

Port Coquitlam Minor Hockey Association



Return to Phase 2 – November 2020

The following plan is the outline for the Hockey portion of PCMHA's Return to phase 2 information about safety protocols. Specific procedures and guidelines can be found in our Return to Play document on our web site

All ice times apply to Port Coquitlam Community Centre. Any ice time elsewhere must adhere to the facility protocol or these standards as a minimum guideline.

The month of November until further notice Phase 2 COVID standards apply to on ice activities. development. In keeping with our Return to Play procedures a maximum of ONE team and their coaching staff only should be on the ice. 200'x85' ice sheet will allow physical distance minimums of 2 metres. All on ice activities will be non-contact and follow our original Return to Play Policy.

Practices should be skill-based activities only. Battle drills or drills that encourage contact must be avoided. No face offs or engagement at the net front drills with multiple players should be done.

EXPECTATIONS

- Coaches must wear masks around players off the ice until it is time to step on it.
- Players must wear masks until they put their helmets on.
- When instructing at the rink board, have your players view it with physical distancing in mind.
- Have players take water breaks in smaller groups.
- Place water bottles on the bench and spread them out.
- Use Both benches to have players spread their belongings out when practice in completed.
- Have half of your team leave practice a couple of minutes early nearest the exit so they can be gone when the second group walks through to the exit.
- No game play is permitted.
- No spectators are permitted other than staff and Safety Persons. (Please have 2 off ice persons there in the event of an issue where we can maintain our "2 deep" rules)
- Any parents that must come in to tie skates must leave after they are tied, or a coach must tie skates.
- Structure your drills to avoid crows in line or spread out your lines waiting to do the skill drill. The kids understand a stick length for physical distancing.
- Multiple station drills are effective in spreading players out.

Please adhere to these rules so we can get teams back to Phase 3 and playing games once again. Coaches have the greatest influence on controlling the direction that this takes in our rink. Please be diligent.

Thank you,
Coach Doneau