



# Communicable Disease Prevention 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, via Sport, BC Hockey and Panorama Recreation.**

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## Peninsula Minor Hockey Association 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

**Kevin Salmons**, Vice President Administration, PMHA

### Introduction

Peninsula Minor Hockey Association “PMHA” has developed this Communicable Disease Prevention Plan in accordance with Step 3 of the BC Restart Plan.

In addition, PMHA has been working with our facility partner, Panorama Recreation, in developing our Communicable Disease Prevention 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, viaSport, 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 Return to Sport Chart 2.0 \(Oct. 30, 2021\)](#)
  - [viaSport Frequently Asked Questions 2.0 \(Sept. 2021\)](#)
- BC Hockey
  - [BC Hockey - Return to Hockey](#)
- 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 \(June 2021\)](#)
  - [BC's Restart : A plan to bring us back together](#)
- Hockey Canada
  - [Hockey Canada Return to Play - Safety Guidelines \(August 2021\)](#)
- Panorama Recreation
  - [COVID-19 Update \(September 2021\)](#)

## Communications Plan

### Member Communication

The PMHA Return to Play Plan, and any updates to the 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
  - Sharing of water bottles
  - TeamSnap Health Check
  - The importance of mandatory proof of vaccination checks
  - The importance of staying home when sick
  - Return to Play Form
  - Safety person, Manager, and Coach roles in communicable disease prevention
  - 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

- **Effective October 29, 2021, following the Provincial Health Order, masks are required in all indoor public spaces for everyone 5 years and older.**
- 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**
- 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 clearly labelled water bottles
- 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

## Arrivals and Departures (Panorama Recreation Centre)

Facility specific guidelines such as:

- Follow [Panorama Recreation](#) arena COVID-19 protocols at all times
- Follow one way arrows/markings if provided
- Masks must be worn at all times except for participants on ice or to/from ice

## Spectator Attendance/Proof of Vaccination

**Effective October 25, 2021, following the Provincial Health Order, proof of vaccination is required for all Spectators (12 years and older)**

Each team will be required to monitor their own user group via the process outlined below:

1. Each team will need at least one volunteer position designated for each game.
  - Teams will need to monitor their practices as well
  - Label the position in TeamSnap assignments as Spectator Monitor
2. Spectator Monitors should station themselves at the entrance to either Arena A or B 30 minutes prior to their game time.
  - Teams should communicate an expectation that attendees enter Panorama, or an away arena, through the main door
  - Guests 12 years and older will display their Vaccine Card as they enter. A visual check is sufficient, though volunteers can use the BC Vaccine Card Verifier if they choose
  - Guests 19 years and older will display their Vaccine Card, and government issued ID. A visual check is sufficient, though volunteers can use the BC Vaccine Card Verifier if they choose
3. Teams who would like to make arrangements with opposing teams to have them also supply a Spectator Monitor volunteer for their games are encouraged to do so.
4. Teams should communicate that the lobby area between Arena A & B is the designated drop off/pick up area. There is to be no loitering or spectating from within this lobby.

**Any incidents of abuse or intimidation should be reported immediately to the Team Manager. PMHA will have zero tolerance for abuse or intimidation of volunteers who are following these guidelines.**

## Physical Distancing

- None required at this time, but everyone is encouraged to physically distance.

## Responsibilities

**Effective October 25, 2021, following the Provincial Health Order, proof of vaccination is required for all volunteers of group activities for people 21 years or younger. Including but not limited to:**

- Coaches
- Assistant Coaches
- On Ice Helpers
- Team Managers
- Safety Persons
- Scorekeepers
- Timekeepers
- Music DJs
- Spectator Monitors
- For Fee Instructors

## 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 Communicable Disease Prevention Plan
- Monitor updates to local and provincial guidelines, viaSport, 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 Hockey Canada, and sharing best practices with other MHA
- Responding to member inquiries
- Ensuring new COVID-19 cases are reported

The Communications Officer is Kristine Haywood, COVID-19 Coordinator, 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 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

- Support Safety Person in their duties

## Coaches

- 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

## Parents/Guardians/Spectators

- **Effective October 25, 2021, following the Provincial Health Order, proof of vaccination is required for all Spectators (over 12 years of age)**
- 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
- 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 the 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

- **Effective October 29, 2021, following the Provincial Health Order, masks are required in all indoor public spaces for everyone 5 years and older** (except for on ice and to and from ice)
- Complete TeamSnap Health Check
- Water bottles
  - Bring pre-filled and labelled water bottles
  - Water available in some facilities, but please limit contact
  - Do not share water bottles
- Keep hand sanitizer in their equipment bag
- Keep a non-medical facemask in equipment bag
- Clean and wash equipment frequently

## Officials

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

## Protocols

### 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 Team 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 Team Manager
- excuse them from the event/facility as soon as possible
- follow the Return to Play protocol

### PMHA Return to Play

See flow chart (Appendix C) 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 either the Self-Assessment Tool or contacting 8-1-1), you must complete/submit of the following:

- Inform your Manager/Safety/COVID Compliance Volunteer
- 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
- 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
- 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 ([pmha.covid19@gmail.com](mailto:pmha.covid19@gmail.com)).

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 ([pmha.covid19@gmail.com](mailto:pmha.covid19@gmail.com)) and provide a **written documentation\*** (copy) of the negative test results to their Manager
- Complete the PMHA Return to Play Form
- Managers are to forward these documents along to the Risk Manager and Communication Officer

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

### Screening Questionnaire - TeamSnap Health Check

No player is permitted to play when ill/sick and must complete [BC COVID-19 Self-Assessment Tool](#) or by contacting 8-1-1 and following their direction.

PMHA will now utilize TeamSnap to assist families with assessing their player's health fitness prior to each "event" this season.

8 hours prior to each PMHA session, TeamSnap will release an online health assessment questionnaire. A player will not be permitted on the ice if they have not completed the TeamSnap assessment questionnaire prior to EACH session.

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 TeamSnap - 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 TeamSnap assessment tool indicates a player is not well, they will not be permitted to return to play until the Return to Play Plan 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 Communicable Plan and/or Facility Specific Guidelines will result in immediate removal from the event.

Participants or members failing to comply will be reported to the 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

## **APPENDIX B: 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 [pmha.covid19@gmail.com](mailto:pmha.covid19@gmail.com)
- 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 as needed 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 C: Return to Play Step by Step Flowchart

