

# RETURN TO HOCKEY

## Guidelines

VERSION 1 - JULY 15, 2020



CANADA



RETURN **to** HOCKEY

COVID-19 RESPONSE

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## SECTION 1: INTRODUCTION

Hockey New Brunswick has worked in conjunction with Hockey Canada and the Government of New Brunswick to ensure that in every phase of our return to hockey the safety of our Players, Coaches, Officials, Administrators and volunteers are at the center of our plan and decision making. This plan focuses on making the return to hockey fluid while enhancing the experience. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, as the circumstances are constantly changing. Information on COVID-19 should be obtained from the Government of New Brunswick's Public Health Office.

This document is intended for use by our member Associations and Leagues. Players, Coaches, Officials and administrators will all play a critical role in combating the spread of COVID-19, both on and off the ice.

Hockey New Brunswick would like to thank our Return to Hockey work groups for their commitment and efforts in the creation of our Return to Hockey document.

## CHECKLIST TO SUCCESS

### ✓ REVIEW & FOLLOW

- Hockey New Brunswick Return to Hockey plan
- Hockey Canada Safety & Protocol Guidelines
- Government of New Brunswick, Public Health Guidelines

### ✓ PLAN

- Each Minor Hockey Association to assign a 'Communication's Officer'
- Each Minor Hockey team to assign a 'Team Liaison'
- Make all team staff aware of their responsibilities
- Meet with facility, parents / guardians and participants
- Procedures if participants are sick

### ✓ AT THE FACILITY

- Follow Hockey New Brunswick Return to Hockey plan
- Follow facility guidelines
- Practice responsible hygiene
- Team Liaison complete screening questionnaire & registry (Appendix C)
- HAVE FUN!

## SECTION 2: DISCLAIMER

The information included in this document is current to the time of publishing and is aligned with the Government of New Brunswick's Public Health Guidelines, as well as the Hockey Canada Safety and Protocols document. However, recommendations may change depending on local, provincial and national COVID-19 reports; local resources should also be consulted for up to date information. Where anything within this document conflicts with Public Health

guidelines, members must comply with Public Health and adapt as required.

As information changes, efforts will be made to amend this document when necessary, and to circulate the revisions to the Hockey New Brunswick membership.



# SECTION 3: COMMUNICATIONS

## A. COMMUNICATIONS OFFICER

Positive and open communication will be an important part of returning safely to the rink. Minor 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.

Each Minor Hockey Association will assign a 'Communications Officer' who will be responsible to ensure all updated and relevant information is passed on to everyone within their jurisdiction.

In addition to the Minor Hockey Association 'Communications Officer', each team will have a 'Team Liaison', that will work in cooperation with the Minor Hockey Association's Communication Officer.

### MINOR HOCKEY ASSOCIATION 'COMMUNICATIONS OFFICER' RESPONSIBILITIES MAY INCLUDE:

- Creation and oversight of the Minor Hockey Association's Operational Plan.
- Monitoring all relevant updates from the public health authority.
- Monitoring all relevant updates from Hockey New Brunswick, Hockey Canada and the Government of New Brunswick.

- Communicating with local facilities on guidelines and updates.
- Ensuring teams are following the prevention guidelines set out by Hockey New Brunswick.
- Ensuring any COVID-19 cases are reported as required by the public health authority, Hockey New Brunswick, hockey association, league and facility.
- Provide updates to Association on the Hockey New Brunswick documents.

### 'TEAM LIAISON' RESPONSIBILITIES MAY INCLUDE:

- Provide overview of the Hockey New Brunswick Return to Hockey plan and Association's Operational Plan to team participants and parents.
- Ongoing communication with Minor Hockey Association's 'Communications Officer' on guidelines and updates.
- Compiling of an attendance database for all team sanctioned events, for ease of contact tracing if required.
- Ensure screening questionnaire is completed for all participants prior to each team sanctioned activity.

The appointment of a 'Team Liaison' is the responsibility of the individual team. The position can be an already existing member of the Coaching Staff, the Team Safety representative, Team Manager, or a parent.

*The Minor Hockey Association's Communication Officers will meet regularly with Hockey New Brunswick to assist in facilitating updates.*



## SECTION 3: COMMUNICATIONS

### B. 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 or in-person.

Topics can include:

- What the facility/MHA/League protocols are for spacing/limits, the number of patrons using the parking lot for drop off/pick-ups, entering and leaving the building and/or dressing room flow directions, washroom restrictions and other limits and patterns.
- Share the 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 with the player in order to limit the number of people in the facility. Work with your facility to determine what is best for your facility.
- What the system will be to limit the number of patrons entering and exiting the facility at one time. Work with your rink partner to determine what is best for your facility.
- How the on-ice sessions will be executed and further explanation on the HNB Return to Hockey phases.
- When players should arrive and what to expect on arrival and how soon players need to leave after the hockey activity.
- Players arriving dressed in their equipment and accessibility to showers.
- Steps to practicing good hygiene.
- Players not feeling well and steps to be taken by the team.

### C. FACILITY MEETING

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.

***Positive and open communication will be an important part of returning safely to the rink.***

At all times, government and health agency directions will supersede any general recommendation of Hockey New Brunswick.

- What are facility guidelines and requirements specific to physical distancing?
- Are there restrictions specific to the number of people allowed in public areas?
- What signage has the facility put up? Will they be posting the Government of New Brunswick's screening questionnaire at all entry points?
- How will registration lists of who's in the facility be kept - who will monitor the entrances?
- 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?
- In order to practice physical distancing, are multiple dressing rooms available for one team / group?

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

# SECTION 4: SAFETY GUIDELINES

The Hockey Canada Safety Guidelines are a national 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. The document outlines how to prepare your league / association for a return to hockey, hygiene, return to play protocols and the use of facilities.

It is important to recognize that in the event that the Hockey Canada Safety Guidelines conflict with Government of New Brunswick's Public Health Guidelines, members must follow direction from the Government of New Brunswick.

## HOCKEY CANADA SAFETY GUIDELINES

[https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC\\_RTH\\_Safety-GUIDELINES\\_EN.pdf](https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf)

### SCREENING:

All sanctioned events require participants to complete the screening questionnaire as per the Government of New Brunswick requirements. The screening questionnaire is listed in Appendix C.

### CONTACT TRACING:

Minor Hockey teams and associations need to work in collaboration with the facilities they rent to provide lists of members who will be in attendance at sanctioned activities. A Contact Tracing Registry is listed in Appendix C.

*There are actions you can take to stay healthy and protect the people around you from viruses such as cold, flu and COVID-19:*



### HANDWASHING

Handwashing is one of the best ways to protect yourself and your family from getting sick. Regularly and thoroughly wash your hands with soap and water or use alcohol-based hand sanitizer.



### PHYSICAL DISTANCING

All reasonable attempts shall be made to respect physical distancing measures as much as possible except brief contacts on or off the ice. *To avoid contacts pre or post game, Hockey New Brunswick has removed handshakes for the 2020-2021 season.*



### MASKS

The Government of New Brunswick's Public Health Office strongly recommends that the public wear non-medical masks, also referred to as community face masks, when out in the community when physical distancing is challenging.

Coaches and team staff should wear cloth masks where physical distancing is not possible, such as in the dressing room or on the bench.



### SANITIZATION

Clean and disinfect frequently touched objects and surfaces.

Hockey equipment, including sticks and pucks, should be cleaned after each practice and game.

Some equipment should also be washed (jerseys, pant shells, socks, under garments) after each training session following manufacturer guidelines.



### FLU SHOTS

Hockey New Brunswick recommends that all participants (players, coaches, team volunteers and officials) get a flu shot this season.

# SECTION 5: EDUCATION

## COVID-19 - E-LEARNING:

Hockey Canada has partnered with the Respect Group to create an interactive e-learning course for volunteers, specific to COVID-19 and the Safety Guidelines which Hockey Canada has created. Hockey New Brunswick recommends that one parent or guardian of all participants and all team staff complete the COVID-19 online training.

Hockey New Brunswick will **require** one member of each team to complete the online training prior to the team's first on-ice session.

This new e-learning module, which will be hosted on Hockey University and available at no cost to membership, offers a concise overview of Hockey Canada's Return to Hockey Safety Guidelines.

The program looks at some key information our membership needs to know to help to reduce the risk of COVID-19 in the hockey environment. Throughout this module we will point our membership toward detailed information on specific prevention topics and encourage all Members to become familiar with the Public Health Authority guidelines and restrictions and the Hockey Canada Safety Guidelines.

Length of module will be 10-15 minutes.

## COACH / OFFICIATING CLINICS:

Adjustments to the delivery of Coach and Officiating clinics will be made for the 2020-2021 season, with an emphasis on e-learning.

Further information, specific to Coach and Officiating clinics will be provided prior to September 1st, 2020.





# SECTION 6: RETURN TO HOCKEY STRUCTURE

This document has been prepared to assist and guide all those responsible for the organization and delivery of hockey in the province. The phased in approach is focused on having players and coaches return to the ice and play, in a manner that is safe and healthy. This will allow participants to gain comfort while progressing from skill development to what we hope will be close to what we have known as normal.

In addition to the Phased in Guidelines, this document will provide reference materials and tips that are designed to assist coaches as they work with players under these new guidelines.

- \* Phases will be monitored by the HNB Board of Directors and decisions on moving from phase to phase will be updated by the HNB Board of Directors.
- \* Try-outs can start after two weeks of development sessions - try-outs could be occurring in phase 1 or phase 2.

PHASE	Phase 1 RETURN TO ICE (minimum 2 weeks)	Phase 2 RETURN TO PRACTICE Date - TBD	Phase 3 RETURN TO PLAY Date - TBD	Phase 4 RETURN TO REGULAR COMPETITION Date - TBD	Phase 5 TOURNAMENTS Date - TBD
OUTLINE	On-ice Physical Distancing / Skill Development only	Skill Development / Competition drills (1 v 1, 2 v 2, etc) / Small area games	Regular practice structure / Regular game play - with travel restrictions	Regular practice structure / Regular game play	Tournaments permitted
PLAYER CONTACT	None	Limited contact in drills	Regular contact	Regular contact	Regular contact
MAXIMUM # OF PARTICIPANTS - ON-ICE	25 players 6 coaches	36 skaters 8 coaches	No limitation	No limitation	No limitation
GAMES	None	Modified games in practice (3 v 3, 4 v 4)	Yes	Yes	Yes
TRAVEL	No travel outside MHA	No Travel outside MHA	MHA's with only 1 team can bubble with another association	Travel to be determined by Provincial Government Guidelines	Travel to be determined by Provincial Government Guidelines



## COACH GUIDELINES

- Through efficient planning, coaches will play an integral role in maintaining a fun atmosphere and healthy environment for all to play hockey, within the new Return to Hockey guidelines.
- Coaches and team staff should wear cloth masks where physical distancing is not possible, for example, in the dressing room or on the team bench.
- Members of the coaching staff must maintain physical distancing with players whenever possible.
- Minimize going in and out of doors including the dressing room door. Facility doors are considered high risk touch points. Team staff should try and control the number of times players enter and exit dressing rooms, as this avoids hands making contact with door handles.
- 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.
- For age groups where parents need to assist players with equipment, limit the number of parents in the locker room/change area at one time to one per player. Parents entry should be controlled to meet physical distancing requirements.

## COACH RESOURCES

Sample practice plans with an emphasis on physical distancing are listed in Appendix D. Additional resources are available on the Hockey Canada Network app.

## RECOMMENDATIONS FOR ON-ICE SET-UP

### PYLONS

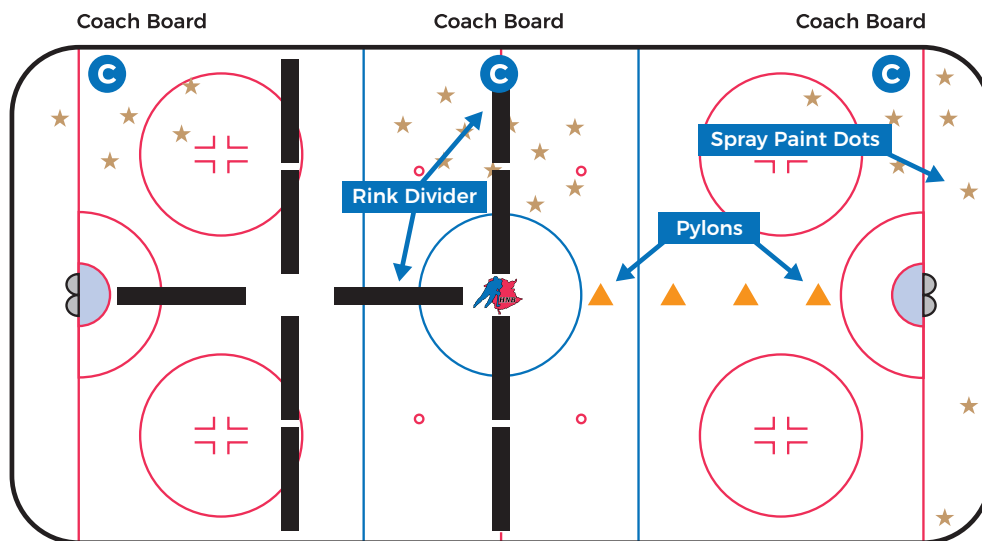
- To divide ice into zones
- To mark proper spacing distances
- Indicator of where player not in activity should wait for their turn
- Use as obstacles for stickhandling

### SPRAY PAINT/BINGO DABBER/MARKERS

- To divide ice into zones (water-based spray paint to be used after getting permission from facility)
- To mark proper spacing distances
- Indicator of where player not in activity should wait for their turn

### RINK DIVIDERS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where player not in activity should wait for their turn
- Can be used to sit on





## SECTION 7: MINOR HOCKEY ASSOCIATION OPERATIONS PLANS

Minor Hockey Associations and Leagues are required to follow the Hockey New Brunswick Return to Hockey plan. In addition to following the Hockey New Brunswick plan, Minor Hockey Association must complete an Operations Plan, as required by the Government of New Brunswick.

To assist with the creation of an Operations Plan and to have consistency across our membership, Hockey New Brunswick has created an 'Operational Plan' template for Minor Hockey Associations to use.

Hockey New Brunswick will require all Minor Hockey Association Operational Plans be submitted to the HNB office. As well, each team must have a copy of their Operational Plan available on-site during all Hockey New Brunswick sanctioned activities, as per Government of New Brunswick guidelines.

Failure to comply with the Hockey New Brunswick Return to Hockey plan or the Minor Hockey Associations Operations Plan, may result in sanctioning at the discretion of the Hockey New Brunswick Board of Directors.

## SECTION 8: CONCLUSION

These uncertain times have necessitated specific measures to allow us to return to the sport we love. Hockey New Brunswick 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 New Brunswick,

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.



# APPENDICES

## A. HOCKEY CANADA SAFETY & PROTOCOLS / FREQUENTLY ASKED QUESTIONS

[https://hnb.ca/images/hnb/pdf/HC\\_RTH\\_SafetyGUIDELINES\\_8.5X11\\_ENG\\_FINAL.pdf](https://hnb.ca/images/hnb/pdf/HC_RTH_SafetyGUIDELINES_8.5X11_ENG_FINAL.pdf)

[https://hnb.ca/images/hnb/pdf/HC\\_RTH\\_SafetyGUIDELINES\\_8.5X11\\_FAQ\\_ENG\\_FINAL.pdf](https://hnb.ca/images/hnb/pdf/HC_RTH_SafetyGUIDELINES_8.5X11_FAQ_ENG_FINAL.pdf)

## B. MINOR HOCKEY ASSOCIATION - OPERATIONS PLAN TEMPLATE

[https://hnb.ca/images/hnb/2020/pdf/Minor\\_Hockey\\_Association\\_Operations\\_Plan.pdf](https://hnb.ca/images/hnb/2020/pdf/Minor_Hockey_Association_Operations_Plan.pdf)

## C. SCREENING & CONTACT TRACING

CNB Screening Questionnaire - <https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/ScreeningEF.pdf>

Contact Tracing Registry - [https://hnb.ca/images/RTH\\_-\\_Appendix\\_C.pdf](https://hnb.ca/images/RTH_-_Appendix_C.pdf)

## D. COACH RESOURCES

Hockey Canada Network app - <https://www.hockeycanadanetwork.com>

Sample Practice Plans - [https://hnb.ca/images/hnb/2020/pdf/RTH\\_-\\_Appendix\\_D.pdf](https://hnb.ca/images/hnb/2020/pdf/RTH_-_Appendix_D.pdf)

## E. GOVERNMENT OF NB GUIDELINES

COVID-19 website - <https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>

WorkSafeNB 'Embracing the New Normal'

<https://www.worksafenb.ca/media/60996/embracing-the-new-normal.pdf>