



Return to Ball Hockey 2020-2021 Season



Return to Play Safety Guidelines and Plan

The health, safety and welfare of all players, coaches, team officials, volunteers, facility staff and parents is the highest priority in the successful Return to Ball Hockey Plan.

Safety guidelines from the Government of British Columbia and ViaSport have been adhered to.



ViaSport BC

On May 6, 2020, the Government of British Columbia (B.C.) announced B.C.'s Restart Plan: Next Steps to Move through the Pandemic. The goal outlined within this plan is "to slow the spread of COVID-19, protecting our most vulnerable and ensure our health-care system can respond to increased demand we develop a vaccine."

The different phases will enable certain businesses and activities to open and operate within the current orders of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a "new normal" which will require everyone to modify their behavior, stay informed, apply protective measures and follow public health advise. Restarting is not mandatory – each organization must assess and decide for itself whether and when it is appropriate to restart operations.

On June 1, 2020, ViaSport released their Return to Sport (RTS) Guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and other minor sports associations.



The PHO's direction is that the RTS Guidelines should cover three things:

- Processes to open safely
- Measures to keep people safe to avoid further outbreaks
- A plan in the event that a case or an outbreak should occur

The following five Principles from the B.C.'s Restart Plan have been used to guide this document.

Personal Hygiene	Stay home if you are sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
Frequent handwashing	Routine daily screening	More frequent cleaning	Meet with small numbers of people	Spacing within rooms or in transit
Wear a non-medical mask	Anyone with any symptoms must stay away from others	Enhance surface sanitation in high touch areas	Maintain distance between you and people	Room design
No handshaking	Returning travellers must self-isolate	Touch-less technology	Size of room: the bigger the better	Plexiglass barriers
Cough into your sleeve			Outdoor over indoor	Movement of people within spaces



Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the new coronavirus has been named COVID-19.

COVID-19 was first identified in late 2019. It was declared a global pandemic by the World Health Organization in March 2020.

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air and quickly fall on floors or surfaces.

You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

COVID-19 SYMPTOMS

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups.

Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Children tend to have abdominal symptoms and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19.



ViaSport Category	ViaSport Progressively Loosen	Overview for compliance
Risk Management / Risk Mitigation	<ul style="list-style-type: none"> -No groups of over 50 people. -Maintain Physical Distance (2m) -no non-essential travel 	<p>Plan: Guidelines and directives set by Government, WBC and Health Authorities. Volunteers, Participants, staff should be trained on the Return to Sport Plan. Should be monitored and updated as necessary. Participants should be asked to sign a participant agreement acknowledging their acceptance of the risks.</p>
Facility Access / Use / Operations	<ul style="list-style-type: none"> -Outdoor is the safest. -Maintain social distance 	<p>Plan: Banned gathering of 50 to more. Restricted and limited access. Points of Access – drop-off and pick-up spaces. Manage the flow of people / signage. Arrival and departure times must be scheduled. Restricting or limiting use of different space (locker rooms, team benches, etc.). One health safety person at all times.</p>
Cleaning Protocols	<ul style="list-style-type: none"> -Increased Cleaning protocols -Hand sanitization -Participant Covid (symptom) screening 	<p>Plan: Face masks are worn by all in all common areas. All coaches / volunteers must wear masks. All participants must wear a mask entering and existing the facility. Mandatory hand sanitization prior to entering. Sanitize the benches, ledges and changing rooms. Anyone experiencing any Covid-19 symptoms, must stay home.</p>
Participants	<ul style="list-style-type: none"> -No spectators -As per guidelines (max 50 people) 	<p>Plan: Dry floor maximum capacity 22 participants (includes players, coaches and team officials.)</p>



Non-Contact Play	-Where possible, limit the contact play (within 2 m)	Plan: Adhere to 2m distancing as much as possible during skill practices / games. Head Coach Director will review with coaches.
Team Cohorts	-Cohort teams	Plan: A cohort is a group of participants that will interact with each other within that sport over an extended time period. If cohorts or participants change within that cohort, a 2 week break will be implemented. Participants should limit the number of sports cohorts they participant in in order to reduce the interacting with others.
Team competition	-Slowly introduce team competition	Plan: Inter-association play and outside association play will be determined by Ball Hockey Canada. Will also follow Canadian Health guidelines and Provincial guidelines.
Equipment	-Enhance cleaning sanitization protocols	Plan: No shared equipment which includes water bottles. All necessary surfaces will be cleaned after each use.



	City of Richmond Stage 3	City of Richmond Stage__	City of Richmond Stage__	City of Richmond Stage __
RSDMBHA Phase 1	RSDMBHA Phase 2	RSDMBHA Phase 3	RSDMBHA Phase 4	RSDMBHA Phase 5
Return to Play Committee Sept-Nov-2020 Committee members gathering information from various sources to implement a plan	Dec 2020-Jan 2021 Review the Draft – Return to Play	Feb 2021-Mar 2021 Discussion with RACA in regards to Dryland surface Minoru or RIC. How many rinks are available per day?	Apr 2021 First week of April, will start with Junior and Major division. Second week PeeWee and Pup. Third week Peanut and Tyke Practice and skill development	May – June 2021 All divisions Practice and skill development with inter-association games and possible outside association games.

Richmond South Delta Ball Hockey will work with RACA and the City of Richmond to develop a phase in approach to the opening of Ball Hockey Season at the Richmond Ice Center and Minoru.



The RSDMBHA program is completely voluntary. If a participant at anytime is feeling uncomfortable with the risks, they can and should remove themselves from the program. Everyone (players, coaches, team managers, volunteers, etc.) who choose to participant will need to sign the participant waiver form and should they want to opt for a credit/refund, we will honour that request.

While we don't want to alarm participants, we do want to recognize the importance and roles that parents/players play in ensuring that we resume ball hockey in a safe and healthy environment.

All participants must adhere to the following guidelines:

- Parents must fill out the "Return to Play Waiver" on behalf of all family members. The waiver must be filled two weeks before the season starts.
- Parents are asked to review all "Return to Hockey" protocols and explain with their child the importance of abiding by all the protocols and rules set out by RSDMBHA and the City of Richmond.
- All Participants must follow the ViaSport Illness policy.
- We believe and have confidence that all the players and parents will adhere and listen to the coaches and volunteers concerning all the safety procedures and protocols. Any players or parents who are not following any of the safety protocols will be reminded first. However, if this continues to be an issue, the player and/or parents will be removed for the balance of the season.

The RSDMBHA wants to ensure that all our participants, coaches, and volunteers are kept safe. We have formed a "Return to Play Committee" and our ultimate goal is to get our participants back at the rink and playing the game they love with the highest safety protocols in place. We recognize that some of these protocols are inconvenient, **but we expect 100 % compliance from everyone involved in our association.**



The key role of the “Return to Play Committee” is:

- Monitor and take direction from all Government Health Authorities and Canadian Ball Hockey Association.
- Manage all contact tracing reports (which will be kept on file) for any Health Authorities to review.
- Implement and monitor all safety protocols are in compliance. Any participants not following the safety protocols set out, will be warned and further repeated non-compliance by the same individuals will be asked to leave the Association.
- The Head of Coaches and the Return to Play Committee will, train and monitor activities of the Coaches and teams on a continuous basis.

In this guideline, the Facilities is defined as all areas (parking lot, entrance / exit, lobby, hallways, dressing rooms, players’ benches, time clock, play surface, etc.).

Please refer to the “Richmond Ice Center and Minoru Arena Flow Map” – Appendix A and B.

We ask that all persons adhere to the following:

- Do not gather / congregate in the parking lot and around the facility.
- Maintain the physical distance of 2 meters at all times.
- If parents are leaving the facility, they must designate another parent, within their group, to be in charge of their child should there be an emergency.
- If players / parents are not able to achieve the above three points, they should not participant in our hockey program.

Currently there is no spectator viewing inside the facility, except upstairs at Stanley’s Grill. Entrance to Stanley’s is from the outside.

Note: Physical gatherings of any size are not permitted in the parking lot area. Consuming alcoholic beverages in the parking lot and tailgating is prohibited as per the ‘City of Richmond By-law’.



PRACTICE / GAME DAY ACTIVITY

As we are approaching Step 5 of Richmond's Restoring Plan, rinks at Richmond Ice Centre and Minoru are restoring to full programming. The rinks will be shared with other sports groups/associations. Dressing rooms will not be required as players will be required to come fully dressed and go straight to the designated bench.

We have developed a specific plan that all players, coaches, volunteers, and parents are expected to adhere to:

- All participants will be required to complete a health check via TeamSnap Healthcheck before entering the facility.
- Arrive 10 minutes prior to your scheduled practice/game time to check in. Once checked-in players are to go directly to their assigned rink where they will be directed to their assigned bench.
- Check in lines will be set up outside the main entrance of the arena for players. Participants will not be allowed to enter the lobby area until all players have been checked in by a volunteer.
- Players and participants are to wear masks in the waiting area and when entering and exiting the building. NO MASK, NO ENTRY (unless a doctor's note has been produced during check in) as per RSDMBHA Health and Safety protocols.
- Players and participants will have their hand sanitized prior to entering and exiting the facility.
- The Health and Safety volunteer will take the participants directly to the rink and to their respective benches following the directional flow arrows and signage while maintaining 2m social distance.
- A RSDMBHA Health and Safety volunteer will be present at all practices/games to assist in any questions by the players and coaches as well as to direct traffic flow and to attend any emergencies.
- Any hockey bags will be placed along the outside of the rink beside their respective benches.
- Designated number spots will be visible on the bench and each player will be assigned that spot.
- Masks are required as per RSDMBHA Health and Safety protocols.
- All coaches will be trained on all COVID-19 protocols.
- Physical distancing will be enforced during all hockey drills.
- Every player will be required to have their own pre-filled water bottle.
- At the conclusion of the session, players will have 10 minutes to vacate the facility. Mask to be worn once their practice / game session is complete.
- Players to be picked up at the assigned Exit areas.



It is vital that all participants adhere and cooperate with the guidelines presented.

EQUIPMENT

All personal equipment will be the responsibility of each player (water bottle, sticks, gloves, helmet, padding, and PPE). The sharing of personal equipment will NOT be allowed under any circumstances. All personal equipment will be clearly marked and placed on the bench and removed at the end of each session.

All training equipment used in the session will be managed by coaching staff. All equipment will be sanitized before and after the session. Training equipment will not be handled by anyone other than the coach or personnel assigned to it.

FIRST AID

If a minor injury occurs, we will follow the CBHA safety guidelines and protocols.

- The head coach will communicate with the Health and Safety volunteer to assist with the injured player

Depending on the severity of the injury:

- The player will sit on the bench until they are deemed fit to re-join the session
- The player will be escorted out of the facility by the coach or the health and safety volunteer to meet their parents outside the facility
- The player will receive first aid treatment only if required.

Mask and gloves will be on at all times if first aid is being administered.

If the injury is serious, 911 will be called

All injuries will be logged, and the Board will be notified.



COACHES

Coaches are the main conduit for practicing social guidelines within the rink. All coaches will be educated and trained on player's social distancing in the rink as well as within the facility. Here is a list of items in which social distancing rules will apply.

- Water bottles to be spread out evenly in the bench. There are two benches and thus player's water bottles will be spread out within the two benches.
- Coaches are to discuss drills with the players standing along the boards at least 2 M apart. The coaches will be standing closer to the middle of the rink.
- The formation of lines during drills, players will stand at least one stick length apart from each other or stand in the middle of each pane of glass during the line.

CONTACT INFO

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the immediate implementation of enhanced cleaning measures and self-reporting/monitoring/isolation are some of the most important factors in limiting the size and length of an outbreak. If a case or outbreak is identified within the RSDMBHA, the President or Vice Presidents have the authority to modify, restrict, postpone or cancel activities as required to stop the spread of the disease. If none of these are available and a decision needs to be made immediately, any current RSDMBHA Board Member is authorized to make that decision.

1. If a player, coach or volunteer reports feeling ill during their session, they are to be removed immediately from the facility. The participants will need to vacate the facility immediately and wait for someone to pick them up outside or drive themselves home if suitable.
2. They must self monitor for Covid-19 symptoms daily. Some symptoms included are fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, diarrhea, fatigue and loss of appetite. If the participant has any symptoms, they will need to seek medical attention and get tested for Covid-19.
3. They must not return to ball hockey activities for at least 14 days following the onset of any symptoms. Participants will need a physician's note to return to activity.
4. RSDMBHA Board members will contact all participants in that cohort about possible exposure and the need to self monitor for the next 14 days.

Local Health Authority Information

Vancouver Coastal Health Authority - VCH Covid-19 Richmond Public Health - Phone: (604) 233-3147

Vancouver Coastal Health Covid line - 1-888-COVID19 (1-888-268-4319)

If you think you are sick: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

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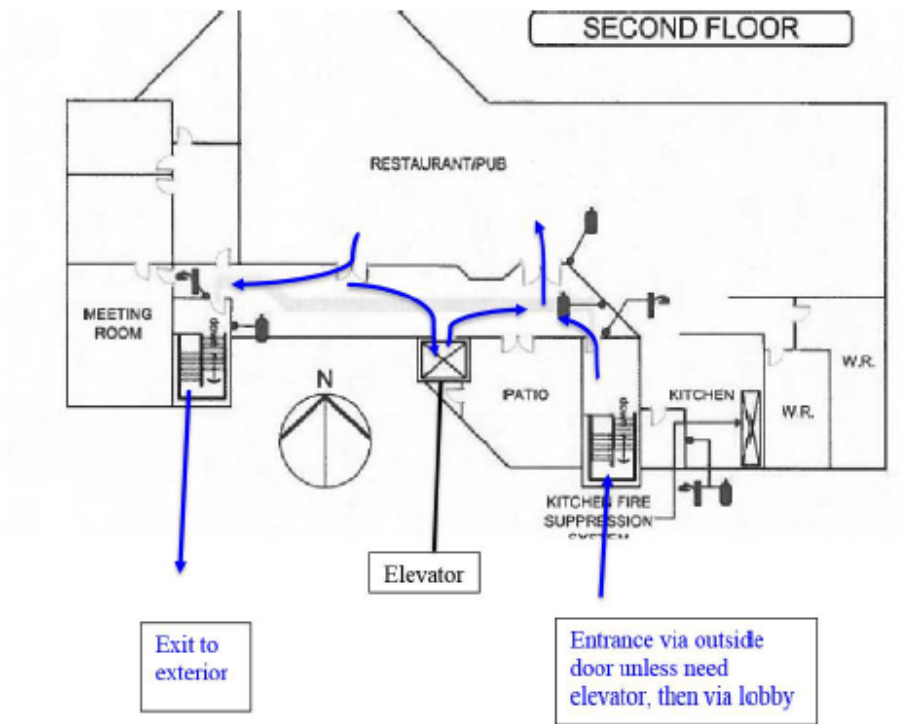
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APPENDIX A

Richmond Ice Centre (RIC) Flow Map

The City of Richmond has put together a facility flow map for RIC to best illustrate the facility. Please familiarize yourself with the flow map before coming to the rink.





APPENDIX B

Minoru Arena Flow Map

