

# Whitehorse Minor Hockey COVID-19 Return to Play Plan 2020

UPDATED -AUGUST 26, 2020

\*Subject to change

Whitehorse Minor Hockey has recently received information from The Chief Medical Officer of Health (CMOH) that has assisted us in moving forward with sharing a more detailed start of the season plan.



**In the beginning** season starts September 8<sup>th</sup>!

- Athletes in each age grouping will have two 2 ice times per week
- There will be 15 to 30 players and coaches on the ice per session (often with 15 min staggered start times for any shared ice sessions)
- During this beginning phase, players will be placed into skills groupings for 3 to 4 weeks of skills sessions to prepare them for the upcoming season.
- These skills groups will not be your athletes' "team" or "cohort"; however, this period will be similar to a conditioning camp atmosphere where players will work on drills and skills and the FUNdamentals of the game.
- During this stage, your player may experience a variety of coaches and on ice leaders while they get set for the season and complete on ice evaluations.

**-All on and off ice activities during this "beginning" stage will follow the Safe Six guidelines**

**Season** (Aiming for early October)

- After getting the rust off their blades, and being evaluated and assessed during the initial phase, players will begin to be grouped onto teams. These teams will become the groups that make up cohorts of up to 65 players.
- Cohorts are essential to allow teams to engage in game play.
- Divisions with larger enrollment (U9) and (U11) will have two cohorts in each division.
- All practices and skills sessions will continue to follow the COVID-19 physical distance guidelines
- All games will be played similar to conventional hockey games within the cohorts of up to 65.
- Regarding game play situations-physical distancing should still be maintained when possible despite being with your cohort (warm up, pre and post-game, on the benches etc.)**
- We are aiming for programming similar to normal years, with team practice (cohort), team games (cohort) and skills (not necessarily within cohort; but following the COVID-19 physical distance guidelines).
- At this time, travel outside of Whitehorse for game play seems unlikely; however, might be possible for year-end tournaments, pending future travel restrictions and return to hockey phases.

**Mustangs and Development Programming**

-Once our focus is able to shift from getting players moving and on the ice, we will then look to add supplemental high-performance experiences for our Mustangs and Development players. The details on that programming will be shared once the season is underway.

**What next?**

Please review the rest of this document as well as the Hockey Canada COVID-19 Safety Guidelines and remind your player of the Safe six guidelines.


- Skate guards-** players are expected to come ready to go on the ice- please ensure your player has a set of skate guards. (dressing rooms are not open, there are chairs available to take off skate guards, and or put on skates)
- We are looking for volunteers to help assist with communication, supervision and compliance **for each skills grouping**. Please email [office@whitehorseminorhockey.ca](mailto:office@whitehorseminorhockey.ca) if you can assist.

**A friendly reminder..**

In the event the season length is affected by a lockdown or a cohort is required to quarantine for a period, WMHA will do everything in their power to be fair to their members. However, please understand that there are several considerations and factors that impact how registration dollars are spent. Some expenses are fixed and will be difficult to recuperate in the event of a cancelled season, while other expenses may be easier to recuperate with enough notice. It is not possible to determine any of those details at this point, but please know that WMHA will do everything they can to ensure fair treatment of players and families and return as much of their registration fees as possible in the unfortunate event that the season length is negatively impacted.

This document is in compliance with the guidelines set out by Hockey Canada, BC Hockey and the Yukon Health authorities. We will continue to evaluate the parameters set out by these governing bodies and work through each part accordingly as restrictions are lifted. Health and safety will be at the forefront of all programming offered by Whitehorse Minor Hockey. Please note that each part/phase is subject to change according to facility requirements and CMOH guidelines.

BC Hockey has **Phase 3** of viasport Return to Sport Activity protocols (see chart below)



	Phase 1	Phase 2	Phase 3	Phase 4
	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

### Communications Officer:

Whitehorse Minor Hockey has identified Tanya MacKenzie as our Communications Officer. Tanya will be the point of contact to address questions, updates or concerns regarding our Return to Play Plan. Tanya can be contacted at [communications@whitehorseminorhockey.ca](mailto:communications@whitehorseminorhockey.ca) Tanya will be supported by WMHA board member Krista Strand [pkstrand8605@hotmail.com](mailto:pkstrand8605@hotmail.com) Whitehorse Minor Hockey executive director Stacey Carefoot [stacey@whitehorseminorhockey.ca](mailto:stacey@whitehorseminorhockey.ca)

## Reporting and Compliance:

Whitehorse Minor Hockey is committed to following the Yukon Government's Safe Six Practices



**1** Maintain physical distancing – keep 2 metres away from everyone who's not a member of your bubble



**4** Don't gather in groups of more than 10 people indoors or 50 outdoors, and remember to keep 2 metres apart



**2** Wash your hands frequently with soap and water, or use hand sanitizer with at least 60% alcohol



**5** Limit travel to rural communities, and be respectful when you're there



**3** Stay home if you're feeling sick



**6** Self-isolate if you've returned to Yukon and have been outside of BC, Nunavut or the NWT in the last 14 days, or if you've been in contact with someone diagnosed with COVID-19

Whitehorse Minor Hockey is also committed to ensuring that these safety procedures and guidelines are followed. The below aspects will be evaluated in consultation with our governing bodies and the Health Authority to determine when we can proceed through our plan.

Programming will be delivered within guidelines for the following restrictions:

- Physical distancing
- Gathering and group sizes
- Travel

Programming will be delivered within guidelines for the following enhanced protocols:

- Increased hygiene measures
- Symptom screening

Programming will be delivered within guidelines regarding participants:

- Small group activities
- No/few or limited spectators

Programming will be delivered under the following activity and some competition protocols:

- Fundamental movement and skill
- Modified training activities and drills
- No contact between participants during activities
- Modified play introduced, if applicable
- Minimal shared equipment and procedures for disinfecting

## Safety Procedures & Hygiene:

## **Safety:**

- Any participant traveling outside of Yukon, BC, Nunavut or NWT must not attend for a minimum of 14 days upon returning to Yukon
- Dressing rooms may not be utilized during this current phase of return to play
- Social distancing markers will be in place to be followed
- Physical distancing will be practiced at all times (On and Off the ice)
- Masks are recommended when arriving or leaving the facility but are not mandatory
- Masks are mandatory when physical distancing is not achievable
- Participants are asked to arrive fully dressed to reduce time in the facility before and after activities (Outlined below)
- Upon arrival, participants will be screened:
  - Are you experiencing any of these symptoms: Dry cough, tiredness, fever, sore throat, headache, difficulty breathing?
  - Have you traveled outside of Yukon, BC, Nunavut or NWT in the past 14 days?
  - Have you been in contact with anyone experiencing COVID-19 symptoms in the past 14 days?
- If a participant answers yes to any of the above questions, that participant will not be permitted to attend

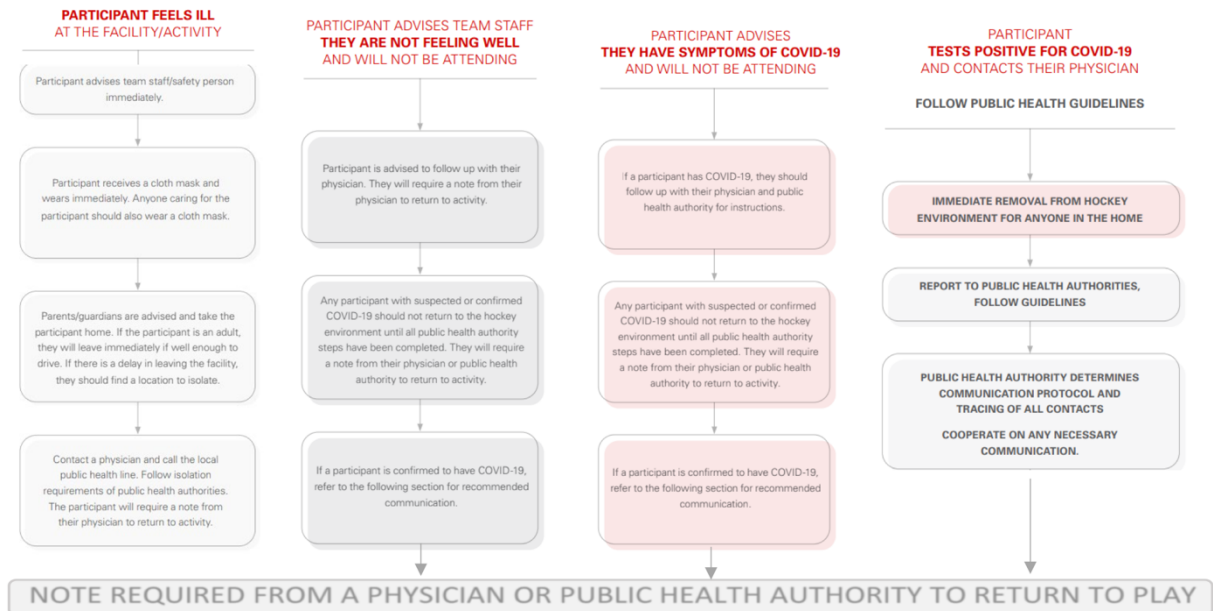
## **Hygiene:**

- Minimize going in and out of doors – Enter and Exit through marked doors
- Absolutely no spitting on the ice, the floor or the benches
- Cough or sneeze into a tissue or the bend of the arm, not the hand
- Avoid touching eyes, nose, and mouth with unwashed hands
- All participants must have their own water bottle with their name labelled, no sharing of water bottles
- Participants are encouraged to wash equipment after each session (jerseys, pant shells, socks, under garments)
- Disinfection of areas in use (player's boxes, timing booth, skate tying area, Family Change room, benches, surfaces and ledges/dasher boards) -Arenas done by staff between bookings.

## **Signs of Sickness:**

- Any participant, player or volunteer, exhibiting signs or symptoms of any illness before an activity, should not attend
- Notify the coach immediately if you are experiencing symptoms of COVID-19
- Any participant, player or volunteer, exhibiting signs or symptoms of any illness during their participation will be asked to leave the on ice session or activity immediately

- Any participant traveling outside of Yukon, BC, Nunavut or NWT must not attend for a minimum of 14 days upon returning to Yukon
- A doctors note/Return to Play form must be completed prior to the participant rejoining activities
- Follow Hockey Canada’s recommended Return to Hockey Procedures regarding illness below



(Source: Hockey Canada Safety Guidelines - Sections 7-8)

- Link to Government of Yukon’s Self Assessment Tool <https://service.yukon.ca/en/covid-19-self-assessment/>

## Entering the facility:

- Any participant traveling outside of Yukon, BC, Nunavut or NWT must not attend for a minimum of 14 days upon returning to Yukon
- Participants arrive 15 minutes before ice time
- All players must come in dressed in their gear, no hockey bag, carrying sticks, helmet, gloves and skates
- No dressing rooms available, chairs will be distanced from one another
- Participants must be able to tie own skates or arrive with skates and skate guards on
- Parents will not be allowed in the player area
- Coaches are not permitted to adjust a player’s skates/equipment
- WMHA representatives will check in and screen participants health; hand sanitizer must be used at this time
- Participants must have their own filled water bottle with name on it and hand sanitizer.

**Northwestel Arena:** Entry through concourse doors, exit through arena hallway

**ATCO/Leisure Ice:** Entry through concourse doors by Booster juice, exit through arena hallway

## Exiting the facility:

- Participants will have 15 minutes to exit the facility
- Participants will put their shoes on or skate guards and leave through door marked “EXIT”
- On the way out participants will hand sanitize and refrain from touching any walls or door frames as they exit

**Northwestel Arena:** Entry through concourse doors, exit through arena hallway

**ATCO/Leisure Ice:** Entry through concourse doors by Booster juice, exit through arena hallway

## **Spectators:**

- One spectator may be permitted per participant-conventional hockey viewing areas are closed, there is viewing thru the concourse glass with appropriate distancing markers and guidelines
- Spectators must enter and exit through Canada Games Centre outlined entrances and exit locations-no loitering (Wait in your vehicle for participant if age permits)
- Parent drop off/pick up instead of spectating encouraged by the CGC, note that CGC age guidelines still apply, requiring a guardian for youth age 9 and under

## **Modifications Currently in Place at the Canada Games Centre**

- COVID-19 Pre-screening of all guests – to protect staff, patrons, and registrants
- Water fountains are closed but bottle fill stations are available.
- Change rooms are closed (come dressed for activity – except skates/shoes)
- Limited seating for spectators as identified through the facility
- Capacity of 5 per player’s box and entry/exit points have limited capacity
- Designated entry/exit for main facility and open areas, follow directional signage.
- Physical distancing, handwashing signage, and hand sanitizer stations
- Zero spitting or body contact activities
- 30-minute maintenance required between bookings on areas of play
- 1-hour maintenance required between bookings in meeting rooms
- Rentals are required to be a minimum of 1 hour
- Leagues are responsible for their own cleaning/protocols between activity groups within their booked time. Cleaning product to be supplied, instructions posted.
- Users are allowed 15-minute transition time before and after their booking/activity off of the field of play. Please stay within these guidelines to allow safe transition for the previous and next group
- Parent drop off/pick up instead of spectating, note that CGC age guidelines still apply, requiring a guardian for youth age 9 and under

## **Recommendations to Rec User Groups at the Canada Games Centre**

- Prepare a COVID adapted operational plan to present to the booking office, in line with Recreation Facility Guidelines and current YG COVID-19 restrictions
- Arenas and fields have single lane access, plan your transitions appropriately
- Physically distanced instruction
- Check YG COVID-19 guidelines regularly for any new requirements [www.yukon.ca/covid-19](http://www.yukon.ca/covid-19)
- Remind participants to come dressed to play and with a filled water bottle
- No shared water bottles, equipment, etc

- Space water bottles along benches to avoid cross-contamination
- Prepare for reduced percentage of players on field of play
- Stagger entry/exit times for players
- Review your first aid procedures for COVID-19 adapted processes
- Provide updated entry/exit protocol to players including time limit of 15 min before/after rental times before next renter arrives, consider greeting parents outside to escort youth in