

COVID19 CVMHA

Exposure Control Plan

It has been a long and challenging road these past several months waiting and wondering what hockey may look like upon return. What we do know is that many resources like ViaSport, Hockey Canada and BC Hockey have been working hard to provide guidance so Associations can build a plan for the safe return to hockey in the Community. It will not be anywhere near what we typically experience, but it is a start and with a focused approach, continued work, and patience from everyone, we will be able to build on our initial plan and keep players on the ice.

It is important to understand that at any time the threat of a returning Covid19 Virus becomes too high, we will always have the health and safety of our membership in mind and could decide or be directed to pause or cancel operations.

This Covid19 exposure control plan was designed using the guidance documents from Hockey Canada, ViaSport as well as the CVRD Recreation Facility. The CVRD Covid19 Safety Plan must be read and followed at all times by CVMHA membership. These documents can be found on our CVMHA Teamsnap Link <https://comoxvalleyminorhockey.teamsnapsites.com/>

The purpose of this plan is to outline our reopening plan and provide as much helpful guidance as possible to make our return to hockey as safe as possible. As the stages of reopening change, so will this document, so we will all need to be patient as we work through these unusual times.

Players or participants with health conditions that make them more vulnerable to Covid19 i.e., Asthma, Diabetes, etc. should advise their medical professional of their intent to participate to ensure it is appropriate and better understand the risks.

At the present time, Hockey Canada has established we are currently in stage 2 or our Transition Period, which appears to be lasting until September as the chart below describes. As we move through these various levels working our way to the "New Normal" our experience on and off ice will change with competitive play resuming at some future point.

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

Covid 19 Pre-Screening

We have learned that Covid 19 presents itself in many different ways and impacts age groups differently. Below is a guide to follow before you come to the rink.

ATTENTION: Are you Experiencing

- | | |
|----------------------|-------------------------------|
| *Fever | *Cough |
| *Shortness of breath | *Difficulty Breathing |
| *Headache | *Fatigue or Malaise |
| *Muscle Aches | *Sore Throat |
| *Chills | *Nasal Congestion, Runny Nose |
| *Vomiting | *Diarrhea |
| *Nausea | |

In the Last 14 Days have you been in close contact with someone who is sick or has confirmed Covid19 or travelled outside Canada?

IF THE ANSWER IS YES, PLEASE STAY HOME, CONTACT YOUR DOCTOR, THE HEALTH AUTHORITY AND YOUR TEAM OFFICIAL.

The CVRD Sports Center facility admission and access details include:

Facility Admission

1. At the entrance, signs are installed to inform patrons that:
 - a. Patrons must not enter if they suspect they have COVID-19 or if they have any of the known COVID-19 symptoms.
 - b. Patrons must maintain a physical distance of 2 metres from other patrons and staff.
 - c. On arrival, patrons must wash their hands with soap and water or use hand sanitizer.
 - d. Patrons must avoid recreation facilities if they are at high-risk of COVID-19 contraction or severe illness.
 - e. Patrons must reserve their time prior to arrival.
2. Showers will not be available for gym or arena patrons.
3. Ice participants arrive a maximum of 15 minutes prior to their star time.
4. Occupancy limit 18 people on the ice. (8:1 ratio for ½ sheet).
5. Patrons are encouraged to wear a mask while at the facility unless the mask causes discomfort (i.e. too hard to breath due to the amount of physical exertion while exercising).

Facility Access

1. Facility access is provided with separate entry and exit points at the main entrance with a barrier ensuring physical distancing.
2. Signage and directional markings are in place to guide patrons in and out of the building.
3. Physical markers are installed which indicate two metre physical distancing for patrons waiting in line.
4. Signage and markings are installed in the change rooms to encourage physical distancing.
5. Occupancy limits posted for all public and staff spaces.
6. At this time no spectators or siblings are permitted during ice rentals.
7. Hockey players will have limited access to the change rooms. Each group will have use of two dressing rooms with a max of 8 participants and 1 coach and 1 safety in each room (2 & 4 or 1 & 3). Benches are marked for social distancing.
8. Patrons in need of assistance due to physical limitations are asked to receive help from a family member.
9. Public is asked not to linger and leave the facility immediately when their time is up.

CVMHA Arrival/Departure at the Arena

Age appropriate players should be dropped off in the parking lot of the arena and be allowed to enter on their own. At the present time, unless authorized, parents and other CVMHA visitors must not enter

the facility. This will change as determined in consultation with Public Health Officials, Hockey Canada, BC Hockey as well as CVRD.

All players, coaches, participants or visitors to the facilities for CVMHA activities must sign in with name and contact number. This will be the responsibility of the Teams using the facility at the time to collect.

Each coach and player should conduct a personal health check prior to every CVMHA session be it on or off ice. BC Health assessment link provided. <https://bc.thrive.health/covid19/en>

Players, Coaches should arrive no more than fifteen (15) minutes before any scheduled ice-time.

Players should come dressed as much as possible in advance to limit the gathering time within dressing rooms. Skate tying if required should be completed by the parent prior to the player entering the dressing room.

Everyone entering the facility should sanitize or wash their hands.

Players, Coaches, and any other Team Officials must leave the facility as soon as possible after completion of hockey related activities following the CVRD facilities entrance and exit strategy.

Players must not use shower facilities and be mindful of limiting contact in the dressing room, maintain your 2m of self-distancing.

Players and Coaches should not congregate in dressing rooms, parking areas, or public areas before or after hockey related activities.

Physical Distancing

1. As a minimum, physical distancing of 2m should be observed at all times, on and off the ice.
2. In the absence of physical distancing or barrier between people, a mask must be worn. Ideally, everyone should have a mask with them when entering a facility for CVMHA related activities.

Dressing Rooms

1. Dressing rooms must be propped open (if appropriate) and limited to 8 players, a Coach and Safety or another adult to ensure the 2-deep rule. This will allow for physical distancing guidance to be met. Benches are marked accordingly and only those areas should be used.
2. If possible, the same players, coaches and safety should use the same dressing room on every ice session. This will create consistent pods or bubbles and limit the extent of potential contact tracing should it be required.
2. There will be no showering or personal hygiene available other than hand washing.

3. Water bottles should be filled prior to arriving at the rink. Drinking fountains should not be used to fill bottles or to drink from. Water bottle filling stations are acceptable.
4. There should be no eating or drinking (other than water) in the dressing rooms.
- 5 All garbage must go into the lined waste bin provided. Masks, gloves and sanitizing wipes must go into a bag and not just an unlined container.
6. Players' sticks should stay apart from one another's and not be allowed to be piled up in a corner. They should remain with the player at his/her dressing area. Players must not share any of their equipment, including sticks.
7. There should be no additional equipment outside normal hockey related materials brought into the dressing room i.e., Boom Boxes, music speakers etc.

Players Kit.

In addition to their own personal hockey gear, each player must have with them at all times:

1. Their own water bottle, clearly marked and cleaned after each ice session.
2. Their own hand sanitizer that has at least 60% alcohol.
3. Their own Non-Medical Mask (NMM).

Personal Hygiene

1. Avoid physical greetings such as handshakes and hugs.
2. Use cough/sneeze etiquette - into a tissue or into your elbow. See Video Link Below in Resource Section.
<https://www.youtube.com/watch?v=8wmKArVuLal&list=PLkETa5i0ewgVtWjfEDDrrA7C8h2VWuwFm&index=1>
3. Wash hands regularly and anytime your hands become dirty. Hands should be washed for at least 20 seconds with soap and warm water. Avoid touching your eyes, nose and mouth.
4. Jersey's, socks and pant shells washed after each ice session. If no shells, pants should be wiped down with sanitizer after each ice session. Sticks should be sanitized after each use.
6. Helmets, shields and cages must be cleaned and sanitized after each session.
7. NO SHARING OF EQUIPMENT FROM PLAYER TO PLAYER. i.e. socks, gloves, sticks etc.

Coaches and Equipment:

The coach(s) are vital in maintaining rules while on ice activities are being conducted.

Any person handling or touching any equipment other than their own i.e. pucks, nets etc. must be directed to do so by the coaching staff

Moving equipment such as cones and nets should be done with the blade of the stick or gloved hand to reduce direct surface touching. Hands must be immediately washed or sanitized if skin contact occurs.

Team Safety Kit.

This is a very important role and comes with increased responsibility while under the threat of Covid19. Typically, safety personnel are often the point of assessment for Players and they are the ones who can spend prolonged, close face to face contact. It is vitally important safety staff understand the requirements to use a mask and or a shield as well as gloves during each and every encounter while assessing a player.

The Team Safety(s) must have their own Mask available at all times.

The Team safety Kit should include:

1. Additional hand sanitizer and wipes.
2. Non-Latex Gloves and Non-Medical Masks. A shield should also be available (this is necessary for when the player isn't able to wear a mask, safety should have both mask, shield and gloves on when assessing a player).
3. Washable or disposable towels available. Single use only.

Procedures for Assessing Players

1. Only the Safety should be assessing players inside the 2m self-distancing space.
2. With clean hands put on a mask – See Poster.
http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_SurgicalMaskPoster.pdf
3. Put on a face shield and then gloves.
4. If during the assessment the player's helmet is removed, place a mask on the player.
5. Once assessment is complete Safety Personnel should:
 - ★ Remove their gloves and wash or sanitize their hands: see Video
<https://www.canada.ca/en/public-health/services/video/covid-19-how-to-take-off-disposable-gloves.html>
 - ★ Remove the shield and mask and wash or sanitize their hands once more.
 - ★ Discard used masks and gloves in an appropriate lined garbage container.
 - ★ Sanitize the shield after every use, place in a clean bag and return to the Safety Kit to be reused.
 - ★ If player equipment is touched with an ungloved hand it should be sanitized before being returned to the player. i.e., stick

6. Player – Post assessment should:

- ★ If the player did not remove their gloves or helmet, then they can return to play if cleared.
- ★ If the player removed their helmet and put on a mask, the player should also wash or sanitize their hands after removing their mask.
- ★ Used masks must be discarded in an appropriate lined garbage container.

Personal Protection: Do not touch anything you do not own!

1. Individuals are advised to not attend if they are ill, or they show any signs or have been around someone who is ill (**please see flow chart at annex A**).
2. Individuals must wash their hands or use hand sanitizer before and after each ice session.
- 3 Individuals must avoid touching their eyes, nose or mouth.
4. Individuals must cover their mouth and nose with a tissue or cough or sneeze into their elbow.
5. Individuals must abstain from spitting, blowing their nose, including water from their water bottles anywhere in the arena or ice surface.
6. Individuals should wash their hands frequently and before and after each game or practice.

Travel:

1. Until authorized, there will be no travel outside the area. At no point will bus travel be allowed.

On Ice Activities/Drills:

Hockey players will have limited access to the change rooms. Each group will have use of two dressing rooms with a max of 8 participants and 1 coach and 1 safety in each room (2 & 4 or 1 & 3). Benches are marked for social distancing.

For the time being, on ice activities will be limited to small groups of 8 players and one coach on each half of the ice. There will be no contact and the intent is to continue to establish our 2m of physical distancing. On ice groups should stay in the same work “pod or bubble”.

Coaches will develop drills and skills to conform to those guidelines and as we transition through the various re-opening stages and receive guidance from Public Health and Hockey Officials, we will be ready to enhance our on and off ice experience.

A part of the success will be to limit our touch points and controlling that on ice will be necessary.

1. On ice aids (cones, Pads etc) should be kept to a minimum and using on ice markers already present such as “The Dots” and “Face Off Circles” could be used as markers to achieve drill requirements.
2. If touching equipment such as pucks, cones, nets, dividers and any other equipment is used, it will be under the direction of the coaching staff and no players should engage any of this equipment unless directed by the coaching staff.
3. When touching is required, it should be done hands free (moving cones with the blade of a stick) or by a gloved hand. When skin contact occurs, hands should be washed or use hand sanitizer afterwards.
4. When ice dividers are used, they must be thoroughly cleaned and sanitized afterwards.
5. Any equipment handled by hand such as pucks, cones, nets, etc. must be cleaned and sanitized.

Potential Illness while at the Facility

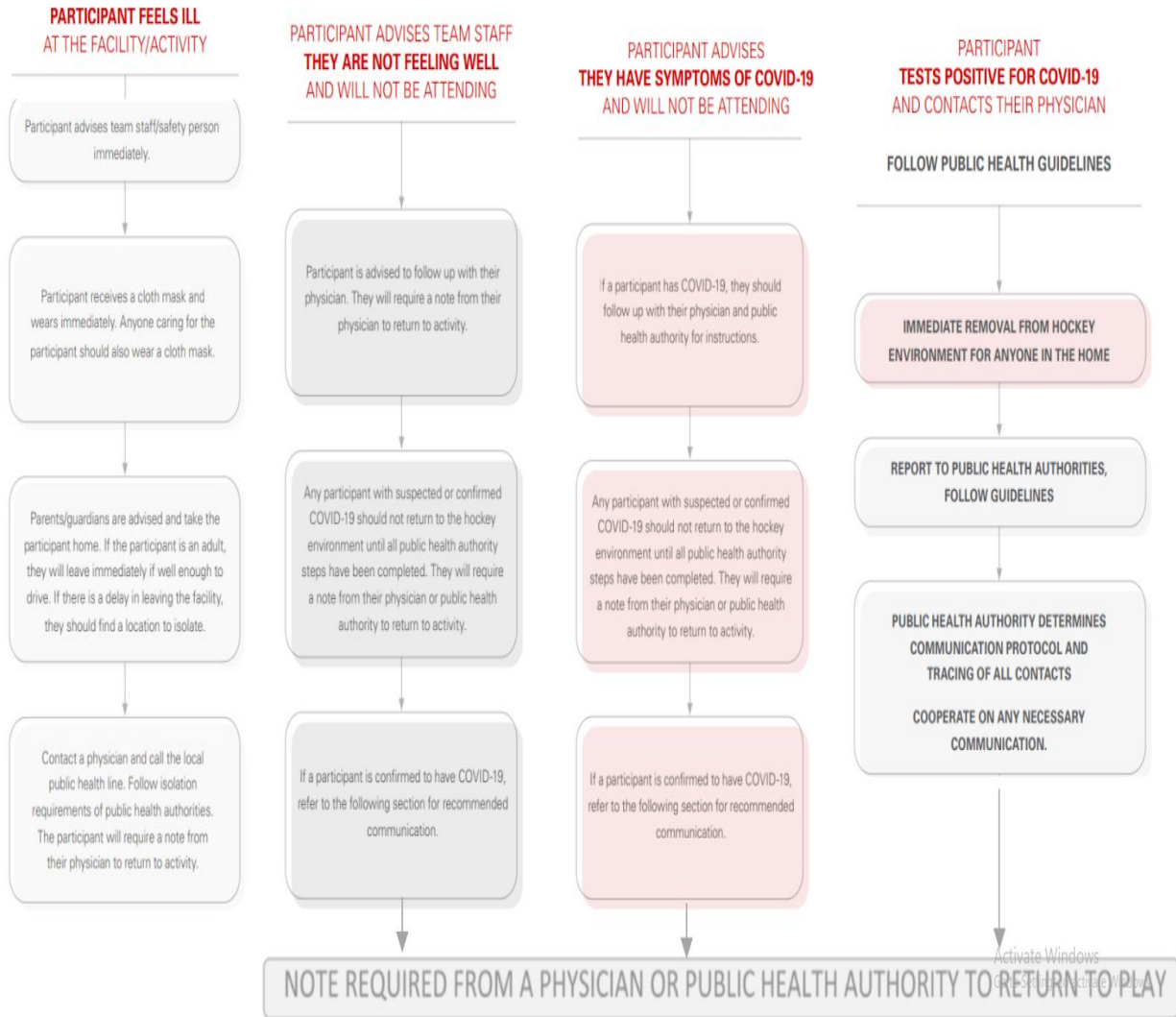
If at any time a player, Coach or Team Official presents with illness consistent with Covid19, they will immediately put on a mask and leave the facility. If they are not able to leave right away, they should be brought to the isolation room at SC2 and wait for transport.

Off Ice/Pre-Game Activities

Many teams conduct dryland and pre-game warm up activities. It is vital that during these times we maintain our protective posture.

- ★ Maintaining physical distancing of 2m at all times
- ★ All warm-ups or dryland activities must be done outdoors when weather permits.
- ★ Any indoor warm ups should be done individually or in small 2 to 3 person groups maintaining self-distancing of 2m.
- ★ Indoor warm ups should be limited to stretching. Heavy exertion indoors increases droplet production and therefore increases the risk.

Annex A



Member Communication

As BC Health Authorities develop plans to lift restrictions on gatherings in a responsible way the CVMHA has been working with ViaSport, Hockey Canada, BC Hockey our local VIAHA as well as CVRD to understand the recommendations by our Provincial Public Health Officer and how they apply to our sport.

If you choose to participate all participants of the Comox Valley Minor Hockey agree to abide by the Covid19 Exposure Plan when entering facilities and/or participating in Association activities under the COVID-19 Response plan.

- I agree to symptom screening checks and will let my association know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to bring my own equipment, water bottle and hand sanitizer.
- I agree to continue to follow social distancing protocols of staying at least 2 meters away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my association COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/ guidelines that I may be asked to leave the association for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my association membership temporarily.
- I acknowledge that there are risks associated with entering facilities and/or participating in association activities, and that the measures taken by the association and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name: _____

Parent or Guardian Name: _____

Date: _____

Signature (of Parent if under 19 years of age): _____

Video/Poster Resources

Hand Washing Video:

https://www.youtube.com/watch?v=a7RBC_2N4KE&list=PLkETa5i0ewgVtWjfEDDrrA7C8h2VWuwFm&index=6&t=0s

Handwashing Poster:

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Cough and Sneeze Etiquette Video:

<https://www.youtube.com/watch?v=8wmKArVuLal&list=PLkETa5i0ewgVtWjfEDDrrA7C8h2VWuwFm&index=1>

Mask Poster:

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_SurgicalMaskPoster.pdf

Self Assessment Link

<https://bc.thrive.health/>

Glove Removal Video:

<https://www.canada.ca/en/public-health/services/video/covid-19-how-to-take-off-disposable-gloves.html>