



REB UND PLAN



OCTOBER 26TH, 2020

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SECTION 1: FOREWORD FROM HOCKEY NOVA SCOTIA

On March 12, 2020, the 2019-20 hockey season came to a premature end as Hockey Canada and Hockey Nova Scotia's programs were cancelled due to the coronavirus pandemic. COVID-19 has impacted every Canadian province and territory, and this has created a very different landscape in our daily lives.

With a focus on the health of our players and the changing needs of our hockey families, the goal of the **Rebound Plan** is to provide a comprehensive framework for getting our game back up and running across the province in a safe and secure environment.

While these unique circumstances present many challenges, they also present opportunities to create not just a *new normal*, but a *new better*.

In alignment with Hockey Canada's Safety Guidelines and the Province of Nova Scotia's COVID-19 Return to Sport Guidelines, Hockey Nova Scotia has developed a return-to-hockey framework specific to our game here in Nova Scotia. The **Rebound Plan** is a fluid and living document that will require revisions as we move into the summer and throughout the 2020-21 season. This plan has been developed to assist our associations, leagues, and members in getting our players safely back on the ice. The health and safety of our members and their families have been our number one priority throughout this planning process. Hygiene, return-to-play protocols, and the use of facilities must be aligned with the restrictions and guidelines as established by the Nova Scotia Chief Medical Officer of Health.

Hockey Nova Scotia would like to thank our working groups, task teams, and the steering committee for their commitment to the establishment of these health and safety protocols. We have worked with our members, the Hockey Canada board and staff, the Hockey Nova Scotia board and staff, Sport Nova Scotia, the Nova Scotia Chief Medical Officer of Health, the Recreation Facilities Association of Nova Scotia, the Province of Nova Scotia, and Dr. Tina Atkinson to ensure that we have established the safest possible plan as we *rebound to hockey*.

TOGETHER WE ARE STRONGER.

Arnie Farrell
President, Hockey Nova Scotia

Amy Walsh
Executive Director, Hockey Nova Scotia

The **Rebound Plan** has been carefully developed to ensure that the health and safety of each participant is the main priority. The pandemic situation and Nova Scotia Public Health advice on safety measures are fluid and may change during the implementation of the plan.

It is very important for each participant to self-monitor for symptoms daily and adhere to the safety measures outlined in the plan. Let's get back to hockey and look out for each other as we have fun and stay safe.

Dr. Tina Atkinson
Chief Medical Officer, Hockey Nova Scotia

SECTION 2: CHECKLIST TO SUCCESS

The **Rebound Plan** defines '**TEAM**' as any group of players, training groups, officials, coaches, administrators, etc. who gather for an **HNS-sanctioned hockey activity** on and/or off the ice.

Review & Follow ✓

- Rebound Plan
- Hockey Canada Return to Hockey Safety Guidelines (Appendix A)
- COVID-19 Return to Sport Guidelines (Appendix B)
- Nova Scotia Public Health Guidelines

Plan ✓

1. Assign an **Association/League Safety Rep**
2. Assign a **Team Safety Rep**
3. **Association/League Safety Rep** to meet with the local facility operator(s) to obtain their guidelines for adhering to the COVID-19 Return to Recreation Facility Guidelines (Appendix C)
4. **Team Safety Rep** to follow roles and responsibilities (section 5):
 - Education of the **Rebound Plan** with all members of the team
 - Communicate mandatory **self-screening** (Appendix D)
 - Complete and store **screening registry** (Appendix E)

At the Facility ✓

- Follow the **Rebound Plan**
- Follow the individual facility's specific COVID-19 Facility Guidelines
- Follow Hockey Nova Scotia Hockey Structure Guidelines (Appendix F)
- Practice responsible hygiene

Be safe and have fun!

SECTION 3:

HOCKEY NOVA SCOTIA SAFETY AND HEALTH GUIDELINES

These guidelines are meant to support Nova Scotia's hockey associations, leagues, officials, and stakeholders in returning to their hockey-related activities. This includes, but is not limited to, associated on and off-ice activities (including administrative), coaching, and adhering to the approved Nova Scotia Public Health COVID-19 Return to Sport guidelines (Appendix B).

Please note that each facility where hockey-related activities take place will have its own specific guidelines related to people coming into the building, use of dressing rooms, washrooms, showers, etc. (see section 9 of this document). However, concerning actual hockey-related activities, the following must be demonstrated:

Environment and Expectations

- Arrive at the facility at a designated time for the hockey-related activity. Do not arrive early.
- Leave the facility immediately following the hockey-related activity. Do not stay beyond the designated time.
- Special measures will need to be considered for **para hockey, blind hockey, and special needs hockey** programs with respect to care provider assistance.
- We recommend only one parent or caregiver accompany a player to a hockey-related activity.
- We encourage parents and guardians of players at levels U13 and above to not enter the facility.
- Hockey-related activities (including parent meetings and administrative procedures like registration) must be done in such a way to maintain physical distancing in groups of more than ten.

Equipment

- Water bottles must be filled at home and labeled with the player's name. The sharing of water bottles is prohibited.
- Where possible, players, coaches, and officials should plan to arrive and depart the facility dressed in their hockey equipment.
- While on the ice, participants must always leave their helmet and gloves on.
- To limit touchpoints during and after hockey-related activities, coaches should keep, distribute, and collect each piece of on-ice equipment that belongs to their team (e.g.: coaching white-board, cones, pucks).
- Goalie Equipment can be shared and rotated. This would include goalie pads, gloves, chest protector and arm gear as well as goalie sticks. Equipment must be cleaned thoroughly before another player uses equipment. Players should wear their own helmets and goalie masks should not be shared.

Personal Protective Precautions

- Self screening of a team's players, coaches, officials, and administrators is mandatory. A screening registry must be maintained. This can be done electronically or in-person prior to every single activity.
- Any follow-up action from the screening process must follow the details set out in Sections 4 and 5 of the **Rebound Plan**.
- Hygiene must be adhered to as per Section 6 of Appendix B of the Hockey Canada Safety Guidelines.

Proper hygiene can help reduce the risk of infection or spreading infection to others.

- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
- Avoid touching the eyes, nose or mouth with unwashed hands.

Communication

Hockey Nova Scotia will make the **Rebound Plan** available to stakeholders via:

- The Hockey Nova Scotia website.
- Direct emails to associations, leagues, and other stakeholders.
- Communications materials distributed through social media, on-site at facility, etc.

Hockey associations, leagues, officials, and teams **must**:

- Abide by the **Rebound Plan**.
- We recommend having individual association/league plans that are aligned with the **Rebound Plan** and the local facility guidelines.
- The **Team Safety Rep** must walk through the details of the **Rebound Plan** and the COVID-19 guidelines of all the applicable local facilities before the season begins. This meeting is to take place with parent/caregivers, coaches, and administrators.

Masks

As of July 31, 2020, non-medical masks are mandatory for entering indoor public spaces, including recreational facilities, except while doing an activity where a mask cannot be worn.

Everyone entering a facility will be required to wear a mask. However, there are a few exceptions:

- Children under the age of 2 do not have to wear a mask.
- Children aged 2-4 should wear a mask, but if parents can't get them to wear it, it will not be enforced.
- Persons who are unable to wear a mask for medical reasons, including those with intellectual disabilities if they refuse to wear them, are exempt.

You do **NOT** have to wear a mask when you are on the ice surface.

Players, coaches and officials are not required to wear face masks while on the ice engaging in physical activity but are required to wear masks in the dressing room prior to going on the ice. Team officials, including coaches, are required to wear face masks while on the bench.

Masks will also be mandatory for all facilitators and participants attending in-person coaching and officiating clinics across the province.

For further information on this mandate, [please click here.](#)

For more information about wearing a non-medical mask, [please click here.](#)

Mask Exemptions

If an individual has a mask exception for medical reasons, they will be required to physically distance (6 feet) at all times inside the facility.

For the public, team safety, and maintaining a safe environment in the field of play, Hockey Nova Scotia is not allowing unmasked personnel (bench staff) on the bench or in the dressing room.

SECTION 4: SCREENING

Symptoms

Symptoms can vary from person to person and in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. The severity of COVID-19 symptoms can range from mild to severe, and in some cases, can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

Find out if you need a test

Symptoms include:

- Fever (i.e. chills/sweats) OR Cough (new or worsening)

OR

Two or more of the following symptoms (new or worsening):

- Sore throat
- Runny nose/nasal congestion
- Headache
- Shortness of breath

Source: <https://novascotia.ca/coronavirus/symptoms-and-testing/> (October 5th, 2020)

It is important to self-screen for symptoms before all hockey activities by using the *Screening Tool* located in *Appendix D*.

If you have symptoms you will not be allowed to participate in any HNS-sanctioned activity until you complete the COVID-19 self-assessment at <https://covid-self-assessment.novascotia.ca/> and follow any advice given.

Participant screening and registry:

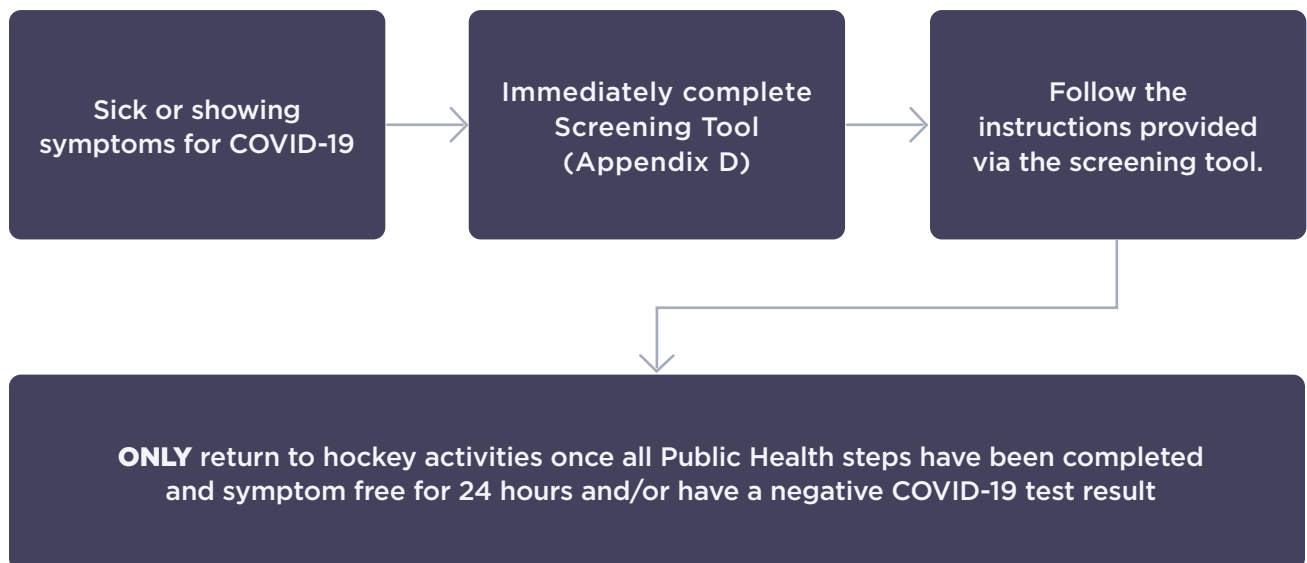
Participants must self screen prior to **every** training (on or off-ice) session for symptoms of COVID-19 as per the requirements of the Nova Scotia Chief Medical Officer of Health. This information and the screening requirements will be covered in detail during the ***Safety Rep*** training session.

Participants exhibiting signs and symptoms consistent with COVID-19 should not be present at any facility. This includes anyone attending the training session such as players, team officials, coaches, volunteers, parents/guardians, Association/League members, etc.

Screening Questions are updated regularly by Nova Scotia Public Health.

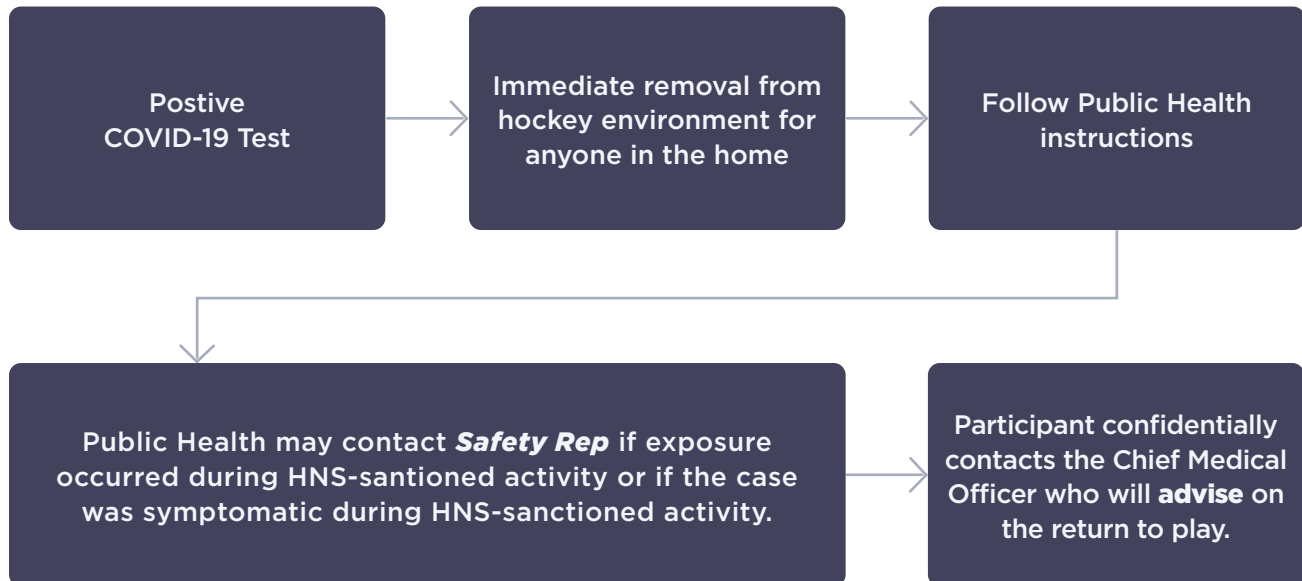
If a participant has symptoms:

The following are recommended steps for team staff, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authority guidelines and advice from physicians must be followed in any situation where a participant is sick. For participants or guardians of participants **who are sick or showing symptoms of COVID-19**, they are to advise team staff that they will not be attending and will immediately follow the steps below.

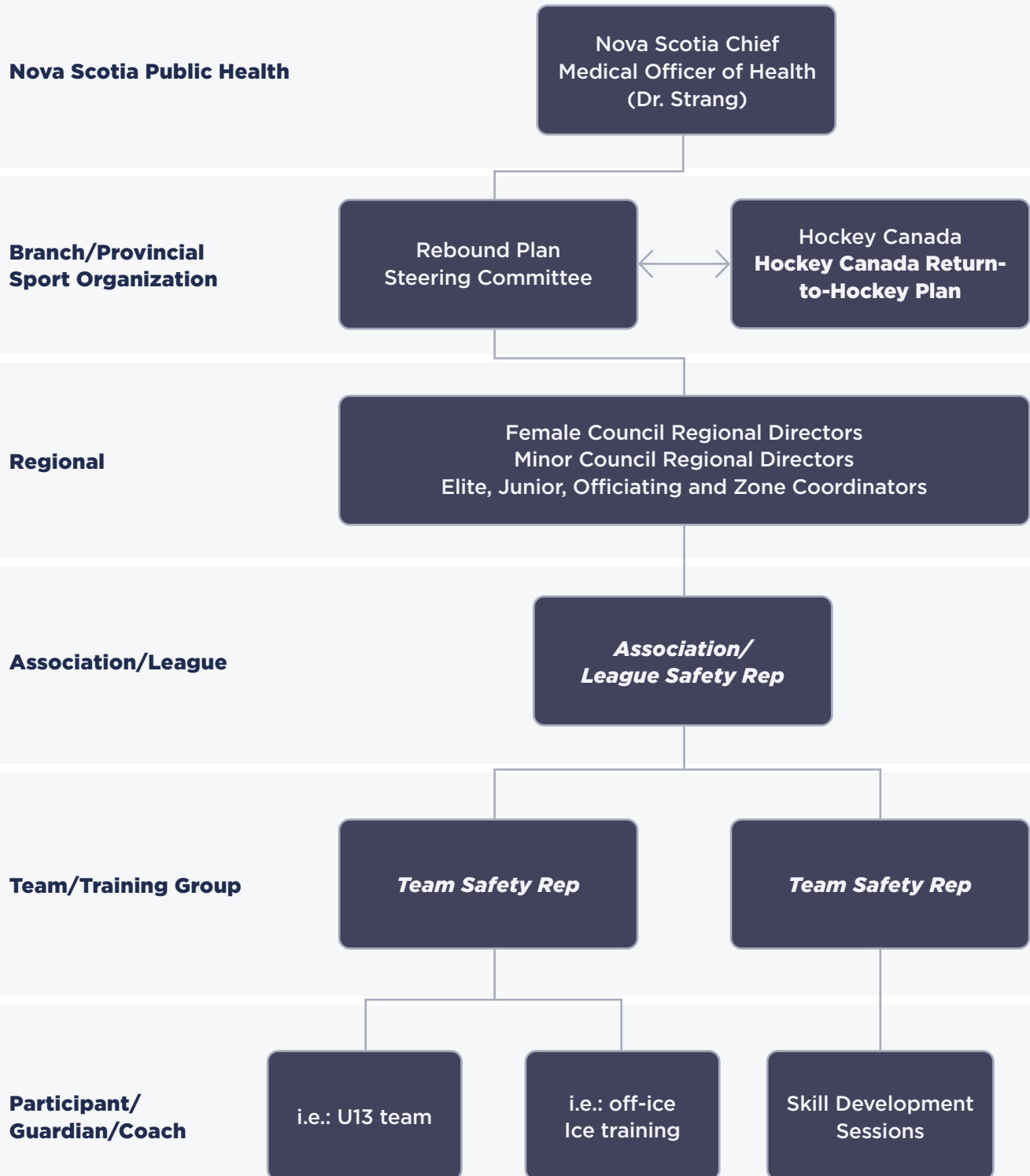


If you have tested positive for COVID-19

Participants or guardians of participants **who have tested positive for COVID-19** are not required to publicly disclose any medical information, however they will be required to abide by Nova Scotia Public Health instructions. **The participant must not participate in any hockey related activities until public health advises their case is resolved and they are authorized by the Hockey Nova Scotia Chief Medical Officer.** Follow the steps outlined below.



SECTION 5: SAFETY REPS & COMMUNICATION FLOW



Hockey associations, leagues, programs and teams must assign a person who will be the **Safety Rep** responsible for ensuring that all updated and relevant information is passed on to everyone within their association, league, program or team. **This will require a Safety Rep at the team/training group level as well as the association/league level** (see diagram on previous page).

Association or League Safety Rep responsibilities include:

- Completion of Criminal Record Check (CRC) with Vulnerable Sector Verification
- Hockey Canada Planning a **Safe Return to Hockey** E-learning module

Team Safety Rep responsibilities include:

- Receive updates to Nova Scotia Public Health guidelines, **Rebound Plan** updates, and local facility guidelines from the **Association/League Safety Rep**.
- Meet with participants, parents/caregivers, coaches, and managers before the season begins to walk through the **Rebound Plan** and the COVID-19 guidelines of their local facilities.
- Ensuring that the **COVID-19 participant self-screening** is conducted for each participant before each training (on and off-ice) session.
- Complete and store the **screening registry**.

Requirements for **Association/League Safety Rep** and **Team Safety Rep** include:

- Completion of **Safety Rep** training
- Completion of criminal record check (CRC) with vulnerable sector verification
- Hockey Canada Planning a **Safe Return to Hockey** E-Learning Module

SECTION 6: TRAINING

Hockey Nova Scotia will be providing mandatory safety training for the **Team Safety Rep** and the **League/Association Safety Rep**.

The training sessions will be available online and will provide extensive background and information on the **Rebound Plan's** safety requirements.

These sessions will cover:

- Review of **Rebound Plan** and **Hockey Canada Return to Hockey Safety Guidelines**
- Roles and responsibilities of the **Safety Rep** including reporting requirements:
 - Mandatory training requirements
 - The registry:
 - Need for the *registry*
 - How to complete the *registry*
 - Storing the *registry* once completed
 - The Screening Tool:
 - Need for the **Screening Tool**
 - Who must be screened
 - How the screening can be conducted
 - What to do if positive symptoms are reported
 - Facility Guidelines

Hockey Canada's Hockey University (HU) Planning a Safe Return to Hockey course

Hockey Canada's HU **Planning a Safe Return to Hockey** course is now available on eHockey. The program is **free of charge** to complete and it only takes 20 minutes.

Planning a Safe Return to Hockey looks at some of the important health and safety protocols that our membership will need to be aware of as we continue our safe return to the ice. The course looks at public health authority guidelines and restrictions, as well as the new Hockey Canada Safety Guidelines.

Hockey Canada and its members have worked diligently on a Return to Hockey plan based on direction from governments and public health authorities. As provinces and territories begin to reopen in the wake of the COVID-19 pandemic, Hockey Canada has developed this online course to ensure support and inform administrators, players, parents, coaches, safety people/trainers, officials and volunteers on how to navigate the challenges presented by COVID-19. This training is **mandatory** for all bench staff, safety reps, and officials but all are encouraged to take advantage of this resource.

You can access and register for this free online course by visiting <https://ehockey.hockeycanada.ca/ehockey/account/login.aspx>.

SECTION 7: COMPLIANCE

Despite the easing of restrictions, the sport of hockey, like other congregate sporting activities, must remain vigilant when it comes to the health and safety concerns posed by COVID-19. Therefore, the resumption of hockey in Nova Scotia will require significant changes. In an effort to ensure the health and safety of our members and our communities, Hockey Nova Scotia is reviewing our regulations and our delivery model.

Further regulatory amendments or policies will be required to address interim issues or regional concerns. These changes may be made by the President and Executive Director of Hockey Nova Scotia in consultation with the Chief Medical Officer (Dr. Tina Atkinson).

Hockey Nova Scotia and the Regulation Task Team will be reviewing all Hockey Nova Scotia regulations that will be impacted by COVID-19 restrictions.

The **Rebound Plan** is a framework and critical path for us to return to the ice. Ensuring that our hockey programs continue will depend upon several factors. The most important factor will be our compliance with the health and safety guidelines detailed in this plan.

The safety of everyone depends upon strict adherence to those guidelines.

Any non-compliance of the **Rebound Plan** will be considered *conduct unbecoming* and will be dealt with under the HNS Code of Discipline. It should also be noted that the **Rebound Plan** is aligned with the **COVID-19 Return to Sport** Guidelines. Breaches of the requirements of the **COVID-19 Return to Sport** Guidelines could also be considered breaches of the Health Protection Act (quarantine) and dealt with by local police or public health officers.

SECTION 8: INSURANCE FOR MEMBERS OF HOCKEY NOVA SCOTIA

Under Hockey Canada's current General Liability policy, ***bodily injury*** is defined as follows:

Bodily injury means bodily injury, sickness, disease, mental injury, mental anguish or nervous shock sustained by a person, including death resulting from any of these at any time.

COVID-19 would fall within the definition of ***bodily injury***.

Liability claims against Hockey Canada always need to be proven by the third party, so continuing to update and enforce risk management guidelines as new risks emerge, such as COVID-19, are imperative. Hockey Canada and its Members are actively working on updating risk management protocols related to return to hockey guidelines post-COVID-19.

As with all claim scenarios, the insurance company would investigate all claims presented against any Member of Hockey Canada that falls within the ***bodily injury*** definition and would confirm coverage based on the framing of the allegations. **It will also be important to review new facility contracts for all rentals; they may now contain a new clause which absolves the facility owners of any liability related to COVID-19.** Facility waivers for participants/organizations should be scrutinized given that organizations will potentially have little control over cleaning/sanitizing of rented premises and shouldn't be expected to take on all liability related to COVID-19 in these facilities.

Facilities participant/organization waivers should be scrutinized to ensure you have a complete understanding of 'what' is being waived. These facility waivers **are not a requirement of Hockey Nova Scotia.**

AIG, who is Hockey Canada's primary General Liability insurer, has agreed to waive this exclusion in the General Liability policy until Sept. 1, 2023. Hockey Canada will NOT have this exclusion in its policy until that date, at the earliest.

SECTION 9: FACILITIES

During all phases of the **Rebound Plan** and re-opening of facilities, a spirit of ongoing patience and flexibility will need to be communicated between the user(s) and the facility owner(s) (and their representatives). At all times, the directions of the Nova Scotia government and Nova Scotia Chief Medical Officer of Health will supersede any general recommendation of Hockey Nova Scotia and Hockey Canada.

Similar to the COVID-19 Return to Sport Guidelines (Appendix B) that have been approved by the Nova Scotia government, facilities are required to develop re-opening plans that adhere to the COVID-19 Return to Recreation (Program and Facilities) Guidelines (Appendix C). Hockey Nova Scotia does not set the facility guidelines.

Positive and open communication will be an important part of returning safely to the facility. The guidelines for each facility will be different as they vary in size and services offered. The guidelines will be stricter at some facilities, openings could be delayed and operating hours may vary. Before starting hockey activities, it is highly recommended that the **League/Association Safety Rep** reach out to a facility representative as part of the facility rental agreement for clarification of the following:

- Physical distancing guidelines
- Number of people allowed in facility
- Signage
- Restricted areas (showers, lobbies, etc.)
- Dressing rooms (Note: Athletes will be encouraged to arrive at the facility dressed and ready for the ice session with the exception of skates.)
- Temporary/alternative dressing rooms
- Cleaning and sanitation guidelines
- User behaviour (breaches of contract agreements will not be tolerated)
- Building access protocols
- Communication (facilities will have increased communications around COVID-19 guidelines)
- Hygiene

Please respect the personal space of others and other user groups. Above all else, respect the facility and all those who work within it.

If a complaint arises regarding compliance with the **COVID-19 Return to Recreation (Program and Facility) Guidelines** (Appendix C), please direct your concern to the facility owner. Complaints or questions can also be made to: Occupational Health & Safety 1-800-952-2687 or laesafetybranch@novascotia.ca (**Reopening Contacts**).

SECTION 10: JUNIOR HOCKEY

In preparation to re-open Junior hockey, it is important to be familiar with both the **Rebound Plan** and the **Hockey Canada Safety Guidelines** (Appendix A, Section 9) and adhere to those requirements. Rule and policy changes are expected to occur in response to specific issues related to COVID-19 restrictions.

SECTION 11: ADULT REC HOCKEY

Adult Rec are advised to adhere to the **Rebound Plan** as part of the overall return to hockey framework. To align with current public health guidelines, Adult Rec will need to modify the game and follow the hockey structure outlined in Appendix F.

SECTION 12: NON-SANCTIONED HOCKEY PROGRAMS

Hockey Nova Scotia is strongly encouraging non-sanctioned hockey programs (private camps, private summer programs, non-HA power skating groups, etc.) to follow the recommendations laid out in this **Rebound Plan**.



APPENDIX

APPENDIX A: HOCKEY CANADA RETURN TO HOCKEY SAFETY GUIDELINES & FAQ

Hockey Canada Return to Hockey Safety Guidelines & FAQ:

https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

APPENDIX B: COVID-19 RETURN TO SPORT GUIDELINES

COVID-19 Return to Sport Guidelines

These guidelines are meant to support organizations in their return to their sport activities, including, but not limited to, lessons, coaching and organized programs, adhering to the [Nova Scotia Provincial Government coronavirus guidelines](#). The following must be demonstrated in any return to sport plans:

Environment

- How physical distancing will be maintained before, during, and after activities at the location the activity occurs, following the [physical distance guidelines](#).
- How the activity will limit the number of people within a [facility](#).
- How the activity will limit the congregation of people in shared areas (i.e: common space where participants are checked-in and out of, washrooms, changing rooms, equipment rooms, etc.).

Equipment

- How the activity will limit the necessity of shared equipment.
- How equipment will be managed and [cleaned](#) with appropriate disinfecting cleaner before and after use.

Personal Protective Precautions

- How enhanced [cleaning](#) will be managed, including high touch surfaces (i.e: washrooms, chairs, door knobs, etc.)
- How participants will be encouraged to practice [good hygiene](#).
- How participants will be educated to ensure those who are unwell and [symptomatic](#) do not participate in the activity. Testing information can be found [here](#).

Communication

- How participants will be informed of the safety precautions that they must follow, implemented by the organization.
- How your plan will be communicated to all participants.
- If possible, maintaining a participant registry, (names, dates, time, and contact info) to facilitate potential public health contact tracing.

In addition to the provincial public health measures, organizations must adhere to any measures implemented by their affiliated National/Provincial Sport Organizations and the facilities in which they operate.

APPENDIX C: COVID-19 RETURN TO RECREATION (PROGRAM AND FACILITY) GUIDELINES

COVID-19 Return to Recreation (Program and Facility) Guidelines

These guidelines are meant to support the reopening of recreation programs and facilities, adhering to the [Nova Scotia Provincial Government coronavirus guidelines](#). The following must be demonstrated in any reopening plans:

Environment

- How physical distancing will be maintained at the facility, following the [physical distance guidelines](#).
- How physical distancing will be maintained before, during and after activities, following the [physical distance guidelines](#).
- How the number of people within a [facility](#) will be limited.
- How congregation of people in shared areas (i.e: common space where participants are checked in and out, washrooms, changing rooms, equipment rooms, etc.) will be limited.

Equipment

- How shared equipment will be limited.
- How equipment will be managed and [cleaned](#) with appropriate disinfecting cleaner before and after use.

Personal Protective Precautions

- How enhanced [cleaning](#) will be managed, including high touch surfaces (i.e: washrooms, chairs, door knobs, fitness equipment, vending machines, etc.)
- How users will be encouraged to practice [good hygiene](#).
- How users will be educated to ensure those who are unwell and [symptomatic](#) do not enter the facility or participate in the activity. Testing information can be found [here](#).

Communication

- How users will be informed of the specific safety precautions they must follow.
- How your facility and programming protocols will be communicated to all participants.
- If possible, maintaining a user registry (names, dates, time, and contact info) to facilitate potential public health contact tracing.



May 2020

APPENDIX D: SCREENING TOOL

Screening Tool

The screening tool must be completed before **each HNS-sanctioned activity**.

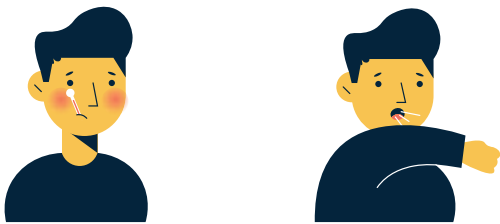
1

Are you feeling unwell or do you have new or worsening health symptoms?

If yes, stay home and avoid public spaces, including work, school/child care, and shopping.

2

In the past 48 hours have you had, or are you currently experiencing, any of these symptoms?



Fever (i.e. chills/sweats) **OR** Cough (new or worsening)

OR two or more of the following symptoms (new or worsening);



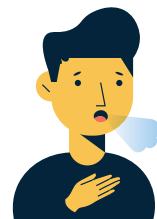
Sore throat



Runny nose/nasal congestion



Headache



Shortness of breath

If yes, stay home and complete the COVID-19 self-assessment online, <https://covid-self-assessment.novascotia.ca/>. If you are unable to access the online tool, call 811.

3

In the last 14 days, have you travelled outside Atlantic Canada?

If yes, you must stay home. You are required by law to self-isolate for 14 days upon return to Atlantic Canada.

4

In the last 14 days, have you had close contact (within 2 metres / 6 feet) with someone confirmed to have COVID-19?

If yes, you must stay home. You are required by law to self-isolate if you have been identified as a close contact of someone with COVID-19. If you haven't spoken with Public Health or been tested, you should contact 811 to be screened for testing for COVID-19.

5

Are you waiting for results from a COVID-19 test?

If yes, stay home. You are required by law to self-isolate while awaiting COVID-19 test results. Please follow instructions given by Public Health.

APPENDIX E: HNS PARTICIPANT SCREENING REGISTRY



REBOUND PLAN

HOCKEY NOVA SCOTIA PARTICIPANT SCREENING REGISTRY

Date:		Facility Name (location):		
Start Time of Session:		End Time of Session:		
Safety Rep:		Phone #:		
#	Player/Coach Name (first, last)	Team/Group	Contact Number	Answered "No" to all screening questions
1.				
2.				
3.				
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APPENDIX F: HOCKEY STRUCTURE

Hockey Structure

As we move toward getting back on the ice, it is important to ensure that we remain flexible so that we can adapt to Nova Scotia public health guidelines as they change. It will be important to ensure that the needs and wants of both our current and prospective players are always front of mind. As we move through each period, we will need to ensure that our hockey associations and leagues are equipped with the proper communication tools and given appropriate time to adjust. While there are going to be challenges along the way, this is an opportunity for increased collaboration and innovation for hockey in our province.

All periods of hockey are designed to follow Nova Scotia public health guidelines. There would also be an ability to move quicker in a certain period or by-pass a period if physical distancing and other restrictions are eased. Conversely, there is the potential to revert back to a period if case numbers of COVID-19 start to rise and there is a second wave.

1ST PERIOD - JULY-OCTOBER 1ST

- Seasonal planning and organization
- On- and off-ice skills development with group sizes adhering to public health guidelines
- Training should align with Long Term Player Development (LTPD)
- No minor hockey/female hockey tryouts to occur
- Elite league (Maritime Major U18 Female Hockey League, Nova Scotia U18 Major Hockey League, Nova Scotia U16 AAA Hockey League, Nova Scotia U15 Major Hockey League) and junior league training camps
- HNS Regulation review

Groups of 50 with physical distancing

- Maximum group of 50 include parents/guardians in the facility
- Focus is on skating and puck skills
- No incidental contact or body checking
- Players and coaches must maintain physical distancing (6 feet) on the ice at all time

Groups of 10

- Multiple groups of 10 (including coaches) are permitted on the ice as long as they do not interact with other groups. If multiple groups of 10 are on the ice, the groups must physical distance (a minimum of 6 feet) from other groups
- It is recommended that each group uses a separate area of the ice. Areas should be identified and marked by half-ice boards or bumper pads
- Compete drills, scrimmages, 3 vs 3, and 4 vs 4 are permitted
- Incidental contact and body checking allowed at appropriate levels
- Encourage that groups of 10 remain consistent during a training period (i.e.: players remain with the same group at each session)

- Checking clinics can occur with a consistent group following public health guidelines (groups of 10; it is encouraged that players remain with the same group at each session)

Coaches or power skating instructors who work in consecutive on-ice sessions will have to physical distance and use hygiene best practices between on-ice sessions.

- No shared equipment
- Limited spectators
- Facilities slowly opening
- Online Education and Training
 - *Safety Rep Training

2ND PERIOD - EFFECTIVE OCTOBER 1ST

- A gathering limit of 50 **without** physical distancing is permitted (includes: players/participants, officials, coaches, instructors, and anyone else who is required to be on or near the field of play)
- Coaches and team staff must wear masks at all times inside a public facility except for when on the ice surface during practice
- Tryouts can be held
- 5 vs 5 play is allowed
- Body checking and incidental contact is allowed
- League play and age division start dates:
 - U9: Games can begin **December 1** (usual start date)
 - U11 and above: **October 15** (tryout exhibition games are permitted after Oct. 1)
 - Elite leagues and junior leagues (including Nova Scotia U18 Major Hockey League, Nova Scotia U16 AAA Hockey League, Nova Scotia U15 Major Hockey League, and Maritime Major U18 Female Hockey League): **October 1**
 - Provincials, Day of Champions, etc.: To be confirmed.
 - Leagues that involve teams from NB and PEI may resume after submitting plans for approval by Hockey NS
- Tournament
 - No tournaments in the month of October
 - Detailed COVID-19-specific plans will be required with tournament-sanctioning submissions (more details to follow)
- No handshaking lines between players, coaches, officials during the 2020-21 season

**Field of play is defined as the ice surface, team benches, penalty box, timekeeper box and dressing rooms.*

3RD PERIOD

Following Public Health Guidelines

- Hockey returns to the “new” normal

The main focus as we return to the ice initially will be on individual skill development with the possibility of non-traditional games to start the season. To this end, there will be a need to support our coaches to ensure that they are prepared and have the necessary tools to keep players engaged and entertained on the ice.

We are all going to have to work together to adjust, adapt and innovate to ensure that we are meeting the needs of our current members, focusing on how we can better serve players and families, and looking for opportunities to bring new families into the game. Some of the areas that we will need to focus on and consider as we plan for the coming hockey season include:

- A later start date as new families may be concerned about registering for hockey
- An option for January registration at U7/U9 levels
- Incorporating more off-ice activities
- Work to create teaching opportunities online for players (position-specific)
- Modified play that includes elements of competition if traditional games can't proceed

While hockey is going to look different in the next few months, these next few months will also provide a unique opportunity to focus on many of the positive things that hockey can do for our community. We are going to have to collaborate and support one another as we work together to provide a safe and welcoming environment for our young players who want to be active and social around their friends and teammates.

APPENDIX G: FACT SHEETS



RETURN TO PLAY PLAN FACT SHEET | **FACILITIES** RECREATION FACILITIES ASSOCIATION OF NOVA SCOTIA & PROVINCIAL SPORT ORGANIZATIONS

*As **Sport and Facility Partners**, together we can help reduce and prevent the spread of COVID-19. These partners and the sporting communities have worked together to put preventative measures in place so we can return to the sport that we love.*

THE PLAN

Each partner aims to get our sport back up and running across the province while working closely with our facilities. The focus of this partnership is putting the safety of our participants, communities and facilities first. This fact sheet provides a summary of the important facility information to help ensure a safe return to our sports. It will be updated as public health directives change.

During all phases of each sport's respective return to play plan and the reopening of facilities, a spirit of ongoing patience and flexibility will need to be communicated between the user(s), the facility owner(s) and their representatives. At all times, the directions of the Nova Scotia government and Nova Scotia Chief Medical Officer of Health will supersede any general recommendation of these Provincial Sport Organizations (PSOs) and their respective National Sport Organizations (NSOs).

Similar to the COVID-19 Return to Sport Guidelines that have been reviewed by the Nova Scotia government, facilities are required to develop reopening plans that adhere to the **COVID-19 Return to Recreation (Program and Facilities) Guidelines**. Positive and open communication will be an important part of returning safely to the facility.

EXPECTATIONS

Each facility will have its own specific guidelines. This will include the use of dressing rooms, washrooms, showers, requirements for face coverings, etc. You are encouraged to follow facility signage and directions. If you have questions about any of the measures in place at a facility, please contact the facility directly. Each facility will vary with guidelines as they vary in size and services offered. The guidelines will be stricter at some facilities and operating hours, openings could be delayed, and operating hours may vary.

KNOWING YOUR FACILITY GUIDELINES

Prior to beginning your sporting activity, it is highly recommended that the club/league/association team manager (or safety rep) reach out to a facility representative as part of the facility rental agreement for clarification of the following:

- **Physical distancing guidelines**
- **Number of people allowed in facility**
- **Signage**
- **Restricted areas** (showers, lobbies, etc.)
- **Dressing rooms** (*Note: Athletes will be encouraged to arrive at the facility dressed and ready for the ice session with the exception of skates.*)
- **Temporary/alternative dressing rooms**
- **Cleaning and sanitation guidelines**
- **User behaviour** (breaches of contract agreements will not be tolerated)
- **Building access protocols**
- **Communication** (facilities will have increased communications around COVID-19 guidelines)
- **Hygiene**

MASKS

As of July 31, 2020, non-medical masks are mandatory for entering indoor public spaces, including recreational facilities, except while doing an activity where a mask cannot be worn.

Everyone entering a facility will be required to wear a mask. However, there are a few exceptions:

- Children under the age of 2 do not have to wear a mask.
- Children aged 2-4 should wear a mask, but if parents can't get them to wear it, it will not be enforced.
- Persons who are unable to wear a mask for medical reasons, including those with intellectual disabilities if they refuse to wear them, are exempt.

You do **NOT** have to wear a mask when you are on the ice surface.

Players, coaches and officials are not required to wear face masks while on the ice engaging in physical activity but are required to wear masks in the dressing room prior to going on the ice. Team officials, including coaches, are required to wear face masks while on the bench.

Masks will also be mandatory for all facilitators and participants attending in-person coaching and officiating clinics across the province.

For further information on this mandate, [please click here.](#)

For more information about wearing a non-medical mask, [please click here.](#)

COMPLAINTS

If a complaint arises regarding compliance with the **COVID-19 Return to Recreation (Program and Facility) Guidelines**, please direct your concern to the facility owner. Complaints or questions can also be made to Occupational Health & Safety.

HYGIENE

Proper hygiene can help reduce the risk of infection or spreading infection to others.

- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
- Avoid touching the eyes, nose or mouth with unwashed hands.

We will keep you updated on the latest information through our websites and social media channels. If you have any questions about a PSO's **return to play plan** or their safety protocols, please visit any one of the PSO websites listed below.

Please respect the personal space of others. Above all else, respect the facility and all those who work within it.

Recreation Facilities Association of Nova Scotia: rfans.com

Hockey Nova Scotia: hockeynovascotia.ca

Skate Nova Scotia: skatecanada.ns.ca

Speed Skate Nova Scotia: speedskatens.ca

Ringette Nova Scotia: ringette.ns.ca

APPENDIX H: TEMPORARY COVID-19 REGULATIONS

REGULATORY REVIEW

Hockey Nova Scotia has compiled a Regulations Review document so all participants have access to the information they require to ensure our leagues and teams are prepared to return to the ice as quickly and efficiently as possible, and with a level playing field, when it is safe to do so.

This document will outline recommendations that have been approved by the Hockey Nova Scotia Board of Directors, including changes to the *HNS Constitution*.

These recommendations speak to regulations that impact player registration, affiliation, roster composition, and travel.

In addition to the Hockey Nova Scotia document, Hockey Canada created a Regulations Review document, which established a national standard, ensuring a level playing field for teams participating in divisions/categories that are eligible for regional and national championships,

Hockey Canada's Regulations Review - https://cdn.hockeycanada.ca/hockeycanada/Exclusive/return-to-hockey/downloads/HC_RTH-%20Regulatory-Review-e.pdf

The approved amendments are for the 2020-2021 season only, and are listed below:

#1. Regulation 6 - Affiliation

GENERAL AFFILIATION CHANGE:

Any player affiliation as a result of a COVID 19-related illness would not count against the limit of games per team. "COVID-19-related illness" would include, by way of example, a rostered player who has gone into isolation because they:

- have tested positive for COVID-19, or have symptoms consistent with COVID-19; or
- are living with a person who has tested positive for COVID-19, or has symptoms consistent with COVID-19; or
- have been in contact with a person who has tested positive for COVID-19 or has symptom consistent with COVID-19.

The league and Hockey NS shall have the ability to address any suspected abuse of the COVID-19- related illness exception.

Note: This amendment applies to Female, Minor, Elite Hockey, Junior.

#2. Regulation 2 - Competition

2.40 NEW – Hockey Nova scotia promotes fair play and sportsmanship at all levels of competition, therefore at the conclusion of each game, unless otherwise directed by the referee, all players and coaches are to shake hands.

CHANGE:

Due to COVID-19 - No handshake lines whatsoever.

#3. General Competition change - Regulation 2

Should a Minor Hockey Association experience a registration decline due to COVID-19, and not be able to meet the minimum roster requirements, the respective Regional Director and Council Chair have the ability to approve exceptions to Regulation 2.

#4. Officiating

Reg 26.5 and 26.6

CHANGE:

The number of officials required to officiate a game may be changed with HNS approval, on a case-by-case basis. This may be required to meet the Public Health Field of Play number requirements. (i.e. currently 50 allowed on field of play)

#5. Travel Permits - Regulation 7

CHANGE:

No travel outside the Atlantic provinces will be permitted for the 2020-21 season.

#6. NEW - Refusal to wear a mask

For refusal by bench staff to wear a mask, or not properly wear a mask while on the bench during a game, the officials will be instructed to issue one warning to the team and the next infraction by that team will result in a Gross Misconduct under Rule 9.2(f). Subsequent discipline will result according to section 25.20.

25.20. Incident or Behavior Detrimental to Hockey Offender shall be automatically suspended from all hockey activities under the jurisdiction of Hockey Canada, HNS and MINOR COUNCIL until dealt with by proper Disciplinary Committee.

Offenses could include, but are not limited to:

- “Playing under suspension”
- “Playing suspended or illegal players” “Removal of team from ice”
- “Travelling without a travel permit”
- “Unacceptable conduct on and off the ice”
- **Refusal to wear a mask or properly wear a mask on the bench during a game**

APPENDIX I: REVISION REGISTER

[illegible]

