



PMHA Return to Play after Illness Form

As per BC Hockey's Hygiene & Illness Protocol (page 5 of the BC Return to Hockey Covid-19 Response plan) indicates "ill participants must provide a Doctor's note prior to returning to hockey activity." No player is permitted to play when ill, to any degree, and must isolate as per provincial protocol if they become ill.

If a member is ill but is not required to test for COVID-19 (after completing the Self assessment tool or contacting 8-1-1:

- They must let your team safety/manager know who will notify the PMHA Risk Manager and COVID-19 Communications Officer.
- They must complete the PMHA Return to Play after Illness Form
- They can return to play:
 - after clearance from a physician by providing a doctor's note or physician signing the Return to Play after Illness Form
 - When symptoms are "substantially resolved."*

Participant Name _____ Date _____

PMHA Team _____

Participant Illness Start Date _____

Participant Isolation Dates (From - To): _____

Date Symptoms Ended _____

Seen By Physician? Yes ____ No ____

Tested for COVID-19? Yes ____ No ____

If you were tested for COVID-19, please let your team safety/ manager know who will notify the PMHA Risk Manager and COVID-19 Communications Officer.

Result of COVID-19 Test? Positive _____ Negative _____

If positive:

- They must let your team safety/manager know who will notify the PMHA Risk Manager and COVID-19 Communications Officer.

- They must complete the PMHA Return to Play after Illness Form
- They can return to play:
 - after clearance from a physician by providing a doctor's note or physician signing the Return to Play after Illness Form

If negative:

- They must let your team safety/manager know who will notify the PMHA Risk Manager and COVID-19 Communications Officer.
- They must complete the PMHA Return to Play after Illness Form
- They can return to play:
 - after clearance from a physician by providing a doctor's note or physician signing the Return to Play after Illness Form and;
 - Providing **written documentation* (copy)** of the negative test results are required and must be forwarded to the manager. Managers are to forward this document along to the risk manager and communication officer.
*For information on how to obtain a written COVID-19 test result, [visit this BCCDC link](#).
 - when symptoms are "substantially resolved"*

*It is recognized that "substantially resolved" does not necessarily mean free of symptoms, as with any cold or flu (such as a cough, lethargy, etc) some symptoms can linger but that does not mean you are contagious.

Physician:

Is the participant able to return to sport with the following considerations:

- On ice activity with others
- Attendance at recreation facilities
- Physical activity (list any restrictions)

I, the undersigned, understand that this information must be completed entirely and approved by my team safety/association safety director prior to being permitted to return to Hockey. I understand that myself and/or my player must isolate for a minimum of ten days if ill and a minimum of fourteen days if contracted COVID-19.

Participant (Parent, if participant is a minor)

Signature _____ Date _____

Physician Signature _____ Date _____