

Whitehorse Minor Hockey COVID-19 Return to Play Plan 2020

SUBJECT TO CHANGE

The following information is meant to coincide/supplement the WMHA/BC Hockey Return to Play Document



<https://www.bchockey.net/Files/Return%20to%20Hockey%20Template%20for%20Members%200FINAL%20v10%202020-06-23.pdf>

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey and the Yukon Health authorities. We will continue to evaluate the parameters set out by these governing bodies and work through each part accordingly as restrictions are lifted. Health and safety will be at the forefront of all programming offered by Whitehorse Minor Hockey. Please note that each part/phase is subject to change according to facility requirements and CMO guidelines.

BC Hockey is currently following Phase 2 of viasport Return to Sport Activity protocols (see chart below)

viaSPORT
BRITISH COLUMBIA

Return to Sport Activity Chart

	Phase 1	Phase 2	Phase 3	Phase 4
	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

Communications Officer:

Whitehorse Minor Hockey has identified Tanya MacKenzie as our Communications Officer. Tanya will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan. Tanya can be contacted at communications@whitehorseminorhockey.ca Tanya will be support by WMHA board member Krista Strand pkstrand8605@hotmail.com & Whitehorse Minor Hockey executive director Stacey Carefoot stacey@whitehorseminorhockey.ca

Reporting and Compliance:

Whitehorse Minor Hockey is committed to following the Yukon Government's Safe Six Practices



Whitehorse Minor Hockey is also committed to ensuring that these safety procedures and guidelines are followed. The below aspects will be evaluated in consultation with our governing bodies and the Health Authority to determine when we can proceed through our plan.

Programming will be delivered within guidelines for the following restrictions:

- Physical distancing
- Gathering and group sizes
- Travel

Programming will be delivered within guidelines for the following enhanced protocols:

- Increased hygiene measures
- Symptom screening

Programming will be delivered within guidelines regarding participants:

- Small group activities
- No/few or limited spectators

Programming will be delivered under the following activity and some competition protocols:

- Fundamental movement and skill
- Modified training activities and drills
- No contact between participants during activities
- Modified play introduced, if applicable
- Minimal shared equipment and procedures for disinfecting

Safety Procedures & Hygiene:

Safety:

- Any participant traveling outside of Yukon, BC, Nunavut or NWT must not attend for a minimum of 14 days upon returning to Yukon
- Dressing rooms may not be utilized during this current phase of return to play
- Social distancing markers will be in place to be followed
- Physical distancing will be practiced at all times (On and Off the ice)
- Masks are recommended when arriving or leaving the facility but are not mandatory
- Masks are mandatory when physical distancing is not achievable
- Participants are asked to arrive fully dressed to reduce time in the facility before and after activities (Outlined below)
- Upon arrival, participants will be screened-the screening will include the following questions:
 - Are you experiencing any of these symptoms: Dry cough, tiredness, fever, sore throat, headache, difficulty breathing?
 - Have you traveled outside of Yukon, BC, Nunavut or NWT in the past 14 days?
 - Have you been in contact with anyone experiencing COVID-19 symptoms in the past 14 days?
- If a participant answers yes to any of the above questions, that participant will not be permitted to attend

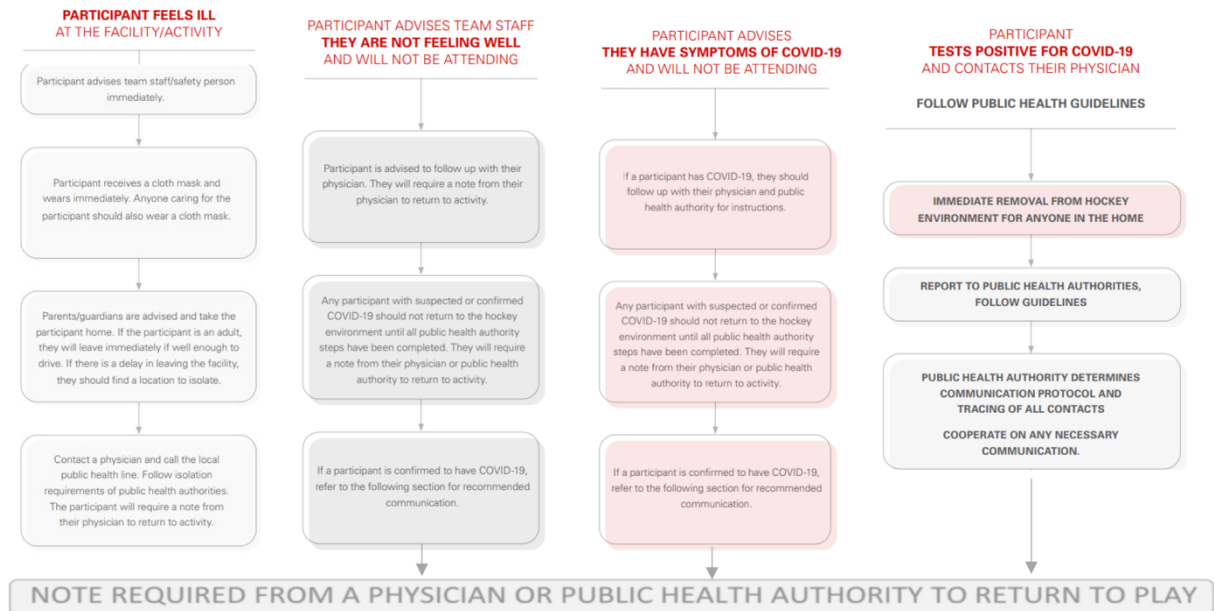
Hygiene:

- Minimize going in and out of doors – Enter and Exit through marked doors
- Absolutely no spitting on the ice, the floor or the benches
- Cough or sneeze into a tissue or the bend of the arm, not the hand
- Avoid touching eyes, nose, and mouth with unwashed hands
- All participants must have their own water bottle with their name labelled, no sharing of water bottles
- Participants are encouraged to wash equipment after each session (jerseys, pant shells, socks, under garments)
- Disinfection of areas in use (player's boxes, timing booth, skate tying area, Family Change room, benches, surfaces and ledges/dasher boards) -Arenas done by staff between bookings.

Signs of Sickness:

- **Any participant, player or volunteer, exhibiting signs or symptoms of any illness before an activity, should not attend**
- Notify the coach immediately if you are experiencing symptoms of COVID-19
- Any participant, player or volunteer, exhibiting signs or symptoms of any illness during their participation will be asked to leave the on ice session or activity immediately

- Any participant traveling outside of Yukon, BC, Nunavut or NWT must not attend for a minimum of 14 days upon returning to Yukon
- A doctors note/Return to Play form must be completed prior to the participant rejoining activities
- Follow Hockey Canada’s recommended Return to Hockey Procedures regarding illness below



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

- Link to Government of Yukon’s Self Assessment Tool <https://service.yukon.ca/en/covid-19-self-assessment/>

Entering the facility:

- Any participant traveling outside of Yukon, BC, Nunavut or NWT must not attend for a minimum of 14 days upon returning to Yukon
- Participants arrive 15 minutes before ice time
- All players must come in dressed in their gear, no hockey bag, carrying sticks, helmet, gloves and skates
- No dressing rooms available, chairs will be distanced from one another
- Participants must be able to tie own skates or arrive with skates and skate guards on
- Parents will not be allowed in the player area
- Coaches are not permitted to adjust a player’s skates/equipment
- WMHA representatives will check in and screen participants health; hand sanitizer must be used at this time
- Participants must have their own filled water bottle with name on it and hand sanitizer.

Northwestel Arena: Entry through concourse doors, exit through arena hallway

ATCO/Leisure Ice: Entry through concourse doors by Booster juice, exit through arena hallway

Exiting the facility:

- Participants will have 15 minutes to exit the facility
- Participants will put their shoes on or skate guards and leave through door marked “EXIT”
- On the way out participants will hand sanitize and refrain from touching any walls or door frames as they exit

Northwestel Arena: Entry through concourse doors, exit through arena hallway

ATCO/Leisure Ice: Entry through concourse doors by Booster juice, exit through arena hallway

On ice structure:

- For the current phase of BC Hockey Return to Play Guidelines, ice sessions will be geared towards skills while respecting social distancing practices
- WMHA is working with the CMOH to solidify the phased approach to return to hockey, things are evolving and we are adapting to the situation
- Players are not permitted to sit on the boards
- Hockey Canada Seasonal Structure plan for each skill groups can be found at the link below https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_SeasonalStructure_ENG.pdf?fbclid=IwAR156NKXhDPQdy_D1dDp2x8rJTwhqHVGEPdcihEDOaYTPShUWH0KvDgMWFQ
- One coach will be designated to pick up pucks and other on ice equipment

Spectators:

- One spectator may be permitted per participant-conventional hockey viewing areas are closed, there is viewing thru the concourse glass with appropriate distancing markers and guidelines
- Spectators must enter and exit through Canada Games Centre outlined entrances and exit locations-no loitering (Wait in your vehicle for participant if age permits)
- Parent drop off/pick up instead of spectating encouraged by the CGC, note that CGC age guidelines still apply, requiring a guardian for youth age 9 and under

Modifications Currently in Place at the Canada Games Centre

- COVID-19 Pre-screening of all guests – to protect staff, patrons, and registrants
- Water fountains are closed but bottle fill stations are available. caviat that we are working with the CMOH to solidify the phased approach to Return to hockey, things are evolving and we are adapting to the situation.
- Change rooms are closed (come dressed for activity – except skates/shoes)
- Limited seating for spectators as identified through the facility
- Capacity of 5 per player’s box and entry/exit points have limited capacity
- Designated entry/exit for main facility and open areas, follow directional signage.
- Physical distancing, handwashing signage, and hand sanitizer stations
- Zero spitting or body contact activities
- 30-minute maintenance required between bookings on areas of play

- 1-hour maintenance required between bookings in meeting rooms
- Rentals are required to be a minimum of 1 hour
- Leagues are responsible for their own cleaning/protocols between activity groups within their booked time. Cleaning product to be supplied, instructions posted.
- Users are allowed 15-minute transition time before and after their booking/activity off of the field of play. Please stay within these guidelines to allow safe transition for the previous and next group
- Parent drop off/pick up instead of spectating, note that CGC age guidelines still apply, requiring a guardian for youth age 9 and under

Recommendations to Rec User Groups at the Canada Games Centre

- Prepare a COVID adapted operational plan to present to the booking office, in line with Recreation Facility Guidelines and current YG COVID-19 restrictions
- Arenas and fields have single lane access, plan your transitions appropriately
- Physically distanced instruction
- Check YG COVID-19 guidelines regularly for any new requirements www.yukon.ca/covid-19
- Remind participants to come dressed to play and with a filled water bottle
- No shared water bottles, equipment, etc
- Space water bottles along benches to avoid cross-contamination
- Prepare for reduced percentage of players on field of play
- Stagger entry/exit times for players
- Review your first aid procedures for COVID-19 adapted processes
- Provide updated entry/exit protocol to players including time limit of 15 min before/after rental times before next renter arrives, consider greeting parents outside to escort youth in