



BELMONT MINOR HOCKEY ASSOCIATION STAGE 3: RETURN TO HOCKEY ACTION PLAN

In March 2020 the sport of hockey was significantly impacted by the Covid-19 outbreak. As we prepare to return to hockey the Belmont Minor Hockey Association's (BMHA) top priority is the health and safety of our association and its members. The following Return to Hockey Action Plan was created based on Hockey Canada and Ontario Hockey Federation guidelines, Ontario Regulations and local Municipal By-Laws.

The BMHA will assign a member of the executive to monitor return to hockey protocols and provide our association members with updates as we progress through the stages. A member of the executive will also be assigned and responsible for educating our members and ensure protocols are being followed.

This Return to Hockey Action Plan will be made available on the BMHA website (<https://belmontminorhockey.ca>) as well as posted on our social media platforms. The plan will also be electronically distributed to all registered members by way of email.

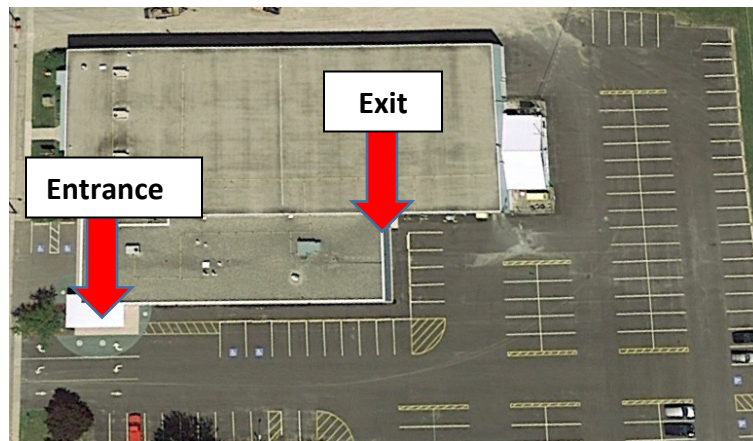
Failure to comply with the BMHA Return to Hockey Action Plan or the facility guidelines may result in disciplinary action. Such action may result in the member losing the privilege to participate in BMHA activities and events.

DISCLAIMER:

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The BMHA and its executive make no representation and assume no responsibility in respect of their information concerning Covid-19 as the circumstances are constantly changing. Any information on Covid-19 should be obtained from your local Public Health Unit.

FACILITY:

A member of the executive has met with and will continue to correspond with facility staff to discuss facility policies and the return to hockey action plan. Topics addressed during these meetings will include updates to the entrance/exit process, physical distancing requirements, restrictions to number of people in the facility, which areas within the facility will be accessible, dressing room protocol, cleaning and hygiene practices.



Belmont Arena patrons will be required to use the entrance located on the south side of the facility to enter the building. A table will be set up just after the entrance doors to pre-screen participants before entering the facility. All members entering the facility will complete and sign the Municipal Self-Screening and Waiver document as well as the Attendance Tracking form before each on-ice session. All members entering the facility will have their temperature taken as part of the screening process. Any member with a temperature over 38C (101F) will be required to leave the premise. Please ensure that participants arrive on-site with sufficient time to complete the screening process before entry.

Participants & Coaches are to exit the rink through the south hallway. In an effort to minimize crossover traffic, all users of the facility will exit out of the east facing exit at the Belmont Arena. There will be signs marking the exit route.

Participants must "Come Prepared" by dressing in their required equipment (except skates and helmets) prior to entering the facility. Be mindful of common surfaces and limit touch points. When coughing or sneezing cover your mouth and nose with a tissue or into your elbow. Avoid touching eyes, nose or mouth and absolutely no spitting. Entry and exit doors / gates will be propped open where appropriate. Hand sanitizer will be available throughout the lobby for public use. Bathrooms will be available only for emergency purposes. Facility users are encouraged to use a washroom before coming to the arena. Soap, water, and paper towels are available in both the men's and women's washrooms for public use. Signage is posted in the washrooms reminding the public to wash their hands. Public washroom capacity is 2 persons. Signage on the exterior of the washroom notes capacity. Facility water bottle filling stations will still be available. Participants are required to bring their own water bottle, with water, with

their name on it. Other than participants' water bottles, no outside food or beverages are permitted in the facility.

Participants will not be able to enter the arena until ten (10) minutes prior to the start of their ice time and must vacate the premises ten (10) minutes after the session has concluded. Entry doors will be unlocked ten (10) minutes prior to ice rental time and will be locked immediately after group enters. If an individual exits the building after this time, they will be unable to re-enter the building. When entering the Arena individuals are required to utilize the hand sanitizer provided. Participants will be directed to their assigned dressing rooms by the digital signage board in the lobby.

During rentals, only one (1) parent/guardian of each skater under the age of eighteen (18) is permitted in the facility as an observer.

Spectators are only permitted in the rink stands. The spectators will only be permitted to proceed to those locations once their child is on the ice surface (Giving time for the prior group to leave). Masks must be worn at all times while in the stands. Warm clothing is recommended as there will be no heat provided while seated in the stands. Spectators must also enter and exit in the same manner as players.

Congregating inside the arena or parking lot areas is not permitted at any time. Dressing rooms are available for use. Capacity limits and designated seating areas are defined. Showers are closed until further notice. One parent/Guardian will be allowed in the dressing room to help tie skates if required. No parent will be permit to loiter in the dressing room and must exit the room immediately after finished tying the skates.

County of Elgin By-Law 20-38 requires every person within an enclosed public space to wear a face covering, excluding those who meet the exemption requirements of the By-Law. In addition the facility has made the use of masks mandatory for all patrons not on the ice surface (once your helmet goes on your mask can come off; once your helmet is off your mask goes on).

Full cleaning and disinfection of viewing areas within the facility will occur each evening. Additional cleaning and disinfection of touch points (door handles, faucets, bathrooms, handrails, etc.) will occur at least twice per day. Cleaning and disinfection of dressing rooms will occur between each ice time. Washrooms will be cleaned and disinfected frequently by Municipal Staff. Cleaning and disinfection equipment are onsite and stocked regularly. Garbage and recycling are removed from the facility daily.

The Municipality of Central Elgin has created an instructional video outlining the new facility guidelines. This video can be found on the BMHA website or at:

[https:// www.facebook.com/CentralElgin/videos/930460000767171/](https://www.facebook.com/CentralElgin/videos/930460000767171/)

REGISTRATION:

A member of the BMHA executive has been assigned to oversee player registration. In an effort to minimize personal contact initial registration will be done online. BMHA realizes that this year will present unique registration challenges due to Covid-19. Participants may not feel safe returning right away, there may be changes to the requirements based on what stage our region is in and some family may be facing financial challenges. In an attempt to be flexible with the registration procedure the BMHA has divided the hockey season in to three session be which will provide participants the opportunity to sign up later in the season. Registration fees will be divided equally between the three sessions.

COACHING STAFF INFORMATION SESSION:

Once the coach selection process is complete a member of the BMHA executive will facilitate an information session for all coaching staff to clarify facility policies, physical distancing requirements both on and off the ice, cleaning and hygiene protocols, group training limitations, game play structure and game rules. All coaching staff will review and be familiar with the BMHA Return to Hockey Action Plan as well as the Facility Guidelines.

All team coaching staff will be required to take the 'Hockey University – Planning a Safe Return to Hockey' course.

PARTICIPANT MEETING:

BMHA will host participant meetings to provide information about the season, discuss health and safety protocols and answer any questions. The BMHA executive will determine if these meetings will be conducted on a team by team basis or in larger group settings while still adhering to group size limitations.

COVID-19 REPORTING:

BMHA will be following all recommended procedures from Hockey Canada and our local Public Health Unit for any of our association members who are sick or showing symptoms of COVID-19. These procedures will be discussed during the coaching information session and participant meetings. The procedures will also be posted in the BMHA office inside the facility.

Any participant that is feeling sick or showing symptoms of COVID-19 will require a note from their physician or public health authority to return to activity. If any participant tests positive for Covid-19 all members of the household will require a note from their physician or public health authority before returning to BMHA activities.

The following 2 documents are required to be completed for all on-ice activities.

- Central Elgin Screening & Waiver form
- OHF Contact Tracing

Members will be responsible for printing the Central Elgin Screening & Waiver form prior to attendance and bringing the form with them to the facility. The form can be found on the BMHA websites under 'Forms & Applications – Covid 19 Documents'.

RETURN TO PLAY STRUCTURE:

Stage 3b – Return to Practice and Play - September 1 onward

Individual and Group Training

Maximum of 30 participants on the ice, including instructors, or a lower number if determined by Ontario Government, local PHU, the facility or Member. (Current facility guidelines Max. 20 participants, 5 instructors) Physical distancing is required for the purpose of individual and group training.

Competition (Game Play)

Following a minimum two-week development phase for any new programs, modified 3 on 3 or 4 on 4 game play with No Physical Contact hockey will begin.

Leagues are a maximum of 50 or less depending on the PHU. The OHF will review the league maximum upon amendments by the Ontario Government.

All Game Play is within local Public Health Unit.

There is a minimum of one registered official per game unless determined otherwise by the Member.

All Game Play will be conducted in conjunction with the local PHU and facility rules for the purpose of sanitation and physical distancing.

GAME PLAY RULES:

BMHA will be abiding by the following game rules based off Ontario Hockey Federation guidelines for Stage 3b – Return to Practice and Play. These rules may change throughout the season based on what stage of return to hockey our region is in. Due to the limited size of our rink the BMHA executive will be exploring the option of U10 and U11 operating a full ice program.

Rules for 3 on 3, 4 on 4 - U12 to U21 – (Full Ice Program)

***At the divisions of U10 and U11 a program may choose to operate a full ice program based on the limited size of some rinks. If this occurs, those programs would follow the U12 to U21 rules.**

Game Play

- Game time structure based on a 50-minute ice rental
- 5 min warm up
- 2 x 22 min period run time

- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
- Period 1 – visiting team has first possession
- Period 2 – home team has first possession
- No Physical Contact
- Players must remain one stick length apart
- Accidental/incidental contact may occur
- No body checking
- When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
- A player that loses a glove must immediately retrieve the glove or leave the ice.

Line Changes

- Teams will change on the fly.

Goals

- Goals result in a change of possession. The team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the team that scored to proceed with the attack.

Icing

- Icing the puck results in a change of possession. The team that iced the puck must allow the other team to advance the puck past center ice before applying pressure. If the puck has not advanced past center ice within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

Offsides

- Offsides will result in a change of possession. The team that was called for offside must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure.

Penalties

- Penalty shots will be awarded for penalties as per:

- 2 min penalties = 1 penalty shot
- 4+ min penalties = 2 penalty shots
- All major penalties will result in 2 penalty shots and an ejection from the game
- Intentional body contact or body checking = 2 penalty shots and may result in removal from the game at the discretion of the referee
- Intentionally entering the goaltenders crease = 1 penalty shot
- Co-incident penalties will result in NO penalty shot being awarded
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during a penalty shot. If the buzzer sounds while the penalty shot is in process, the shot will be allowed to be completed and then the player change will occur.
- If a delayed penalty is called near the end of the game and the clock runs out, and where the result of the penalty shot(s) could change the outcome of the game, the penalty shot(s) will be taken. If the outcome of the penalty shot(s) would have no impact on the outcome of the game, the penalty shot(s) will not be taken.

Penalty Shot Procedure

- When a penalty is called, the clock will not stop (all divisions)
- Penalty shot must be taken by the player inflected upon (if applicable) and all players on the ice must remain there until the shot is taken
- The player taking the penalty shot will line up at center ice
- All other players from both teams will line up by the far blue line
- All players will start from a standing position
- Referee will blow the whistle to start play
- All players may begin skating on the whistle; players on the non-penalized team may “chase” the player taking the shot and can prevent it if able to do so.
- Penalties can still be called on penalty shots.
- Should the player miss the penalty shot, play will continue.
- If a goal is scored, the team that scores the goal must allow the other team to advance the puck past center ice before applying pressure. If the puck has not proceeded past the hash marks within 10 seconds of the whistle the official will signal the attacking team to proceed with the attack.

Roster

- 9 players plus 1 goaltender (per team)
- Both teams must start the game with a minimum of 5 players plus 1 goaltender

Rules for 3 on 3, 4 on 4 - U7 to U11 – (Half Ice Program)

Game Play

- Game time structure based on a 50-minute ice rental
- 5 min warm up
- 2 x 21 min period run time

- 1 min intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
- Period 1 – visiting team has first possession
- Period 2 – home team has first possession
- No Physical Contact
- Players must remain one stick length apart
- Accidental/incidental contact may occur
- No body checking
- When a scrum or gathering occurs the puck will be given to the defending team and the attacking team must retreat. A whistle will be blown to separate the players and another whistle to signal the resumption of play once the official is satisfied the attacking team has retreated and the defending team has gained puck possession.
- A player that loses a glove must immediately retrieve the glove or leave the ice.

Line Changes

- 1.5 min shifts (timekeeper will sound the horn to notify shift change).

Goals

- Goals result in a change of possession. The attacking team must retreat and allow the team that was scored against the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must retreat and allow the team that froze the puck the opportunity to play the puck. If this does not occur, the official may blow their whistle and signal the opposing team to provide more space.

Icing

- There is no icing in cross-ice hockey.

Offside

- There are no off sides in cross-ice hockey.

Penalties

- Penalties will be handled in the same manner as modified ice programming per the Hockey Canada Player Pathways. Intentional body contact or body checking may result in removal from the game at the discretion of the referee.

Roster

- 9 players plus 1 goaltender (per team)

- Both teams must start the game with a minimum of 5 players plus 1 goaltender