

BALTIMORE ICEDOGS MINOR HOCKEY ASSOCIATION

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RETURN TO PLAY PLAN & PROTOCOLS for the 2020-2021 Hockey Season

HEALTH & SAFETY

Organization & Planning Process

To help us get "back on the ice" BMHA had Matt Dickison coordinate communications with the Recreation Centre Manager while monitoring our Municipal policies and our local Public Health Unit recommendations. In consultation together, we have reviewed Health & Safety requirements, player development and finances. We have since developed this document to share with our members as our guidelines for Return to Play this season.

Team staff responsibilities -- specific to practices

- BMHA will provide all rostered staff BMHA's expectations of player/coach behaviours on and off the ice during their designated ice times.
- Teams will be max of 10 – consisting of 9 skaters and 1 goalie
- One coach and one trainer only on each bench during games
- Rosters can more bench staff for team coverage during absences
- Players and bench staff do not count towards the maximum 50 people allowed in the building; however, the Baltimore rink has set a **max limit of 22 people on the ice at one time (this would include coaches, players and referees)**
- BMHA must adhere to policies and practices implemented by both the PHU and the Township of Hamilton

Arrival at facility -- organized to meet guidelines

- Masks or face coverings will be required to enter the arena and to be worn at all times while in the facility. Players may remove their masks when they put on their helmets - ideally just before going out on the ice. Masks should be kept with their personal belongings (ie – hockey bag, gym bag)
- Players, coaches, trainers and spectators will enter through the main entrance of arena
- The arena will be open 15 minutes prior to scheduled ice time – people are not to arrive early as this can impact the number of people allowed in the building and the flow
- Players should be prepared to come dressed as much as possible in order to limit the use of dressing rooms -- if possible please arrive with just having to put skates on -- Ideally dressing rooms will be **used only by goalies**. The square footage of the dressing rooms at our facility will allow **only for 8 players** while maintaining social distancing of 2m. Younger players may need assistance with skates – coaches could help here
- We are asking that only one adult per child enter the arena.

- There will be a BMHA volunteer to meet the players, bench staff and spectators in the lobby upon arrival, and they will direct them where to go once they have completed the contact tracing and health screening documentation.
- The Health Screening and Contact Tracing forms can be asked verbally, eliminating the need to use pens, pencils and the need to be sanitizing them after each use.
- BMHA, if permitted, would like to look at setting up the Health Screening and Tracing forms electronically on our website. This would allow for immediate receipt of forms and easy correlating of data from one central location should the PHU require it.
- Unless otherwise notified, these forms are required to be completed each and every time you are on the ice or in the arena.
- Hand sanitizer will be available for use
- If you exit the arena during your child's ice time you will not be permitted back inside.
- The arena will have increased staffing onsite to deal with the cleaning and change over of ice rentals with no impact to rental time – therefore we need to advise all that they must try and exit the arena as quickly as possible after your designated ice time (15 minute max) – as well please do not linger in the parking lots after your ice time!

Hygiene Requirements

The Recreation Manager has discussed the use of dressing rooms and the number of people permitted in them – no more than 8 people allowed in the dressing rooms. The showers and bathrooms in the dressing rooms are not to be used and will be closed off. The water bottle fill station will be operational; however pre-filling at home is best and encouraged.

Physical distancing and requirements for parents/guardians at the facility

- Face covering/mask must be worn at all times in the rink
- Gathering limits, as per our local PHU, is 50 people – this does not include anyone working at the arena (e.g., Rink staff, coach, trainer, referees, scorekeeper)
- Due to the numbers recommended by the PHU BMHA will be allowing 1 parent/guardian per player to be in the facility that has filled out the tracing sheet
- Spectators must maintain physical distancing of at least 2m
- Arena will have designated areas for spectators
- The canteen will be closed and outside food & drink is strongly discouraged from being brought in the arena – this will help for cleaning purposes
- The PHU strongly discourages parents from verbal cheering and yelling at this time as it presents an increased risk of spreading respiratory droplets

Physical distancing during on ice sessions

- Physical distancing should be practiced as much as possible during on ice instruction
- On ice activities will be limited to power skating and skills development for the first 3 or 4 ice times. Battle drills or physical contact will NOT be required or encouraged

- Players may remove their masks when they put on their helmets, ideally just before going out on the ice. Masks should be kept with their personal belongings (ie – hockey bag, gym bag). Upon leaving the ice players should put their masks back on quickly.
- Players are to bring their own water bottles already filled and are responsible to carry them to and from the bench -- Water bottles must be clearly labelled with their name
- First aid kits will be provided to all teams with extra masks and gloves.
- Sanitization options will be available for the teams – hand sanitizers/disinfectant wipes.
- No pre/post handshakes will be permitted

Departure from facility organized to meet guidelines

- Once ice time is over – leave the ice and put mask back on when helmet is removed, remove skates and exit building as quickly as possible --- must leave within 15 minutes
- Current direction by the rink is to leave by the main doors, if this is to change we will be advised by the arena and will advise all players and parents of the new direction
- Do not linger in the parking lot

Procedure if participant is sick

- If a player is sick, they are not to come to the arena!
- Contact tracing will be mandatoy each and every time players/parents/guardians/bench staff enter the arena. If a positive COVID-19 result were to happen it will be immediatley reported to our PHU and BMHA will provide all records available to assist in tracing. A return to play form will be required before the player is allowed back on the ice.
- Should an on ice illness occur then BMHA will require the parent/guardian to remove the player and to update BMHA of the status of the player's health status, a return to play form may be requiried before the player is allowed back on the ice.

Parent Meeting

- Once our RTP Plan has been approved, our plan will be distributed to our members via our website and/or email.
- BMHA will regularly review what is expected and what safety steps have been put in place with parents/guardians.
- BMHA will also advise parents/guardians the importance of their roles this hockey season in order for hockey to continue this season in Baltimore.

ON ICE PROGRAMMING

Baltimore is located withing the Haliburton Kawartha Lakes Pine Ridge District Health Unit which is divided into sub-areas and ours is Northumberland County. This means that we are able to play with the centres locally only. A 3on3 shortened game schedule will be provided on the website as usual.

Baltimore's ice will not be put in until after Thanksgiving this year so our start date is tentatively set for November 1.

November 1 – 7 – players will skate with their age groups note exceeding on ice limits and coaches will run skills and drills while indicating player division ranking for teams

November 8 – 15 - skills development with skill zones are encouraged and introduction of scrimmages per division – not exceeding the HC/PHU and limits of on ice numbers.

Maximum 50 players per cohort bubble

Maximum 10 per team – 9 players and 1 goalie

One coach and one trainer per team on each bench

November 16 - schedule of local games to commence

Goal is that teams will have one practice per week and 1 game per week

Games would be 3on3 when possible

First five minutes of game will be warm up

Referee required for 4on4 games

Games will follow the format outlined in the OHF Return to Play bulletin

Preschool to U9 will be half ice and programming will follow guidelines set out by Hockey Canada Programming Novice (U9) and below

Recommend the use of the half ice boards to help split the groups and distance on the ice

At any time the PHU/Hockey federations alter the rules for the season BMHA will reorganize and revise any such plans to meet those guidelines

We hope to be able to offer advanced skills clinics /sessions – this would be additional ice times and offered to those players who have expressed interested in attending

**Attached is our contract tracing form and health questionnaire.