



Sicamous and District Minor Hockey Association
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Sicamous and District Minor Hockey Association – Return to Play Plan

Our Return to Play Plan complies with all Guidelines, Health Orders and Facility Safe Operations Guide as set by Provincial and Federal Governments, ViaSport, BC Hockey and CSRD (Sicamous and District Arena). It is subject to change as the season and situation changes,

Following our Return to Play Plan is a condition of use of the facilities. Teams, Players or Parents who do not adhere to the Return to Play Plan will be prohibited from participating.

Health orders, guidelines and facility safe operations:

- Follow all health orders and guidelines
- Follow all facility signs and instructions

Roles and responsibilities:

- Each SDMHA team must designate Safety Person(s) who will be responsible for ensuring that the Return to Play Plan is implemented and monitor for compliance.

ENTRANCE TO FACILITY AND DRESSING ROOMS:

- No spectators may enter the facility during the practice times or games. Players, Coaches, 3 covid19 ambassadors including the safety persons will be allowed to enter the facility up to a maximum 50 individuals.
- Players must come dressed in equipment to limit the time in the arena (not in the field of play). Players can only arrive and leave within 15 minutes of practice times. Coaches, volunteers, safety persons will have to help tie skates and do up helmets.
- Dressing rooms have a maximum occupancy of 10 – dressing rooms are for the purpose of putting on skates, helmets and gloves and providing washroom sanitation; showers are unavailable
- Cloth masks must be worn by anyone inside the dressing rooms at all times



- Cloth masks should be worn by anyone inside the facility when physical distancing cannot be followed, including coaches, team staff when on the bench or in the scorekeeper's booth

CONTACT TRACING

- Every SDMHA team must keep a list of the first and last names of all persons attending the facility, along with a telephone number or email address for at least 30 days, and must provide this information to the communications officer and the facility owner/manager for each booking

PERSONAL PROTECTION, SANITATION, AND HYGIENE

The following are not allowed to access the facility:

- Anyone who has symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, new muscle aches or headaches.
- Anyone directed by the Public Health or a health officer to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor symptoms.

Other Personal protection, Sanitation, and Hygiene guidelines:

- Individual gear, personal equipment and clothing is required and must not be shared
- Only use the assigned dressing room for putting skates on and off
- Avoid touching your eyes, nose or mouth
- Cover your mouth and nose with a tissue or into your elbow when coughing or sneezing
- Do not spit
- Wash your hands often, including after using the washroom, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available
- Bring your own labeled water bottle with sufficient water for your personal use, and do not share
- There will be no contact including handshakes or high fives
- Referees/coaches should verbally greet each other but should not shake hands
- Minors must not be left unattended while playing, and must be supervised by a responsible adult who is capable of ensuring that all aspects of this safety plan are observed at all times



- Cloth masks should be worn by anyone inside the facility when physical distancing cannot be followed, including coaches, team staff when on the bench
- Absolutely no sharing of food or drink
- Team warm-ups and practices should adapt to proper spacing and reduce the number of one-area stations, including the players coming together in one group for instruction
- Paper towels / tissues can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of in garbage can.
- If a participant becomes ill while in the facility, they must go directly to the isolation area until their parent or guardian is in the arena parking lot at the exit door waiting. If a parent or guardian is already at the arena the player will be asked to leave the facility immediately and the safety officer will be notified. The parent will then be asked to use the self-assessment tool or call 811 for further information regarding testing and self-isolation. The participant will not be allowed to return to hockey until symptoms are gone.

SPECTATORS

- No spectators currently allowed in at this time. Three Covid-19 ambassadors allowed in at this time which includes the safety person.

ARRIVAL / DEPARTURE AT THE FACILITY

- Do not enter the arena until 15 minutes prior to the scheduled booking.
- Leave facilities immediately upon completion of the scheduled booking through the designated Exit.
- Do not congregate before or after the scheduled booking in the facility or in the parking lot.
- If not using dressing rooms but using lobby area to put on player skates use the designated spots only – benches are fully marked for physical distancing

Amendment #2 November 2, 2020:

The CSRD is now requiring that masks must be worn inside the Sicamous and District Recreation Centre. All minor hockey personnel and players must wear masks at all times until helmets are on and they are going on to the field of play. Covid ambassadors must wear masks at all times while inside the facility.

Our plan will change as protocols change. We agree to implement and ensure compliance with this return to Play Plan at all times.

