



BEAUMONT AMATEUR  
**HOCKEY**  
ASSOCIATION

# RETURN TO PLAY GUIDELINES

Updated November 25, 2020



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## 1. Philosophy/ Mission

The objectives of the Beaumont Amateur Hockey Association (BAHA) are to promote, govern and improve the sport of hockey with emphasis being on fun and development of skills, within the recreational boundaries established. BAHA's hockey program will always be based upon the following values: Innovation, Integrity, Safety, Enjoyment, Consistency, Respect, and Teamwork. As such, during this COVID-19 pandemic, BAHA is aiming for a safe reintegration of children into our hockey programs, supporting their physical, emotional, social, and mental health.

## 2. Purpose/ Objective

BAHA's goal is to continue offering high quality, organized and supervised programs with the priority of a safe and healthy environment for the children, families, and arena staff. By adhering to the guidelines established by both the Provincial and National hockey bodies, as well as the City of Beaumont, we believe that the facilities can be a safe environment for athletes, their fans, and the arena staff. Our objective is to commit to operating our programs in a safe standard in accordance with the restrictions set forth in this document with an adherence to physical distancing and the risk reduction recommendations set forth herein and in accordance with Alberta Health and the aforementioned guidance as of November 24<sup>th</sup> with amendments from time to time. We encourage members to revisit this document regularly and frequently for updates.

Many families want their children re-engaged in sports and are concerned with the long-term consequences of continued isolation and restrictions. Health and Safety have been at the forefront for BAHA's Board of Directors as they have been planning what a return to hockey will look like. This plan relies heavily on the honesty and integrity of athletes and their families and a commitment by all participants to abide by the rules of the plan. This plan is subject to change based on orders from the Chief Medical Officer, the Province of Alberta, the City of Beaumont, the EFHL, and Hockey Alberta. We encourage all participants to review the following documents from the Hockey Alberta Return to Play Hockey Plan, specifically relating to [Roles and Responsibilities](#) as well as Hockey Canada and Hockey Alberta [sanctioning for events](#).



### 3. Procedures and Protocols

#### **Association Responsibilities:**

Following are the proposed requirements of BAHA as Facility Users in these Modified Sports Program Rules:

- To communicate to all participants regularly about the risk of COVID-19 and procedures that should be taken to mitigate risk. This will be done through the Health and Safety Director and the Safety person on each team
- To communicate the process of COVID-19 check-in and tracing to all participants as outlined in this document
- To maintain contact tracing history as outlined by Hockey Alberta
- To liaise with the City of Beaumont, the EFHL and its partners, Hockey Alberta, Hockey Canada, and Alberta Health Services with the priority of player and community safety

#### **Prior to the Season – Scheduling Conditioning Camp or Development Sessions:**

All athletes must be registered with BAHA. All BAHA scheduled training sessions during Hockey Alberta Off Season Skill Development and Development Season phases will receive Hockey Alberta permits to sanction the event and provide Hockey Canada insurance coverage while also ensuring all Hockey Alberta return to play policies are being followed.



## Responsibilities of Coaches, Event Leaders, or Safety Person:

### Prior to each training session:

- All participants are expected to review the City of Beaumont's Arena Guidelines document as they pertain to arrival times, dressing rooms, facility access, spectator recommendations, hygiene, and capacity.
- Within 8 hours prior to each session, the coach, manager, or safety person, will complete a "COVID Check-In" by communicating with all players to complete the COVID-19 My Health Check in TeamSnap. If any athlete or family member of the athlete is experiencing, or has experienced, any of the listed symptoms in the previous 14 days, they will not be permitted to participate in any events, training, etc. for the next 10 days or until 10 days from the last symptom, whichever is longer. This information will be held in confidence by safety person and communicated to the Association.
- Provide the athletes with the session plan a minimum of 24 hours prior so players have time to review and be aware of social distancing
- Remind athletes and their families of social distancing guidelines; the need to label all equipment; and gathering restrictions both on ice, in the arena, and the parking lot
- Disinfect all training equipment
- Instruct players to eat and use the washroom before they leave home
- Coaches should arrive at the rink no sooner than 30 minutes before all ice slots with players arriving no sooner than 30 minutes prior to their ice slots
- All coaches and players must wear masks while in the facility and maintain appropriate physical distance from one another
- Only coaches and players are to be in the dressing room. No parents or siblings
- Dressing rooms are only open 30 minutes prior and 30 minutes after each ice session. No showers at this time.
- Players shall not move around the facility. They are to stay at their assigned location
- There is to be no gathering outside the door to the rink prior to the Zamboni leaving the ice surface
- To ensure all water bottles are filled at home and properly labeled with the players name so that they are easily identified. At no point will any personal equipment, including water bottles, be shared between players.
- Player's helmets should be labeled with the name of the player on the front and back so that coaches can easily identify them. This increases the ability to communicate with the players while maintaining social distancing



### During the training session:

- Upon arrival, all participants (players, coaches) must have marked their availability in TeamSnap. This is how contact tracing is being recorded.
- Set up all training equipment and sanitize as needed
- Set up hand sanitizing stations for participants to use before, during, and after training if not provided by the Arena facility
- Coaches should consider wearing PPE. PPE must be worn if social distancing cannot be maintained (eg. looking after an injured player). Do not use PPE to allow participants to break social distancing rules during the sessions
- Ensure that pucks are sanitized prior, during, and after each session. Note, athletes can share pucks but with no direct hand contact
- Ensure athletes are not touching their faces during activities
- During ice session, coaches will:
  - Ensure that instructional “board time” is minimized and done in a physically distanced manner
  - Ensure players do not remove gloves to touch or pick up pucks
  - Ensure players do not participate in close contact celebrations
  - Ensure that players use the designated spots on the boards for water bottles and maintain proper distancing while sitting or standing in the player bench area

Absolutely no spitting or clearing of nasal passages at ANY time

### During Games:

- Before arrival, all participants (players, coaches) must have marked their availability in TeamSnap. This is how contact tracing is being recorded.
- Set up hand sanitizing stations for participants to use before, during, and after the game
- Coaches **MUST** wear masks at all times
- Home team provides volunteers for the clock, game sheet, and penalty boxes.
- One spectator per team is allowed in to record/live stream the game. No other spectators are allowed in

Absolutely no spitting or clearing of nasal passages at ANY time



#### After the training sessions or games:

- Coaches should ensure that players leave the facility within 30 minutes following the end of their session
- Ensure athletes have retrieved all their personal equipment (water bottles, etc.)
- Do not touch another participants equipment unless you are in the same household
- Ensure athletes and coaches wash or sanitize their hands again
- Sanitize all training equipment, including team pucks and all commonly touched surfaces (e.g. locks). Sanitation equipment will be provided.
- No post training meeting communications on the ice, in the arena or in the parking lot. Please communicate virtually using email, text, TeamSnap or another electronic communication

#### Spectator Responsibilities:

All spectators and observers are to wear masks and sit physically distanced from one another. Spectators of BAHA and Hockey Alberta sanctioned events must maintain physical distancing with people who are not from the same household and adhere to the following:

**\*\*PLEASE NOTE: GOING FORWARD THERE WILL BE NO SPECTATORS ALLOWED IN THE ARENA\*\***

If/when spectators are allowed in again the following will be the guidelines

- Staggered approach to the facility
- Only two spectators per household to limit the number of people in the arena
- No yelling or cheering as this increases the risk of droplet transfer
- No spitting
- Avoid touching your face
- Wash your hands frequently and/or use hand sanitizer often
- Disinfect clothes and equipment following attendance at a session
- Wipe frequently touched surfaces including cell phones, tablets, etc.



#### 4. Player Safety/Health

##### COVID Check-In:

8 hours prior to each session, the coach, manager, or team safety person will communicate with all players and families to do the My Health Check in TeamSnap. Please refer to the Covid Symptom Flow Chart at the end of this document to see the appropriate steps to follow for symptoms. Players will not be allowed to attend if any of the following apply

- Have been in close contact with a person who has seen a doctor and has been diagnosed with COVID-19
- Have travelled outside of Canada in the past 14 days or has been ordered to self-isolate since returning from travel
- Have been ordered to self-isolate or is living with someone who is self-isolating
- Any person who develops symptoms while at a Hockey Alberta sanctioned event should leave immediately, seek medical attention and inform the coach, manager or safety person within 2 hours of leaving.

##### **What to do if a participant answers YES to any of the mandatory check-in questions or begins to show symptoms during the training session?**

The participant is immediately sent home or removed from the session and sent home as safely as possible. BAHA needs to be notified immediately (within 2 hours) following the participant being removed from any session. This will be done when your Contact Tracing Form gets submitted to [tracing@baha.ab.ca](mailto:tracing@baha.ab.ca). The subject line is to follow the format "YES to COVID Questions-John Smith-08/19/20-16:30-KNRRC1" BAHA will contact Hockey Alberta to facilitate the required AHS protocols under the contact tracing guidelines. Please see the following workflow for a [positive COVID-19 test in a hockey environment](#) in regards to reporting to authorities and returning to play.





## General Guidelines:

Please follow the current measures as outlined in the COVID-19 info for Albertans [website](#), as well as the following:

- Driving alone or with people you live with (no carpooling)
- Staggered approach to the site e.g. physical distancing of 2 meters
- Avoiding touching common surfaces while in public
- Come straight to the arena from home and go straight home
- Practice good hygiene by:
  - Coughing into a sleeve
  - Sneezing into a tissue
  - Avoid touching your face
  - Washing hands thoroughly and frequently with soap and water
  - When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol
  - Wash hands prior to and immediately following practice/training, using the washroom, after handling equipment

Help each other with helpful reminders, this is new to everyone.



## Practice/Training Protocols:

Physical distancing has been identified as one of the most effective strategies to prevent the spread of COVID-19. With that in mind the following are the minimum protocols that MUST be adhered to for team training/practice:

- All participants will wash their hands before coming to training
- All participants will use hand sanitizer at the beginning of all events, during all breaks prior to drinking water or touching any personal items, prior to leaving the session
- All participants are required to maintain at least 2 meters distance from each other and avoid person to person contact
- Coaches will coach from a safe distance at least 2 meters distance from athletes
- Nonessential activities that require close contact between individuals will not be permitted
- No sharing of sticks, gloves, water bottles, or any other personal equipment
- NO SPITTING
- Participants will avoid touching their face
- All participants will be expected to follow the social distancing rules put in place by the City of Beaumont
- Player equipment and clothing must be cleaned with disinfectant where appropriate and/or washed prior to each session
- No unnecessary physical contact e.g. high fives
- All commonly touched surfaces will be disinfected after each session by arena staff
- Gear, equipment etc. must be sanitized prior to each use
- Coaches may request the support of an assistant coach or parent to help with sanitizing or ensuring physical distancing is occurring throughout the session



## 5. Cohort Information from Alberta Health Services for Sports Teams

### Definition of Cohorts:

A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 meters apart. A person in a cohort should have little to no close contact with people outside of the cohort. Keeping the same people together, rather than mixing and mingling, helps reduce the chance of getting sick and makes it easier to track exposure if someone gets sick.

Under stage 2, cohort types and sizes:

- Core cohorts (families and households) – up to 15 people
- Childcare programs – up to 30 children and staff
- Sports teams – up to 50 players and coaching staff
- Performing groups – up to 50 cast members or performers

It is recommended that you only belong to one core cohort. It is safest to limit the number of other cohorts you belong to reducing the risk of getting sick or spreading COVID-19.

### Sport Team Specifics:

With modifications, team sports are permitted under stage 2, including contact sports. Sports teams can play in region-only cohort groups of up to 50 players or “mini leagues”. If participating in, or organizing, a sports activity as part of a cohort group:

- Avoid travel outside of regions
- Tournaments and large events are prohibited
- Clean shared equipment regularly
- Maintain physical distancing when not in play (for example, players on the bench)
- Decrease/eliminate use of shared locker rooms

Click the link below to see the Covid-19 symptom chart

## [Covid Symptom Chart](#)