



# RETURN **to** HOCKEY

COVID-19 RESPONSE

## ASSOCIATION PLAN

Gros Morne  
Minor Hockey  
Association

# General Information

Name of Association: GROS MORNE MINOR

Rink(s) used by the association: GROS MORNE REGIONAL COMPLEX

Please provide the contact information for the person completing this form:

Name: VANESSA PATEY Position: PRESIDENT

Phone No.: 458-7734 E-Mail address: vanessapatey@live.ca

Please provide the number of Players, Coaches and Group Size anticipated in each Minor division:

Division	Players	Coaches	Group Size
U 7	10	2	12
U9	9	2	11
U11	5	1	6
U13	2	1	3
U15	9	2	11
U18	7	1	8

Please provide the number of Players, Coaches and Group Size anticipated in each Female division:

Div	Players	Coaches	Group Size
U9	NA	NA	NA
U12	NA	NA	NA
U15	NA	NA	NA
U18	NA	NA	NA

Has your association met with your facility management to discuss Return to Hockey protocols?

Yes  No If No please provide details below or attach as a separate document

Yes, we have met and have worked together following the guidelines put in place for a safe return to play.

Does your facility have a COVID-19 protocol your association must follow?  Yes  No  
Please provide details below or attach as a separate document.

See attached document

Will parents be allowed to accompany players into the facility?  Yes  No  
Please provide details below or attach as a separate document.

Yes, the arena has a maximum of 100 people in attendance at one time.

Will there be access to dressing rooms during on-ice sessions?  Yes  No  
Please provide details including how physical distancing will be accomplished or attach as a separate document.

Players should arrive dressed however, dressing rooms will be made available for players - 15 minutes before and after the practice time. Further details attached.

Have you met with your Referee in Chief to discuss your plan?  Yes  No

Please provide details on any specific measures needed by your officials or attach as a separate document.

No, we currently do not have a Referee in Chief at Gros Morne Regional Complex.

Endorsement of the facility manager:

x I have met with the Association, have reviewed their plan, and endorse it.

Name: Eileen Gerrow.

Email: egerrow@icloud.com.

# Communications Officer

Responsibilities can include:

- ✓ Monitoring all updates from the CMO, Hockey NL & Hockey Canada
- ✓ Communication with parents on all COVID and Return to Play matters
- ✓ Communication with Hockey NL on all COVID and Return to Play matters
- ✓ Communication with the local facility on guidelines and updates
- ✓ Ensuring teams are following the prevention guidelines set by Hockey NL
- ✓ Ensuring COVID-19 cases are reported: Health authority, BC Hockey, MHA, league & facility

Yes, we have appointed our Communications Officer:

Please provide the contact information for the Communications Officer:

Name:	<u>Sonya Lewis</u>	Position:	<u>Vice President</u>
Phone No.:	<u>709 725-1509</u>	E-Mail address:	<u>sonyalewis41@gmail.com</u>

# Facilities

A 'Return to Hockey' plan should include details for all facilities that your Association plans to use. Therefore, the following section may need to be completed for each individual facility. Also, facility guidelines may need to be evaluated during each phase and updated:

Facility Name: Gros Morne Regional Complex

Do you use more than one facility?  Yes  No

**Please answer the remaining questions for your primary facility or attach as a separate document. If you use more than one facility include information unique to those facilities in a separate document.**

What facility guidelines and requirements are in place specific to physical distancing?

The Town of Rocky, including Gros Morne Regional Complex committee have been working very closely with Minor Hockey Association to come up with a return to play plan. We have worked together to ensure all guidelines are being followed. Please refer to attached document for further detail.

Describe any restrictions specific to the number of people allowed in public areas.

Maximum of 100 people at any given time at the arena.

Are there areas where masks are not required in the facility?  Yes  No Please provide details below.

Areas while engaging in physical activity and ice surface.

Are the following areas accessible within the facility or facilities used?

- |   |  |                   |
|---|--|-------------------|
| <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No            | Main Lobby        |
| <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No            | Dressing Room     |
| <input type="checkbox"/> Yes            | <input checked="" type="checkbox"/> No | Warm/Viewing Room |
| <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No            | Washrooms         |
| <input type="checkbox"/> Yes            | <input type="checkbox"/> No            | Other             |

Outline the protocols that will be in place for each area and if any area is not available, alternative options that will be in place that need to be conveyed to the participants.

Where it would be helpful please attach a drawing.

- x Main Lobby (e.g. foot traffic flow, physical distance signage, sanitation stations, etc.).

Main lobby will have a designated point of entry with directional arrows for one-way traffic while maintaining 6 feet. Hand sanitizing stations will be available upon entry and in each dressing room and washrooms. Masks are to be worn while moving through the building. Players may take mask off once on the ice.

- x Dressing Rooms (e.g. physical distance markers, pre or post game limitations, etc.).

Divisions will be assigned a dressing room for the season as part of their 'bubble'. Our numbers are low enough such that it will be easy to create division bubbles. Also, a 15-minute window for entering the building and proceeding to the ice as well as exiting the ice surface and building.

- x Warm rooms or spectator areas (limits, physical distance markers, etc.)

Seating will be officially marked for spectators. Warm room **will not** be available.

- X Shower and washroom facilities for players and others.

Showers **are not** available, and bathrooms will be cleaned and sanitized as per government regulations.

- X Isolation areas for players/coaches with COVID symptoms and other areas if applicable.

We have a room designated as the first aid room if required. If symptomatic, player will be removed immediately, parents will be notified and instructed to call 811. Any child who tests positive for Covid-19 will have to notify HNL immediately.

- X Ice Surface (physical distance markings, use of benches, etc.).

Ice surface and benches will be marked for physical distancing and coaches and/or trainers will reinforce.

Describe how many participants will be on the ice for each session? This may vary by division of hockey, age groups, facility specific regulations, etc.

Our numbers are low in each division such that two divisions will be able to utilize the ice surface at a time. This has traditionally been the case in Gros Morne Minor. For example, U7 and U9 will share a practice time, U15 and U18 will share a time. This will not exceed 30 including coaches and trainers in either division 'bubble'.

Please include with you plan a copy of the following documents:

- X Facility rental agreement, particularly new agreements that cover COVID-19 liability.
- X Diagram of the facility indicating entry and exit points for both the building and the ice surface, as well as area(s) for players to put on and remove skates or skate guards



# Season Structure

Hockey NL will work with the CMO and Hockey Canada to ensure that the season structure reflects the most recent information on COVID-19 in Newfoundland & Labrador. When necessary, changes to the season structure will be communicated to all associations and leagues. Associations and leagues must assess and minimize the risk to players, coaches, volunteers and parents/guardians associated with hockey program delivery through adherence to appropriate safety measures, including physical distancing and promotion of good hygiene.

Please provide the following information to describe how the Association sees the 2020/2021 season unfolding:

- |   |             |
|---|-------------|
| What is your anticipated registration date? | 2020-10-06. |
| What is your estimated start date?          | 2020-11-02. |
| What is your estimated finish date?         | 2021-03-31. |

Will you be having a single registration fee for the whole season or use multiple registrations for this season depending upon how the Return to Hockey develops? Describe below how your registration fee schedule will work.

We have two options for fee payment, two half season registrations in October and January. Both will involve online registration. We will also offer an in-person registration night October 20<sup>th</sup> to accommodate anyone who is not able to complete registration online. Our numbers are low enough to offer this in a safe manner while following CMO's guidelines.

Describe how severely useable ice time is being reduced because of the need for a 30-minute cleaning and changeover period.

Typically, our minor hockey divisions receive two and a half hours per week. We will allow 30 minutes between division practices for cleaning. We can do this as we will be creating division bubbles due to low numbers. Refer to our sample weekly schedule for clarification.

Outline how player cohorts will be created. (Division of hockey, age, skill, community, school, etc.)

Our numbers are low enough to have division ‘bubbles’. U7 and U9 will practice together, U11 and U13 will combine practice time as well as U15 & U18. These combinations are still under the limit of 30. This has been the tradition with Gros Morne Minor given the low number of players.

Describe how screening information is being collected (paper forms, smartphone app, etc.):

Gros Morne Minor will provide Covid screening forms to all parents and players and will follow the same guidelines as the NLESD with respect to completing the questionnaire prior to any player arriving at the rink. Directors will collect information from the parent upon arrival for contact tracing. In the event a director is unable to attend, coaches will be expected to complete the contact tracing information. Forms will be held for 14 days.

Describe who is responsible for collecting screening information and for ensuring it is kept for the 14 day period:

Directors will be responsible and or coaching staff.

X Please provide a copy of your typical weekly schedule indicating time for each on-ice session and time between sessions for cleaning and sanitizing.

Monday	Tuesday	Wednesday	Thursday
U15 & U18 6:00-7:15	U7 & U9 5:00-6:15	U15 & U18 6:00-7:15	U7 & U9 5:00-6:15
	<b>½ hour cleaning</b>		<b>½ hour cleaning</b>
	U11 & U13 6:45-8:00		U11 & U13 6:45-8:00

# Parent Meeting and Administration

Topics to include in orientation of participants and parents / guardians should include but are not limited to the following: (check all tasks to be completed)

**Review of Facility and Member protocols for physical distancing guidelines:**

- X Protocols within the facility prior to activity (e.g. physical distancing markers)
- X Protocols during on-ice activity and off-ice activity (e.g. Phase 2 = 2m spacing)
- X Protocols within facility post-activity

**Review guidelines regarding the number of people / facility patrons that are permitted:**

- X Within the facility at any given time
- X On the ice at any given time

**Participant arrival / departure procedure:**

- X Established time spacing between ice bookings to minimize group cross-over
- X Established arrival expectations (e.g. Participants arriving dressed for activity)
- X Activity check-in / attendance to assist with possible need for contact tracing
- X Protocols for participants requiring assistance (e.g. para-hockey, younger ages)
- X Established designated drop-off & pick-up areas and procedures

**During Activity:**

- X Participants should have individually labeled water bottles (cleaned after use & filled at home)
- X Personal equipment not being used must be stored in an isolated area (e.g. car)
- X No sharing of personal equipment & strict hygiene protocols communicated
- X Coaches, HCSP and Officials prepared to assist in all protocols

**Preparing for Programming / Activity (Registration and Administration):**

- X Pre-registration for all activities or programs (e.g. no on-site payments)
- X Payment policy is flexible to make activities or programming accessible
- X Refund policies in place, communicated and flexible (ex. Dependent upon illness)
- X Ensure that all participants that are unwell or displaying symptoms must stay home

What is your anticipated Parent Meeting date?    OCTOBER 27, 2020.

## Hygiene & Illness Protocols

As hockey prepares to reopen, it is important to be familiar with federal and provincial guidelines and requirements specific to the prevention of COVID-19 and adhere to these requirements. It is also important to be familiar with the guidelines specific to your facility.

Information regarding hygiene and illness protocols may be subject to change. This section is meant to not only provide resources for such protocols but ensure Associations are prepared to make necessary updates as more information or best practices are established.

- X Reviewed Federal and Provincial Government hand hygiene guidelines
- X Process for participants to disclose symptoms or confirmed case of COVID-19
- X Coach or HCSP responsible for initiating illness protocol during activity

Describe in detail how the Association plans to comply, monitor and if necessary, report on the established hygiene and illness protocols.

Gros Morne Minor plans to comply, monitor and report any necessary protocols using the Covid screening forms as well as the contact tracing forms. Our coaching staff will monitor and report any issues that need to be addressed to the Executive. Also, our Communications Officer and our Directors will be in continuous contact with parents through message groups and emails to ensure everyone is made aware of any changes as well as ensuring everyone is adhering to the protocols put in place in our Return to Play Plan.

## Emergency Action Plan

It is important to include COVID – 19 protocols within every program or team Emergency Action Plan (EAP). It is valuable to provide coaches, managers and HCSP volunteers with resources to assist in the construction of each team’s EAP. Your MHA ‘Return to Hockey’ plan should also include COVID – 19 specific resources within all team emergency safety kits to ensure that HCSP and team officials are prepared to deal with a health crisis.

Describe in detail how the Association plans to comply, monitor and if necessary, report on the established hygiene and illness protocols. If there is insufficient space below, please provide details in a separate document.

Gros Morne Minor has a plan in place such that if anyone is showing signs of sickness, they will be directed to our first aid room immediately, parent(s) will be notified and asked to pick up their child and will be directed to call 811. We will also collect contact information upon arrival with his/her child to make this process easier. Frequent hand washing and proper sanitizing will be enforced and encouraged as well as proper cough and sneeze etiquette.

# Association Return to Hockey Plan

The Return to Hockey plan at the Minor, Female levels as established by Hockey NL involves 5 phases. The individual Association Return to Hockey plans should be structure in the same 5 phase format.

Please check all boxes in the sections that follow that are covered in your Return to Hockey plan at each phase. Like previous sections, if the Association prefers it can submit a separate document that address all the questions and information requested in the sections that follow

Describe in detail how the Association plans to monitor and enforce their Return to Hockey plan.

Gros Morne Minor Executive will ensure all aspects of the Return to Play is followed. Regular check ins with the coaching staff and directors to review protocols and update any new information will be ongoing throughout the season. Our association is very small which allows us to closely monitor and reinforce the protocols that are in place.

## Association Plan Phase 1

Identify all aspects of the Hockey NL Return to Hockey Phase 1 plan that are incorporated into the Association Return to Hockey Phase 1 plan:

- X  Review of requirements established by the CMO, Hockey Canada, Hockey NL, facility management and local government;
- X  Completion and approval of a season plan that addresses how compliance with all COVID-19 related protocols shall be achieved;
- X  Training of all coaches and volunteers in COVID-19 related protocols; and
- X  Orientation of all players, coaches and parents/guardians in the facility specific requirements and protocols that must be followed.

Describe in detail how the Association Phase 1 plan may differ from the Hockey NL plan.

Our plan mirrors the Phase I plan.

Describe in detail how the Association will provide orientation for your parents and coaches

Orientation for parents and coaching staff will be done mainly online through social media as well as email. Information will be provided to parents in an ongoing basis throughout the season.

Describe in detail how the Association will train your coaches

Education sessions with our Executive and Communications Officer. We will also ensure that all volunteers will complete the Planning a Safe Return to Hockey from the online Hockey University Program.

## Association Plan Phase 2

Identify all aspects of the Hockey NL Return to Hockey Phase 2 plan that are incorporated into the Association Return to Hockey Phase 2 plan:

- X Skills and Drills only
- X On ice sessions limited to 25 people, including skaters, goaltenders, coaches and technical directors;
- X Groups remain intact for all sessions;
- X Proper hygiene is in place; and
- X All sessions limited to the local minor hockey association only, no inter-association mixing;

Describe in detail how the Association Phase 2 plan may differ from the Hockey NL plan.

Our plan will not differ.

Describe in detail how the Association will create the groups of players' and coaches.

Our groups will be grouped based on low numbers and age appropriate. U7 and U9 as a bubble, U11 and U13 as a bubble and U15 and U18 as a bubble. This will remain in effect all season.

Describe in detail how the Association will ensure physical distancing of 2 metres on ice.

Markers will be placed on ice and in dressing rooms where needed.



## Association Plan Phase 3

Identify all aspects of the Hockey NL Return to Hockey Phase 3 plan that are incorporated into the Association Return to Hockey Phase 3 plan:

- x Continuation of Skills and Drills
- x On ice sessions limited to 25 people, including skaters, goaltenders, coaches and technical directors;
- x Introduction of modified games, 3-on-3 and 4-on-4 ensuring physical distancing;
- x Groups remain intact for all sessions;
- x Proper hygiene is in place; and
- x All sessions limited to the local minor hockey association only, no inter-association mixing;

Describe in detail how the Association Phase 3 plan may differ from the Hockey NL plan.

Our plan will not differ

Describe in detail how the Association will introduce modified games. Will modified games be introduced at different times for different divisions?

We will introduce modified games when conditions warrant. All divisions will be introduced the modified games when each division is ready.

## Association Plan Phase 4

Identify all aspects of the Hockey NL Return to Hockey Phase 4 plan that are incorporated into the Association Return to Hockey Phase 4 plan:

- X Continuation of Skills and Drills
- X On ice sessions limited to 25 people, including skaters, goaltenders, coaches and technical directors;
- X Introduction of modified games, 5-on-5 ensuring physical distancing;
- X Use of game officials;
- X No penalties served in penalty box, just penalty shots;
- X Groups remain intact for all sessions;
- X Proper hygiene is in place; and
- X All sessions limited to the local minor hockey association only, no inter-association mixing;

Describe in detail how the Association Phase 4 plan may differ from the Hockey NL plan.

We will not differ from Hockey NL plan.

# Association Plan Phase 5

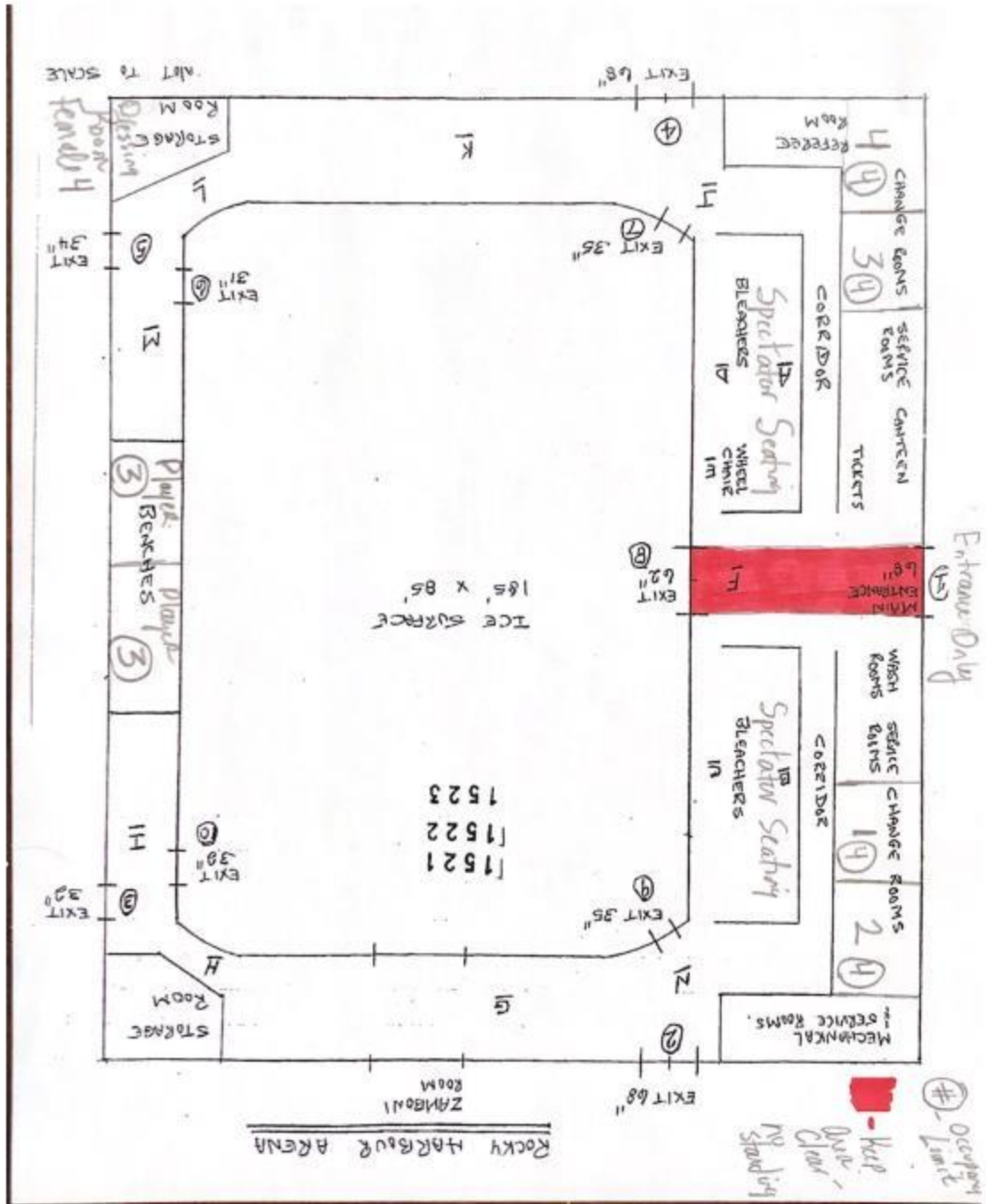
## Approval from Hockey NL is required to move from Phase 4 to Phase

### 5.

Identify all aspects of the Hockey NL Return to Hockey Phase 5 plan that are incorporated into the Association Return to Hockey Phase 5 plan:

- X Continuation of Skills and Drills
- X On ice sessions limited to 25 people, including skaters, goaltenders, coaches and technical directors;
- X Return to regular, 5-on-5 games;
- X Use of game officials;
- X Penalties served in penalty box;
- X Groups remain intact for all sessions;
- X Proper hygiene is in place; and
- X Limited inter-association play minimizing inter-association mixing to the extent possible;

Describe in detail how the Association will be minimizing mixing to the extent possible through modified game scheduling.



## Covid-19 Guidelines for Gros Morne Regional Arena Complex 2020/2021

### Covid-19 Safety Guidelines

\*If you are experiencing any COVID-19 or flu-like symptoms, have had any contact with someone who has COVID-19 symptoms, or if you are currently serving a directed self-quarantine period, **DO NOT PARTICIPATE OR ENTER THE FACILITY! Follow Public Health Guidelines and Call 811.**

\*Physical distancing is required in the facility; 2 m or 6ft.

\*Masks are mandatory while entering the building. Players may remove masks once helmets are put on.

\*Guests are asked to practice proper hand hygiene, avoid touching communal surfaces where possible.

**\*NO SPITTING ANYWHERE IN THE FACILITY OR ON THE ICE!**

\* To ensure our facilities can remain open and safe, please obey all rules presented by the Town of Rocky Harbour and the Province of Newfoundland and Labrador

\* Failure to follow guidelines and policies could result in immediate ejection from the facility and future booking privileges revoked.

\* Maximum capacity is 100 people.

## ENHANCED SAFETY PROTOCOLS

- \* All people entering the arena over the age of 5 must wear a non-medical mask as they move throughout the arena in a non-participatory capacity.
- \* Upon entry, user groups will be directed to designated seating areas and dressing rooms.
- \* A designated seating area will be made for all spectators which will have seats and sections clearly marked.
- \* Dressing rooms will be sanitized between user groups.
- \* Shower and washrooms in the dressing room are closed.
- \* Please note that sanitization of all other arena spaces will occur 2 times per day.
- \* Private ice rentals are permitted with the understanding that all guidelines and protocols will be adhered to as per Government and arena regulations!
- \* ABSOLUTELY NO EQUIPMENT should be left in common areas of the facility.
- \* The town reserves the right to alter the user agreement when deemed necessary and as circumstances change!

## ENTRANCE AND BUILDING ACCESS

- \* Participants may enter the building no earlier than 15 minutes prior to the start of their ice time.
- \* Participants may enter through the front entrance.
- \* All patrons who enter the building are encouraged to sanitize their hands using the hand sanitizer dispenser near the entrance.
- \* One parent is permitted to accompany his/her child(ren).
- \* Local participants (Rocky Harbour or Norris Point) should be fully dressed for play upon arriving at the arena. Participants outside of the local area, are permitted to dress in the dressing room in the presence of one parent if necessary.

## UPON BUILDING ENTRY

- \*Dressing rooms are assigned to each user group and will be posted at the entrance.
- \*Player dressing rooms have signage/markers to indicate seating to proper social distancing.
- \*Dressing rooms will be available no more than 15 minutes prior to the start of ice time.
- \*Showers and washrooms in the dressing rooms are closed. Dressing rooms are only used for changing into appropriate gear and storing belongings. Washrooms located in the main lobby will be open.

## ICE ENTRY

- \*During floods, participants waiting to enter the ice should not congregate at the rink entrance door. We ask that participants maintain physical distancing requirements and wait in their assigned dressing rooms.

## ON-ICE PROCEDURE

- \*The maximum capacity of on-ice participants is 20 players and 4 coaches.
- \*On ice activities must meet all current NL and Labrador Government Return to Play COVID-19 Guidelines and Regulations.
- \*Participants and Coaches must always keep gloves and equipment on. \*One designated person must pick up pucks and other training materials at the end of the session.
- \*Participants must not share water bottles.
- \*Only 1 person may enter the scorekeeper's box at a time.

## EXIT ICE AND BUILDING PROCEDURE

- \*At the end of the session, participants must exit the ice promptly in a single file and return to their assigned dressing room (if necessary).
- \*Participants must exit the building through the zone door (as assigned) within 15 minutes of the end of their ice time.
- \*Hand sanitizer will be available at all exits.



## GROS MORNE REGIONAL ARENA COMPLEX

Date, time, Name of Session: \_\_\_\_\_

By giving your name and contact number, you are acknowledging that you can answer “NO” to the following questions. Have you, in the last 14 days:

\*travelled outside the Atlantic Provinces or outside the communities along the Labrador-Quebec border?

\*been in close contact with a known or suspected case of COVID-19?

\*been in close contact with a person suffering from acute respiratory illness who has travelled outside of the identified areas within 14 days prior to illness onset?

\*had two or more of the following symptoms: fever, cough, headache, sore throat, runny nose, painful swallowing, diarrhea, loss of sense of taste, unexplained loss of appetite OR small red or purple spots on your hands and/or feet?

Player or parent name

Contact number

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