CANADA

RETURN to HOCKEY

COVID–19 RESPONSE

Safety Guidelines

Revised June 4, 2020

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SECTION 1

Messages from Hockey Canada

Since early March 2020, earlier in many countries, the world as we knew it has changed dramatically. Many facets of our day-to-day routine have been altered by COVID-19. Hockey has not been immune; the pandemic has impacted each and every province and territory in Canada.

Hockey Canada has compiled this universal Return to Hockey document so that all participants have access to the resources they require to ensure we are prepared to return to the ice as quickly and safely as possible. When Canada is ready, hockey will be ready!

This document will take you through some introductions, how to prepare your league/association for a return to hockey, hygiene, return-to-play protocols and the use of facilities. Significant resource links, both provincial/territorial and federal, will be provided. With the depth of resources comes responsibility and we highly encourage our Members, associations and teams to appoint an individual whose primary role will be to oversee health and safety protocols; this is extremely important.

Finally, Hockey Canada would like to thank our task team for its commitment to these health and safety protocols. We have worked with our Members, Hockey Canada staff, the Canadian Hockey League, the Ontario Recreation Facilities Association and Hockey Canada's chief medical officer, Dr. Mark Aubry, to ensure we put our participants in the safest possible environment upon our return.

Michael Brind'Amour
Chair, Board of Directors

Tom Renney
Chief Executive Officer

Scott Smith
President & COO

SECTION 1

Messages from Hockey Canada CONT'D

Health and safety are our priorities in establishing the guidelines for the Return to Hockey. While these guidelines apply on a national basis, it is important to recognize that most health and safety protocols are managed at the provincial/territorial level.

This comprehensive document is tailored for local use and allows for provincial/territorial/municipal guidelines to be implemented. It should be used in concert with public health authority guidelines, as well as Member guidelines.

Given the fluid nature of the situation and the corresponding provincial/territorial public health advice, we have provided links to government resources to allow our Members to be up to date in their local jurisdictions. We highly encourage you to review these links for the most up-to-date information on the COVID-19 response.

Dr. Mark Aubry
Chief Medical Officer

NOTE: Within this document, *public health authority* refers to federal, provincial/territorial and local health authorities across Canada.

SECTION 2

Communications Officer

Positive and open communication will be an important part of returning safely to the rink. Members, hockey associations and leagues will want to ensure they understand what controls and guidelines are in place. This information must be passed along to administrators, officials, team staff, volunteers, parents and players in advance to ensure the return to hockey and facility use is enjoyable.

It is recommended that hockey associations/leagues assign a person who will be responsible to ensure all updated and relevant information is passed on to everyone within their jurisdiction.

Responsibilities can include:

- Monitoring all relevant updates from the public health authority.
- Monitoring all relevant updates from their Member.
- Communicating with local facilities on guidelines and updates.
- Ensuring teams are following the prevention guidelines set by the Member/hockey association/league.
- Ensuring any COVID-19 cases are reported as required by the public health authority, Member, hockey association, league and facility.

It would be beneficial for the communications officer to meet with their Member on a regular basis to assist in facilitating updates.

SECTION 3

Checklist to Success

Review & Follow

- Provincial/territorial health authority guidelines
- Local health authority guidelines
- Hockey Canada Member guidelines

Plan

- Assign someone to monitor updates
- Meet with your facility
- Team staff clarifies responsibilities specific to practices
- Arrival at facility organized to meet guidelines
- Hygiene requirements
- Physical distancing in the facility
- Guidelines around dressing rooms and showers
- Physical distancing during on-ice sessions
- Requirements for parents/guardians at the facility
- Departure from facility organized to meet guidelines
- Procedure if participant is sick

Meet with Parents/Guardians/Participants

- Overview of what to expect
- Safety steps put in place
- Their role in creating a safe and healthy environment

At the Facility

- Practice physical distancing
- Practice responsible hygiene
- Follow public health authority guidelines
- Follow Member and facility guidelines
- Have fun!

SECTION 4

Facilities

During all phases of the Return to Hockey protocol and reopening of arenas, a spirit of ongoing patience and flexibility will need to be communicated between the user and the facility owner (and their representatives). Positive interaction will be greatly increased with a recognition and understanding of public health authority direction on a variety of operational practices. At all times, government and health agency directions will supersede any general recommendation of Hockey Canada adopted by Members.

Positive and open communication will be an important part of returning safely to the rink. Prior to starting hockey activities, it is highly recommended that a team official reach out to a facility representative as part of the facility rental agreement for clarification of the following:

- What are facility guidelines and requirements specific to physical distancing?
- Are there restrictions specific to the number of people allowed in public areas?
- What are entry and/or re-entry rules? Will masks be required?
- Are there areas that may not be accessible in the facility – main lobby, dressing rooms, observation areas, showers, washrooms, etc.?
- If dressing rooms are not available, what alternative option may need to be conveyed to players and parents?
- Are common areas available to put on skates or remove skate guards with marked physical-distanced seating?
- What additional cleaning and disinfection processes have been implemented by facility owners and how often are common touchpoints serviced?
- Players must not spit, blow their nose freely or release any bodily fluid anywhere in the facility due to an extremely high risk of virus transfer.

Above all else, respect the facility and all those that work within it.

For more specific information related to reopening of recreation facilities in each province/territory, please visit the Canadian Recreation Facilities Network or confer with the owners of the facility being used by Hockey Canada participants.

SECTION 5

Insurance

Under Hockey Canada's current General Liability policy, the following is the definition for 'bodily injury':

"Bodily Injury" means bodily injury, sickness, disease, mental injury, mental anguish or nervous shock sustained by a person, including death resulting from any of these at any time.

As it relates to COVID-19, that would fall within the definition – more specifically, under disease.

Liability claims against Hockey Canada always need to be proven by the third party, so continuing to update and enforce risk-management guidelines as new risks emerge, such as COVID-19, are imperative. Understand that Hockey Canada and its Members are actively working on updating risk-management protocols related to Return to Hockey guidelines post-COVID-19.

As with all claim scenarios, the insurance company would investigate all claims presented against any Member of Hockey Canada that falls within the 'bodily injury' definition and would confirm coverage based on the framing of the allegations.

It will also be important to review new municipal rink/private rink facility contracts post-COVID-19 for all rentals; in all likelihood, they will now contain a new clause which absolves the municipality/private facility owners of any liability related to COVID-19.

New lease agreements will need to be carefully scrutinized given that organizations will potentially have little control over cleaning/sanitizing of rented premises and shouldn't be expected to take on all liability related to COVID-19 in these facilities.

Finally, it should be noted that many insurance companies are implementing Communicable Disease/COVID-19 exclusions on all policies either immediately, or upon renewal. Hockey Canada can advise that AIG, who is Hockey Canada's primary General Liability insurer, has agreed to waive this exclusion in the General Liability policy until Sept. 1, 2023. Hockey Canada will NOT have this exclusion in its policy until that date, at the earliest.

SECTION 6

Hygiene

Public Health Authority Guidelines

As hockey prepares to reopen, it is important to be familiar with federal guidelines, as well as provincial/territorial and local health authority guidelines, and adhere to these requirements.

For a list of all pertinent health authorities, **CLICK HERE**.

It is also important to be familiar with facility guidelines and requirements specific to the prevention of COVID-19.

The conditions related to COVID-19 are different across the country. It will be important to assess the current situation to help to build programming that fits.

The following hygiene recommendations will assist in creating an environment that is safe for all participants in hockey activities.

Proper hygiene can help reduce the risk of infection or spreading infection to others.

- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
- Avoid touching the eyes, nose or mouth with unwashed hands.

Facility Meeting

Prior to starting hockey activities, reach out to the facility and discuss the following:

- Facility guidelines and requirements specific to physical distancing.
- Restrictions specific to the number of people allowed in public areas.
- Areas that may not be accessible in the facility – main lobby, dressing rooms, observation areas, showers, washrooms, etc.
- If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
- Cleaning processes in the facility, including how often it is disinfected.
- General facility rules specific to practicing good hygiene.

Participant Meeting

It is recommended to host an initial meeting with parents/participants to review how programming will look and allow them to ask questions (this can be done virtually if required by the public health authority).

Topics can include:

- Facility/hockey association/league protocols for spacing/limits, number of patrons using the parking lot for drop-off/pick-ups, entering and leaving the building and/or dressing room, washroom restrictions and other limits and patterns.
- Facility guidelines for the number of people that are permitted in the facility and/or on the ice at any given time. Families should be prepared to minimize the number of parents/guardians/spectators that attend to limit the number of people in the facility. Work with the facility to determine what is best.
- A system to limit the number of patrons entering and exiting the facility at one time. Work with the facility to determine what is best.
- Execution of on-ice sessions under public health authority requirements.
- Player arrival/departure – what to expect on arrival and how soon players need to leave.
- Importance of players arriving dressed in their equipment and player accessibility to showers.
- Steps to practicing good hygiene.
- Players not feeling well and what steps are to be taken by the team.

Prior to Activity

- Encourage or require patrons to register and pay online prior to arriving.
- Look at making payment/refund policies more flexible so families do not feel pressured to attend an ice session.
- If a participant does not feel well, has a fever or a cold (runny nose, sore throat, cough, etc.) they should stay home and advise the coach. All those participating in or attending a hockey activity should stay home if sick.
- Learn and follow the guidelines specific to the number of people allowed in the building and on the ice, and plan accordingly.
- Emphasize to participants the importance of strict hand hygiene before and after training. If possible, players should be encouraged to carry hand sanitizer.

When running water is available, wash hands with plain soap and water and dry thoroughly.

Follow these steps for perfectly clean hands:

- Remove jewelry, such as rings.
- Wet hands up to the wrists.
- Apply enough soap to cover hands.
- Work soap under fingernails and between joints and fingers for a minimum of 20 seconds.
- Rinse off all lather with water.
- Dry hands with a clean cloth or paper towel - take special care to dry thoroughly.
- Turn off the tap with a paper towel or cloth.

If you do not have access to water, use an alcohol-based hand sanitizer with at least 60% alcohol. Place enough into the cupped palm of one hand to wet both hands completely. Rub the liquid into the palms, backs of hands, between fingers and under nails.

For more information on proper hand hygiene, **CLICK HERE**.

- Players should have a labelled water bottle. Use only that water bottle when participating in the activity. Parents/players should wash water bottles after each session.
- When arriving at the facility, players should be instructed to leave their hockey bags in their cars if early and the dressing room/area is not available.
- Teams exiting the facility should do so 20 minutes after their session. It is recommended to plan new arrival times to avoid teams entering and exiting the facility at the same time.
- If doing dryland training, players should reduce the time needed to change at the facility by having a bag with dryland clothing. If possible, have warm-up clothing on before arrival.
- For on-ice sessions, players should be prepared to come dressed in as much hockey equipment as possible to reduce the time at the facility before and after on-ice sessions.

- If a team is warming up, the coach should ensure physical-distancing is practiced and there is no sharing of foam rollers or warm-up equipment. Please observe facility rules regarding team warm-ups, including physical distancing requirements.
- Notify and reinforce the message that players and coaches need to observe physical-distancing recommendations while on the ice.

Physical distancing means making changes in routines to minimize close contact with others.

- Avoid crowded places and gatherings.
- Avoid common greetings, such as handshakes.
- Limit contact with people at higher risk (older adults and those in poor health).
- Keep a distance of at least two arm-lengths (approximately two metres) as much as possible.

At Facility & During Activity

MASKS

- Important information on masks can be found **HERE**.
- It is recommended anyone entering the facility should wear a cloth mask when physical distancing cannot be followed (it may also be required by the facility). The cloth mask can be removed while participating in a hockey activity and physical distancing is practiced. Continue to monitor public health authority guidelines specific to wearing masks.
- Coaches and team staff should wear cloth masks where physical distancing is not possible, such as in the dressing room or on the bench.
- Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing.

SIGNS OF SICKNESS

- A coach should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity. Refer to public health authority guidelines with respect to wearing a mask.
- When coughing or sneezing, cough or sneeze into a tissue or the bend of the arm, not the hand.
  - Dispose of any tissues as soon as possible in a lined waste basket and wash hands.
  - Avoid touching eyes, nose or mouth with unwashed hands.
  - Avoid contact with anyone who is sick.
- If participants do not feel well or have identified respiratory symptoms, ensure they advise team staff immediately and put on a cloth mask. They should immediately go home and follow up with their physician.
- Facility staff should be provided with an incident report based on facility protocol prior to the coaching staff leaving the facility.

HYGIENE GUIDELINES

- Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. Team staff should try and control the number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use the elbow to open.
- Absolutely no sharing of drinks or food.
- Team warm-ups and practices should adapt to proper spacing; reduce the number of one-area stations, including the players coming together in one group for instruction.
- Towels should only be on the bench under the guidance of the safety person/trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.
- Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench.
- Emphasize to all participants that spitting and blowing the nose without tissue is absolutely forbidden.
- Each player needs to have a marked water bottle, which is washed after each practice or game.

The Hockey Canada Safety Program recommends the following protocol for the use of water bottles:

- Good team hygiene includes ensuring all players and staff have their own water bottles to prevent the transmission of viruses and bacteria.
- Bottles should be labelled and washed after each practice or game.
- It is prohibited for officials to drink from the goaltender's water bottle. If officials require water, they should have their own water bottle at the penalty bench.
- There should not be sharing of water bottles in the penalty box, as well as no sharing of towels.

- Pre-game and post-game handshakes should be eliminated.
- Referees should verbally greet coaches as they generally do, but should not shake hands.
- Players should not share clothing, soap, shampoo or other personal items such as razors and towels.
- Wash your hands after using restrooms with soap and water for at least 20 seconds as outlined previously. Use alcohol-based hand sanitizer if soap and water are not available.
- Some equipment should also be washed (jerseys, pant shells, socks) after each training session following manufacturer guidelines. It is important that players ensure equipment is kept clean.

FACILITY GUIDELINES

- To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical-distancing requirements of the public health authority and local facilities. Minimize congregation in areas of the facility, such as the lobby, as much as possible.
- Limit dressing room use as much as possible.
- If there are multiple entrances to the ice surface, split the players into groups and have them space appropriately to meet physical-distancing standards at each entrance.
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly.
- Remind players and parents to follow physical-distancing guidelines when leaving.
- Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- When public health authority protocol and facility guidelines allow use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help).
- As stated above, it is recommended players not shower at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.

Tournaments & Away Events

TRAVEL

Monitor travel restrictions on the **Government of Canada Travel Advisory** website.

- All participants, coaching staff and patrons must adhere to public health authority guidelines. Remember to review guidelines for any province/territory other than your own that you will be visiting. Note that guidelines may restrict the ability to host local tournaments and team travel.
- All participants, team staff, patrons and parents must adhere to facility rules and guidelines.
- Travel with family for hockey activity and away events.
- Stay within the team.
- Practice physical distancing as much as possible.

It is recommended a bus not be used. If it must:

- Ensure physical distancing so players are not sitting next to each other.
- The bus should be professionally cleaned and disinfected prior to each trip. It is recommended to discuss with the bus company what their cleaning procedures are.
- Discuss with the bus company the importance of following all public health authority guidelines.
- Players and staff should wash their hands prior to boarding the bus.
- Players and staff should clean and disinfect their seat and surface area with provided disinfectant wipes after each stop and prior to each departure.
- Hand sanitizer and disinfectant wipes should be available as players board and disembark.
- Players and staff should wash their hands as they disembark.
- Have proper waste disposals on the bus to discard used disinfectant wipes.
- If physical distancing is not possible on the bus, it is recommended all passengers wear a cloth mask.
- Teams should request increased air circulation on the bus.

HOTEL

If staying at a hotel, consider the following recommendations:

- Ask hotel to remove glasses in rooms and replace with plastic wrapped cups, or bring some.
- Bring plates and cutlery.
- Eliminate team buffets. Individual meals should be considered.
- Remember physical-distancing requirements prior to considering any type of meal.
- If eating at a restaurant, follow applicable public health authority guidelines.
- One family per room.

In your room, wipe down the following with disinfectant wipes:

- Hotel room handles/bathroom door handles/toilet handles.
- Bathroom faucet handles.
- Television remote.
- Telephone.
- Alarm clock and clock radios.
- Light switches.
- Other commonly-touched surfaces.

RECOMMENDED TRAVEL KITS

Teams/parents should consider prevention kits with the following:

- Small personal packages of tissue.
- Small hand sanitizer bottle.
- Small laminated prevention card with key reporting information.
- Thermometer.
- Cloth mask.
- Small packages of disinfectant wipes.
- Keep toothbrush heads covered with protective caps.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

SECTION 7

Recommended Return to Hockey Procedures

The following are recommended guidelines for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick.

PARTICIPANT FEELS ILL
AT THE FACILITY/ACTIVITY

Participant advises team staff/safety person immediately.

Participant receives a cloth mask and wears immediately. Anyone caring for the participant should also wear a cloth mask.

Parents/guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find a location to isolate.

Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.

PARTICIPANT ADVISES TEAM STAFF **THEY ARE NOT FEELING WELL** AND WILL NOT BE ATTENDING

Participant is advised to follow up with their physician. They will require a note from their physician to return to activity.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

PARTICIPANT ADVISES **THEY HAVE SYMPTOMS OF COVID-19** AND WILL NOT BE ATTENDING

If a participant has COVID-19, they should follow up with their physician and public health authority for instructions.

Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed. They will require a note from their physician or public health authority to return to activity.

If a participant is confirmed to have COVID-19, refer to the following section for recommended communication.

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

- Fever
- Dry cough
- Shortness of breath

Less common symptoms:

- Runny nose
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste and/or smell
- Skin rash, or discolouration of fingers and toes

Serious symptoms:

- Difficulty breathing
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility.

On average, it takes 5-6 days from infection for symptoms to show, but it can take up to 14 days.

SECTION 8

Positive COVID-19 Test in Hockey Environment

Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and NEVER disclose the sick person's name.

PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN

FOLLOW PUBLIC HEALTH GUIDELINES

IMMEDIATE REMOVAL FROM HOCKEY ENVIRONMENT FOR ANYONE IN THE HOME

REPORT TO PUBLIC HEALTH AUTHORITIES, FOLLOW GUIDELINES

PUBLIC HEALTH AUTHORITY DETERMINES COMMUNICATION PROTOCOL AND TRACING OF ALL CONTACTS

COOPERATE ON ANY NECESSARY COMMUNICATION.

NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC HEALTH AUTHORITY TO RETURN TO PLAY

In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the **privacy legislation** at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have **published their own statements** relevant to the matter of COVID-19.

SECTION 9

Junior Hockey

In preparation to reopen junior hockey, it is important to be familiar with public health authority guidelines and adhere to these requirements.

Facility Meeting

Prior to starting hockey activities, reach out to the facility and discuss the following:

- Facility guidelines and requirements specific to physical distancing.
- Restrictions specific to the number of people allowed in public areas.
- Areas that may not be accessible in the facility – main lobby, dressing rooms, observation areas, showers, washrooms, etc.
- If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
- Cleaning processes in the facility, including how often it is disinfected.
- General facility rules specific to practicing good hygiene.

Team Bus Travel

- The bus should be thoroughly cleaned and disinfected professionally prior to each trip. It is recommended to discuss with the bus company what their cleaning procedures are.
- Discuss with the bus company the importance of following all public health authority guidelines.
- If the team owns the bus, a cleaning log of who cleaned the bus and when should be kept.
- Players and staff should wash their hands prior to boarding the bus.
- Players and staff should clean and disinfect their seat and surface area with provided disinfectant wipes after each stop and prior to each departure.

- Hand sanitizer and disinfectant wipes should be available as players board and disembark.
- Players and staff should wash their hands as they disembark.
- Have proper waste disposals on the bus to discard used disinfectant wipes.
- If physical distancing is not possible on the bus, it is recommended all passengers wear a cloth mask.
- Teams should request increased air circulation on the bus.

Canada/U.S. Border Crossings

- Check and follow public health authority guidelines prior to leaving for any U.S. destination.
- Check travel advisories specific to traveling to the U.S.
- Players and staff should carry their own passports and should have cloth masks available. If required to report inside a customs building, players and staff should do so using physical-distancing guidelines and wearing a cloth mask.
- Players and staff should practice physical distancing and wash hands prior to re-boarding.

Dressing Rooms & Other Areas

- When public health authority protocol and facility guidelines allow use of dressing rooms, teams should have players appropriately physically distanced (using multiple dressing rooms could help).
- Dressing rooms should be cleaned and sanitized (all surfaces and fitness equipment) after each use.
- Hockey equipment, including sticks and pucks, should be cleaned after each practice and game.
- Hand sanitizer and disinfectant wipes should be available as players enter and leave.
- Media interviews should be conducted outside the dressing room in a dedicated area with proper physical-distancing procedures.
- Access to the dressing room should be strictly monitored.
- Only team personnel, on-ice officials, medical staff and essential facility staff should have access.

Off-Ice Training Areas

- Physical distancing should be used to determine the number of players permitted in the weight room or workout area at one time.
- Equipment should be wiped down with disinfectant wipes after each use.
- Hand sanitizer and disinfectant wipes should be available as players enter and leave.

Medical Rooms

- Physical distancing should be used to determine number of players in the medical room at one time.
- Hand sanitizer and disinfectant wipes should be available as players enter and leave.
- Medical rooms should be disinfected between player treatments.
- Protective surgical masks and gloves should be available.

Billets

- Billet locations are required to follow public health authority guidelines.
- In anticipation of current quarantine requirements, teams need to consider players coming from out of province/territory and necessary quarantine periods upon arrival. Billets should be required to complete a mandatory season-opening survey.
- Billets and players should practice physical distancing.
- Cloth masks should be available for players and billet families.

Hotel Accommodations

- Maximum of two players per room, physical distancing should be practiced.
- If physical distancing is not possible in the hotel, it is recommended a cloth mask be worn.
- Ask hotel to remove glasses in rooms and replace with plastic wrapped cups, or bring some.

- Upon check-in and daily, wipe down the following with disinfectant wipes:
  - Hotel room handles/bathroom door handles/toilet handles.
  - Bathroom faucet handles.
  - Television remote.
  - Telephone.
  - Alarm clock and clock radios.
  - Light switches.
  - Other commonly-touched surfaces

Meals

- Players and staff must wash hands before and after each meal.
- Players should be reminded to disinfect their phones regularly.
- Hotel must have a private room and dedicated person to serve meals to players and staff. Buffet-style food services should not be permitted. Beverages should be single-serve and not jug-style service.
- Players and staff should not share food or drink at any time.
- Hand sanitizer and disinfectant wipes should be available as players enter and leave.
- Arrange seating and tables to ensure physical distancing.

Practices/Warm-Ups/Games

- Players and staff must have their own personal towel if showering.
- Players and staff must have their own water bottles (cleaned after each practice and game).
- Additional towels and a laundry basket must be available (towels replaced after each usage).
- Players should warm-up for games individually as opposed to in groups.
- Sanitary tissues and a waste basket should be available.
- Hand sanitizer and disinfectant wipes should be available.
- Cleaning of jerseys, face shields and mouthguards must take place before and after every game.

Benches

- Work with facility staff to ensure the bench area is wiped down and disinfected after each session.
- Non-latex gloves and disinfectant wipes should be available on benches for players and staff.
- Ensure a garbage can or plastic garbage bag is available on the bench.
- Ensure physical distancing in the bench area. If not possible, bench staff should wear cloth masks.

Coaching Staff

- Members of the coaching staff must maintain physical distancing with players whenever possible.
- Team meetings should only be held in a controlled environment with physical distancing.
- When coaches cannot physically distance they should wear a cloth mask.

Trainers & Equipment Staff

- Gloves must be worn when handling equipment.
- Non-latex gloves must be worn when on the bench for each practice and game.
- Cloth masks should be worn if treating players, dealing with players' equipment or if physical distancing is not possible.
- Gloves must be changed when required and hands must be washed frequently.

Therapists & Medical Staff

- Gloves must be worn for all practices and games.
- Hands must be washed and gloves changed between each player contact.
- Cloth masks should be worn when treating players and when physical distancing is not possible.

Other Safety Measures

- No community or sponsor appearances by players or staff.
- Players and staff will be leaders in practicing physical distancing off the ice.
- Any violation should result in the player or staff member being subject to team discipline.

If there are questions pertaining to any of the following, please contact your **Member**:

- Parking protocol
- Ticketing service recommendations
- Concourse management
- Washrooms
- Food and beverage service
- Suites
- Team store
- Public address announcement
- Promotions
- Media

SECTION 10

Officials

The following are recommended guidelines for officiating in minor, female, junior and senior hockey.

On-Ice Officials

- Come fully dressed in uniform if possible.
- Personal towels only (officials should shower at home).
- If possible, hands should be washed prior to start of each period (officials can carry a small bottle of sanitizer with them on the ice).
- Wear a cloth mask when entering the arena when physical distancing cannot be followed such as in the dressing room (it may also be required by the facility). The cloth mask can be removed when going on to the ice. Continue to monitor public health authority guidelines specific to the wearing of masks.
- Have personal hand sanitizer and disinfectant wipes.
- Have hand sanitizer in the penalty box for officials to use.
- Physical distancing is required in dressing rooms. Work with facility staff to see if more rooms are available, as well marked space/stalls within the dressing rooms. If the dressing room is small, a rotation system should be considered.
- Only game officials should be in the dressing room – no visitors.
- It is prohibited for officials to drink from water bottles belonging to skaters or goaltenders. If officials require water during a game, they should have their own water bottle at the penalty bench.
- Referees should verbally greet coaches as they generally do, but should not shake hands.
- When reporting penalties, do not speak through the hole in the glass – work from a distance.
- Some equipment should also be washed (jerseys, pant shells, etc.) after each session, following manufacturer guidelines. It is important that officials ensure equipment is kept clean.
- Work with the facility to see if the dressing room can be cleaned and sanitized after each use.

Off-Ice Officials

- Penalty-box attendants are recommended to wear a cloth mask inside the building (it may be required by the facility). Continue to monitor public health authority guidelines specific to the wearing of masks.
- Off-ice officials are recommended to have personal hand sanitizer and disinfectant wipes to wipe down and disinfect the score clock equipment/penalty bench prior to each game. Handles to doors going to the ice are high-touch areas and proper hygiene and cleaning is important.
- Physical distancing must be practiced, and it is important to work with the facility to plan the best way to incorporate into the space being used.

SECTION 11

Resources

[Public Health Authorities in Canada]

[COVID-19 Information]

[Provincial & Territorial Resources]

[COVID-19 Awareness Resources]

[COVID-19 & Privacy]

[Travel Advisories]

[Proper Hand Hygiene]

[Disinfectants & Hand Sanitizers]

[Hockey Canada]

[Hockey Canada Members]

[Hockey Canada Safety Programs]

[Hockey Canada Safety Essentials]

[Coaching Association of Canada]

[Public Health Authority Assessment Tools]

SECTION 12

Conclusion

These uncertain times have necessitated specific measures to allow us to return to the sport we love. Hockey Canada has worked with its Members and subject-matter experts to prepare our participants in the best manner possible.

We encourage a full understanding of these health and safety protocols and full distribution throughout our participant base. We fundamentally believe these protocols, if adhered to, put Hockey Canada, its Members and all participants in the best position to return to hockey in a safe and healthy manner. Together, we can return to the sport we love and do so in an environment that is as safe as possible.

Finally, a further thank you to the task team that made this report possible. Your commitment to our sport and to the safety of its participants is admirable and much appreciated.

APPENDIX A

Roles & Responsibilities

Administrators

- Be familiar with public health authority guidelines, and adhere to them.
- Communicate with your Member on requirements specific to the Return to Hockey plan.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- COVID-19 conditions are different across the country. It will be important to assess the current situation in the province/territory to help to build programming that fits.
- Prior to starting hockey activities, reach out to the facility and discuss the following:
  - Facility guidelines and requirements specific to physical distancing.
  - Restrictions specific to the number of people allowed in public areas.
  - Areas that may not be accessible in the facility – main lobby, dressing rooms, observation areas, showers, washrooms, etc.
  - If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical-distanced seating.
  - Cleaning processes in the facility, including how often it is disinfected.
  - General facility rules specific to practicing good hygiene.
- Relay information to coaches, managers, players and parents.
- Work with the coaching staff and managers on any health-related issues with teams, and be prepared to advise the hockey association board and Member.

Coaching Staff & Managers

- Be familiar with public health authority guidelines, and adhere to them.
- Review the Return to Hockey plan from your Member.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- COVID-19 conditions are different across the country. It will be important to assess the current situation in the province/territory to help to build programming that fits.
- Host an initial meeting with parents/guardians/participants to review how programming will look and allow them to ask questions (can be done virtually if required).
- To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical-distancing requirements of the public health authority and local facilities. Minimize congregation in areas of the facility, such as the lobby, as much as possible.
- If there are multiple entrances to the ice surface, split the players into groups and have them space appropriately to meet physical-distancing standards at each entrance.
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly.
- Remind players and parents to follow physical-distancing guidelines when leaving.
- Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- When public health authority protocol and facility guidelines allow use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help).
- Players should not shower at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.
- Follow Hockey Canada guidelines for best practices related to on- and off-ice activities.
- All participants must adhere to public health authority guidelines. Remember to review guidelines for any province/territory that will be visited.

Safety Person & Trainer

- Ensure the health and safety of the players and help to create a safe and welcoming environment.
- Advise players and parents that a prevention kit, as identified in the Hygiene section, is a good idea.
- Educate parents and players on the need for each player to have their own water bottle labelled with their names. Players should take their water bottles home and wash them before the next session.
- Emphasize to players the importance of washing their hands regularly with soap and water or hand sanitizer. Carry extra hand sanitizer and disinfectant wipes in the first-aid kit.
- Emphasize to players the importance of keeping their equipment clean.
- Be familiar with the Hygiene section of this document, as well as the Return to Hockey plan from the Member, and emphasize to players and parents the need for total cooperation concerning hygiene.
- Work with coaches to support physical distancing, hygiene and return to play after illness.
- The safety person/trainer should wear non-latex gloves on the bench for practices and games.
- Gloves should be worn when handling equipment and when treating a player.
- Hands must be washed and gloves changed between each player contact.
- Cloth masks should be worn when treating players and when physical distancing cannot be practiced.

Players

- Always respect and listen to team staff as they create a safe environment.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touchpoints. Use the elbow to open.
- Absolutely no sharing of food or drinks.
- Assist the coach in establishing required guidelines during hockey activities while on or off the ice.
- Bring a kit bag filled with recommended items (see Hygiene section).

- When coughing or sneezing:
  - Cough or sneeze into a tissue or the bend of the arm, not the hand.
  - Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
  - Avoid touching the eyes, nose or mouth with unwashed hands.
- Avoid contact with anyone who is sick.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Parents

- Be familiar with public health authority guidelines, and adhere to them.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Learn and follow the guidelines put in place by your Member, hockey association and team staff.
- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical-distancing guidelines.
- Stress washing of hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility.
- Stress to kids not to touch their faces while at the hockey activity.
- Make sure kids let parents know if they are not feeling well.
- Make sure kids have their own clean water bottle, labelled clearly with their name, and stress the importance of not sharing water bottles.
- Review public health authority guidelines for any province/territory that will be visited.
- Travel with family to all hockey activities, including away events.
- If staying at a hotel, consider the recommendations outlined in the Hygiene section.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

APPENDIX B

Hygiene Checklist

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
All participants must adhere to public health authority guidelines.	☑	☑	☑	☑	☑
All participants must adhere to facility rules and guidelines. ● Communicate with families to make sure they are aware of the spectator rules around physical distancing, as well as on-ice protocol. ● Work with the facility to have a common area with marked physical-distanced seating and a common area to put on skates or remove skate guards. ● When local health protocol allows use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help). ● Encourage participants to minimize their time in or around the facility. ● Remind players and parents to follow physical-distancing guidelines when leaving.	☑	☑	☑	☑	☑
Encourage or require patrons to register and pay online prior to arriving.	☑				
Look at making payment/refund policies more flexible so families do not feel pressured to make an ice session.	☑				
Host an online meeting with parents/guardians to run through plans and allow them to ask questions related to: ● What they can expect. ● Planning for the first session. ● Precautions being taken to keep the rink clean and safe. ● Facility and hockey association protocols specific to physical distancing. ● Notify and reinforce the message that players and coaches need to observe physical distancing on the ice. ● Steps to good hygiene.	☑				☑

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
If a player has any cold or flu-like symptoms (runny nose, sore throat, fever, cough), they must advise the team and stay home until symptoms have ended. ● They may need to be tested for COVID-19 should symptoms match universal symptoms; if positive, follow public health authority requirements. ● A coach should be prepared to require that a player exhibiting symptoms must leave the hockey activity.		☑	☑	☑	☑
When coughing or sneezing: ● Cough or sneeze into a tissue or the bend of the arm, not the hand. ● Dispose of any used tissues as soon as possible in a lined waste basket and wash hands. ● Avoid touching the eyes, nose or mouth with un-washed hands.	☑	☑	☑	☑	☑
If symptoms are identified at the facility, advise team staff immediately and put on a cloth mask. Go home and follow up with a physician and the public health authority.			☑	☑	☑
Participants identified as being vulnerable to COVID-19 should be more cautious and should speak with a physician prior to participating.	☑	☑	☑	☑	☑
Promote strict hand hygiene (washing and sanitizing) before and after training. ● Wash hands after using restrooms with soap and water for at least 20 seconds. ● Use alcohol-based hand sanitizer if soap and water are not available.	☑	☑	☑	☑	☑
It is recommended anyone entering the facility should wear a cloth mask when physical distancing cannot be followed (it may also be required by the facility). The cloth mask can be removed while participating in a hockey activity and physical distancing is practiced. Continue to monitor public health authority guidelines specific to wearing masks.		☑	☑	☑	☑

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
Players must have their own labelled water bottle, washed after each session.		☑	☑	☑	☑
Hockey bags should have hand sanitizer. Players should wash hands frequently – before leaving home, prior to entering the facility and after leaving the facility.		☑	☑	☑	☑
Travel with family for hockey association activities and away events.		☑		☑	☑
Leave hockey bags in the car if arriving early and the dressing room is not available; retrieve when the room is open.		☑	☑		☑
Teams exiting dressing rooms have up to 20 minutes. Plan arrival times so to avoid teams entering and exiting the facility at the same time. ● Limit dressing room use as much as possible. ● Have participants put on their shoes or skate guards so that they can leave quickly. ● Encourage participants to minimize their time in the facility.		☑	☑	☑	☑
For age groups where parents need to assist with equipment, limit the number of parents in the dressing room/change area to one per player. Entry should be controlled to meet physical-distancing requirements.			☑	☑	☑
Have a separate gym bag with clothing for dryland. If possible, have dryland clothes on under street clothes.		☑	☑	☑	☑
Wear clothing that minimizes changing in tight spaces. ● If dryland, wear dryland clothing to facility. If on-ice, wear equipment other than helmet, neckguard, gloves, and skates. ● Try to shower at home. If showering at the facility, practice physical distancing. ● Do not share soap, shampoo or shaving products.		☑	☑	☑	

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
During warm-up the coach should ensure physical distancing is practiced. No sharing of foam rollers or warm-up equipment. ● Observe facility rules regarding team warm-ups, including physical-distancing requirements. ● Players need to be prepared to disinfect fitness equipment immediately after use.		✓	✓	✓	
Absolutely no spitting or open nose blowing in the hockey environment.		✓	✓	✓	
Families should minimize the number of parents/spectators that come with the player to limit the people in the facility. Work with the facility to determine what is best. ● Minimize congregation in the lobby as much as possible. ● Meet family at vehicles if suitable for age of players – follow physical-distancing requirements of facility and public health authority.	✓	✓	✓	✓	✓
Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. ● Team staff should try and control the number of times players enter and exit the dressing room; this avoids hands contacting the handles. Use the elbow to open.		✓	✓	✓	✓
No sharing of food or drinks.		✓	✓	✓	✓
Towels are on the bench under the guidance of the safety person/ trainer for emergency use. ● Towels are not for regular player use. If a safety person/ trainer uses a towel on the bench, it must be taken out of use and washed. ● Paper towels/tissue can be kept on hand to wipe face, blow nose if on the bench. ● Garbage cans should be placed close by for disposal.		✓	✓	✓	✓
No handshakes between teams. Referees can greet coaches, but no handshakes.		✓	✓	✓	✓

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
Some equipment should be washed (jerseys, pant shells, socks, etc.) after each session, following manufacturer guidelines. ● Players must ensure that equipment is kept clean. ● Encourage players to take equipment out of bags and dry it out after EVERY session. ● Wash all undergarments after each session. following manufacturer guidelines.	☑	☑	☑	☑	☑
Before traveling to tournaments, check federal/provincial/territorial travel restrictions.	☑	☑			☑
At a tournament: ● Stay within the team. ● Bring plastic glasses, plates and cutlery for the hotel room. ● Eliminate buffets. ● Practice physical distancing.		☑	☑	☑	☑
If at a hotel, follow the steps in the Hygiene section.		☑	☑	☑	☑
Teams/parents should consider creating prevention kits, following steps in the Hygiene section.	☑	☑			☑

APPENDIX C

Provincial/Territorial Guidelines & Restrictions

The following information pertains to the model that has been put into effect to prepare leagues and hockey associations to reopen. These plans are very dynamic and rely on an ongoing assessment of the current COVID-19 situation within provinces and territories.

A link has been provided to access the most up-to-date information and guidelines for each province/territory. Hockey Canada recommends that this be checked on a regular basis.

Provincial/Territorial Guidelines & Restrictions

British Columbia

Alberta

Saskatchewan

Manitoba

Ontario

Quebec

New Brunswick

Prince Edward Island

Nova Scotia

Newfoundland and Labrador

Yukon

Northwest Territories

Nunavut

CANADA

RETURN to HOCKEY

COVID–19 RESPONSE