



# ***RETURN TO PLAY***

**VERSION 4 - NOVEMBER 5, 2020**



**Sport**  
MANITOBA

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## Message from Hockey Manitoba

On Thursday March 12, 2020, due to the health concerns associated with the COVID – 19 pandemic the 2019 – 2020 hockey season was cancelled by Hockey Canada. Although it was difficult to process the abrupt end to the hockey season, it was the best course of action for the game to do our part in keeping the country safe. The decision was made in an effort to help control the spread of the COVID – 19 virus with the overall priority for the health, safety and well-being of over 600,000 Hockey Canada members.

Hockey is the game of choice for over 35,000 Manitobans and the flagship sports program in our province with members comprised of ages U7 through to senior hockey. Hockey Manitoba is recognized as the largest Provincial Sport Organization (PSO) amongst the 70 plus sports overseen by Sport Manitoba and the strength and vitality Hockey Manitoba enjoys today is due in part to the ongoing contributions, commitments and investments made by each of our members. Our organization is committed to introducing the necessary steps so all members can “Return to Play” (RTP) in a safe and positive hockey environment.

In preparing for the RTP, Hockey Manitoba has worked in coordination with Hockey Canada, Sport Manitoba, the Province of Manitoba and local health authorities to ensure all aspects of our RTP plan are properly executed with the central focus on players, coaches, officials, administrators and volunteers. Part of our commitment includes an ongoing and regular review of our RTP protocols, which will help to enhance the positive hockey experience under the province’s health directives.

Hockey Manitoba recognizes the important role the game of hockey plays in the lives of countless Manitobans therefore, we are eager to resume play, however the health and safety of all participants must remain the number one priority. Please note that the resumption of play may not be linear as increasing restrictions may be required in response to fluctuating numbers of COVID – 19 cases in the province. As a result, our RTP plan will remain fluid and flexible to accommodate the necessary response to the changes within the community transmission as the province reopens and the changes in advice from the Provincial Health professionals.

This document, along with the Hockey Canada Safety Guidelines document, will both assist your league/association for a safe return to hockey. Hockey Manitoba highly encourages you to use these resources to review the most up to date information on COVID – 19.

Thank you.

**Bert Dow**  
President, Hockey Manitoba

**Peter Woods**  
Executive Director, Hockey Manitoba



## Acknowledgements

Thank you to the Hockey Manitoba Return to Play Task Team

- Hockey Manitoba Staff
- Board of Directors
- Review Committee

## Purpose of Document

The purpose of this document is to support Hockey Manitoba member programs by assisting the development of plans to guide the cautious step-by-step safe Return to Play during this pandemic. The RTP guidelines provide information on numerous topics and includes links to additional information and resources that can further support decision making and communication with boards, minor hockey associations, regions, leagues, and sporting members.

## Legal Disclaimer

The information contained in this document is not intended as a substitute for professional medical prognosis, recommendations, or treatment. Hockey Manitoba makes no representation and assumes no responsibility regarding the information concerning COVID – 19 due to the constant updates, and any information on COVID – 19 should be obtained from the Provincial Health Authority.



## Hockey Manitoba Return to Play Plan – Version 4 Update Summary

Section	Page	Change
Communications Officer	8	<p>For all relevant updates or questions, the proper chain of communication should follow Hockey Manitoba → Region → Minor Hockey Association → Team or Hockey Manitoba → League/Accredited School → Team</p> <p>Attendance can be tracked online using an app, Google form, or Excel spreadsheet.</p>
Preparing Minor Hockey Associations to Reopen	9	<p>Added current state of emergency and public health orders for the Province of Manitoba and Capital Region. The Orders under The Public Health Act supersede the Hockey Manitoba Return to Play.</p> <p>For the safety of all members, both hockey teams and individuals (players, officials, and team staff) residing in the Provincial Response Level: Critical (Red) are ineligible to participate in hockey programming beginning <b>Monday November 2, 2020</b> and will be revisited on <b>Sunday November 15, 2020</b>.</p>
Hockey Manitoba Return to Play Phases	10	Capacity reduced to 25% of usual capacity in all areas.
The Playing Surface – Phase 3	12	<p>Pre-game cheers should only take place if physical distancing can occur.</p> <p>If there are multiple off-ice officials in the time keepers box they must be distanced or separated by a barrier.</p> <p>Every other player should sit/stand to further distance on the bench.</p>
Facility Protocols – Face masks	15	All participants should wear face masks for off-ice warm ups.
Travel	18	Both hockey teams and individuals (players, officials, and team staff) residing in the Provincial Response Level: Critical (Red) are ineligible to travel to participate in hockey programming beginning <b>November 2, 2020</b> and will be revisited on <b>November 15, 2020</b> .
Billeting (New)	19	No short-term billeting is permitted.
Resources and References	21	Added Hockey Manitoba Policy on Non-medical Masks and Province of Manitoba Public Health Orders for November 2, 2020

## Hockey Manitoba Return to Play Plan – Previous Version 3 Updates

Section	Page	Change
Phase 3 – Game protocols (U7)	11	U7 games should have a maximum of three teams and a total of 38 players per ice time.
Facility Protocols	13	Team off-ice warm-ups are only permitted in areas where physical distancing can occur (ie. gym space or outdoors)
Off-ice Training	15	Addition of off-ice training guidelines.
Protocol for symptoms of COVID-19	16	<p>If a negative test result is received but symptoms continue, the individual will remain isolated until they have no symptoms for at least 24 hours or as advised by Public Health.</p> <p>If an athlete tests positive for COVID-19, Public Health will be in contact with the athlete, begin contact tracing and will advise them daily. After isolating for 10 days, a player who has tested positive for COVID-19 will be permitted to return if they have been symptom-free for 24 hours and have been approved by Public Health.</p>
Travel	17	Travel permits will not be approved for travel prior to January 1, 2021 and applications will not be accepted until December 1, 2020.
Tournaments (new section)	18	Tournament sanctions will not be approved for tournaments scheduled prior to January 1, 2021 and applications will not be accepted prior to December 1, 2020.
Important links	20	Added additional links.

## Hockey Manitoba Return to Play Plan – Previous Version 2 Updates

Section	Page	Change
Communications Officer	7	It is <b>required</b> that each team appoint a Communications Officer. Version 1 recommended that each team appoint a Communications Officer.
Hockey Manitoba Return to Play Phases	9	The timeline of Phase 3 is now to be determined, <b>pending approval from Hockey Manitoba</b> . Regions or Leagues must submit Protocol Compliance Documents to be reviewed and approved for Phase 3. In Version 1, Phase 3 was to be determined, pending approval from the Province of Manitoba.  Travel has been removed. Hockey Manitoba will accept travel permit applications after October 15, 2020, to be reviewed.
Phase 3 Game Protocols	10	This section has been updated to reflect Hockey Canada's Officiating Points of Focus which specifically address Scrums and Altercations as well as Spitting.
Face Masks	14	It is <b>mandatory</b> for players, coaches, officials, off-ice officials, volunteers, parents, and spectators to wear face masks when attending Hockey Manitoba-sanctioned activities. Previously face masks were strongly recommended.
Dressing Rooms	15	Participants must follow facility guidelines and enforce physical distancing in dressing rooms.  Spitting is prohibited anywhere in the facility.
Return to Play following a positive COVID-19 test	16	If an athlete tests positive for COVID-19, Public Health will be in contact with the athlete and will advise them on a daily basis, including when they can return to play. A note will not be required.
Travel restrictions	17	The Governments of Canada and the United States have suspended discretionary travel across the Canada-US border. These restrictions are in place until at least <b>October 21, 2020</b> .

## Communications Officer

1. It is required that each team appoint a [Communications Officer](#) who will be responsible to ensure all updated and relevant information is passed on to everyone within their jurisdiction.
2. The appointed individual will be responsible for monitoring all relevant updates from the public health authority and Hockey Manitoba, ensuring teams are following the Return to Play guidelines set by Hockey Manitoba, tracking attendance at all team events and ensuring any COVID-19 cases are reported as required by the provincial health authority. Google Forms, Excel Spreadsheets, or an app are recommended so that contact information is available immediately in the instance that contact tracing may be required. Please see the example Google spreadsheet [here](#).
3. It is recommended that the Team Communications Officer host an initial meeting with parents/participants to review how programming will look and allow them to ask questions (this can be done virtually). Topics to be discussed at this meeting should include:
  - a. Mandatory screening.
  - b. Facility/hockey association/league protocols for spacing/limit (Minor Hockey Associations should make available relevant facility information for all leagues and teams to communicate through the Communications Officer).
  - c. Team attendance.
  - d. Execution of on-ice sessions.
  - e. Player arrival/departure.
  - f. Steps to practicing proper hygiene.
  - g. Protocol for participants that are feeling unwell.
4. For all relevant updates or questions, the proper chain of communication should follow Hockey Manitoba → Region → Minor Hockey Association → Team or Hockey Manitoba → League/Accredited school → Team

Any information relevant to the respective region from Hockey Manitoba or the Province of Manitoba should be communicated through the appropriate channels. It is imperative that all Minor Hockey Associations, Leagues, Hockey Canada Accredited Schools, and Teams receive the necessary information and implement all necessary health and safety protocols.

Screening can be completed online at [sharedhealthmb.ca/covid19/screening-tool/](https://sharedhealthmb.ca/covid19/screening-tool/) or in Interactive Voice Response (IVR) format at 1-877-308-9038.

For more information regarding the roles and responsibilities of the Communications Officer please see Page 5 of the [Hockey Canada Safety Guidelines](#).

## Preparing Minor Hockey Associations to Reopen

### Provincial Guidelines and Restrictions

1. On March 20, 2020, the Manitoba government declared a province-wide state of emergency under The Emergency Measures Act, to protect the health and safety of all Manitobans and reduce the spread of COVID-19. This order was extended on April 20, 2020, and May 17, 2020.
2. Phase One of Manitoba's economic recovery began on May 4, 2020. On May 29, 2020, the Province of Manitoba issued a new public health order increasing gathering sizes and allowing additional businesses to resume as part of Restoring Safe Services - Phase 2. Effective June 1, 2020, the Province of Manitoba as a part of Restoring Safe Services - Phase 2, permitted sport and recreational activities for children and adults to resume including hockey rinks. Operators must implement measures to ensure members of the public attending the facility or site can maintain a physical distance of at least two metres, except when they are actively participating in a sport or activity.
3. It is important to note that although facilities were permitted to open in Manitoba as of June 1, 2020, programs, camps, and events taking place are not Hockey Manitoba-sanctioned activities and thus are not under the jurisdiction of Hockey Manitoba.
4. On June 4, 2020, Hockey Canada issued a statement allowing Hockey Manitoba the opportunity to work with authorities in the province to determine when it is safe to return to the ice for our members for sanctioned events to take place.
5. As of June 21, 2020, Manitoba's Restoring Safe Services – Phase 3 took effect. Removing the mandatory two-week self-isolation period for travelers coming into Manitoba from Western Canada, the territories, and northwestern Ontario (west of Terrace Bay), as long as they do not have symptoms or known exposure to COVID-19, increasing restrictions may be required in response to fluctuating numbers of COVID – 19 cases. As a result, our RTP plan will remain fluid and flexible to accommodate the necessary response to the changes within the community transmission as the Province reopens and the changes in advice from the Provincial Health professionals.
6. Phase 4 of the Province's restoring safe services plan took effect July 25, 2020 and allows for closer than two metre distancing within personal services settings such as therapeutic services where a non-permeable physical barrier (e.g. Plexiglass) is installed. Occupancy levels remain the same as in Phase 3.
7. On October 30, 2020, Manitoba's Chief Provincial Public Health Officer announced new [COVID-19 public health orders for the Winnipeg Metropolitan Region \(Capital region\)](#) to come into effect on November 2, 2020 which included the Winnipeg Metropolitan Region moving to Provincial Response Level: Critical (Red) on the Pandemic Response System. These orders replaced the orders issued on October 19, 2020. The rest of Manitoba was placed in the [Provincial Response Level: Restricted \(Orange\)](#) on the Pandemic Response System. Public health officials may place the province or other regions or facilities in an elevated response level at any time.
8. For the safety of all members, both hockey teams and individuals (players, officials, and team staff) residing in the Provincial Response Level: Critical (Red) are ineligible to participate in hockey programming beginning **Monday November 2, 2020** and will be revisited on **Sunday November 15, 2020**.

## Hockey Manitoba Return to Play Phases

	Hockey Manitoba Phase 1	Hockey Manitoba Phase 2	Hockey Manitoba Phase 3
<b>Timeline</b>	Approved with the <a href="#">Province of Manitoba Restoring Safe Services – Phase 2</a> (June 1, 2020)	Approved August 12, 2020.  Beginning with sanctioned activity starting on September 1, 2020.	To be determined, pending approval from Hockey Manitoba.  Phase 3 Approvals can be viewed at <a href="http://www.hockeymanitoba.ca/return-to-play/phase-3-approvals/">www.hockeymanitoba.ca/return-to-play/phase-3-approvals/</a>
<b>Physical Distancing</b>	2 metres (Except brief contact) Minimize prolonged (more than 10 minutes), close contact	2 metres (Except brief contact) Minimize contact	Minimize unnecessary contact
<b>Screening</b>	All participants are required to use Manitoba’s COVID-19 screening tool before each session. Screening can be completed online at <a href="http://sharedhealthmb.ca/covid19/screening-tool/">sharedhealthmb.ca/covid19/screening-tool/</a> or in Interactive Voice Response (IVR) format at 1-877-308-9038.		
<b>Activity</b>	On-ice skill development (non-contact) Online meetings and clinics Non-sanctioned activities	On-ice skill development, drills, tryouts, team tactics, non-contact Online or In-person clinics	Competition, game play, contact
<b>Facilities</b>	The operator of a facility must implement measures to ensure that members of the public at the facility are reasonably able to maintain a separation of at least two metres from other members of the public at the facility, excluding participants while they are actively engaged in a sporting or recreational activity and limit occupancy to all portions of the facility where sporting or recreational activities are not conducted according to the Province of Manitoba. Reduce time spent in shared spaces, including dressing rooms, players benches, at the board and medical rooms.		
<b>Spectators</b>	Limited number of spectators allowed in facilities.	In all health regions outside the Winnipeg Metropolitan health region, capacity is reduced to 25% effective <b>Monday November 2, 2020</b> . Facilities are required to limit usual capacity in all areas including dressing rooms*.  Regions are permitted to limit the number of spectators provided they comply with the current facility and provincial guidelines.	

\*If a dressing room can typically hold 20 people (usual capacity) 25% would be limited to 5 players at a time. Players must either dress in shifts or arrive dressed. Once players are dressed they should isolate in another area of the facility where physical distancing can occur.



## The Playing Surface

### On-Ice Practices

1. Players should stagger entering the ice surface from the dressing room.
2. Players and coaches need to observe physical distancing recommendations while on the ice.
3. Coaches should minimize chalk talk sessions or time at the board where athletes are required to congregate.
4. Coaches should be aware of physical distancing and should speak to athletes from at least two metres away.
5. The number of participants permitted on the ice is up to the maximum roster size as per the Hockey Manitoba Constitution, Regulations and Rules of Competition Handbook.
  - a. If two teams are sharing ice, teams must remain separated on their half of the ice with their allowed roster.
6. Benches should be limited to up to 10 participants (including coaches/staff).
7. Utilize station-based skill development practice plans and have players/coaches spread out to maintain physical distancing.
8. Avoid drills that require players to stand in line or groups for a long period of time.
9. If using the full-ice, utilize flow drills that allow for maximum spacing of athletes on the ice.
10. Avoid the use of contact or battle drills that do not allow for physical distancing.  
Hockey Canada has put together COVID - 19 safe drills and practice plans which will be available on the Hockey Canada Network App for members to access. Download the app [hockeycanadanetwork.com/](https://hockeycanadanetwork.com/).
11. When leaving the ice, coaches should excuse players one-by-one in an orderly fashion to ensure athletes are given appropriate time to exit the ice surface without congregating. Adequate time should be planned within the practice to ensure this can be done.
  - a. Spectators should remain in the stands until all individuals have left the ice to avoid crowds around the gates.
  - b. All spectators are encouraged to leave the facility immediately following the ice session. If required, one parent per player may stay in the facility to assist their child while all others wait in their vehicle.

### Phase 3

#### 1. Game Protocols

It is the responsibility of everyone to reduce the amount of time spent in proximity to others. Officials can help reduce the number of time players spend in proximity to each other by quickly blowing the whistle if the puck is not moving with multiple players engaged. Hockey Canada's Officiating Task Team identified [Points of Focus](#) which specifically address Scrums and Altercations as well as Spitting.

- a. Officials are encouraged to utilize their whistle to stop play earlier and potentially prevent unnecessary scrums and altercations.
  - i. Once the whistle is blown to stop play, players are expected to immediately leave the area and physically distance on the ice where possible.
  - ii. Officials are encouraged to assess appropriate penalties to players causing scrums or altercations rather than verbal warnings if those players have not appropriately abided by the whistle and direction from the officials to leave the area.
- b. Hockey Canada encourages coaches to promote that participants refrain from spitting at any time during any on-ice activities. This would also include spitting water on the ice or in the bench area.
- c. If an official sees a player spit or spit water onto the ice surface, they shall notify the head coach of the offending player's team at the next available stoppage of play. Coaches will be advised to address such instances with their team and reinforce that it is not acceptable.

- i. If a team has been notified two times within a game and a third occurrence occurs, officials may assess the offending player an Unsportsmanlike Conduct minor penalty under Rule 9.2(a). After informing the coach once again, state any further instances by any player will now be assessed as misconduct penalties and reported to the league on the game report or incident report.

## 2. Faceoffs

- a. It is recommended that all players and the official remain distanced at the top, bottom or to the side of the face-off circle until the official blows the whistle and then move to their appropriate positions for the puck drop.

## 3. Handshakes/Cheers

- a. Officials may greet coaches, but no handshakes are permitted.
- b. All participants (including coaches/staff and officials) should avoid handshakes, fist bumps, hugs or any physical contact, including goal celebrations.
- c. Players will not shake hands following a game. Teams may line up on respective blue lines and raise their sticks.
- d. Pre-game cheers on the ice should only take place if physical distancing between players can occur.

## 4. Bench/Penalty Box Protocol

- a. Benches, including penalty boxes, should be sanitized between each use by facility staff.
- b. Hand sanitizer should be available on the bench provided by each team.
- c. Full team permitted on the team bench.
- d. All participants are asked to maintain social distancing practices while on the bench or in the penalty box.
- e. Every other player should sit/stand to further distance on the bench.
- f. It is recommended that the same person open/close the gates and wear gloves.

## 5. Off-ice Officials

- a. If the facility has gates between the time-keeper box and penalty boxes, they should remain closed at all times during the game.
- b. Officials should communicate with off-ice officials through the gate as opposed to using the hole in the box.
- c. Timekeepers should remind players in the penalty boxes to physically distance as much as possible.
- d. 10-minute penalties should be served in the dressing room or at the players gate.
- e. Off-ice officials should not enter the officials dressing room.
- f. If there are multiple off-ice officials in the time keepers box they must be distanced or separated by a barrier.

## 6. Cross-ice and Half-ice Hockey

- a. U7
  - i. Due to limited time and space in the dressing room, it is recommended that players arrive fully dressed except for skates, gloves, and helmet.
  - ii. Limit of two games on each ice surface.

- iii. Games should remain at 3 on 3 cross-ice beneath the blue lines.
  - iv. The neutral-zone can be used for players not currently in the game zone.
  - v. Limit of three teams and a total of 38 players per ice time.
- b. U9
- i. Due to limited time and space in the dressing room, it is recommended that players arrive fully dressed except for skates, gloves, and helmet.
  - ii. Games should remain at 4 on 4 half-ice.
  - iii. The development zone is required to be used to distance players.

## Coaching and Officiating Clinics

1. Hosts throughout the province will be given the option to run either in-person or online clinics for the 2020-2021 season.
2. Online clinics provide an opportunity for maximum social distancing while still maintaining the same format and credibility as an in-person clinic. Online clinics will be hosted via Zoom with a capacity of 50 participants (plus one instructor).
3. If a host wishes to have in-person clinics they must confirm with Hockey Manitoba staff that they have a facility that can accommodate the [current provincial guidelines](#) for indoor public gatherings. A facility must be able to seat 30 individuals with a separation of at least two meters from others. If the available facilities cannot meet these requirements it is recommended that the clinic attendance is reduced to comply with social distancing protocol OR the host can consider an online clinic.
4. In-person clinics may only have a capacity of 30 participants (plus one instructor). Participants and Instructors must follow public health guidelines for the venue at which the clinic is being held. They must also maintain a separation of at least two metres from others and practice any other social distancing procedures. Participants and Instructors are required to wear masks during the classroom portion.

## Meetings

1. In-person meetings are permitted by regions and minor hockey associations provided current provincial guidelines for indoor public gatherings are adhered to.
2. Indoor public gatherings are permitted up to 50 people where members are able to maintain a separation of at least two metres from others, except for brief exchanges.

## Maintaining a Healthy Environment

### Facility Protocols

1. General
  - a. All facilities in Manitoba where Hockey Manitoba-sanctioned activities are to take place are required to comply wholly with current health and safety standards as prescribed by the Provincial government as it relates to COVID-19. Specifically, arenas must strictly adhere to the regulations set out in the [Manitoba Restoring Safe Services Phase 2](#), under Team Sports and other Recreational Activities.
  - b. All staff members and visitors (players, coaches, officials, parents) must use the [Province of Manitoba Online Screening Tool](#) before coming to any facility in Manitoba where Hockey Manitoba-sanctioned activities are to take place. Furthermore, any staff, players, coaches, officials, or parents who are feeling ill and showing COVID-19 like symptoms must stay home and not enter any facilities.



- c. The Province of Manitoba requires that facilities implement measures to ensure members of the public in the facility are sensibly able to maintain a distance of at least two metres from other members of the public at the facility, excluding participants who are playing hockey on the ice. Distancing markers should be located throughout facilities in high-traffic areas.

## 2. Training and Signage

- a. All facility staff should be informed and updated regularly regarding public safety and cleaning requirements.
- b. Operations and Training Manuals will be provided for all facility staff and will be updated to include COVID-19 specific guidelines.
- c. Signage should be located throughout the arena, in relation to physical distancing, hand washing, self-screening, hand sanitizing, and wearing a mask.

## 3. Entry/Exit in Facilities

- a. Physical distancing should be enforced at the entrances and exits of all facilities using physical barriers and security personnel (where possible).
- b. Players, team staff, officials and spectators should avoid congregating in small or large groups anywhere in the facilities.
- c. At the conclusion of ice sessions players, team staff, officials, and spectators should leave promptly (within 20 minutes), being respectful of physical distancing.
- d. Hand sanitizer dispensers should be placed at key guest entrances and high-contact areas such as the main lobby, entrance to the ice surface, and other high traffic areas.

## 4. Concourse/Lobby Areas

- a. Facilities should have decals on the floor to direct player/coach/official/spectator movement using one-way traffic systems where feasible.
- b. Individuals should always maintain necessary physical distancing when they are in the concourse/lobby areas.
- c. Team off-ice warm-ups are only permitted in areas where physical distancing can occur (ie. gym space or outdoors)
- d. Players are permitted to warm-up and cool-down individually within the facility where physical distancing can occur and following facility protocols.
- e. Warm-up or sports equipment should not be shared.

## 5. Concessions

- a. If food or concession services are provided, they should follow provincial restaurant guidelines.

## 6. Spectator Safety

- a. Physical distancing should be enforced in all areas of the facility.
- b. Signage and messaging should be posted detailing procedures and guidelines to ensure the safety of all spectators and game participants.
- c. All entrances and exits must be clearly marked and communicated to spectators.

- d. All entrances and exits for spectators should include directional signage with team officials on-site when necessary to manage the flow of traffic pre-game, post-game and during intermissions.
- e. Seating capacities/configurations will be established for each facility to comply with the Province of Manitoba's health and safety standards and the necessary physical distancing requirements.
- f. Spectators should avoid congregating in small or large groups anywhere in the facilities.
- g. All spectators are encouraged to leave the facility immediately following the ice session. If required, one parent per player may stay in the facility to assist their child and all others should wait in their vehicle.

## 7. Cleaning/Sanitizing

- a. All facilities where Hockey Manitoba sanctioned activities are to take place must ensure that all cleaning and sanitizing guidelines established by the Province of Manitoba's health authorities are implemented before, during, and following every game or practice.
- b. Hand sanitizer and/or wipe stations must be readily available in all areas of the facility, including dressing rooms, benches, penalty boxes, score clock, concourse, seating; washrooms, and entry/exit points.
- c. Latex gloves should be available at the dressing room and bench areas, and for all staff in the facility.
- d. Regular cleaning must occur in high touch areas (railings, door handles, elevators, etc.).
- e. Teams can assist in keeping facilities clean by encouraging frequent hand washing and avoiding touching surfaces whenever possible.

## 8. Washrooms

- a. Physical distancing should be enforced by the use of physical barriers and signage.
- b. Guidelines for the number of people allowed in a public washroom will be determined by Manitoba's Public Health Minister.
- c. Every second stall or urinal, where applicable, will be closed to allow for proper physical distancing.
- d. Washrooms should be thoroughly cleaned and sanitized on a regular basis according to current health and safety standards in the Province of Manitoba.

## 9. Face Masks

- a. It is mandatory for players, coaches, officials, off-ice officials, volunteers, parents, and spectators to wear face masks when attending Hockey Manitoba-sanctioned activities.
- b. Face masks can be removed while on the ice and participating in physical activity or showering (should the facility permit the use of the showers).
- c. All participants should wear face masks for off-ice warm ups.

## 10. Officials Dressing Rooms

- a. Participants must follow facility guidelines and enforce physical distancing in dressing rooms.
- b. Only on-ice officials will be allowed in dressing rooms.

## Team Hygiene

1. Equipment
  - a. Equipment such as water bottles and towels should not be shared.
  - b. Water bottles should be labelled to identify to whom they belong.
  - c. Water bottles should be filled at home.
  - d. Water bottles should be cleaned thoroughly before and after each event.
  - e. Equipment such as jerseys, pant shells, socks, bandanas/skull caps and compression gear, should be washed after each event.
  - f. Equipment that is shared (pucks, pylons, etc.) must only be handled by the owner of the equipment.
  
2. Dressing Room Protocols
  - a. Participants must follow facility guidelines and enforce physical distancing in dressing rooms.
  - b. Only team personnel will be allowed in dressing rooms (coaches, medical staff, and players).
    - i. If a parent is required, only one parent per player will be permitted. No additional family members will be allowed in dressing rooms.
  - c. It is strongly recommended that participants show up fully dressed, minus their gloves, skates, and helmet.
  - d. It is recommended that teams use two dressing rooms to physically distance players based on facility availability.
  - e. Players should arrive at the facility no more than 30 minutes prior to the ice-time and leave no more than 20 minutes following.
    - i. U15 AA (female), U15 AAA, U18 AAA, High school, Junior and Senior may arrive 45 minutes prior to ice times.
  - f. Hand sanitizer and disinfectant wipes should be available to players.
  - g. Sharing food or drink is not permitted.
  - h. Players and coaches should do their best to ensure no personal belongings are left behind and that dressing rooms are kept tidy (sock tape and stick tape, etc. should not be left on the ground).
  - i. Dressing rooms should be thoroughly cleaned and sanitized after each use by facility staff.
  - j. If additional rooms are used (medical room, officials' room) teams must advise staff to be cleaned.
  - k. Washrooms, showers, and water fountains are available at the discretion of the facility.
  - l. Individuals may not share clothing, soap, shampoo, or other personal items such as razors and towels.
  - m. Spitting is prohibited anywhere in the facility.
  
3. Off-ice Training
  - a. Team training sessions should be limited to one team.
  - b. The number of participants permitted is up to the maximum roster size as per the Hockey Manitoba Constitution, Regulations and Rules of Competition Handbook.
  - c. Teams must practice physical distancing and proper hygiene at all times.
  - d. Masks must be worn at all times except when participating in physical activity.
  - e. Teams must follow facility guidelines.

#### 4. Transportation

##### a. Team Buses

- i. All buses must be disinfected and cleaned professionally before each road trip.
- ii. Hand sanitizer and disinfectant wipes should be made available to all passengers.
- iii. Masks are required for all players and staff.
- iv. Each player and staff member will wash or disinfect hands before boarding the bus.
- v. Only one individual per two seats, except for individuals from the same household.
- vi. Each player and staff member will wipe down and disinfect their seating area with provided disinfectant wipes.
- vii. Following each stop, any player or staff that departs the bus must repeat the disinfecting steps when re-entering the bus.

##### b. Carpooling or Public transportation

Carpooling or public transportation is not recommended but if required the following precautions should be followed:

- i. Carpooling should be kept to a maximum of two people, each sitting in a different row and on opposite sides of the vehicle.
- ii. Once individuals choose to carpool together, they should not carpool with different individuals.
- iii. It is recommended that passengers sit in the back seats only (if transporting one passenger, have them sit in the back, passenger side of the vehicle).
- iv. Clean the interior of the carpooling vehicle frequently, especially high-touch areas like door handles (interior and exterior), steering wheels, dashboard controls, and seat belts.
- v. Open the vehicle windows (weather permitting) and use the vents of the vehicle to bring in fresh air from outside (avoid using the recirculated air option of the vehicle).
- vi. All belongings should be placed in the trunk or other designated storage space.

#### 5. Medical Treatment/Therapy

- a. Hand sanitizer and disinfectant wipes should be made available as players enter and leave.
- b. Medical rooms/tables will be disinfected between player treatments.
- c. Protective masks and gloves should be worn.
- d. Therapists must wash hands and change gloves between each athlete they treat.

#### 6. Protocol for symptoms of COVID-19/ positive COVID-19 test results

Any individual who exhibits symptoms such as a cough, fever, shortness of breath, runny nose, or sore throat and has a suspected case of COVID-19, must adhere to the following protocol:

- a. Notify the Head Coach or appropriate team contact person immediately.
- b. The individual will be instructed to be isolated.
- c. The individual must contact Manitoba's Public Health Authority to determine if a COVID-19 test is required.
- d. If a test is required, the individual must remain in isolation until they have received their test results.
  - i. If a negative test result is received but symptoms continue, the individual will remain isolated until they have no symptoms for at least 24 hours or as advised by Public Health.
  - ii. If an athlete tests positive for COVID-19, Public Health will be in contact with the athlete, begin contact tracing and will advise them daily.
  - iii. After isolating for 10 days, a player who has tested positive for COVID-19 will be permitted to return if they have been symptom-free for 24 hours and have been approved by Public Health.

## 7. Travel

- a. Both hockey teams and individuals (players, officials, and team staff) residing in the Provincial Response Level: Critical (Red) are ineligible to travel to participate in hockey programming beginning **Monday November 2, 2020** and will be revisited on **Sunday November 15, 2020**.
- b. Inter-provincial travel amongst league members is permitted following the Province of Manitoba requirements.
- c. Applications for travel permits for Manitoba teams travelling outside the province will not be accepted prior to December 1, 2020.
- d. Travel permits will not be issued for travel prior to January 1, 2021.
- e. If approved to travel, teams must adhere to the appropriate Return to Play plan of the event location.
- f. Any players or teams from outside Manitoba playing in Manitoba must adhere to the Hockey Manitoba Return to Play guidelines and follow the Province of Manitoba requirements.
- g. Anyone entering Manitoba from designated western Canadian jurisdictions (British Columbia, Alberta, Saskatchewan; and the Yukon, Northwest and Nunavut territories) or Northwestern Ontario (defined as west of Terrace Bay) is not required to self-isolate for 14 days if they are asymptomatic and have no known exposure to COVID-19. Travelers from all other Canadian jurisdictions will need to continue to self-isolate for 14 days after arriving in Manitoba. Anyone entering Canada must continue to follow federal requirements for self-isolation at the time of entry.
- h. To limit the spread of COVID-19, the Government of Canada has advised to avoid all non-essential travel outside of Canada until further notice.
- i. The Governments of Canada and the United States have suspended discretionary travel across the Canada-US border. These restrictions are in place until at least **November 21, 2020**.
- j. Teams travelling by air must follow protocols established by the Airport Authority.

## 8. Hotel Rooms

- a. When booking hotels, it is encouraged to ask the hotel what their cleaning rituals are and how they are managing physical distancing. It is also encouraged to ask if they are leaving rooms empty for a period after each guest has stayed there. Typically, the standard period has been set to three days.
- b. Enquire with the hotel to find out if cleaning supplies will be provided in the room. Upon arrival, individuals should disinfect all commonly touched surfaces upon entry, such as doorknobs, light switches, taps, handles and remote controls.
- c. Players and staff are encouraged to book rooms with people from the same household if possible.
- d. Maximum of two players or staff sharing a hotel room at any time, except for individuals from the same household.
- e. Players and staff should not be congregating in groups in one hotel room.
- f. Players and staff should maintain social distancing within their hotel room as much as possible.
- g. There is to be no housekeeping done during the stay, only before and after.
- h. Practice social distancing when in public areas of the hotel.



## 9. Team Meals

- a. Players and staff must wash hands before and after each meal.
- b. To-go meals are to be provided as much as possible.
- c. Buffet-style food services should not be permitted.
- d. Beverages should be single-serve and not jug-style service.
- e. Players and staff are not to share food or drink at any time.
- f. Arrange seating and tables to ensure physical distancing.
- g. Hand sanitizer and disinfectant wipes to be made available as players enter and leave.
- h. Cloth masks should be made available for all players and staff if necessary.
- i. Phones should not be used at meals.

## 10. Tournaments

- a. Applications for tournament sanctions will not be accepted prior to December 1, 2020.
- b. Tournament sanctions will not be approved for tournaments scheduled prior to January 1, 2021.

## 11. Billeting

- a. No short-term billeting is permitted.

## Insurance

Under Hockey Canada’s current General Liability policy, the following is the definition for ‘bodily injury’: “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. As it relates to COVID-19, that would fall within the definition – more specifically, under disease.

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. Understand that 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 municipal rink/private rink facility contracts post-COVID-19 for all rentals; in all likelihood, they will now contain a new clause which absolves the municipality/private facility owners of any liability related to COVID-19.

New lease agreements will need to be carefully scrutinized, given that organizations will potentially have little control over cleaning/sanitizing of rented premises and should not be expected to take on all liability related to COVID-19 in these facilities.

Finally, it should be noted that many insurance companies are implementing Communicable Disease/COVID-19 exclusions on all policies either immediately, or upon renewal. Hockey Canada can advise that 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.

## Conclusion

Hockey Manitoba believes that the RTP guidelines set forth in this document and additional resources will prepare participants to safely return to hockey. As information regarding the COVID – 19 virus changes, our RTP plan will remain fluid and flexible to accommodate the necessary response to advice from the Provincial Health professionals.

Thank you to the Task Team and the Hockey Manitoba Board of Directors for their support making this document possible.

Any members requesting concessions to the guidelines set forth by Hockey Manitoba must do so in writing to the Executive Director for consideration.

Please visit [Hockey Manitoba’s Return to Play webpage](#) regularly for important information and regular updates.

## Resources and References

### Hockey Manitoba

[Hockey Manitoba Return to Play](#)

[Hockey Manitoba Phase 3 Approvals](#)

[Hockey Manitoba Communications Officer](#)

[Hockey Manitoba Tryout/Evaluation Protocols](#)

[Hockey Manitoba Info Sessions](#)

[Hockey Manitoba Facility Signage](#)

[Hockey Manitoba Policy on Non-Medical Masks and Face Coverings](#)

### Hockey Canada

[Hockey Canada Return to Hockey Safety Guidelines](#)

[Hockey Canada Return to Hockey FAQ](#)

[Hockey Canada Seasonal Structure](#)

[Hockey Canada Network App](#)

[Hockey Canada Officiating Points of Focus](#)

### Province of Manitoba

[Province of Manitoba COVID-19 Updates](#)

[Province of Manitoba State of Emergency](#)

[Risk Assessment and Mitigation Tool](#)

[Province of Manitoba's COVID-19 online screening tool](#)

[Province of Manitoba Emergency Measures Act](#)

[Province of Manitoba Restoring Safe Services – Phase 1](#)

[Province of Manitoba Restoring Safe Services – Phase 2](#)

[Province of Manitoba Restoring Safe Services – Phase 3](#)

[Province of Manitoba Restoring Safe Services – Phase 4](#)

[Province of Manitoba Public Health Orders- Winnipeg Metropolitan Region – November 2, 2020](#)

[Province of Manitoba Public Health Orders- Provincial Response Level: Restricted – November 2, 2020](#)

[Province of Manitoba – Where can I get tested?](#)

### Government of Canada

[Government of Canada travel restrictions](#)

[Government of Canada travel advisories](#)

[Government of Canada About Non-medical masks](#)