

## **Nanaimo Adult Hockey League (NAHL) - Guidance For Resumption of League Play**

### **Introduction**

In accordance with Phase 3 reopening protocols established by the Province of BC, the Executive Committee of the NAHL is presenting this plan for the resumption of league play by the various teams associated with the four divisions of the NAHL. This document has been produced in accordance with guidance provided by the following organizations:

- BC Provincial Health Office
- viaSport BC
- City of Nanaimo
- Canadian Amateur Recreational Hockey Association (CARHA)

When developing this plan the following documents were used for guidance:

- viaSport Return to Sport Guidelines for BC
- CARHA Hockey – COVID 19 Recommended Guidelines
- City of Nanaimo COVID 19 Response Plan

### **Overview**

The NAHL will resume competitive game play starting December 1<sup>st</sup> 2020. Teams will be authorized to carry 16 players in total on their rosters including goaltenders and spare players. Games will be played 5 on 5 with a maximum of 13 players and 1 goaltender per team per game. Each team will play one game per week until the end of March for a total of 15 games. All NAHL league games will be played at the NIC. Games will be 1 hour and 15 minutes in duration, including warm up, and will have 2 referees and 1 timekeeper. Spectators will not be allowed to attend.

The cohort system will be used to limit exposure among participants. Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. Players should only play in one league and within one cohort. Each cohort will consist of up to 4 teams. Games will be played between teams within the cohort. Teams within a cohort may interchange players as required to fill a roster ie. share spare players/goaltenders. To the maximum extent practicable, all games within each cohort will occur on the same night, back to back, to allow the officials to work double headers within one cohort and minimizing exposure to other groups.

Teams will submit detailed roster information including accurate contact information for all players in the event contact tracing is required. In the event that the Province reverts back to Phase 2 or higher restrictions, or an outbreak occurs affecting the ability of the league to successfully continue playing, ice times will be cancelled and refunds provided.

Prior to the start of league play a representative from each team (team ambassador) will be required to attend a walk through and briefing of arena protocols by a City of Nanaimo facilities representative. The team ambassadors will then be responsible for passing this information on to their teams.

All NAHL members and contractors (referees and timekeepers) will be required to acknowledge and sign off on the NAHL COVID 19 guidelines prior to the commencement of league play. Participants shall endeavour to adhere to these guidelines for all NAHL games.

### **Guidelines for Players/Officials**

The following protocols should be adhered to when accessing City of Nanaimo rinks:

- Players and officials will only be permitted in the building 15 minutes prior to their ice time and must exit 15 minutes after their ice time. There will be no early admittance to the facility.
- Access and egress for participants will be in the City of Nanaimo designated areas. Players must follow the protocols set forth by the arena staff.
- When entering the facility, you must go to your designated rink (signs will be posted accordingly).
- Each team will be allocated 2 dressing rooms.
- Dressing rooms will be sectioned. Participants must sit within the section and utilize only one section during their session.
- Showering is not permitted.

To comply with COVID-19 safety protocols participants should adhere to the following guidelines for their own personal protection as well as the health and safety of other participants:

- Any player or official who is experiencing COVID-19 symptoms or is experiencing cold or flu like symptoms or has had close contact with someone who has COVID-19 like symptoms, or has been diagnosed with COVID-19, or who has travelled outside the country in the last 14 days, or has been exposed to anyone that has travelled outside of Canada in the last 14 days that haven't cleared 14 days of self-quarantine, unless exempted, is not to enter the facility.
- When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- Player benches are considered part of the playing area and, though physical distancing is not mandatory, teams should endeavour to keep to a maximum of 8 players on the bench at a time.
- Care should be taken when outside of the benches and playing area to exercise social distancing protocols, in particular when potentially coming into contact with other facility patrons and staff.
- Players should avoid sharing water bottles, spitting, hand shaking/high fives etc.
- All individuals intending to participate as players in the NAHL are required to complete the attached Participant Agreement and to submit personal information as outlined as a condition of their participation in league play.

## Participant Agreement

I, \_\_\_\_\_, agree to abide by the guidelines established in the NAHL Guidance for Resumption of League Play as well as the following points when participating in league play:

- I agree to endeavour to follow social distancing and personal hygiene protocols when attending league games including hand sanitizing and avoiding sharing equipment.
- I agree to carry out self-assessment for symptoms of COVID-19 and will avoid attending league games if feeling ill or are experiencing symptoms of COVID-19.
- I agree that if I am experiencing symptoms of COVID-19 or suspect that I may have contracted COVID-19, I will remain at home, contact Health Link BC at 8-1-1, and follow the direction of health officials.
- I agree that if I am required to self-isolate due to possible exposure to COVID-19, or if I have received a positive diagnosis of COVID-19, I will advise the League Executive directly or through my team rep.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be suspended from participation in the league.
- I acknowledge that there are risks associated with participating in league activities, and that the measures taken by the league and its participants, including those set out above and under the COVID 19 Response Plan and Return to Sports Protocols, will not entirely eliminate those risks.

Date:

Signature:

Team name:

Phone number:

Emergency contact name:

Emergency contact number: