



**FHBC**

**FIELD HOCKEY BC**

**'Second Stage Responsible Return to Play'**

**Approved Framework**

**Responsible Return to Play**

**(COVID-19 Response – September 29, 2020)**

# Purpose

The purpose of this framing document is to support the Provincial Sport Organization (PSO) and the Local Sport Organization (LSO) to develop their own explicit plans to guide the cautious and safe return of field hockey in B.C. during this pandemic.

The Provincial Health Organization's direction is that field hockey's return to play framework continue to consider three vital areas:

1. That activity planning considers a process to open safely
2. That measures are in place designed to keep people safe to avoid further outbreaks
3. That an action plan be in place should a case or an outbreak occur

As organized sport in BC enters a second stage of return to play, Field Hockey BC wishes to reinforce to both its individual membership and member LSO's the importance and responsibility to comply with the necessary steps and safety protocols included in this framework.

# Guiding Principles

- The 'Second Stage Return to Play' is defined as a progressive game play return – permitting the creation of 'cohorts' (participant bubbles or pods) allowing for greater participant interaction.
- Provincial Health Organization Guidelines MUST be adhered to at all times.
- Participant Ratios MUST NOT exceed the "cohort" designations outlined in this document (updated September 29, 2020).
- The approved return to play activity framework (PSO/LSO) MUST be posted online (organizational website) or at the facility where activity is taking place.
- Anyone exhibiting symptoms of COVID-19 should make the responsible choice in advance NOT TO participate in activity sessions.
- Anyone exhibiting COVID-19 symptoms during active participation WILL NOT be permitted to continue and will be required to follow the appropriate facility exit and activity isolation protocol (10-day minimum).

# Second Stage “Cohort” Model

- The fundamental difference between stage one and stage two responsible return to play modelling is the allowance in stage two to ‘progressively loosen’ physical distancing protocols to allow for modified or standardized game/competitive play.
- The second stage responsible return to play is defined as a progressive game play return – permitting the creation of ‘cohorts’ (participant bubbles or pods) allowing for greater participant interaction within the field of play only (field of play defined as inside the playing perimeter white lines).
- There is no requirement to move to stage two of responsible return to play, the choice to launch or remain within the stage one framework is an open choice for the PSO and LSO.
- Please refer to the “Cohort” section of this document for more information and practical examples (Screens 23-37).

# Governance

## Provincial Sport Organization (PSO)

Each Provincial Sport Organization (PSO) is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, the approved return to play policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health. It is vital we all play our part in the delivery of a responsible return to organized field hockey activity.

# Governance

## Local Sport Organization (LSO)

Each Local Sport Organization (LSO) is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of local sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, the approved return to play policies and practices for all members of local sport organizations will help promote the safety of our communities. These proactive measures can help preserve community health. It is vital we all play our part in the delivery of a responsible return to organized field hockey activity.

# Governance

## Permissions Protocol at the PSO level

- The Society (Field Hockey BC) Board of Directors will be required to sign-off on the PSO Return to Play framework for each stage of return to play. This framework is to be followed by both the PSO and member LSO's.
- The Field Hockey BC Board of Directors should understand and be comfortable with the level of risk the organization is taking on and approve the adoption of their organization's sport-specific Return to Play framework (at each stage of return) before implementation begins.
- Implementation of the Return to Play framework should be monitored and updated as necessary when circumstances and/or provincial guidelines change. Board members are ultimately liable for the decisions and work of the organization.

# Governance

## Permissions Protocol at the LSO level

- Each LSO Board of Directors will be required to sign-off on an LSO stage appropriate Return to Play framework that meets all expectations of the approved and stage specific PSO Return to Play framework.
- Each LSO is required to acknowledge the risks associated with a return to play and their agreement to follow the provincial sport organization's framework.
- The LSO Board of Directors should understand and be comfortable with the level of risk the organization is taking on and approve the adoption of their organization's sport-specific Return to Play framework (at each stage of return) before implementation begins.
- Implementation of the Return to Play framework should be monitored and updated as necessary when circumstances and/or provincial guidelines change. LSO Board members are ultimately liable for the decisions and work of the organization.

# Risk Management

- A PSO and/or LSO Return to Play framework (for each applicable stage of return) must be planned around assessing the risks and developing sport specific protocols to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with COVID-19.
- The Return to Play framework developed by the PSO and/or LSO should be based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved, and what measures can be implemented.
- Participants will be asked to sign a COVID-19 participant attestation form prior to each activity session (see Appendix A for the template)

# Definition

## “Organized Sport”

For the purposes of this framework document “Organized Sport” is defined as any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization (PSO) or Local Sport Organization (LSO).

# Required Pre-Activity Health Screening

- It is the responsibility of all adult participants and the responsibility of all parents and/or guardians responsible for those under the age of 19, to conduct a health screening assessment as to the suitability to return to play (take part in activity)
- Anyone exhibiting any of the following symptoms **MUST NOT** attend or take part in any return to play activity and it is further recommended that a referral to a health care provider be made:
  - COVID-19-like symptoms
  - Common cold symptoms
  - Influenza (flu) symptoms
  - Symptoms of any other infectious respiratory disease

# Contact Tracing – Pay Particular Attention!

- The inclusion of contact tracing protocols are required when developing activity safety plans (examples include the register of activity attendance and the completion, submission, collection, and filing of attestation and waiver forms (as applicable)).
- For contact tracing purposes, if the PSO or LSO is not the owner or operator of the sport facility being utilized, they may be required to provide the facility operator with the first and last names and telephone number, or email address of all activity participants. Please ensure cohort record keeping is up to date.
- Municipalities and facility operators will also most likely have their own policies and processes that will also need to be adhered to.

# Reminder to review Public Health Guidelines

- Hand hygiene/washing
- Cough/sneezing etiquette
- Sharing of items/equipment
- Staying home when not well
- Minimizing physical contact

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

# COVID-19 Attestation Completion

- It is the responsibility of all adult participants and the responsibility of all Parents and/or Guardians responsible for those under the age of 19, to complete a COVID-19 Attestation form.
- Participation requires the prior completion and submission of the necessary attestation form and completion and submission is required ahead of **every** individual activity session.
- Attestation form completion requires an appropriate signature(s).
- Should attestation completion be carried out via electronic means, an appropriate signature rather than check box is required.
- An Attestation Form template for second stage responsible return to play is included in Appendix A.

# Park, Field, and Participant Management Plan (Second Stage Return)

- **Park Access Plan**
  - No Access to Changing Room Facilities
  - Washroom Facility Access only where provisions apply
- **Field Access Plan**
  - Access is now permitted to Field Infrastructure in the second stage return (team benches/technical areas), noting that both cleaning protocols and physical distancing safety protocols need to be included for these areas within safety plans
  - No Access to Spectator Seating
- **Participant Personal Safety Plan**

# Park Access Example – Parking Lot Management

-  Drop-off Area
-  Pick-up Area
-  No parking allowed
-  Traffic Direction



# Field Access Example – Field of Play Entry and Exit



Entrance Path



Exit Path



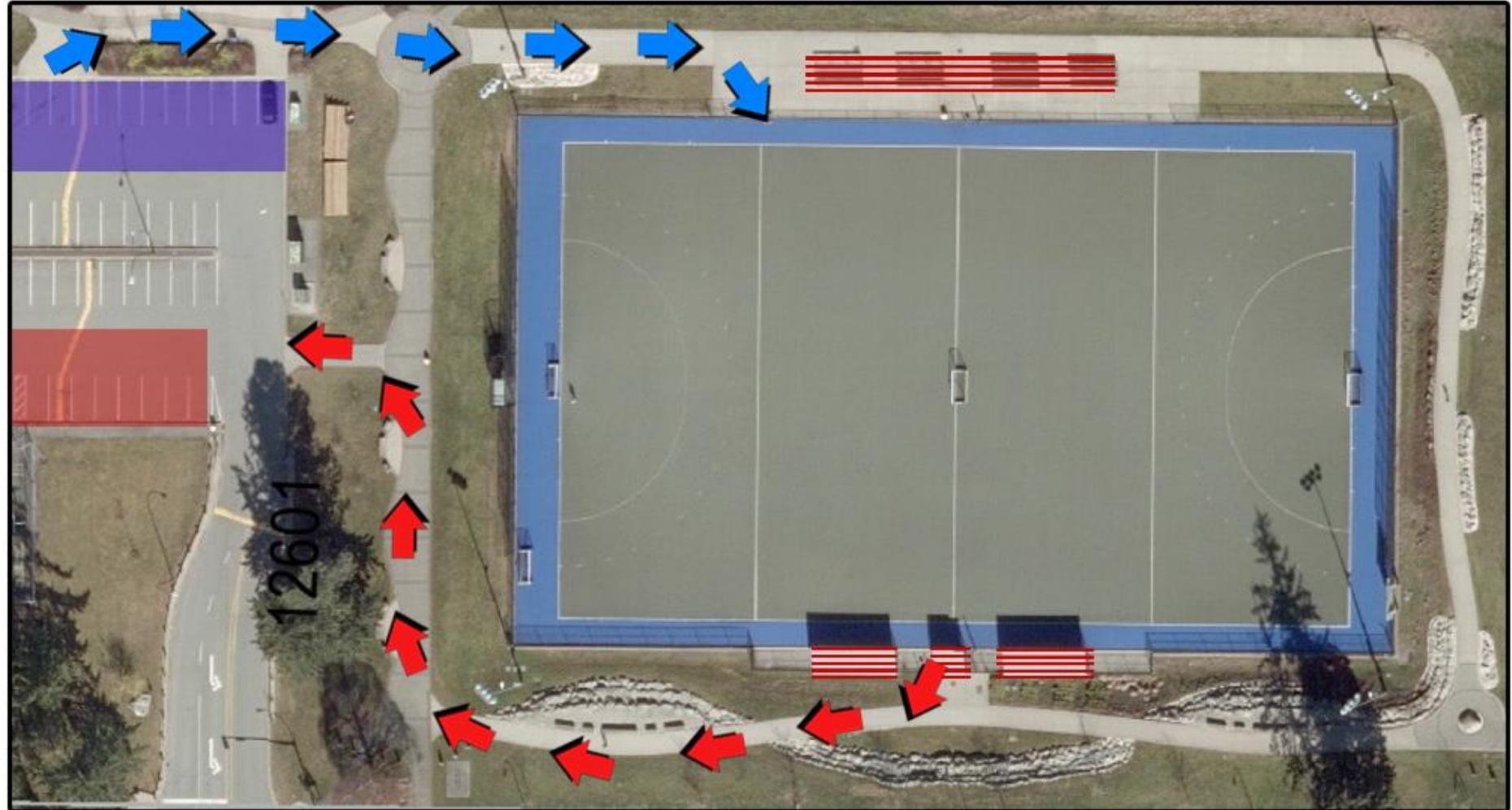
Drop-off Area



Pick-up Area



Whilst spectator stands will continue to be prohibited from use, stage two guidelines now allow for the use of Team Benches and Technical Areas (physical distancing and cleaning protocols do apply should these areas be utilized)



# Participant Personal Safety

- 1 Come dressed ready to play (stick, shin pads, mouthguard and running/turf shoes); other equipment such as a glove and/or a mask or specialist equipment (goalkeepers/penalty corners) are also permitted
- 2 Bring your own bottle of water with enough to last for the duration of the activity
- 3 Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored)
- 4 Coaches and Safety Officers will designate where each athlete will place their personal belongings
- 5 Use the designated entrance and exit; follow the drop-off and pick-up protocol
- 6 Only athletes, coaches, officials, medical personnel and safety officers are allowed within the perimeter of the field of play; spectators regrettably are not welcomed for Stage Two implementation
- 7 Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers

# CHECKLISTS

- Head Coach/Designated Leader
- Safety Officer
- Athletes and Officials

# Head Coach/Designated Leader Checklist

## Head Coach Checklist

1	On Site Prep Meeting	Conduct an onsite planning meeting prior to arrival of athletes involving all coaches and safety officers that will be participating in the session/competitive game.
2	Review Activity Plan	Review the activity plan against the approved permissions protocol for field hockey's second stage responsible return to play.
3	Designated Person (For each training and/or team cohort)	Assign a "Coach" or "Safety Officer" to be designated as first point of contact. This designated person is responsible for overall site management and for the tracking of attendance and 10-day minimum isolation period (as appropriate)
4	Secure Confined Spaces	If Field Infrastructure is NOT being used - Ensure all benches and TD areas are taped off as "No Entry" to avoid confined spaces.
5	Athlete Equipment Assignment	Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other.

## Head Coach Checklist

6	Drill/Game Warm-Up Layout	Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
7	Distribution of Ball	Distribute balls – to appropriate stations or during competition using stick only.
8	Collection and cleaning Equipment	All balls, cones, and markers to be collected and put into a 5-gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use of gloves recommended.  Equipment required for Cleaning/Sanitizing of team bench and technical areas, noting the additional time that may be required to allow for the effective and safe changeover of field activity user/group
9	Equipment Transportation	Recommend having a lid for pail when transporting equipment to and from activity session or game.
10	First Aid	In the event first aid is to be administered all persons attending to an athlete must first put on BOTH a mask and gloves.

## Safety Officer Checklist

<b>1</b>	Planning Meeting	All Safety Officers to attend Head Coach/Designated Leader planning meeting prior to athlete's arrival to facility.
<b>2</b>	Physical Distancing	Key function of Safety Officer is to manage the facility environment so that athletes, coaches, and supporting personnel, all adhere to social distancing requirements.
<b>3</b>	High Viz vest or jacket	All Safety Officers to wear a highly visible vest or jacket at all times, in order they are easily recognized both when arriving at a facility and during activity.
<b>4</b>	Facility Entry Protocol	Safety Officers monitor participant arrival at facility and direct participants to the entry point of the designated field of play, all whilst maintaining social distancing requirements.
<b>5</b>	During Activity – Training/Game Play	Safety Officers are to monitor physical distancing protocols outside of the direct field of play (outside the pitch marking white lines). This especially includes adherence to such protocols whilst utilizing team bench and technical areas.
<b>6</b>	Facility Exit Protocol	At the end of the session/game, Safety Officers are to monitor that all participants use the appropriate exit and maintain social spacing when leaving the turf and parking area.
<b>7</b>	Cleaning/sanitizing of Team Bench and Technical Area	Equipment and protocol management for the Cleaning/Sanitizing of team bench and technical areas and consideration of the additional time that may be required to allow for the effective and safe changeover of field activity user/group

# Athlete and Official Checklist

1	Physical Distancing	At all times, an athlete and/or official is responsible for following a physical distancing requirement of at least 2 meters in all areas and at all times outside of the playing pitch white line perimeter. This includes but is not limited to facility entry and exit points, the use of team and technical benches, and the extended field perimeter (outside of the white line playing pitch perimeter).
2	Personal Equipment	No sharing of personal equipment - water bottles, sticks, gloves, shin pads, mouthguard, goal-keeping equipment, clothing, whistles, cards, radios and technical equipment. Personal player equipment also now <b><u>includes no sharing of any Penalty Corner Equipment.</u></b>
3	Public Health	Follow appropriate public health and <b>Field Hockey Canada</b> modified rule guidelines when coughing, sneezing and no spitting. Modified game related rules can be downloaded at the following <a href="#">link</a>

# The “Cohort” Model – Activity Planning

## Creation & Management of a ‘TEAM’ COHORT

- The fundamental difference between stage one and stage two responsible return to play modelling is the allowance in stage two to ‘progressively loosen’ physical distancing protocols to allow for modified or standardized game/competitive play.
- The second stage responsible return to play is defined as a progressive game play return – permitting the creation of ‘cohorts’ (participant bubbles or pods) allowing for greater participant interaction within the field of play only (field of play defined as inside the playing perimeter white lines).
- Outside the playing perimeter white lines stage one physical distancing protocols apply requiring all participants to maintain a physical distance of 2 meters.
- Under the cohort model the PSO and/or LSO is permitted to create a cohort consisting of **UP TO FOUR** ‘TEAMS’ (no more than four teams is permitted at this stage).

# Creation and Management of a 'TEAM' COHORT (Continued)

- Each 'TEAM' is recommended to consist of a maximum of twenty athletes, one designated leader or coach, one safety officer, one umpire, and one technical official (as required).
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people (see PHO Order – maximum of 49 participants).
- Cohorts should be made up of individuals/teams of similar age or skill level
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Each cohort can be comprised of multiple teams in order to form a divisional-league (up to a maximum of four teams). With the use of cohorts, game play can resume between teams within the cohort.

# Creation and Management of a 'TEAM' COHORT (Continued)

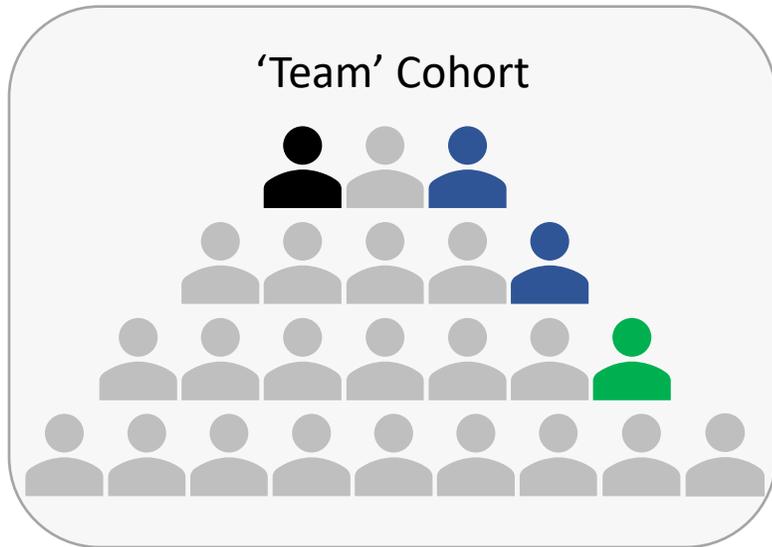
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts. This is the rationale behind the recommendation to have an umpire or official attached to a designated 'Team' cohort. In doing so, there is an opportunity to involve other members of the cohort in the art of officiating.
- In field hockey, the second stage responsible return to play framework recommendation is that the PSO and LSO's limit a member to a **single cohort** in order to provide for the safest environment possible. The degree of flexibility in allowing participation in a second cohort is only permitted if the participant is in a second PSO or NSO high performance cohort.

# The “Cohort” Model – Activity Planning - Creation & Management of a ‘Training’ or ‘Program’ COHORT

- The creation of a group cohort that may differ in structure and purpose to that of a traditional team format is permitted in this second stage responsible return to play.
- The creation in this case of a ‘training’ or ‘program’ cohort that may include training- based interactive play is permitted as long as the cohort activity group size does not exceed a maximum of 49 participants (See [PHO Order](#) – group size restriction).
- In the same way as team cohorts, training group or program cohorts are given the same flexibility for greater participant interaction within the field of play only (field of play defined as inside the playing perimeter white lines).
- Outside the playing perimeter white lines stage one physical distancing protocols apply requiring all participants to maintain a physical distance of 2 meters.
- In field hockey, the second stage responsible return to play framework recommendation is that the PSO and LSO’s limit a member to a **single cohort** in order to provide for the safest environment possible. The degree of flexibility in allowing participation in a second cohort is only permitted if the participant is in a second PSO or NSO high performance cohort.

### What is a "Team" cohort

- A 'Team' cohort, also referred to as a bubble, circle, pod or safe squad, is a small group whose members are **always the same people.**
- In field hockey, the second stage responsible return to play framework recommendation is that the PSO and LSO's limit a member to a **single cohort** in order to provide for the safest environment possible. The degree of flexibility in allowing participation in a second cohort is only permitted if the participant is in a second PSO or NSO high performance cohort.
- For those wishing to form a field hockey 'team' cohort, it is recommended that each team consist of the following:



"Team" Cohort	
<b>20</b>	<b>Athletes (Maximum)</b>
1	Coach/Designated Leader (Required)
1	Safety Officer (Required)
1	Umpire (If required)
1	TD ( If required)

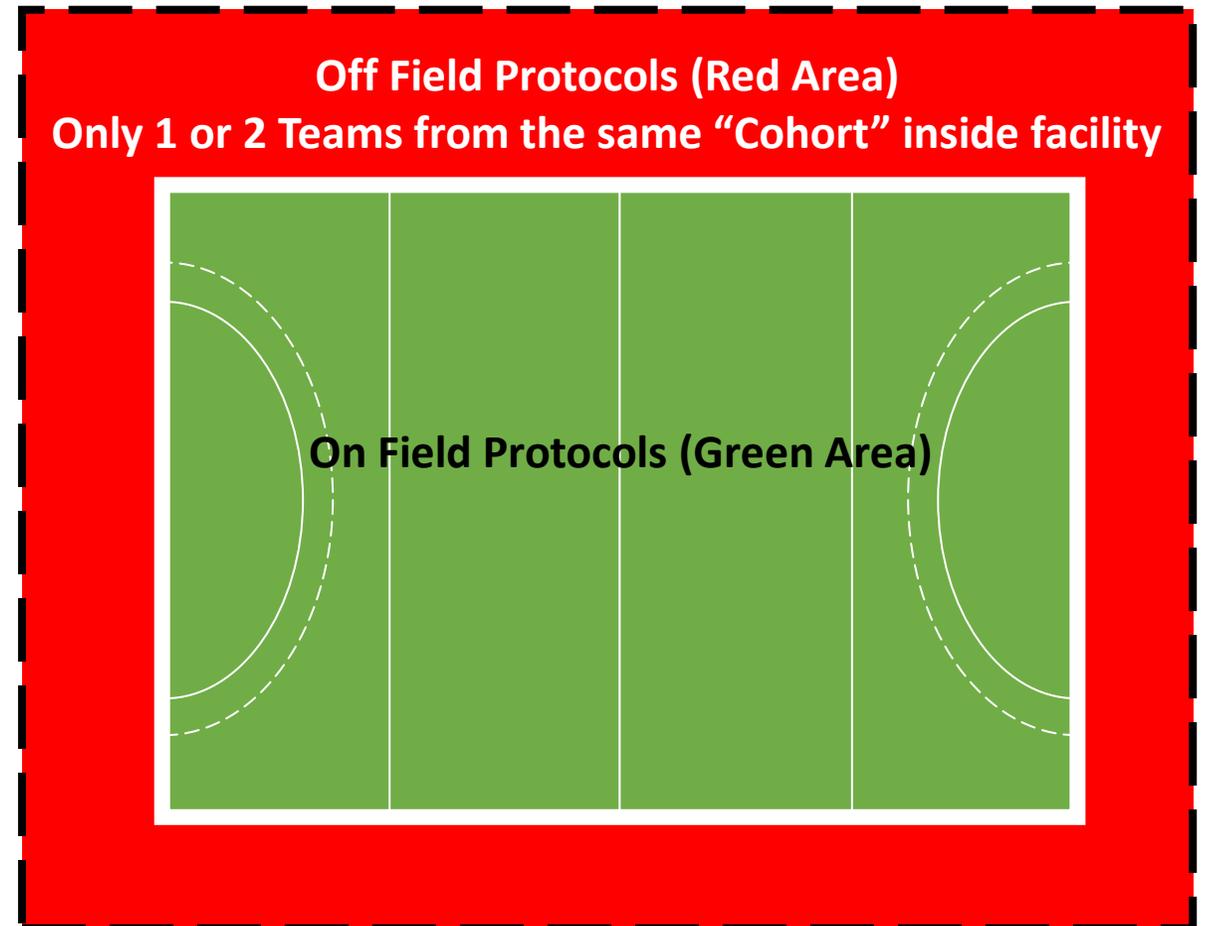
**24 TOTAL Participants**

## Stage 1 - Off Field Protocols still apply!

1. All current Stage 1 Protocols are still in place and are to be administered by all participants when arriving and when they are **not** on the field of play.
2. No spectators are invited to attend games or training at this time.

## Stage 2 - On Field Protocols

1. Only **1 or 2 Teams from the same "Cohort"** are allowed inside the facility fencing and can go on the on the field of play during any one session.
2. Interactive play in both a training and game-based format is permissible but is limited to within the white line field of play boundary.
3. When participants leave the field of play, they **must** follow Stage 1 protocols.



1. Participant Attestation Form – To be Completed ahead of every activity session and collected by LSO
2. All Stage One park and field facility exit and entry considerations and protocols remain in effect
3. Outside the white line field of play boundary and in areas such as team benches, technical areas, and entrances and exits, the 2m physical distancing safety rules should be strictly enforced.
4. Ensure 'Athlete Equipment' areas are set up and each athlete is assigned a spot, 2 meters or more from each other.
5. All equipment to be placed from a safe distance away from all sidelines to ensure umpires safety during competition
6. No sharing of personal equipment - Water bottles, Sticks, gloves, shin pads, mouthguard, clothing, **including all Penalty Corner Equipment.**
7. Cleaning/Sanitizing protocols for team bench and technical areas are in place that may require additional to allow for the effective changeover of field activity user/group.
8. Interactive play in both a training and game-based format is permissible **but is limited to within the white line field of play boundary.**

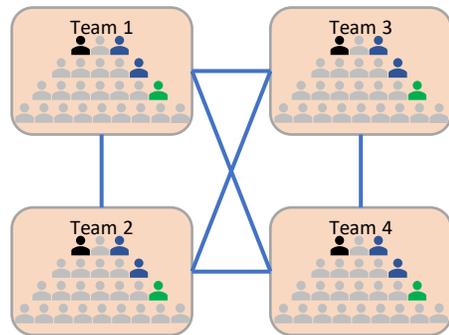
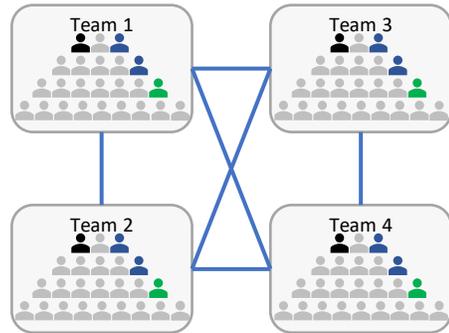
# The “Cohort” Model – Travel Planning - Competition and Game Based Travel

- Return to play activities should not jump straight to competition or high-risk activities without having tested safety protocols. Organizations should begin with training activities and slowly layer in different levels of competition after a minimum period of 14 days.
- The Provincial Sport Organization (FHBC) can define regional play based on applicable regions within their sport. Please refer to the ‘Utilizing the Cohort Model for Competition and Games’ (next slide) for geographical regional travel\* reference.
- \*Noting that regional travel guidelines may change dependent on Municipal and Provincial Health Authority decision-making. Awareness and application of Health Authority rules and regulations that may restrict regional travel must be adhered to.

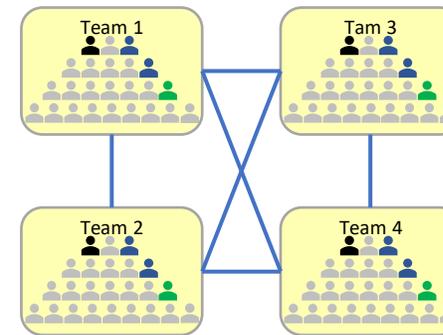
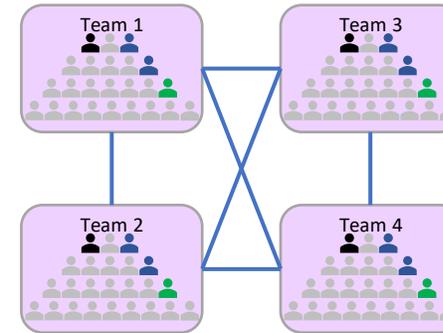
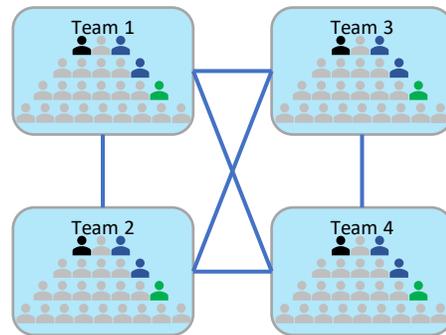
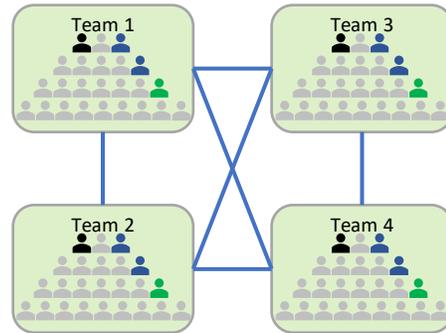
# Utilizing the “Cohort” Model for Competition and Games

- All leagues can now have multiple “Cohorts” (groups of 4 Teams)
- Those 4 teams can only play each other.
- All “Team” cohorts to minimize travel and must play in their own geographical Regions below

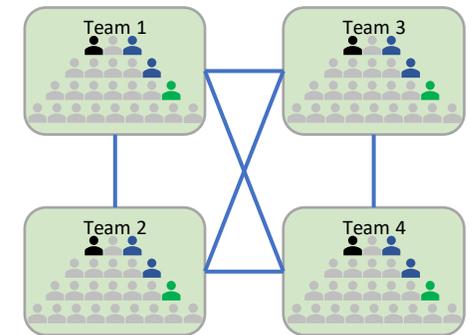
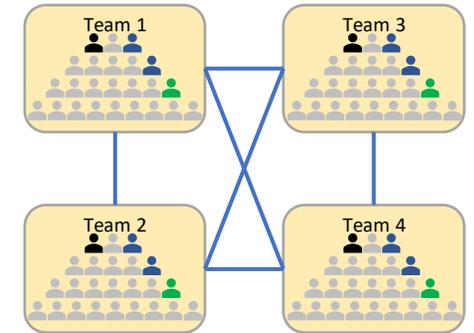
## Vancouver Island



## Lower Mainland and Fraser Valley



## Interior



# Under the “Cohort” Model - How many Cohorts is an individual field hockey participant permitted to be registered within?

- In field hockey, the second stage responsible return to play framework recommendation is that the PSO and LSO’s limit a member to **a single cohort** in order to provide for the safest environment possible. The degree of flexibility in allowing participation in a second cohort is only permitted if the participant is in a second PSO or NSO high performance cohort.
- Coaches and Officials may be counted **outside** the total cohort number **if they are able to maintain physical distancing at all times.**

**Under the “Cohort” Model – Is it possible for Cohorts to be re-set to allow for organized play over an extended timeframe – for example in league play?**

- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.

# Activity Planning

- **Field Facility Examples** - maintaining the permissible threshold of a maximum of 49 participants active at any one time under the “cohort” model
  - Modified Small-Sided Games
  - Standardized Games
  - Training Schematic
- **Red Field Boundary area requiring adherence to 2m Physical Distancing Protocol**
- **Athlete Equipment Area Designation**

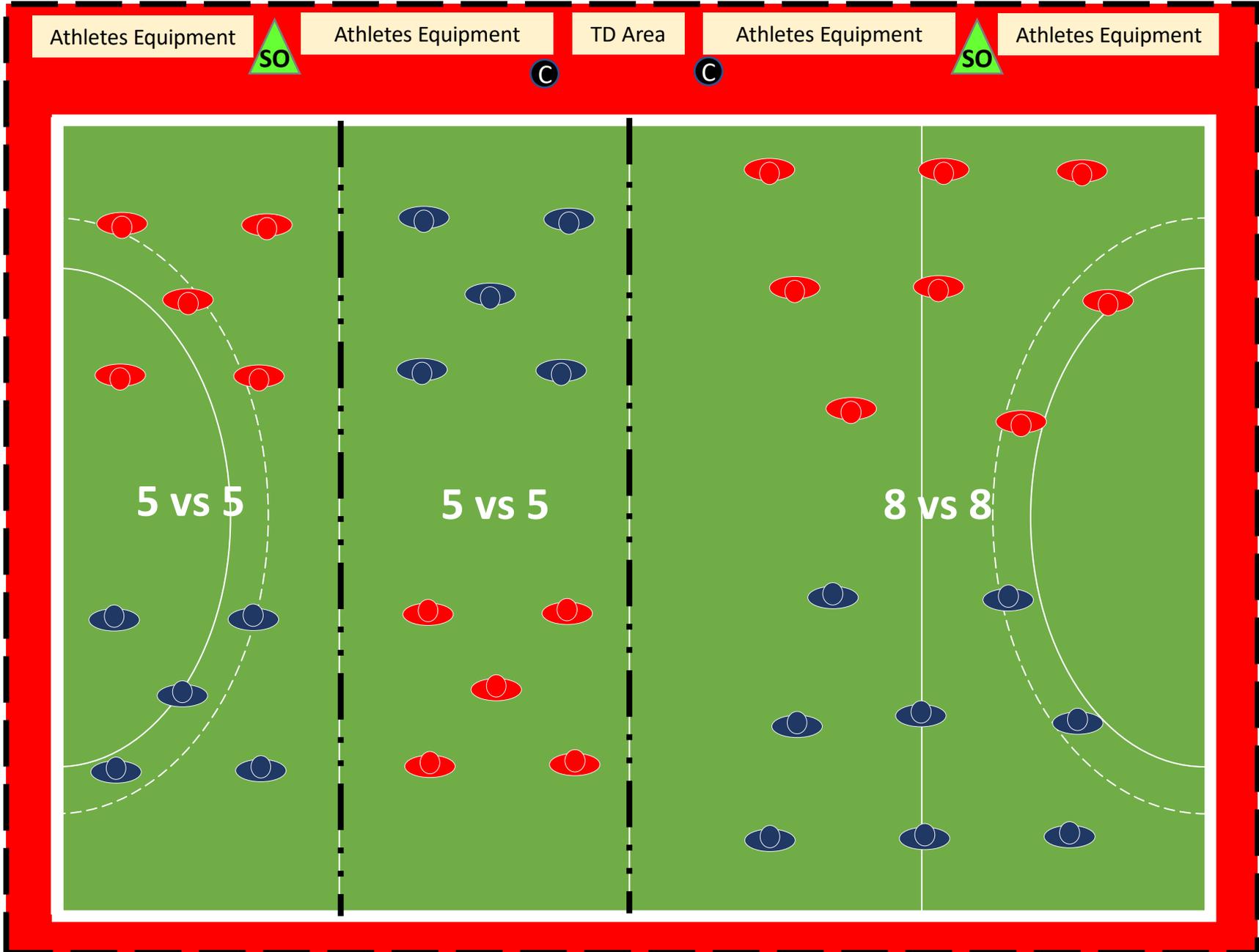
Examples of modified formats of play include Hockey 5s or small sided game formats (7/8-aside)

"Team" Cohort		
	20	Athletes (Maximum)
	1	Coach/Designated Leader (Required)
	1	Safety Officer (Required)
	1	Umpire (If required)
	1	TD ( If required)
<b>24 TOTAL Participants</b>		

**Only 1 or 2 Teams from the same "Cohort" inside facility**

Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



# Standardized play speaks more to a traditional 11-a-side game format on a full-size pitch

"Team" Cohort		
	20	Athletes (Maximum)
	1	Coach/Designated Leader (Required)
	1	Safety Officer (Required)
	1	Umpire (If required)
	1	TD ( If required)
<b>24 TOTAL Participants</b>		

**Only 1 or 2 Teams from the same "Cohort" inside facility**

Pitch Dimensions	
91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



# Standardized – Training Environment Example

"Training" or "Program" Cohort		
	44	Athletes (Maximum)
	3	Coach/Designated Leader (Required)
	2	Safety Officer (Required)
<b>49 TOTAL Participants</b>		

Pitch Dimensions	
91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



# High Performance Camps & Training Environments

**Purpose:** to introduce high performance training opportunities that bring together athletes from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members. For the purpose of this framework document, high performance refers to individuals that have been selected to provincial or national team training environments. Typically, these training environments are centralized or multi-day camp settings.

- High-level athletes may have an increased level of vulnerability due to increased stress on the body through training loads, which may be taxing on the immune system. Before planning a camp, review both the need and risk for athletes to have access to the particular training environment.
- Planning for implementation of a high-performance camp or training environment must adhere to [Own the Podium's COVID-19 Return to High Performance Sport Framework](#)

# Emergency Action Plan (EAP)

The PSO and LSO will be required to follow both a Venue EAP (facility) and a COVID-19 EAP (activity).

- Venue EAP (to be followed in the normal way)
- COVID-19 Individual and/or Group EAP (illness/minor injury requiring the participant to leave the venue)
  - Off-Site Non-Spectator Environment  
(Parent/Guardian not at the Venue)
  - On-Site Spectator Environment  
(Parent/Guardian at the Venue)

See Appendix B for detail concerning the development of an EAP

# Emergency Response – First Aid

## (viaSport Return to Sport Guideline)

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19>

# Emergency Response – Outbreak Plan

## (viaSport Return to Sport Guideline)

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

BC Hotel Association Guidelines: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-caresystem/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-hotel-sector.pdf>

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
  - self-isolate
  - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
  - o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
  - o Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting: <http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfectingPublicSettings.pdf>  
Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities>

# Disclaimer

It is important to note that this document is not a legal document and is not a substitute for actual legislation or orders of the Provincial Health Office. Links to third party web sites are provided solely for convenience.

The information in this document is current to September 3, 2020 and aligned with viaSport's Return to Sport Guidelines for B.C.

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

# Appendix A – Participant Attestation Form – To be Completed ahead of every activity session

## COVID-19 Questionnaire and Attestation

I attest that I am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If I develop these symptoms, I agree that I will leave the premises immediately and immediately inform [insert individual who has oversight of compliance (designated activity leader)].

I am aware that I must follow the safety and hygiene protocols of British Columbia, the BC Public Health Agency, Field Hockey BC, and [Insert LSO Name].

I attest that:

- I have not travelled internationally in the past fourteen (14) days.
- I have not travelled to an area highly impacted by COVID-19 in the past fourteen (14) days.

I attest that:

- I have not and do not believe that I have been exposed (without wearing protective equipment) to a person with a confirmed or suspected case of COVID-19.

I attest that:

- I have not been diagnosed with COVID-19  
OR
- I have been diagnosed with COVID-19 and been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

I acknowledge and agree that I will follow recommended guidelines, laws and protocols of British Columbia, the BC Public Health Agency, Field Hockey BC, and [Insert LSO Name] in order to reduce the spread of COVID-19.

I acknowledge that the foregoing statements are true.

**Date of Activity Session:** \_\_\_\_\_

**Adult Participant: Printed Name**

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Organization: \_\_\_\_\_

**PARENTAL ATTESTATION (if participant is under the age of 19)**

**Name of Participant:** \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date: \_\_\_\_\_

# Appendix B – Emergency Action Plan (EAP) - Example

## Tailor according to facility – Example - Tamanawis Park

### Emergency Care

Ambulance, RCMP, Fire Services – 911

### Non-Emergency Care

Ambulance - 604-872-515/ RCMP - 604-599-0502

### Nearby Clinics

Surrey Memorial Hospital – 13750 96th Avenue, Surrey, BC, 604-581-2211

Boundary Park Medical Centre - #115, 6350 – 120th St

Mercy Medical Clinic - 7155 120 St (inside Wal-Mart)

Kwantlen Clinic - #1, 12818 – 72nd Ave

### Directions to Surrey Memorial Hospital (Add Directions Map)

East on 64th Ave to King George Hwy

Left (north) on King George Hwy to 96th Ave

Turn right, emergency entrance on right a Surrey Memorial Hospital

### COVID-19 Exit Protocol

For participants exhibiting illness an appropriate facility exit protocol should be followed.

The facility exit protocol should cater to both junior and senior participation and consider the need for personal contact detail should participants require assistance in exiting the facility.