



# 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

After completing the BC Self Assessment Tool or contacting 8-1-1, are you required to test for COVID-19?

YES

NO

Did you test positive for COVID-19?

YES

NO

You must submit a doctor's note giving you clearance to return to play to your manager\*

You must submit written documentation\*\* of the negative results to your manager\*

Are symptoms substantially resolved\*\*\*?

YES

NO

You must complete and submit the *Return to Play After Illness Form* to your manager\*

**RETURN TO PLAY**

\*Manager, Safety or Covid Compliance Volunteers - please inform and submit all paper work to the PMHA Risk Manager and PMHA COVID-19 Communications Officer.

\*\*For information on how to obtain a written test result, visit [www.BCCDC.ca](http://www.BCCDC.ca)

\*\*\*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.



## PMHA Return to Play Form

Under the guidance of BC Hockey, we have been able to revise the Return to Play After Illness process. **See flow chart on the previous page 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.

Participant Name \_\_\_\_\_ Date \_\_\_\_\_

PMHA Team & Division \_\_\_\_\_

Participant Illness/Sickness Start Date \_\_\_\_\_

Participant Isolation Dates (From - To): \_\_\_\_\_

Date Symptoms Ended \_\_\_\_\_

Seen By Physician? Yes \_\_\_\_ No \_\_\_\_

Tested for COVID-19? Yes \_\_\_\_ No \_\_\_\_

If yes, result of COVID-19 Test? Positive \_\_\_\_\_ Negative \_\_\_\_\_

**If positive**, you must complete/submit all of the following:

- Inform your manager/safety/covid compliance volunteer
- Complete and submit this 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 negative**, you must complete//submit all of the following:

- Inform your manager/safety/covid compliance volunteer
- Complete and submit this PMHA Return to Play Form
- Submit **written documentation\*\*** of the negative test result
- Return to play only when symptoms are "substantially resolved"

If no, (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 all of the following:

- Inform your manager/safety/covid compliance volunteer
- Complete and submit this PMHA Return to Play Form
- 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](#).

I, the undersigned, understand that this information must be completed entirely and approved by my team safety/association COVID-19 communication committee officer and/or member prior to being permitted to Return to Play.

Participant (Parent, if participant is a minor)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Managers/Safety/Covid Compliance Volunteers - Please submit all documentation to the PMHA Risk Manager ([rtilden@pmha.bc.ca](mailto:rtilden@pmha.bc.ca)) and PMHA COVID-19 Communications Coordinator ([lsneek@pmha.bc.ca](mailto:lsneek@pmha.bc.ca))