

Bow Valley Hockey Society's Return to Play Plan

Introduction

The Bow Valley Hockey Society (BVHS) Return to Play plan is intended to meet the current health and safety requirements of the Government of Alberta's relaunch stage 2 and aligns with Hockey Calgary's Return to Hockey plan. Its purpose is to outline guidelines and safety protocols necessary to resume hockey, focusing on the safety and wellbeing of all participants, including players, coaches, volunteers, officials, parents, family, and spectators.

Disclaimer

The COVID 19 (Coronavirus) pandemic is an ongoing, rapidly developing situation and Bow Valley Hockey Society encourages its membership to monitor publicly available information and to always follow, federal, provincial, and local health organization guidance and government mandates. The information in this document is intended to assist Bow Valley Hockey Society's membership with guidance when dealing with return to play guidelines in relation to COVID 19. Therefore, the information in this document does not supersede the recommendations or guidelines of Alberta Health Services, Hockey Calgary, or any of the individual arena facilities and their protocols.

Further, the information in this document is not intended or meant to be a substitute as medical and/or legal advice, diagnosis, or treatment. Since the knowledge and circumstances around COVID-19 are changing constantly Bow Valley Hockey Society recommends that the Alberta Government COVID 19 link: (<https://www.albertahealthservices.ca/topics/Page16944.aspx>) be accessed for the most current and up to date information.

Communication

Bow Valley Hockey Society is committed to communicating our return to hockey plan to its membership. Providing transparency and up to date information is of the utmost concern to ensure the safety of all participants. We intend to keep open lines of communication and update our membership as the situation changes and how it affects the return to play protocols and restrictions. However, we encourage our members to keep current with the Federal, Provincial, and local, as well as facility/ arena specific updates and information.

Contact

Should you have questions or concerns regarding COVID 19 as it relates to this document and Bow Valley Hockey Society's return to play plan, please contact Elaina Gardipie Director of Community at community@bvhs.ca

General Protocols and Safety

- Practice good hygiene by Washing your hands and or using hand sanitizer frequently
- Physical distance: stay 2 meters apart whenever possible or wear a mask when physical distancing is not possible.
- Stay home if you or a family member is experiencing any symptoms.

Individuals answering **yes** to any of the questions below, will not be permitted to participate in Bow Valley Hockey Programs.

1	Does the person attending the activity, have any of the below symptoms?	Circle One	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath/Difficulty Breathing	YES	NO
	Sore Throat	YES	NO
	Runny Nose/Nasal Congestion	YES	NO
	Feeling Unwell/Fatigued	YES	NO
	Nausea/Vomiting/Diarrhea	YES	NO
2	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3	Have you or your children attending the program had close unprotected contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with and/or fever?	YES	NO
4	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered "yes" to any of the above questions **DO NOT** participate.

Go home and use the AHS Online Assessment Tool to determine if testing is recommended.

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

- Become educated on the safety protocols and procedures prior to attending any sessions.
- Ensure each player has their own water bottle and that it is sanitized and filled prior to attending the rink.
- Refrain from cheering and yelling, as it presents a high risk of spreading droplets
- Follow the Government of Alberta's COVID 19 Public Health Guidelines- (<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>)
- Comply with the requirements in agreements with arenas and recreational facilities

Facilities and Spectators

BVHS, its membership and arena facilities must work together to ensure everyone complies with public health guidelines, and that facility users are prepared for the processes and procedures in place at each facility they use. All participants are individually responsible to educate themselves in the specific arena protocols and guidelines, prior to returning to the rink, to ensure full compliance and a safe return to the rink. Each arena and facility will adopt their own standards in conjunction with those dictated by the Alberta Government and will include the following general guidelines and requirements but may vary from facility to facility.

- Guidelines and requirements specific to physical distancing
- Restrictions to the number of people allowed in public areas
- Entry and/or re-entry rules? Will masks be required?
- Areas not accessible in the facility-main lobby, dressing rooms, spectator areas etc.?
- Are dressing rooms available, if not? What options are available for parents and players?
- Common areas available to put on skates with marked physical-distancing seating?
- Cleaning and disinfection processes implemented by facility owners?
 - How often are common touch points serviced?
 - Are there requirements of user groups to sanitize arena facilities or equipment as part of the rental agreement or as a participant?

The allowance of spectators is at the discretion of each facility and should they be allowed the following guidelines are in place:

- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participants spaces (for example, fields, or play, courts, ice surfaces)
- Physical distancing (minimum 2 meters) is required unless spectators are from the same household.
- Up to a maximum of 100 spectators maybe allowed depending on the facility layout and guidelines
- It is strongly recommended that all spectators wear masks, especially in an indoor setting.
- Cheering and yelling are strongly discouraged as they present a high risk of spreading droplets.

For specific and current facility protocols and guidelines, please see the links listed on the Bow Valley Hockey website, under the COVID 19 tab.

Return to Hockey Programming-practical and formatting information (as it stands in Phase 2 of the Alberta Government relaunch plan)

Stage 2 of the Alberta Government 's relaunch has authorized recreational facilities, including arenas, to open and host activity using safety and risk management measures. This provides the opportunity for hockey participation to resume. BVHS is excited to resume hockey in adherence to the Government of Alberta's regulation and operate within Hockey Canada's and Hockey Calgary's recommended programming.

IMPORTANT NOTES:

- Physical Distancing remains an integral part of the government of Alberta's Relaunch Plan. Practicing Physical distancing in an activity helps to reduce the risk of transmission as well as allows participants more flexibility to participate in other activities.
- Stage 2 of the Government of Alberta's Relaunch plan also identifies types of Cohorts and the guidelines for those.

See Government of Alberta Website: (<https://www.alberta.ca/prevent-the-spread.aspx>) guidance on cohorts

- *Cohorting has been identified as an option for sports teams. If an athlete is participating in a camp or program not using physical distancing, that group is considered a cohort. A cohort is a closed, small group of no more than 50 individuals who participate in the same sport or activity and remain together for the duration of stage 2 of the government of Alberta's relaunch. If Cohorting is being used, this should be clearly communicated to participants/parents prior to cohort formation.*
 - *Sports teams can play in region-only cohorts (mini-leagues) of up to 50 players and coaches.*
 - *Cohorts include individuals (participants, officials, coaches, and trainers) who can*
 - *not maintain a 2-meter physical distance from others at all times.*
 - *Sports cohort numbers do not include parents or spectators.*
 - *Instructors, coaches and/or team officials can be part of one cohort and remain with that group throughout the duration of this program, or they may maintain physical distancing from all other participants. If physical distancing is maintained, this is not considered cohorting. Individuals can only be part of one sport cohort.*
 - *Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.*
 - *Government of Alberta has indicated that: Cohorts are only to play within the same geographical region (for example, within a country, town, or quadrant of a city). Activities should be restricted to local regional opportunities. Participants should not seek sport physical activity and recreation opportunities in other regions, or out of province. Cross-jurisdictional or inter-regional, play should not occur at this stage.*
 - *An individual is only to be part of one sport cohort at any time. If an individual wishes to move to a new Sport Cohort, he or she is to complete a 14-day non-participation period prior to joining the new cohort.*

- *Note: even while using Cohorting, physical distancing must be maintained in all aspects of hockey activity except while participants are on the ice (for example, dressing rooms, benches, and public areas)*
 - *Options could include indicating physical distancing by using tape to mark areas on player benches or in dressing rooms.*
 - *When using cohorting, it is recommended to try and utilize physical distancing on the ice whenever possible.*