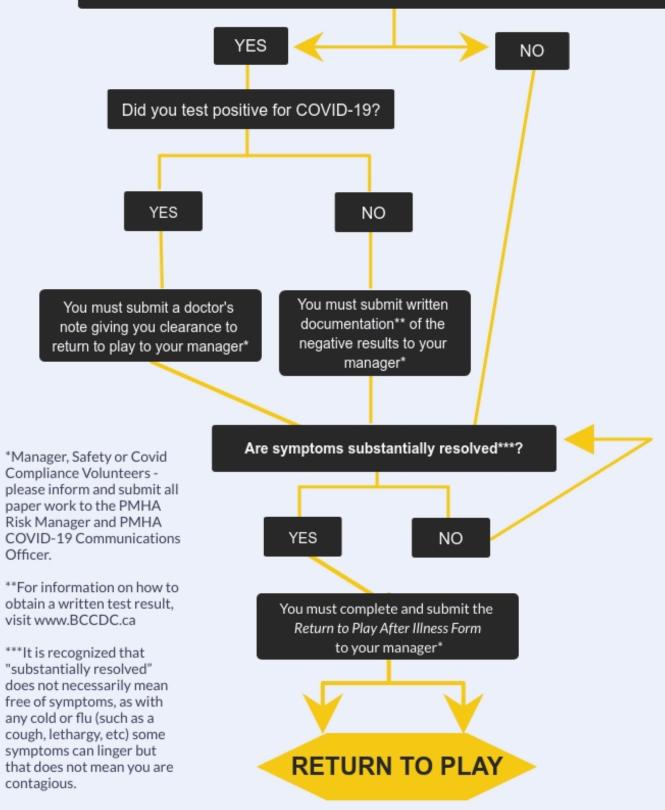
PMHA RETURN TO PLAY

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 for more details

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





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) or by contacting 8-1-1 and follow their direction.

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