

## Return to Play Protocol - All together for a safe return to play

This *Return to Play Protocol* and *Code of Ethics and Risk Recognition* - must be read and signed by players and their parents. This document is based on Hockey Quebec's *Return to Hockey Plan* by HSO's COVID-19 health / safety managers. It is a summary of the health measures put in place to reduce the spread of the Covid-19 virus. The document does not replace public health directives, nor those of Hockey Quebec which take precedence over this document.

### **Summary of directives for players and parents**

Players and parents must respect the rules summarized below at all times. In addition, the general hygiene rules recommended by public health authorities should be followed (see appendix).

#### *General social distance guidelines:*

One meter for those aged 16 and under and two meters for participants aged 17 and up. This rule is mandatory at all times, and applies for everyone! Face masks are mandatory for everyone age 10 years and older but we strongly recommend them for everyone except when on the ice playing hockey.

#### *Before practice*

- The participant (and/or guardian) fills out the pre-practice survey to confirm they are able to participate in the activity. It is the parent's responsibility to make sure the COVID self-evaluation is done and their child is able to participate.
- Any players or parent showing COVID-19 symptoms must stay home and notify the individuals (listed below) in charge of COVID-19 health/safety

#### *When arriving at the arena*

- Only one person (chaperone) can accompany each player to the arena.
- When arriving at the arena, participants and any accompanying adult must wash their hands.
- **Players must wear their hockey gear (except skates and helmet) to the arena** – even if locker-rooms are available.
- Anyone above the age of 10 must wear a mask at all times except when on the ice – this includes in locker rooms should they be open. We strongly recommend that even those younger than 10 follow this directive.

#### *During practice*

- All participants must have their own clearly identified water bottle, towel, tape, etc. - no equipment sharing is permitted.
- Players must maintain distance from one another. No physical contact is allowed. For example, no crowding in lines when waiting for the next activity!

#### *After practice*

- Players and parents must leave the arena immediately after practice;
- No showers will be available after practice;
- When exiting the arena, participants must wash their hands;
- Parents are responsible for cleaning and disinfecting their children's equipment after each practice.

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### Contact Tracing

HSO will keep a digital attendance record of participants at each activity, so that participants can be traced as needed. HSO will maintain the confidentiality of all records related to COVID-19. In the event that a player tests positive for COVID-19, **all those who have been in contact with a person that has tested positive for COVID-19 must remain in preventive quarantine for 14 days after their last contact with said person even if they had a negative result themselves.**

### Pre-practice questionnaire

Before each activity, parents must answer a questionnaire on their children's symptoms of COVID-19. The digital questionnaire will be sent by email (a link will also be on the Facebook page) and must absolutely be answered before the child can participate in the activity. In addition, HSO will make sure to maintain the confidentiality of all files related to COVID-19.

### Throughout the year.

Hockey Quebec has established six phases for a return to full play. We are currently in phase 5. This phase allows us to play against other teams from the same region (except for the pre-novices, they can only play intra-association matches). However, these are exhibition games (no ranking) and tournaments are prohibited. Given the evolution of the COVID-19 situation, we will communicate with you periodically to keep you informed of the rules and directives that Public Health will issue.

### Code of ethics and risk acknowledgment.

Hockey Quebec asks coaches, players, parents and administrators to adhere to the Code of Ethics and the risk recognition letter. These documents must be read, signed and submitted (by email or paper) before the first practice. The documents can be accessed here:

[Agreement to the Player's Codes of Ethics and letter Acknowledging the Covid-19 risk](#)  
[Agreement to the Parent's Code of Ethics and letter Acknowledging the Covid-19 risk](#)

### Signatures

\_\_\_\_\_  
Parent (Sign)

\_\_\_\_\_  
Player (Sign)

\_\_\_\_\_  
Parent (Print Name)

\_\_\_\_\_  
Player (Print Name)

### Submitting Documents:

In total there are five (5) documents required to be signed:

- 1) This form (once signed)
- 2) Signed player Code of Ethics form and letter acknowledging the risks of COVID-19
- 3) Signed parent's Code of Ethics form and letter acknowledging the risks of COVID-19

Please scan and submit signed forms by e-mail to [hso.sante@gmail.com](mailto:hso.sante@gmail.com) . Should that not be possible bring them to the first practice (If necessary, copies will be available at the arena).

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## RESOURCES

### General Hygiene rules:

- Wash your hands often with soap under warm water for at least 20 seconds.
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Follow hygiene rules while coughing or sneezing: cover your mouth and nose with your arm (crook of the elbow) in order to limit the spread of germs. If you use a paper tissue, throw it away as soon as possible and wash your hands afterward.
- If you are sick avoid vulnerable people including those 70 years of age and up and people with a weak immune system or chronic disease.
- Avoid direct contact when greeting others, including shaking hands. Favour using alternative practices.
- As much as possible, maintain a two-meters distance (around 6 feet) with people other than your immediate family. If this is not possible use a face covering.
- Use face covering in public transport and in public spaces, **mandatory** for 10 years of age and up.
- Limit your outings as much as possible

### Hockey Quebec Documents:

[Return to Hockey plan - August 3 2020](#)

[6 Phases de retour au jeu](#) (French)

[Return to hockey - Phases 2 to 5 guidelines](#)

[COVID-19 Self-Evaluation Form](#)

[Intervention Guidelines COVID-19](#)

[Capsule informative réalisée avec le conseiller médical de Hockey Québec, Michel Loyer, MD](#) (French)

[Capsule formation responsable santé/sécurité COVID-19](#) (French)

### Quebec Public Health information

[General information about coronavirus disease \(COVID-19\)](#)

[Public Health Recommendations Instructions for People Who Have Been in Contact with a Confirmed Case of COVID-19](#)

### Contact details of HSO's COVID-19 health / safety managers

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