



# COVID-19 Return to Play Plan

**This information is as accurate at the time of publishing. As the COVID-19 situation is fluid, we continue to take direction from the Provincial Health Office, ViaSport, BC Hockey and Panorama Recreation.**

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## PMHA Board of Directors

The PMHA Return to Play Plan as shown in this document and attached digitally has been reviewed and approved by board members:

**Steve May**, President PMHA

**Clint Murgatroyd**, Vice President Operations PMHA

**Vicki Cook**, Vice President Administration, PMHA

## Introduction

Peninsula Hockey Association (PMHA) has developed this Return to Play plan for restarting operations to inform all participants, players, team staff, officials, parents/guardians, and spectators about the policies and procedures in place to prevent the transmission of COVID-19 and maintain a safe and healthy environment for all during the COVID-19 pandemic.

In addition, PMHA has been working with our facility partner, Panorama Recreation, in developing our Return to Play plan and included facility guidelines where available:

As we have entered [Phase 3 of the BC Return to Sport Plan](#), this plan will continue to be changed as new facility requirements are provided and/or as Provincial Health Orders are updated.

Phase 4 plans are determined as per provincial guidelines and at the direction of our facility partners, via Sport, Hockey Canada and BC Hockey.

## Guiding Resources

PMHA is continuously monitoring guidelines from the BC Provincial Health Officer, local health authorities, hockey governing bodies and provincial recreation and facility organizations, including:

### VIASPORT

- [VIASPORT BC'S Return to Sport \(August 2020\)](#)
- [VIASport FREQUENTLY ASKED QUESTIONS \(August 2020\)](#)

### BC HOCKEY

- [BC Hockey - Return to Hockey](#)
- [BC Hockey - Return to Hockey FAQs](#)

### Province of BC

- [BC's Restart Plan viaSport - Return to Sport Guidelines for BC](#)
- [BC Parks and Recreation Association - Guidelines for Restarting Operations Recreation Facilities Association of BC - COVID-19 Resources](#)

### Hockey Canada

- [Hockey Canada Return to Play - Safety Guidelines](#)

### Panorama Recreation

- [COVID-19 Arena Protocols](#)

## Communications Plan

### Member Communication

The PMHA Return to Play Plan will be distributed to the members through:

- Email via TeamSnap
- Shared through social media channels
- Regular Team Safety and Manager updates
- A team manager/safety rep meeting (to be held through an online meeting platform)
- PMHA website

### Team Manager/ Team Safety Rep Virtual Meeting

- Initial meeting with managers/safety reps to review Return to Play Plan
- Address questions
- Topics include but are not limited to:
  - PMHA protocols and responsibilities for team staff, participants and members
  - Importance of social distancing both on and off the ice
  - Facility-specific guidelines for maximum participants and spectators
  - Facility-specific guidelines for use of entrances/exits, dressing room use and/or capacity, washroom facilities, pre- and post-event time limits, waterbottles
  - TeamSnap Health Check
  - The importance of mandatory attendance tracking
  - The importance of staying home when sick
  - Return to Play Form
  - Safety person, manager and coach roles in COVID-19 Return to Play
  - Equipment guidelines and item storage
  - Mandatory notification of test positive COVID-19 cases for participants, members, team staff, officials or anyone they have been in close contact with

## Phase 3: Transitional Measures Requirements

All members including participants, team staff, officials, parents/guardians, and spectators must adhere to the following requirements in order to return to play.

### Prior to Arrival

- Complete the health check in TeamSnap prior to your participant/player attending an event (practice, game, team event)

### Upon Arrival

- **Please ensure to wash hands or use hand sanitizer upon entry to the facility**
- Meet your team's screener prior to entry to log attendance and answer screening questions (screening questions can be found under protocols)
- No members will be permitted if they exhibit **ANY** symptoms of illness/sickness

- If symptoms present during an event, the participant will be excused and asked to follow our Return to Play protocol

## Hygiene

- **Wash hands or use hand sanitizer upon entry to the facility**
- Water bottles: Bring pre-filled and labelled water bottles **clearly**
- Water available in some facilities, but please limit contact
- Do not share water bottles
- Absolutely no spitting; participants found spitting will be asked to leave and the area will be cordoned off for sanitization
- Washrooms available with limited capacity
- No showers are available onsite at Panorama Recreation Centre

## Arrivals and Departures (Panorama Recreation Centre)

Facility specific guidelines such as:

- Follow Panorama Recreation [arena COVID-19 protocols](#) at all times
- Arrive no earlier than 30 minutes prior to ice time
- Enter and exit through the designated entrance door
- Arrive in full gear aside from gloves and helmets
- Dressing rooms are available but with limited capacity (see [arena protocols link](#)). Please move through the dressing rooms quickly to ensure everyone has time to put skates on. **Please do not put skates on in the lobby.** Dressing room capacity will be monitored and will be enforced. Masks are required for all division U11 and u and when physical distance cannot be maintained (i.e. parents tying skates in the dressing room).
- If at all possible, arrive in skates with guards as there is limited room and time for skate tying
- **There may be no locked area to store your items on site. Therefore, leave your valuables at home**
- Bring as little as possible to the arena, goalies will be provided designated area to put on gear but come as fully dressed as possible
- Follow one way arrows/markings if provided
- All participants must exit the facility within 15 minutes of their ice time end
- Benches - players **do not** need to wear masks, or have a physical divider between them on the benches or in the penalty boxes. Players should consider wearing a mask when not on the field of play. Field of play includes the benches, ice surface and penalty box.
- Coaches and/or trainers who are not able to maintain physical distance, must wear masks on the benches, as well of course in areas where distance cannot be maintained.

## Attendance Limits

Facility specific guidelines can be found under facilities, but the general requirements are as follows:

- There is a limit of 20 people on-ice including participants and coaches
- U7 and U9 divisions are permitted to have one person accompany a participant to assist with skates in the dressing rooms. Please move through the dressing room quickly to ensure everyone has time to put on skates. **Please do not put skate on in the lobby**
- No siblings permitted

- One spectator per participant, **for events that have only 1 team on the ice.**

### Physical Distancing

- Players to maintain 6ft/2m distance at all times
- Coaches may assist players with equipment
- Coaches must wear face masks when unable to maintain a 6ft/2m distance and sanitize hands before and after
- Maintain physical distancing while awaiting entry to the facility
- Games/scrimmages permitted subject to Phase 3 guidelines. Note: there will be no games with officials until protocols are finalized
- Spectators (where allowed) must maintain physical distancing and remain in designated spectator areas

### Facility-Specific Requirements

PHASE 3	Panorama Recreation Centre
PPE	Not stated
Maximum occupancy	50
Arrival time	Max 30 min
Arrive in Gear	Preferred
Entrance door	Main
Signage	Yes
Water available	Touchless
Vending machines	Yes
Hand Sanitizer	Lobby
Dressing Room Capacity	Arena A dressing rooms = 6 people Arena A female dressing room = 2 people Arena B dressing rooms = 8 people Masks are required if physical distance cannot be maintained (i.e. parents tying skates in the dressing room)  PMHA required masks to be worn in the dressings for those U11 and older.
Skaters (max)	20
Coaches (max)	3 (1:6 ratio)
Bench	5 (6 for Arena B home bench) Standing beyond the player benches to maintain physical distance is permitted. Benches and penalty boxes are considered part of the field of play. Individuals <b>in the same cohort</b> are able to sit less than 2m apart and <b>will not</b> need to wear masks or have a physical divider between them. Coaches and/or trainers who are not able to maintain physical distance, must wear masks on the benches, as well as in areas where distance cannot be maintained
Penalty Box	Not stated
Body Contact	None

<b>Spectators (per player)</b>	All spectators are responsible to physical distance of 2 metres with others (note: max capacity in the arena is 50. This counts for all players, coaches, etc).
<b>Arena Seating</b>	None
<b>Showers</b>	None
<b>Vacate/Exit</b>	Max 15 min
<b>Touchpoint</b>	Staff



## Responsibilities

### Return to Play Committee

PMHA has assigned a COVID-19 committee under the direction of our PMHA president, with input from the PMHA Vice-President of Administration and Vice-President of Operations.

The committee's responsibilities include:

- Creating the plan for the safe Return to Play
- Monitor updates to local and provincial guidelines, via Sport, Hockey Canada and BC Hockey
- Host regular meetings with team staff
- Ensuring teams are following the prevention guidelines set by Hockey Canada
- Monitor event screening and incident reports
- Provide guidance and support to team staff including team safeties
- Update the Return to Play Plan as restrictions and health guidelines are updated

### Communications Officer

Each MHA is required to designate a communications officer as per our governing bodies:

- Hockey Canada
- BC Hockey
- Vancouver Island Amateur Hockey Association (VIAHA)

The Communications Officer is responsible for:

- Communicating with the facilities used by each MHA to determine when they plan to resume operations
- Providing this information to the members
- Receiving information from the District on the status of other MHAs and subsequent effect on resumption of league play, updates from BC Hockey and HC and sharing best practices with other MHA
- Responding to member inquiries
- Ensuring new COVID-19 cases are reported

The Communications Officer is Lisa Sneek, Director, PMHA.

### Hockey Canada Safety Program (HCSP) Personnel - Team Safety

Each team will assign a safety person who is responsible for duties as outlined by Hockey Canada. In addition, the team safety will be responsible for:

- Ensuring any Return to Play updates are communicated to their team (this can go through the team manager)
- Ensuring that participants, parents and team staff are adhering to the Return to Play plan
- Ensuring there is no shared equipment and any required equipment (cones/pucks,etc) are sanitized after use with approved sanitizer (alcohol based) or sanitizing wipes
- Ensuring that participants are excused if displaying symptoms of illness/sickness
- Ensuring that each participant follows all protocols after an absence for illness/sickness including completing the Return to Play form
- Provide site specific safety plans to managers for team communications
- Attend all safety meetings with your association's safety director

## Manager

- Include safety messaging and site specific safety plans in regular team communications
- Keep attendance records for all team events
- Support safety person in their duties
- If required, assist safety person with event screening or creating an event screening rotation; support team safety in communicating this information to the team

## Coaches

- Ensure physical distancing is taking place on the ice and dressing areas in support of team safety
- Maintain communication with safety person to address any updates to plans or issues
- Assist team safety in ensuring that participants and team staff are adhering to the Return to Play Plan
- Maintain physical distance between you and other participants while on the ice (approximately equal to the length of your arm plus your stick) (Unless in phase 3 and in cohort\*)
- Unless part of a cohort, all ice activities must include safely- spaced activities and may not include hockey games or activities that include contact between individuals
  - \*Cohorts: Physical contact and activities in close proximity are permitted within a cohort, as outlined by viaSport but must be included in the ice users required safety plan. Each participant must only have one cohort per sport (i.e. a hockey player may not play on multiple teams in the region). For the definition and more information on cohorts, see [BC Hockey's FAQs](#).

## Parents / Guardians / Spectators

- Discuss the Return to Play Plan with your participant(s) to ensure they understand
- Assist team safety in ensuring that your participant(s) is adhering to the Return to Play Plan
- Understand the ramifications of failing to comply with the Return to Play Plan
- Promptly leave the event where spectators are not allowed
- Sign the PMHA Return to Play Agreement with your player and comply with requirements
- Assist team staff when requested in order to support them in this challenging time
- **Notify your team staff and your communications officer immediately if you, your player, your family or anyone you have had close contact with tests positive for COVID-19 or is a presumptive case**

## Participants

- Complete TeamSnap Health Check
- Water bottles
  - Bring pre-filled and labelled water bottles
  - Water available in some facilities, but please please limit contact
  - Do not share water bottles
- Keep hand sanitizer in their equipment bag
- Keep a non-medical facemask in equipment bag in case physical distancing can not be observed in facility
- Do not share equipment with any other player
- Clean and wash equipment frequently
- Wear hockey gloves continuously from the designated dressing room/area, throughout the ice session and until return to the dressing room
- Maintain physical distance between you and other participants while on the ice (approximately equal to the length of your arm plus your stick) (Unless in phase 3 and in cohort\*)
- Masks are required for all division U11 and u and when physical distance cannot be maintained (i.e. parents tying skates in the dressing room).

- Unless part of a cohort, all ice activities must include safely- spaced activities and may not include hockey games or activities that include contact between individuals
  - \*Cohorts: Physical contact and activities in close proximity are permitted within a cohort, as outlined by viaSport but must be included in the ice users required safety plan. Each participant must only have one cohort per sport (i.e. a hockey player may not play on multiple teams in the region). For the definition and more information on cohorts, see [BC Hockey's FAQs](#).

## Officials

When gameplay is approved, officials need to meet the following requirements set out by ViaSport, BC Hockey and other governing bodies.

## Protocols

### Attendance Tracking

Attendance tracking is required for every event. Players and volunteers are required to update their attendance, in Team Snap upon arrival. If using TeamSnap for tracking attendance, please note the following:

- Update attendance in TeamSnap on the day of each event, not prior to
- Update affirmative attendance is also your confirmation that you meet all requirements of the screening questionnaire

All players and volunteers will re-confirm that they meet all requirements of the screening questionnaire when they arrive at the facility before entry or at the entrance to an arena.

Managers must retain their attendance lists for every event and produce the list upon request to the association.

Attendance tracking is not required for spectators at this time until further direction has been provided from Panorama Recreation.

### Stay Away When Sick

No participant, player, team staff, parent/guardian, official or spectator should attend an event or facility if they are unwell. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

They may include:

- Fever
- Chills
- Cough
- Shortness of breath
- Headache
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Muscle aches
- Fatigue
- Loss of appetite

All members are advised to stay at home if they are feeling unwell.

If they start experiencing symptoms while at an event, they must:

- isolate themselves from others immediately
- notify their manager
- excuse themselves from the event as soon as possible

Members who show symptoms should use the [BC COVID-19 self- assessment tool](#) and follow all instructions provided.

### Onsite Symptom Response Plan (Emergency Action Plan or EAP)

Hockey Canada Safety EAP is found [here](#)

**COVID-19 Symptom Response EAP is incorporated in Team/Association EAP and includes:** If any participant, team staff, parent/guardian, official or spectator:

- Presents with symptoms upon arrival
- Answers 'yes' to any screening questions
- Develops symptoms during an event

Then you must:

- isolate the participant, team staff, parent/guardian, official or spectator from others
- provide a non-medical facemask
- notify your manager
- excuse them from the event/facility as soon as possible
- follow the Return to Play protocol

## PMHA Return to Play

Under the guidance of BC Hockey, the Return to Play After Illness process has been revised. See flow chart (Appendix F) for step by step instructions.

Please note that no player is permitted to play when ill/sick and must complete the BC Self Assessment Tool ([www.bccdc.ca](http://www.bccdc.ca)) or by contacting 8-1-1 and follow their direction.

The PMHA Return to Play Form is to be completed by players/parents in all illness/sickness situations, regardless if a COVID-19 test (negative or positive) is returned.

If a member is ill/sick but is not required to test for COVID-19 (after completing the Self assessment tool or contacting 8-1-1), you must complete/submit of the following:

:

- Inform your manager/safety/covid compliance volunteer
- Complete the PMHA Return to Play Form
- Return to play only when symptoms are “substantially resolved.”\*

If a member tests positive for COVID-19, you must complete/submit all of the following:

- Inform your manager/safety/covid compliance volunteer
- Complete and submit the PMHA Return to Play Form
- Get clearance from a physician by providing a doctor's note
- Return to play only when symptoms are “substantially resolved.”\*

If a member tests negative for COVID-19, you must complete/submit all of the following:

- Inform your manager/safety/covid compliance volunteer
- Complete and submit the PMHA Return to Play Form
- Submit **written documentation\*\*** (copy) of the negative test result
- Return to play only 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.

\*\*For information on how to obtain a written COVID-19 test result, [visit this BCCDC link](#).

## [PMHA Return to Play Form \(Link to Webpage\)](#)

### Test Positive Notification Plan

If a participant, team staff, parent/guardian, official or a member of their household tests positive for COVID-19, they are required to inform the association's risk manager ([rtilden@pmha.bc.ca](mailto:rtilden@pmha.bc.ca)) and communications officer ([lsneek@pmha.bc.ca](mailto:lsneek@pmha.bc.ca)). The communications officer will report test positive cases to the following:

- the facilities that the person attended
- our governing body, VIAHA
- the team
- the membership

### Test - Negative Results Notification Plan

If a participant, team staff, parent/guardian, official or a member of their household tests negative for COVID-19:

- they are required to inform the association's risk manager ([rtilden@pmha.bc.ca](mailto:rtilden@pmha.bc.ca)) and communications officer ([lsneek@pmha.bc.ca](mailto:lsneek@pmha.bc.ca)) and provide a **written documentation\* (copy)** of the negative test results to their manager.

\*For information on how to obtain a written COVID-19 test result, [visit this BCCDC link](#).

- Complete the PMHA Return to PlayForm
- Managers are to forward these documents along to the risk manager and communication officer.

## Screening Questionnaire - TeamSnap Health Check

No player is permitted to play when ill/sick and must complete the BC Self Assessment Tool ([www.bccdc.ca](http://www.bccdc.ca)) or by contacting 8-1-1 and follow their direction.

PMHA will now utilize Team Snap to assist families with assessing their players health fitness prior to each "event" this season.

8 hours prior to each PMHA session, Team Snap will release an online health assessment questionnaire. A player will not be permitted on the ice if they have not completed the Team Snap assessment tool prior to EACH session that clears them to play.

PMHA requires each player to complete their availability as to whether they will be there or not (regardless of whether or not they are coming). This is in the same area as the wellness check and will be used for tracing in the event we have a player test positive for COVID-19.

To access these features in Team Snap - go to schedule and click on the event. When the details of the event open up you will then see the availability and Health Wellness option for completion. Your Divisional Manager or Team Manager will be referencing this each time your player takes the ice or participates in team activity. If it isn't completed you will not be able to take the ice.

If the Team Snap assessment tool indicates a player is not well, they will not be permitted to return to play the Return to Play procedures and form has been completed. See Return to Play section.

## First Aid Kit Modifications

Each team is provided with 2 COVID-19 safety kits (in addition to their regular first aid kit) which contain:

- 4 face masks
- 4 alcohol prep pads
- 1 bottle hand sanitizer
- 1 pair of safety glasses

Please see Appendix A for first aid procedural modifications.

## Failure to comply

Failure to comply with the PMHA COVID-19 Return Plan and/or Facility Specific Guidelines will result in immediate removal from the event.

Participants or members failing to comply will be reported to Safety Director and potentially the disciplinary committee.

Repeated failure to comply with direction may result in suspension from PMHA events.

## APPENDIX A First Aid Procedural Modifications

- Both the safety, coaches, managers and the injured player must:
  - wear a mask covering mouth and nose
  - must also wear sanitized gloves
  - must be provided from 2m/6ft physical distance when possible
    - can provide clean supplies to injured and direct on the use of supplies
    - when life sustaining first aid is required, call 9-1-1 and all available precautions should be used to keep the safety personnel and the injured safe, including scene assessments, PPE and physical distance from helpers
- First Aid certified members should advise their team's safety person of their qualifications and carry their first aid certificate with them
- Volunteers are also required to complete the new mandatory [return-to-play 20-minute online course](#). Sign in is through the E-Learning [module](#). The Hockey Canada Registry member profiles will be updated to reflect completion of the course. As this course is currently being offered at no charge, we recommend each parent take it.

## APPENDIX B: Panorama Recreation COVID-19 Arena Protocols

- [Panorama Recreation COVID-19 Arena Protocols](#)



## APPENDIX C: ViaSport Return to Sport Activity Chart by Sport Type

<p><b>Group C</b></p> <p>Sports with frequent or sustained contact</p>	<p>basketball, cheerleading, field hockey, football, goalball, hockey, lacrosse, netball, ringette, sledge hockey, soccer, ultimate, water polo, rugby, squash, wheelchair rugby, wheelchair basketball</p>	<p>Contact – Physical contact within the same team training environment may be introduced. For the game or competition environment rules should be modified to minimize physical contact.</p> <p>All activities that involve any form of close proximity or physical contact should take place only within the cohort environment.</p> <p>Cohort Size – Cohorts may contain up to 50 people or four teams (whichever is deemed most appropriate by the Provincial Sport Organization)</p> <p>Competition - Competitive activities (e.g. game play) may occur within designated cohorts.</p>
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## APPENDIX D: EAP (Emergency Action Plan) COVID-19 Updates

When creating the team's EAP for the safety binder, the EAP should now include the following (in addition to information previously required):

- Entrance and Exit points in relation to the rink
- PMHA Safety and Risk Manager and COVID-19 related Communications contact information ◦  
[Rtilden@pmha.bc.ca](mailto:Rtilden@pmha.bc.ca) and [lsneek@pmha.bc.ca](mailto:lsneek@pmha.bc.ca)
- Current PMHA safety Return Plan must be immediately available for reference should it be required (due to potential frequent updates, the document should be reviewed at minimum weekly if printed or kept electronically in an "available offline" mode due to service disruptions at some facilities

**EAP:**

[https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Safety-Program/Downloads/eap\\_organization\\_form\\_e.pdf](https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Safety-Program/Downloads/eap_organization_form_e.pdf)

## APPENDIX E: PMHA Cohort Information

### Return to Play Protocol – PMHA Cohorts

#### Assumptions used:

- Players can only participate in one cohort per sport
- Each team can be part of a 4 team grouping, which would be one cohort, and this grouping cannot be changed unless the team withdraws from the cohort of 4 for 14 days prior to joining a different cohort.
- Under BC Hockey definition for a minor hockey purposes a team is 19, 17 players plus 2 goalies and each team can have up to 3 coaches (1 per 6 players)
- We will not have more than 2 teams on an ice sheet at the same time and the ice sheet numbers are different than dressing rooms where physical distancing protocols will be different and must be followed as per our return to play document and facility protocols.
- AP'ing between Rep/Development Teams and House to Rep/Development teams will not be allowed as these will be separate cohorts.
- We will verify with VIAHA whether we are allowed to AP players between teams that are in the same cohort group (i.e.: house teams in same division) and update accordingly
- As we would be using a players 1 allowable cohort per sport for their team our development program would continue to fall under the guidelines of phase 2, which is currently a max of 20 skaters on the ice (per Panorama protocols) - so 18 players and 2 coaches.

#### At PMHA our teams per cohort will be as follows:

**U6/U7** - players will be grouped into teams as outlined above and all teams will exist within the PMHA program up to a max of 4 and will form their own cohort. At any time no more than 2 teams will be on the ice. This will not change until at least Christmas. A review will be done at that time and if these teams change to cohorts outside of PMHA we will follow the ViaSport and BC Hockey guidelines regarding the withdrawal from the current cohort for 14 days.

**U8/U9** - players will be grouped into teams as outlined above and all teams will exist within the PMHA program up to a max of 4 and will form their own cohort. At any time no more than 2 teams will be on the ice. This will not change until at least Christmas. A review will be done at that time and if these teams change to cohorts outside of PMHA we will follow the ViaSport and BC Hockey guidelines regarding the withdrawal from the current cohort for 14 days.

#### U11

- U11 Development A Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 teams may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U11 Development B Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 teams may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U11 C1 & C2 House Teams - each team will be a part of a cohort and the two teams will be grouped into a cohort of 4. Up to 2 additional teams may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.

#### U13

- U13 A Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U13 B Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.

- U13 C1 & C2 House Teams - each team will be a part of a cohort and the two teams will be grouped into a cohort of 4. Up to 2 additional teams may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.

#### **U15**

- U15 A Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U15 B Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U15 C1, C2 & C3 House Teams - each team will be a part of a cohort and the 3 teams will be grouped into a cohort of 4. 1 additional teams may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.

#### **U18**

- U18 A Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U18 B Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.
- U18 C1 & C2 House Teams - each team will be a part of a cohort and the two teams will be grouped into a cohort of 4. Up to 2 additional teams may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.

#### **U21**

- U21 Team - will be a cohort and will not participate with any other PMHA cohorts. Up to 3 cohorts may be identified by VIAHA and games may occur between this cohort of 4 once BC Hockey has completed the registration and education for their ref program for the upcoming season.

## APPENDIX F: Return to Play Step by Step Flow Chart



# PMHA RETURN TO PLAY

Under the direction of the Provincial Health Office, ViaSport and BC Hockey, if you are ill/sick, you must let your manager know\* and complete the BC Self Assessment Tool or contact 8-1-1.

Visit [www.islandhealth.ca](http://www.islandhealth.ca) for more details

