



COVID-19 SAFETY PLAN

The following are the requirements that every member of a PCAHA team must comply with:

1. Strict compliance with all terms in the DECLARATION OF COMPLIANCE document.
2. Anyone displaying ANY illness symptoms MUST NOT attend.
3. Maximum number of individuals as determined by the facility:
NHTC: max 10 skaters and 2 coaches on the ice surface
4. 2m physical distance required between participants. This must include participants arriving and leaving the facility.
5. All government expectations and requirements to be met, including viaSport Phase 3 guidelines.
6. All BC Hockey Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced.
7. Attendance must be taken and kept at every event for all people in attendance including parents (drivers). These records must be kept for 30 days before being destroyed.
8. No non-essential travel
9. No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements are adhered to.
10. All drills to be created and implemented ensuring 2m physical distancing requirements are adhered to.
11. Any team issued equipment should be sanitized prior to every event and between every use by different athletes. No other team equipment should be shared.
12. Reminder to all participants daily to avoid touching of eyes, nose or mouth
13. No sharing of water bottles or food of any kind.
14. No spitting.
15. No sharing of any personal equipment or items
16. Ride sharing to be discouraged whenever possible



PLAYER PRE-TRAINING CHECKLIST

Before Session:

- Wash your hands with disinfectant/soap & water for at least 20 seconds before going to hockey
- Bring you own water bottle, hand sanitizer and disinfectant wipes and keep them in your bag in the area designated for you in the dressing room or bench. THESE MUST BE CLEARLY MARKED WITH YOUR NAME
- Clean and sanitize your equipment including water bottle before you arrive
- Players should come dressed and ready (there is limited changeroom usage)
- Ensure you have enough water to last the duration of your practice
- If you cough or sneeze, do so in your elbow or in your sleeve but not your hands
- Avoid bare hand touching door handles, gates, benches and all other objects where viruses could survive. If you touch something, make sure to wash your hands.
- Always follow posted signs at the facility
- If any participants display any symptoms of illness, they must be sent home
- Remind the players of the requirements for social distancing and equipment/gear handling
- Avoid any physical contact with players, no handshakes, fist bumps
- Remind players there is limited use of dressing rooms (no showers)
- Ensure that social distancing markers are placed within the facility
- Each coach must carry a mask and gloves in their bag, should a player get injured, needs assistance and social distancing would be difficult



PLAYER PRE-TRAINING CHECKLIST

During Sessions:

- Arrive 15 minutes before your scheduled time and wait until the dressing room is clear.
- Follow posted signs at the facility
- NO bags allowed in the facility, players must come fully dressed with the exception of skates. MAX 5 players in the dressing room
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities.
- Avoid physical contact with other players. Do not shake hands or fist bumps with other players
- No gum, food or spitting
- No sharing of food, water, or equipment



PLAYER PRE-TRAINING CHECKLIST

Reminders:

- If you do not feel well or are displaying symptoms of COVID-19 you must stay home
- If you have travelled outside of Canada, you are not permitted at the facility or to participate until you have self-isolated for a minimum of 14 days
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19 you must stay home.
- If you are unsure if you have symptoms you should use the self-assessment tool COVID Self-Assessment Tool or call BC 811



Spectator Strategy:

- Attendance for each event - practice or game - will be kept for **30 days**, including all players, coaching staff, and parents who remain in the building (if arena guidelines allow this).
- Adherence to arena rules including all facility use guidelines, including the number of persons allowed by the various arenas.
- Drop off players whenever possible but 1 spectator per player allowed upstairs in the viewing area(NO SIBLINGS), Once games are allowed, spectators (if allowed) will adhere to all of the guidelines set out by Hockey Canada, PCAHA, as well as any site-specific guidelines for each arena.



Illness & Wellness Policy:

In this policy, “Team Member” includes an employee, volunteer, participant, or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

- a. Managers/coaches will visually monitor Team Members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- b. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms while at a workout or practice, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.



Illness & Wellness Policy:

4. If a Team Member tests positive for COVID-19

- a. The Team Member will not be permitted to return to the team practice/facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the team practice/facility for at least 14 days to ensure the infection does not spread further.
- c. Close off, clean and disinfect their practice/facility area immediately and any surfaces that could have potentially be infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the team practice/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the team practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The team practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially beeninfected/touched.



Illness & Wellness Policy:

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19

- a. Team Members must advise their manager or coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the team practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
- c. The team activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



Emergency Response:

First Aid:

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

[OFAA protocols during the COVID-19 pandemic: A guide for employers and occupational first aid attendants](#)

[First aid protocols for an unresponsive person during COVID-19](#)



Emergency Response:

Outbreak Plan:

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - use the COVID-19 self-assessment tool at [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed



Emergency Response:

Outbreak Plan:

- o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- o Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority.

Implement your Illness Policy and your enhanced measures.

5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

