

Avalon Minor Hockey Association COVID-19 Response & Return To Hockey Plan

Coach Responsibilities

- Ensure your RNC Code of Conduct and Vulnerable Sector Check are provided to AMHA
- Coaches must complete the Hockey Canada Planning a Safe Return to Hockey Program. Program may be accessed on the Hockey NL website
<https://ehockey.hockeycanada.ca/ehockey/ClinicDetail.aspx?cid=131152>
- Be familiar with COVID-19 protocols and procedures for Feildian Gardens and other rinks that you may play
- Design practice plans with COVID-19 protocols in mind such as physical distancing
- Always remind players of guidelines and monitor physical distancing, in the dressing room, on the ice and on the bench
- Familiarize yourself with Game Play modifications as appropriate
- With other team staff, please ensure players vacate the rink within 15 minutes of the game / practice conclusion
- Always wear a non-medical mask when coaching: if on the bench, a mask must always be worn. If on-ice, coaches may remove masks if they are engaged in physical activity (skating, showing drills, etc) but must keep physical distancing when communicating with players
- Ensure you never have more than 30 players and coaches on the ice at one time
- If someone is exhibiting signs or symptoms of illness, please ask them to refrain from attending. If a player becomes ill during a game or practice, immediately ask team staff to bring them to the isolation room at the rink and seek medical advice
- Please ensure you and your players adhere to rules such as: no pre and post game handshakes; no spitting; no sharing of water bottles
- Have a rewarding and fun season!



AMHA General Return To Play COVID-19 Guidelines

Pre-Game

- Please **DO NOT ALLOW** your child or player to play if they have any flu-like symptoms
- Please do not attend as a spectator if you have any flu-like symptoms
- Using TeamSnap, please ensure your player's availability is recorded prior to the game/practice
- Using TeamSnap, within 8 hours prior to all sessions, please ensure your player completes the HealthCheck. If they fail TeamSnap's HealthCheck and are advised to not participate, please complete the COVID-19 Self Assessment tool at <https://www.811healthline.ca/covid-19-self-assessment/>. Please follow the advice from this assessment
- Please review all protocols and guidelines with your player
- Please ensure your player has their own equipment and their own marked water bottle

Arrival at the Rink

- You cannot arrive more than 15 minutes prior to your session's start time
- Follow all signage at the rink and all instructions from coaches, team managers and rink staff
- Signage will indicate which dressing rooms are designated for your team. Please go immediately to your dressing room and adhere to physical distancing as marked in the dressing rooms
- Parents, guardians, and spectators should sign in upon arrival and sanitize hands upon entering
- Always maintain physical distancing, if possible
- Parents, guardians, and spectators must stay in the designated spectator areas. Spectators are limited to one per household, if possible
- Sanitizers are readily available at the rink. Please use them frequently!
- Always wear a non-medical mask when arriving at the rink and in all common areas of the rink. Players may remove the mask just prior to entering the ice surface
- If you become ill during a game or practice, immediately ask team staff to bring you to the isolation room at the rink and seek medical advice

After the Game / Departing the Rink

- No sharing of food or beverages. Use your own marked water bottles please!
- No social activities after the sessions
- Please vacate the rink within 15 minutes of the session's conclusion
- Please leave promptly through the exit and do not hang around the lobby areas or other common areas in the rink

Other

- Each team must have a Team Manager that will communicate any updates or changes to COVID-19 Guidelines
- The use of TeamSnap and its features for updating rosters, availability and health screening will be an important tool for ensuring a safe and healthy return. Do your part and please keep your information updated!
- AMHA has a Communications Officer with the responsibility to ensure all guidelines and protocols are up to date and adhering to Public Health and Hockey NL guidelines
- AMHA and Celtics Centre Hockey Corporation (Feildian Gardens) have a cleaning and disinfecting program in place to ensure the safety of our players and spectators

For more information:

www.AvalonCeltics.com/Covid

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