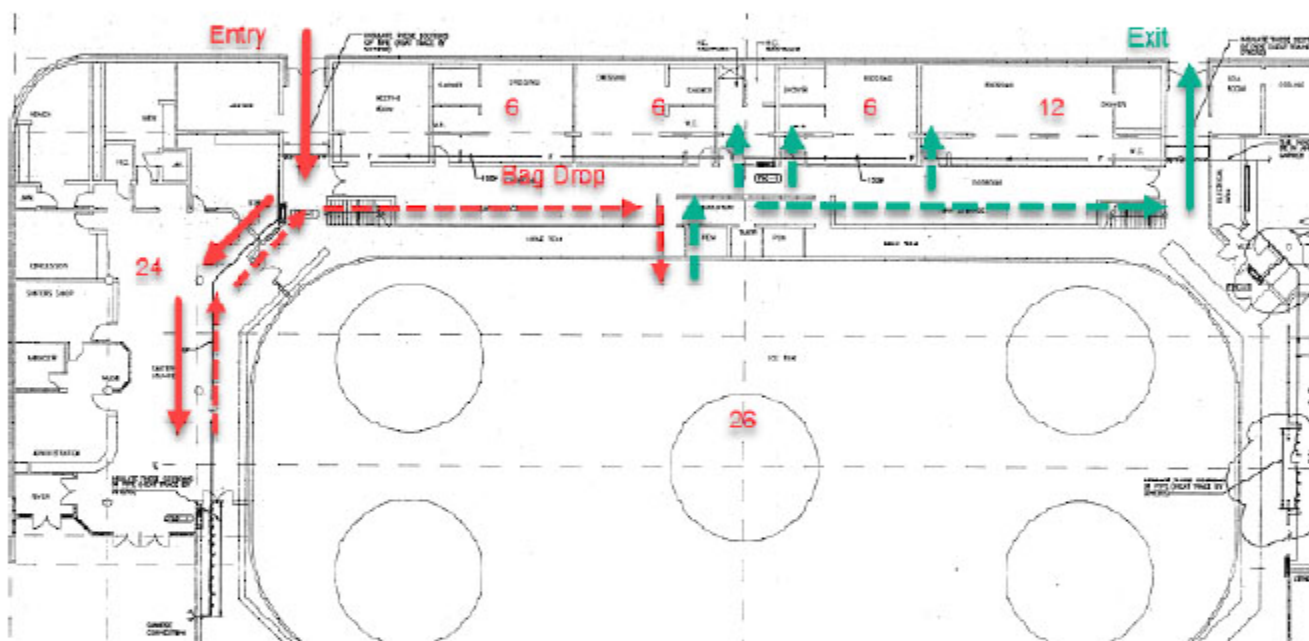
drop and proceed to their designated change rooms, adhering to the listed occupancy levels of each room

- Participants will have 15 minutes to proceed to the exit, located at the NW end of the dressing room hallway which leads to the back lane of Meadow Park Sports Centre

Common corridors:

The map below has been created to show where and how staff and public will move throughout the arena. Signage has been erected, and directional arrows, stickers and physical distancing decals have been placed on the ground to indicate how staff and participants will flow throughout the facility to maintain physical distancing. Traffic flow is one-way, to prevent staff and participants from converging on each other.

Participant Flow – Practices (Non-Cohort)



Change room access:

- Users will be given a 15 minute access to the change rooms, following their booking, with the listed occupancies below:
 - Change Room #1 – 6 persons
 - Change Room #2 – 6 persons
 - Change Room #3 – 6 persons
 - Change Room #4 – 12 persons
- Chairs will be set-up in the hallway as an overflow area – 6 person capacity
- The change room washrooms, including the toilets, the urinals and the sinks for handwashing will only be accessible following the user group's ice time
- The change rooms are only made available to take off skates and putting on shoes, no changing of clothes permitted
- Use of the showers is prohibited

Access to the player's benches, penalty boxes and timekeeper booth:

- All user groups will have access to the player's benches and the penalty boxes

- The timekeeper's booth is available for gameplay only

On-ice procedure (practices):

- Up to 24 people, including skaters, goalies and coaches, will be permitted on the ice at any one time. Goalies must remain in their goal crease
- On-ice activities must be skill based and non-contact. Physical distancing (2m) must be maintained at all times
- Skaters should be spread across the entire ice surface ensuring 2 meters of distance between each person at all times
- All user groups will have access to the players benches and the penalty boxes; the timekeepers booth will not be accessible
- Hockey coaches should design individual drills to be run out of the corners
- Markers have been placed on the glass in the 4 corners to provide a reference point for social distancing of participants in a line up
- Participants and coaches must keep gloves and equipment on at all times. Touching of pucks, nets, dividers and other equipment with bare hands is not permitted
- Water bottles are to be placed on the boards of the players benches spread 2 meters apart and clearly labelled for each participant
- Spitting is not permitted anywhere in the facility

Additional control measures for arena user groups:

- Participants must come dressed in full gear or costumes, including skates (with skate guards) or shoes. Participants needing to change into skates must do so in the designated area of the arena lobby
- Spectators are not permitted in the facility

II. GAME PLAY (COHORT MODEL)

Game play is only permitted as per viaSport's Return to Sport Guidelines. A cohort model must be adopted for all activities that may involve instances of contact. Sport cohorts are to be established for the purpose of limiting the number of people that each individual comes into contact with, thus reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. A sport organization should restrict participation within their organization to one cohort.

The user group is responsible for ensuring they are abiding by the guidelines outlined by viaSport and following the most current updates based on new or clarified guidance from the Provincial Health Officer.

The following will apply for game play within a cohort.

Access to the facility:

Building entry

- One coach or user group representative will enter the building through the main front doors to provide access through the back door for the participants and additional coaches. This Individual

will ensure that only permitted members of their own group are accessing the facility, and that the door is secure once all participants have entered the building. This person will also ensure that a max of 50 people, including players, coaches, officials and spectators, are in the arena at any one time

- Entry to the arena for everyone outside of the coach or representative above will be from the back lane, in behind the building, through the door at the SW end of the dressing room hallway, closest to the laundry room, no sooner than 15 minutes prior to the booking
- User groups will reference the COVID-19 Safe Practices banner located just inside the door and adhere to these guidelines while using the facility
- Guests must sanitize their hands upon entry
- Participants will then proceed to the arena lobby, to the designated chairs provided, all the while remaining socially distanced
- Participants must come fully dressed. Chairs are to be used to put-on or tie-up skates, fasten helmets and remove skate guards. Skate guards/street shoes and all belongings will be moved to the arena dressing room hallway bag drop prior to taking the ice
- The user group must ensure the arena lobby capacity is adhered to by both teams and should stagger team arrivals, as required, to maintain occupancy limits.
- The arena lobby overflow may be used to accommodate additional players if needed

Ice entry

- Prior to taking the ice, participants will move their bags/belongings from the arena lobby to the designated home or guest bag drop in the change room hallway. Arena dressing rooms are unavailable for use/storage on entry
- Entry onto the ice will be through the respective home and guest benches
- The main arena doors will remain closed for the duration of all bookings

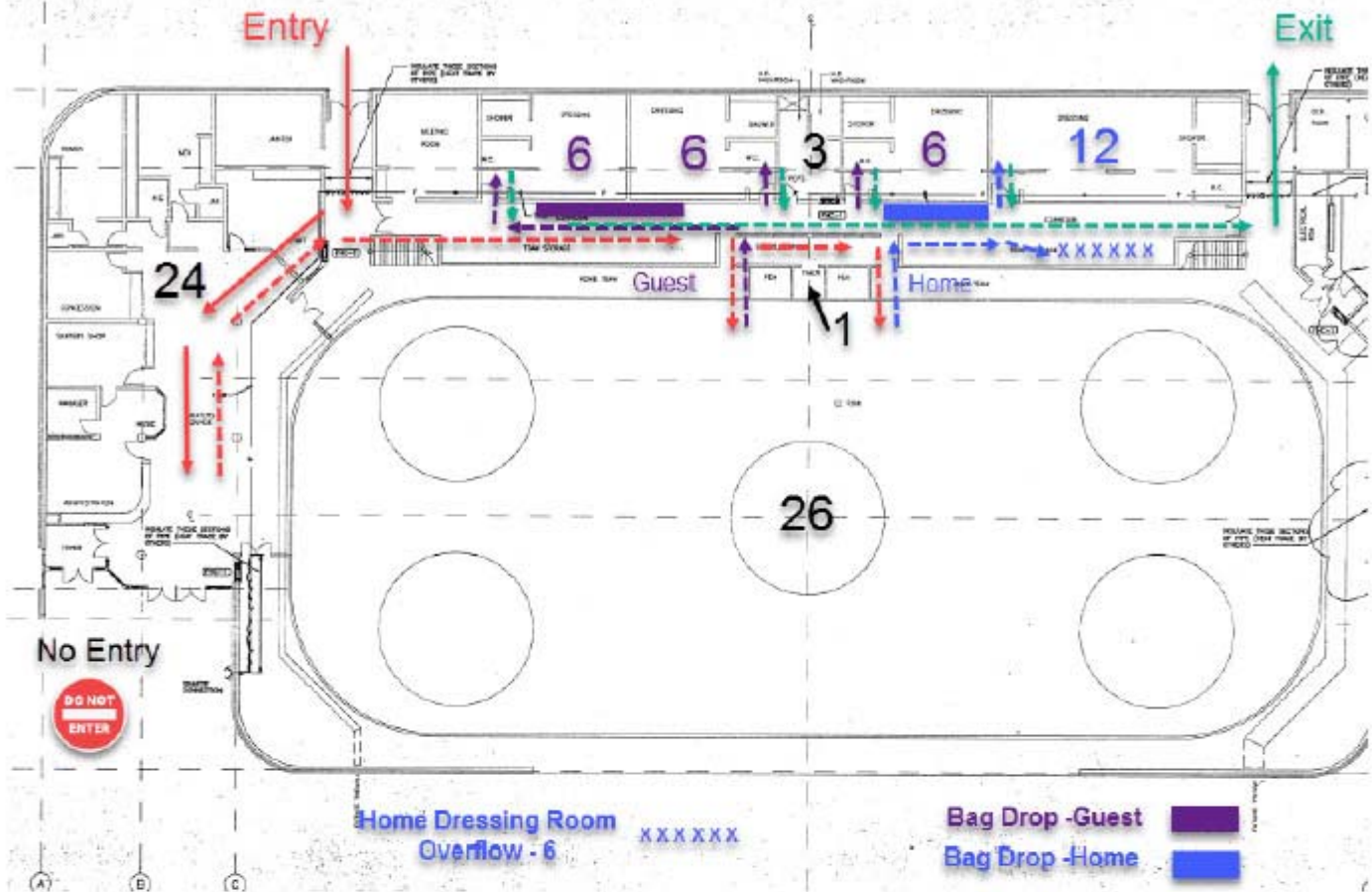
Building & ice exit

- At the end of the session, participants must leave the ice, on time and single file, through their respective home and guest bench doors to the dressing room hallway. Users will collect their belongings from their designated home or guest bag drop areas, and proceed to their designated change rooms/hallway overflow, adhering to the listed occupancy limits in each room/hallway overflow
- Participants will have 15 minutes to proceed to the exit, located at the NW end of the dressing room hallway which leads to the back lane of Meadow Park Sports Centre

Common corridors:

The map below has been created to show where and how staff and public will move throughout the arena. Signage has been erected, and directional arrows, stickers and physical distancing decals have been placed on the ground to indicate how staff and participants will flow throughout the facility to maintain physical distancing. Traffic flow is one-way, to prevent staff and participants from converging on each other.

Participant Flow – Game Play (Cohorts)



Change room access

Users will be given a 15 minute access to the change rooms

- Visiting teams will use change room #1, #2 and #3 (total capacity = 18) on exit only
- Home teams will use change room #4 and the hallway chair overflow (total capacity = 18) on exit only
- The change room washrooms, including the toilets, the urinals and the sinks for handwashing will only be accessible following the user group's ice time
- Use of the showers is prohibited

Access to the player's benches, penalty boxes and timekeeper booth

- All user groups will have access to the player's benches and the penalty boxes
- The timekeeper's booth is available for gameplay only. The timekeeper must sanitize their hands, with the sanitizer provided, prior to touching the score clock

On-ice procedure (games/cohorts):

- Spitting is not permitted anywhere in the facility
- When in a cohort, individuals do not need to maintain physical distancing during sport specific activities, but minimized physical contact is still advised

- Up to 24 participants from the same cohort will be permitted on the ice at any one time.
- At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, staging areas, etc.). As benches are included in the field of play, this does not apply to participants on the same team of the same cohort sharing a bench, though players should consider wearing a mask when feasible. Any coaches, trainers or support staff must wear a mask when physical distancing cannot be maintained.
- A max of 2 referees and 1 scorekeeper will also be permitted
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.

Additional control measures for arena user groups during game play (cohorts):

- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort
- Cohorts may contain up to 50 people or four teams (whichever is deemed appropriate by the Provincial Sport Organization)
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people
- Players in the same cohort must wear masks within the cohort environment when outside the field of play if they are not able to maintain physical distancing; this includes but is not limited to shared spaces such as dressing rooms, hallways, staging areas, etc.
- The user group is required to keep a contact list of the group of 50, and a contact list of the essential staff for each event occurrence (game, practice, etc.)
- Coaches may be counted outside the total cohort number if they are able to maintain physical distance at all times
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Participants must come dressed in full gear or costumes, including skates (with skate guards) or shoes. Participants needing to change into skates must do so in the designated area of the arena lobby
- Spectators are not permitted in the facility
- A COVID ambassador should be assigned and should be a visible presence. This volunteer/parent/coach will oversee adherence to the Return to Play plan and ensure COVID protocols are being followed

III. ALL ARENA BOOKINGS

Communal doors:

Wherever possible, communal doors will be propped open, so staff and public can pass through without touching handles. Fire code provisions will be maintained.

Communal furniture/items:

Vending machines, phone charging stations and the ATM will be taped off and unavailable for use. Water fountains will be accessible for bottle filling only

Facility capacity management:

A variety of strategies, systems and processes are being employed throughout the facility to manage capacity while open to the public.

Public occupancy limits:

In order to maintain physical distancing consistent with provincial guidelines, occupancy limits have been established for each area of the arena. The max capacity for each space is as follows:

MPSC Arena:

Front Desk Lobby	3 persons
Arena Lobby	24 persons
Arena Lobby Women's Washroom	3 persons
Arena Lobby Men's Washroom	2 persons
Arena Lobby Universal Washroom	1 person
Arena Lobby Overflow	6 persons
Ice Sheet	26 persons
Change Room #1	6 persons
Change Room #2	6 persons
Change Room #3	6 persons
Change Room #4	12 persons
Arena Change Room Hallway Overflow	6 persons
Referee Room	3 person
Timekeeper Booth	1 person
Bleachers	23 persons

Occupancy limits are posted at the entrance to each of these spaces.

Safety protocols:

- Doors will remain closed to the public for the duration of the booking
- First aids are to be managed by each user group. There will not be a first aid attendant on site. An Automated External Defibrillator (AED) is located in the arena lobby next to the automatic doors

Rental services:

Towel and equipment rentals are not available at this time.

Public washrooms:

The arena lobby washrooms will be open and available for participant use prior to and throughout the booking. The washrooms are not to be used as a changing facility. The washrooms in the arena dressing rooms and referee room are available for participant use on exit

Hand hygiene:

Hand washing policies and hygiene practices are posted throughout the facility. Hand sanitizing stations are available and easily accessible in each area of the building

Sanitizer:

Sanitizing stations are located at all building entrances and exits, and must be used upon entry by all staff and members of the public. Staff will have access to spray disinfectant, gloves and paper towel. Maintenance staff will refill disinfectant bottles as needed

Cleaning:

The high touch points in the entry/exit areas, washrooms, arena lobby, arena change rooms, arena lobby overflow space, the player's benches, time keeper's booth, referee room, bleachers and

entry/exit areas will be cleaned and disinfected between user groups by Meadow Park Sports Centre maintenance staff.

Disposal:

A closed, lined waste bin will be available for staff and public to dispose of sanitizing wipes, tissues, masks, gloves, etc. both in the public washrooms and arena lobby.

Signage:

Signage related to the below listed topics will be installed to inform customers of the RMOW health and safety protocols:

1. Do not enter the facility if sick
2. Safety Measures – What we are doing and what is required of participants
3. Hand washing/hygiene
4. Physical distancing
5. Respiratory etiquette
6. Entry/exit protocols
7. Occupancy limits

RPM's Hockey Academies

- The group size, will be limited to 24 participants (22 players & 2 Coaches)
- 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 academy.
- 2 metre (6 feet) physical distancing will be strictly enforced.
- 3 May be informal game play - 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.

Morning Group (A) 8:15-9:45am RPM recommends that players **arrive in gear with skates and skate guards on**. The second Group (B) 10:00-11:30 will change into their gear at school, walk to the rink and put on their skates. All academy students must follow the rinks protocols with respect to putting on and taking off skates.

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 (ice ready) 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
- 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.

Whistler Secondary Admin & Craig Millin 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.

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.

Whistler/Arena Safety Guidelines and Protocols

IMPORTANT NOTES:

- Participants must all come dressed in full Hockey gear
- Coaches must wear helmets, no exceptions
- NO hockey bag drop off by parents prior to the booking
- NO indoor or outdoor storage available for hockey bags or any other equipment at any time
- Participant must leave the arena with their hockey bags
- NO gatherings anywhere in the building
- NO spectators or parents in the building
- Max 24 people per group on ice, this includes the coaches
- Respect the two traffic flow (enter through back lane behind in behind the building thru the door at the SW end of the dressing room Hallway.
Coaches or representatives will come thru the front door and opening up the back door for all participants.
- Teacher is permitted to sit in the lobby
- Dressing room 1 not open
- Dressing room 2/3/4 and dressing room hallway used by group exiting the building but only to take skates off and put shoes on! No changing clothes!
- A water fountain is available in the lobby to fill up water bottles only.
- Scriimage/Games permitted as a cohort but up to the organizer.

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"> • Maintain Physical (2m Distance) • No non-essential travel • No groups of over 50 people 	<p>RPM/Academy Plan:</p> <ul style="list-style-type: none"> • Follow local and provincial health guidelines, along with NSO, PSO & LSO guidelines • Only RPM registrants to be on the ice. • Allow 30 minutes between ice times to eliminate cross-over between groups. • Players arrive no more than 15 minutes prior to icetimes and must exit building within 10 Minutes • Players arrive fully dressed, helmets with skates on with skate guards. • Max of 6 per dressing room 123, dressing room 4 a max of 12 • Facilities to provide entrance and exit strategies to reduce contact between groups • No more than 4 on the bench at any one time.
Enhanced Protocols	<ul style="list-style-type: none"> • Increased hand hygiene • Symptom screening 	<p>RPM/Academy Plan:</p> <ul style="list-style-type: none"> • Players and coaches must follow self-assessment screening protocol prior to arriving at facility Stay Home if exhibiting any symptoms https://bc.thrive.health/covid19/en • Players are required to follow proper hand hygiene protocols prior to and during activities, including frequent hand washing before and after activities • 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. • Participants refrain from spitting on ice or benches. • Players dress before - arriving with skates and skate guards. • RPM Staff will be available on site to greet participants. • Facility Host will be onsite to provide direction to players/parents
Facility	<ul style="list-style-type: none"> • Outdoor is safest • Indoor facilities slowly re-opening 	<p>RPM/Academy Plan:</p> <ul style="list-style-type: none"> • All warm-up and dry land activities to take place outdoors while maintaining appropriate spacing. • Work with Whistler Arena as needed - Review with athletes/coaches.
Participants	<ul style="list-style-type: none"> • Small groups • No or limited spectators 	<p>RPM/Academy Plan:</p> <ul style="list-style-type: none"> • Limit group sizes to max TBD on ice including coaches • No spectators/parents permitted for high school programs • No one on a player's bench, • Increased groups based on direction of Pitt Meadows & Provincial Health Authorities
Noncontact activities	<ul style="list-style-type: none"> • Fundamental movement Skills • Modified training activities & drills 	<p>RPM/Academy Plan:</p> <ul style="list-style-type: none"> • Activities limited to practice/skill-based drills. Avoid line ups and the use of players benches • Station based approach recommended. • Limit compete drills. • No contact drills. • Skating, passing, puck control & shooting as it relates to RPM's Programs.

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



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 Hockey 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
Take a picture of the completed form and email to 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 24 participants on the ice . The coaches will group the players for skill development and training only. **Game play 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.
- No spectators/parents permitted for high school hockey groups.

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 <i>Prior to May 18, 2020</i>	Transition Phases <i>Between May 18 to June</i>	Progressively Loosen <i>Follows June 1st</i>	New Normal <i>Follows June 1st</i>
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 safer Indoor facilities slowly re-opening/closed 	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"> Group 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 Multi-sporting 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 games 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

- 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 clarify 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 locally 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



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.



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/

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>

