



RETURN to HOCKEY

COVID-19 RESPONSE

Safety Guidelines

VERSION 3

Revised October 20, 2021



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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.

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.

It is also important to note that going forward Provincial/Territorial, and local public health authorities will be putting different re-opening plans in place meaning restrictions will vary across Canada depending on the current COVID-19 landscapes. Hockey Canada is positioning this manual as a guidance document for Members and hockey associations but realize that you will work with your applicable public health authority on creating guidelines that meet your requirements as hockey is delivered in your areas.

Finally, Hockey Canada would like to thank our Hockey Canada and Member Chief Medical Officers, and our task team for their commitment to these health and safety protocols. We have worked with our Members, Member Chief Medical Officers, 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 & Assess

- Your 2021-2022 Member and hockey association plans and protocols



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 use of facilities, a spirit of ongoing patience, flexibility and appreciation for each party will need to be communicated between the user and the facility owner (and their representatives). Positive interaction and increased understanding will be required as facility owners respond to government and public health authority direction on a variety of operational practices. At times, facility owners may adopt additional operational practices that are site specific and will need to be recognized by Hockey Canada Members and associations.

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

- What pre-screening protocols are required by the facility owner?
- 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 to the user 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?
- Is there an indoor air quality program at the facility?
- Those in the facility 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

Vaccinations (Revised)

The hockey environment offers many opportunities to people of all ages. As the game continues to be delivered in many different forms across the country it remains important that we prevent the transmission of COVID-19 in both the hockey environment and the community.

Anyone participating in or attending a Hockey Canada controlled event or activity hosted in Canada must be fully vaccinated. This includes, without limitation, participants, volunteers, and spectators at all activities relating to national or international events and camps, national programs, and attendees at national meetings. To be “fully vaccinated” one must have received the necessary dose(s) of a Health Canada approved vaccine at least fourteen (14) days prior to the start of the event or activity that the individual wishes to attend or participate in. Hockey Canada will consider exemptions based on guidance from government and public health authorities, as well as experts retained by the organization.

Hockey Canada has not made vaccines mandatory at this time for participation in Member controlled events or activities, such as playing games and practicing within a Minor Hockey Association or League. Hockey Canada strongly recommends that all participants in Member sanctioned activities and programs who are eligible to receive a Health Canada approved COVID-19 vaccine be fully vaccinated.

Hockey Canada’s stakeholders, including its Members, Minor Hockey Associations, Leagues and Teams must, at a minimum, follow the advice of their provincial and/or regional public health authority regarding the standards specific to the prevention of COVID-19 which must be met to engage in hockey activities, and which may include vaccinations in some jurisdictions.

To access the Hockey Canada COVID-19 Vaccine Policy [CLICK HERE](#).

It's important to remember that even as more and more people are vaccinated COVID-19 may continue to be present in your community. Vaccines are a very important part of the layered prevention strategy and are very effective, but they do not guarantee that you won't become infected by COVID-19, or that you will not transmit COVID-19 to others. You will still need to follow key public health authority prevention guidelines and may need to use a variety of preventative practices including:

- Physical distancing
- Wearing of masks
- Minimizing non-essential interactions with people
- Avoiding crowded places
- Maintaining hand hygiene
- Coughing or sneezing into a tissue or the bend of your arm, not your hand (even if wearing a mask)
- Following the guidelines of the Public Health Authority, Hockey Canada, your Hockey Canada Member and hockey association, and the facility you play in.

By preventing COVID-19 from spreading we get closer to the parts of the game that make it special:

- The celebration after a goal
- Making friends on the ice and off the ice
- Encouraging our players from the stands
- The positive experiences we all have engaging in hockey activities
- Having fun, learning new skills, and being part of a team

Lets work together to make the hockey environment safe and enjoyable!

SECTION 7

Hygiene

Public Health Authority Guidelines

As hockey prepares for the upcoming hockey season, it continues to be important to be familiar with public health authority guidelines, and adhere to these requirements. Public health authority guidelines will always supersede any general recommendation of Hockey Canada adopted by the Members.

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, the Member or hockey association should reach out to the local facilities to discuss the following points passing on required information to their coaches and team staff:

- 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 to the user 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.

- It is important to follow guidelines specific to car seats and seat belts. It would be recommended to wear only equipment that can be worn safely under current laws or guidelines while sitting in a car seat or while wearing a seatbelt. Hockey Canada recommends that players enter the facility in as much hockey equipment as possible, rather than changing together in dressing rooms where physical distancing may be difficult to maintain. When player safety might be compromised by riding in a car seat fully dressed in hockey equipment, the child should leave home partially dressed in their equipment, and should put on the remainder of the equipment after arriving at, but before entering, the facility.
- Steps to practicing good hygiene.
- Participants should be reminded to disinfect their phones regularly.
- Players not feeling well and what steps are to be taken by the team.

Team Social Activities

Before and after games and practices there are opportunities that present themselves such as group meals and group socializing. **Hockey Canada strongly recommends** that these types of gatherings be very closely assessed and avoided if there is any question as to their safety. These types of gatherings should only take place if they comply with public health authority and Member guidelines.

Even with vaccines it is important to realize that in order to reduce the possibility of the spread of COVID-19 and to keep the hockey environment and the community healthy these types of gatherings need to be controlled.

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 as soon as possible 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

SCREENING

Many public health authorities and facilities are requiring pre-activity screening. Although questions may change as time progresses it is important to consider screening participants as they arrive at a hockey activity. Questions will vary based on the public health authority, the facility and your Member requirements but very generally focus on:

- Whether you currently are suffering from any of the common COVID-19 symptoms.
- If you have been identified as a close contact with someone who has tested positive for COVID-19 in the last 14 days.
- If you or anyone you live with travelled outside of Canada in the last 14 days.
- If anyone you currently live with is experiencing any COVID-19 symptoms, or waiting for COVID-19 test results after experiencing symptoms.

It is recommended to check with your Member, facility and the public health authority for screening requirements in your area.

It is also recommended participants self-screen prior to each hockey session using their Provincial/ Territorial on-line screening tool. A link to these screening tools can be found in the resource section of this manual.

CONTACT TRACING

Contact tracing is an important step in preventing the spread of COVID-19. To assist in facilitating the contact tracing process by public health it is important to maintain a list of those that have attended and participated in your hockey activity. The list should include players, team staff, game officials, and volunteers, including their contact numbers in case they were identified as a close contact by the public health authority and needed to be advised.

Generally, in these situations the public health authority will determine communication protocols and tracing of all close contacts. During this step it is important to cooperate by facilitating any necessary communication with your Member and as directed by the public health authority.

If you are advised by the public health authority that you have been in close contact with someone who has confirmed having COVID-19 than you should not return to the hockey environment until all the public health authority requirements are completed.

MASKS

- Important information on masks can be found [HERE](#).
- Learn how to properly wear a non-medical mask [HERE](#).
- It is recommended anyone entering the facility should wear a cloth mask (it may also be required by the public health authority and/or the facility). The cloth mask can be removed by players while participating in an on-ice hockey activity. Continue to monitor public health authority, facility, and Member guidelines specific to wearing masks.
- Coaches and team staff should wear cloth masks in the facility at all times including, in the dressing room, on the bench and on the ice during practice.
- 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

- 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 health care provider and public health authority if COVID-19 is suspected. They should not return to the hockey environment until all steps outlined by their health care provider and public health authority are completed and they are symptom free for 24 hours.

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. After a participant blows their nose they should clean their hands with soap and water or an alcohol-based hand sanitizer.
- 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 physically distance and 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. If showers are used, follow facility guidelines and ensure physical-distancing.
- 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 provincial/territorial or international destination 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 activities and away events.
- Stay within the team.
- Practice physical distancing as much as possible.

In situations where a team bus must be used:

- 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.
- The bus driver must be last on and first off the bus.
- 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.
- It is recommended all passengers including the driver wear a cloth mask.
- It is recommended to have a barrier between the driver and the passengers.
- Teams should request increased air circulation/ventilation on the bus. This can include opening windows on the bus when possible.
- If using the washroom on the bus ensure to wear a cloth mask and wash your hands with soap and water or an alcohol based hand sanitizer afterwards.
- Try to avoid unnecessary stops.

HOTEL

If staying at a hotel, consider the following recommendations:

- Ask hotel to remove glasses, coffee pots etc. in rooms and replace with wrapped cups, or bring a supply of disposable glasses with you.
- 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. It is recommended not to occupy other guest/teammates guestrooms.

- It is recommended to ask that there not be housekeeping in your room during your stay.
- Only the number of people to allow you to be 2 meters apart should be on the elevator at one time. Avoid using your fingers to select your floor, avoid lingering in the elevator and keep talking to a minimum. Use stairs as opposed to elevators whenever possible. Cloth masks must be worn at all times on the elevator and hands should be washed or sanitized after exiting.
- It is recommended cloth masks be worn in the hotel except while in your guest room.
- Ensure to follow all protocols and procedures put in place by your hotel during your stay.
- 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 8

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 health care providers must be followed in any situation where a participant is sick.

Participant begins to feel ill during a hockey activity and advises team staff/safety person.

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

Parents/guardians are advised to 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. If a medical emergency, initiate your Emergency Action Plan and call an ambulance.

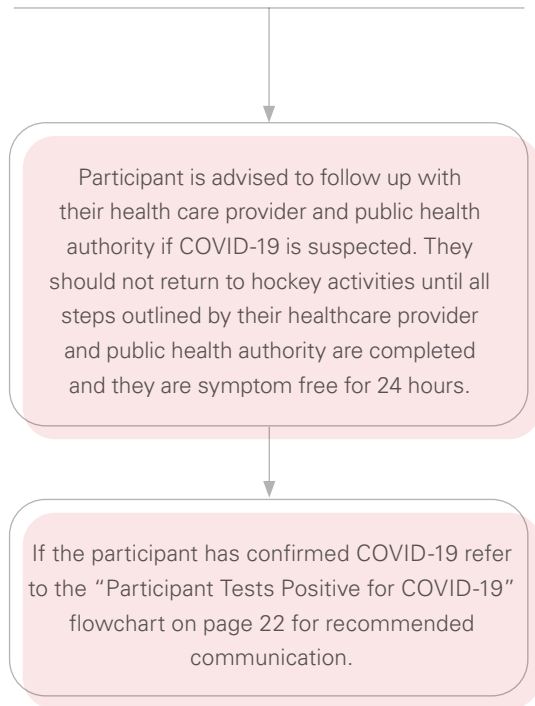
The participant or their parents/guardians should contact their healthcare provider if required and public health authority if COVID-19 is suspected.

The participant should not return to hockey activities until all steps outlined by their healthcare provider and public health authority are completed and they are symptom free for 24 hours.

If the participant has confirmed COVID-19 refer to the "Participant Tests Positive for COVID-19" flowchart on page 22 for recommended communication.

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 they are not feeling well or that they have symptoms of COVID-19 and will not be attending



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

COVID-19 symptoms include but are not limited to:

- Fever
- Dry cough
- Shortness of breath
- Runny nose
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste and/or smell
- Skin rash, or discolouration of fingers and toes
- Fatigue

Serious symptoms:

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

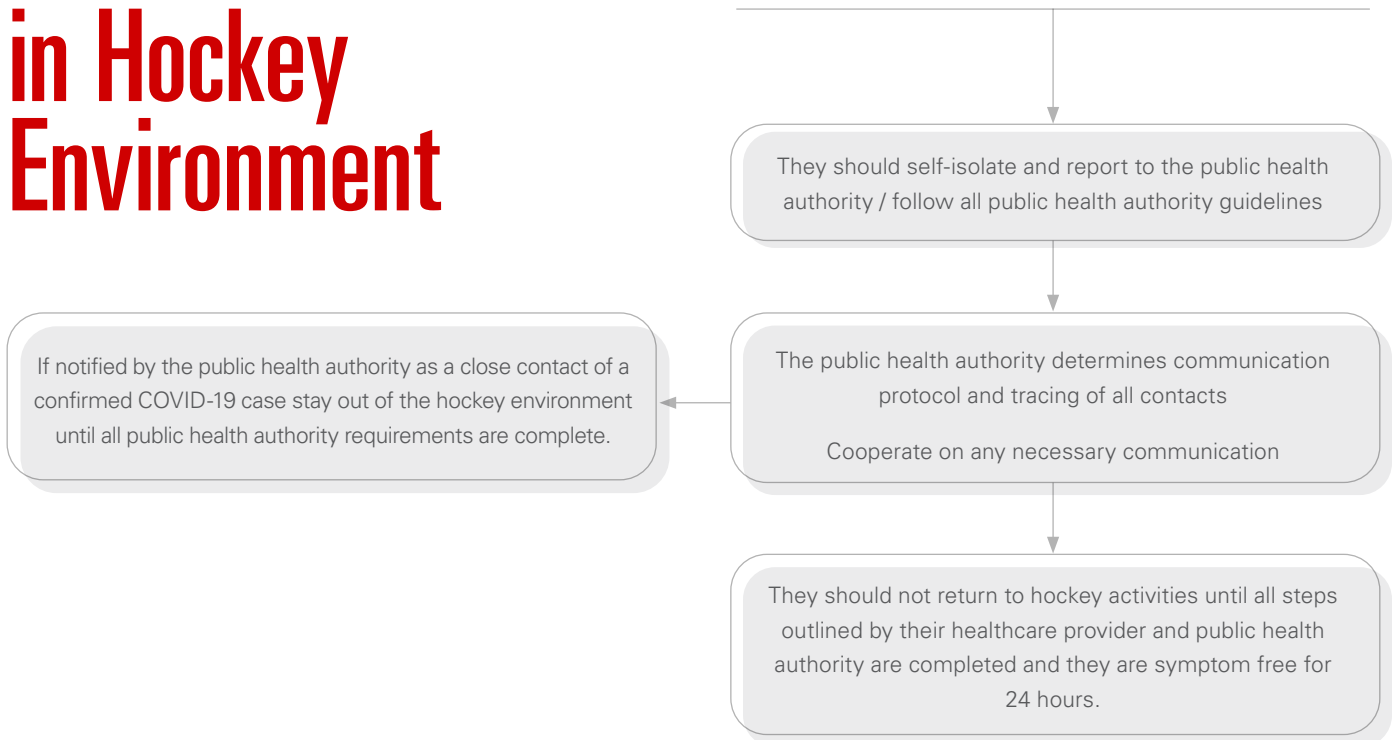
Seek immediate medical attention if you have serious symptoms. Always call before visiting your health care provider or health facility.

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

SECTION 9

Positive COVID-19 Test in Hockey Environment

Participant tests positive for COVID-19



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.

Privacy Legislation

The COVID-19 outbreak is raising questions about privacy issues during a pandemic. During a public health crisis, privacy laws still apply, but they are not a barrier to appropriate information sharing. A link to additional information can be found in the resources section of this manual.

SECTION 10

Junior Hockey

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

Before and after games and practices there are opportunities that present themselves such as group meals and group socializing. Hockey Canada strongly recommends that these types of gatherings be very closely assessed and avoided if there is any question as to their safety. These types of gatherings should only take place if they meet public health authority and Member guidelines.

Even with vaccines it is important to realize that in order to reduce the possibility of the spread of COVID-19 and to keep the hockey environment healthy these types of gatherings need to be controlled.

Junior Teams should also become familiar with the information and recommended protocols in sections 1–9 of this manual.

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.
- The bus driver must be last on and first off the bus.
- 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.
- It is recommended all passengers including the driver wear a cloth mask.
- Teams should request increased air circulation/ventilation on the bus. This can include opening windows on the bus when possible.
- If using the washroom on the bus ensure to wear a cloth mask and wash your hands with soap and water or an alcohol based hand sanitizer afterwards.
- Try to avoid unnecessary stops.

Canada/International Border Crossings

- Check and follow public health authority guidelines prior to leaving for any destination.
- Check travel advisories and restrictions specific to traveling to any destination outside of your Province/Territory or Canada.
- To assist in Monitoring travel advisories and restrictions check the [Government of Canada Travel Advisory](#) website.
- 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.
- Teams exiting the facility should do so as soon as possible after their session.

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. Hands should be washed upon entering and when exiting off-ice training areas.
- Cloth masks should be worn for all non-exerting warm-ups/cool-downs.

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. Players should wash their hands with soap and water or hand sanitizer prior to entering and after exiting the medical room.
- Medical rooms should be disinfected between player treatments.
- Masks should be worn at all times while in the medical room.
- 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 their province/territory or from out of Canada and necessary quarantine periods upon arrival. Billets should be required to complete a mandatory season-opening COVID-19 screening 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.
- It is recommended not to occupy other guests/teammates rooms.
- It is recommended cloth masks be worn in the hotel except while in your guest room.
- Ask hotel to remove glasses, coffee pots etc. in rooms and replace with wrapped cups, or bring a supply of disposable glasses with you.
- It is recommended to ask that there not be housekeeping in your room during your stay.
- Only the number of people to allow you to be 2 meters apart should be on the elevator at one time. Avoid using your fingers to select your floor, avoid lingering in the elevator and keep talking to a minimum. Use stairs as opposed to elevators whenever possible. Cloth masks must be worn at all times on the elevator and hands should be washed or sanitized after exiting.
- Ensure to follow all protocols and procedures put in place by your hotel during your stay.
- 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.
- 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.
- Players and staff can remove their cloth mask while eating, but masks should be worn while walking around the meal room.
- After eating teams should clear their own dishes to avoid hotel staff traffic.

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.
- 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.
- All bench staff should wear cloth masks while on the bench. Physical distancing should be practiced as much as possible.

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. Cloth masks should be worn by all those attending the meeting.
- Coaches should wear a cloth mask in the facility at all times including in the dressing room, on the bench and on the ice for practice.

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 at all times in the facility including when treating players, when dealing with players equipment, in the the dressing room and on the bench.
- Gloves must be changed when required and hands must be washed frequently.
- Hands must be washed and gloves changed between each player contact.

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 at all times when in the facility including when treating players, when dealing with players' equipment, in the dressing room and on the bench.

Other Safety Measures

- Players should be reminded to disinfect their phones regularly.
- No community or sponsor appearances by players or staff.
- Players and staff will be leaders in practicing all COVID-19 prevention practices on and 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 11

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 at all times within the facility. Masks can be removed while officials are on 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 mark space/stalls within the dressing rooms. If the dressing room is small, a rotation system should be considered.
- Only game officials and one officiating coach/supervisor should be in the officials dressing room and physical distancing must be practiced. 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.
- 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.

- Officials are encouraged to limit visits to the benches where possible. However, if an official needs to visit a bench to communicate with a coach, they should maintain physical distancing and not be in contact with the bench area. Coaches and team officials should wear their masks in the proper position at all times when communicating with on-ice officials, regardless whether physical distancing is maintained.
- When reporting penalties, limit speaking 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.
- 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.

SECTION 12

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 13

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 Hockey Canada and Member Chief Medical Officers and 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.
- 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.

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 provincial/territorial or international destination that will be visited.
- Coaches and team staff should wear cloth masks in the facility at all times including, in the dressing room, on the bench and on the ice during practice.
- 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.

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 at all times while in the facility including when treating players and dealing with players equipment, in the dressing room and on the bench.
- 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.

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 “Recommended Travel Kits” in the “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.
- Wear a cloth mask in the facility at all times including, in the dressing room. Cloth masks can be removed when participating on the ice.

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.
- Wear a cloth mask when in the facility.
- Review public health authority guidelines for any provincial/territorial or international destination that will be visited.
- Travel with family to all hockey activities, including away events.
- If staying at a hotel, consider the recommendations outlined under "Hotel" 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.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>All participants must adhere to facility rules and guidelines.</p> <ul style="list-style-type: none"> 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. 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Encourage or require patrons to register and pay online prior to arriving.	<input checked="" type="checkbox"/>				
Look at making payment/refund policies more flexible so families do not feel pressured to make an ice session.	<input checked="" type="checkbox"/>				
<p>Host an online meeting with parents/guardians to run through plans and allow them to ask questions related to:</p> <ul style="list-style-type: none"> 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. 	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
<p>When coughing or sneezing:</p> <ul style="list-style-type: none"> 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. 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Participants identified as being vulnerable to COVID-19 should be more cautious and should speak with a health care provider prior to participating.</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
<p>Promote strict hand hygiene (washing and sanitizing) before and after training.</p> <ul style="list-style-type: none"> 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. 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>It is recommended anyone entering the facility should wear a cloth mask (it may also be required by the public health authority and/or the facility). The cloth mask can be removed by players while participating in an on-ice hockey activity. Continue to monitor public health authority facility, and Member guidelines specific to wearing masks.</p>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Players must have their own labelled water bottle, washed after each session.</p>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Hockey bags should have hand sanitizer. Players should wash hands frequently – before leaving home, prior to entering the facility and after leaving the facility.</p>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
Travel with family for hockey association activities and away events.		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Leave hockey bags in the car if arriving early and the dressing room is not available; retrieve when the room is open.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Teams exiting dressing rooms should do so as soon as possible after their session. Plan arrival times so to avoid teams entering and exiting the facility at the same time. <ul style="list-style-type: none"> 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. 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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.			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Have a separate gym bag with clothing for dryland. If possible, have dryland clothes on under street clothes.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wear clothing that minimizes changing in tight spaces. <ul style="list-style-type: none"> If dryland, wear dryland clothing to facility. If on-ice wear as much hockey equipment as possible into the facility. Remember it is important to follow guidelines specific to car seats and seat belts, and it would be recommended to wear only equipment that can be worn safely under current laws or guidelines. Try to shower at home. If showering at the facility, practice physical distancing. Do not share soap, shampoo or shaving products. 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
<p>During warm-up the coach should ensure physical distancing is practiced. No sharing of foam rollers or warm-up equipment.</p> <ul style="list-style-type: none"> ● Observe facility rules regarding team warm-ups, including physical-distancing requirements. ● Players need to be prepared to disinfect fitness equipment immediately after use. ● Cloth masks should be worn for all non-exerting warm-ups/cool-downs. 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<p>Absolutely no spitting or open nose blowing in the hockey environment.</p>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<p>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.</p> <ul style="list-style-type: none"> ● 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. ● Wear a cloth mask when in the facility. 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints.</p> <ul style="list-style-type: none"> ● 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. 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>No sharing of food or drinks.</p>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Towels are on the bench under the guidance of the safety person/trainer for emergency use.</p> <ul style="list-style-type: none"> ● 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. ● After a participant blows their nose they should clean their hands with soap and water or an alcohol-based hand sanitizer. 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
No handshakes between teams. Referees can greet coaches, but no handshakes.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Some equipment should be washed (jerseys, pant shells, socks, etc.) after each session, following manufacturer guidelines. <ul style="list-style-type: none"> ● 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. 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Before traveling to tournaments, check federal/provincial/territorial and international travel restrictions.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
At a tournament: <ul style="list-style-type: none"> ● Stay within the team. ● Bring wrapped glasses, plates and cutlery for the hotel room. ● Eliminate buffets. ● Practice physical distancing. 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
If at a hotel, follow the steps under "Hotel" in the Hygiene section.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Teams/parents should consider creating prevention kits, following steps under "Recommended Travel Kits" in the Hygiene section.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>

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](#)



