



West Coast Minor Ball Hockey

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Return to Play Plan

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## Introduction

West Coast Minor Ball Hockey (WCMBH) is the governing body for BC minor ball hockey associations (member associations). As the governing body this return to play cover the following member associations.

- Delta Minor Ball Hockey Association (DMBHA)
- Greater Victoria Minor Ball Hockey Association (GVMBHA)
- Metro Minor Ball Hockey Association (Metro)
- Richmond South Delta Minor Ball Hockey Association (RSDMHA)
- Ridge Meadows Minor Ball Hockey Association (RMMBHA)
- Surrey Minor Ball Hockey Association (SMHBA)
- Tri-City Minor Ball Hockey (TCMBHA)
- Valley Ball Hockey Association (VBHA)

On May 6, 2020, the Government of British Columbia (B.C.) announced B.C.'s Restart Plan: Next Steps to Move through the Pandemic. The goal outlined within this plan is "to slow the spread of COVID-19, protecting our most vulnerable and ensure our health-care system can respond to increased demand we develop a vaccine."

The different phases will enable certain businesses and activities to open and operate within the current orders of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a "new normal" which will require everyone to modify their behavior, stay informed, apply protective measures, and follow public health advise. Restarting is not mandatory – each organization must assess and decide for itself whether and when it is appropriate to restart operations.

On June 1, 2020, ViaSport released their Return to Sport (RTS) Guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and other minor sports associations.

West Coast Minor Ball Hockey (WCMBH) has created this Return to Play Plan for restarting operations in 2021. The Plan will inform all participants, team staff, officials and parents/guardians about the policies and procedures in place to prevent the transmission of COVID-19.

It is important to note that these guidelines are subject to change and may be done so without notice with any new information or updates provided to us from either the provincial government, Via Sport, Work Safe BC, or ~~Association~~ member Associations and its governing bodies.

WCMBH is continuously monitoring guidelines from the BC Provincial Health Officer, local health authorities, hockey governing bodies and provincial recreation and facility organizations, including:

- [BC's Restart Plan](#)
- [ViaSport - Return to Sport Guidelines for BC](#)
- [BC Parks and Recreation Association - Guidelines for Restarting Operations](#)
- [Recreation Facilities Association of BC - COVID-19 Resources](#)

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# Pre-season Communications Plan

## Member Communication

WCMBH will make every effort to ensure these guidelines are communicated to all members using the following methods, but not limited to:

- Email Communication
- Posted publicly on WCMBHA website
- Shared through a variety of social media channels
- And by way of holding a member meeting (to be held through an online meeting platform)

## Topics to be covered, but not limited to:

- WCMBH protocols and responsibilities for team staff, participants and members
- Importance of social distancing both on and off the playing surface
- Facility-specific guidelines for maximum participants and spectators
- Facility-specific guidelines for use of entrances/exits, dressing room use and/or capacity, washroom facilities, pre- and post-event time limits, water bottles, equipment and storage
- The importance of mandatory attendance tracking
- The importance of staying home when sick
- Return to play from illness
- Safety person, manager and coach roles in COVID-19 return to play
- Mandatory notification of test positive COVID-19 cases for participants, members, team staff, officials or anyone they have been in close contact with

## Expectations and Procedures

All members including participants, team staff, officials, parents/guardians, officials, and spectators must adhere to the following requirements in order to return to play.

It should be noted that there may be "facility specific" procedures that go above and beyond these procedures and if so, must be always adhered to.

## Arrivals / Departures & Facilities

- All attendees must enter facilities using the designated entrance and designated exit and must read and follow all signs posted by the facility
- All attendees must follow facilities directional one way arrows or markings while in the facility and do not allowed to congregate in any areas
- All coaches, assistant coaches, team managers, officials, players, and spectators are required to wear appropriate ~~PPE~~ face masks when entering or leaving a playing facility
- All coaching staff are required to wear appropriate ~~PPE~~ face masks when on a bench, on the playing surface, or assisting a team

**Commented [HP1]:** PPE is very specific standard of mask and not required

- Players can remove their mask when putting on their helmet and entering the playing surface
- All volunteers offering to assist, are required to wear appropriate **PPE**-face masks when on a bench, on the playing surface, or assisting a team
- All attendees are required to physical distance from others outside of the play area at a minimum of 2 meters (6 feet)
- All attendees are to arrive no earlier than 10 minutes prior to start of practice/game and be ready to play upon arrival (all gear on, with exception for goalies who can proceed to a designated dressing room to put pads on if required)
  - It is recommended that players refrain from bringing any large bags or valuables as facility specific requirements may not allow the usage of change rooms
- All participants must exit the facility **within no latter than** 15 minutes of their floor time end
- All players are required to meet their team's manager prior to entry to log attendance and ensure Covid-19 screening questions have been completed
  - All associations will have documented and communicated screening method
- No members will be permitted entrance if they exhibit **ANY** symptoms of illness such as
  - Fever / Chills
  - Cough / Shortness of breath
  - Headache / Sore Throat or painful swallowing
  - Loss of sense of smell
  - Fatigue
  - Loss of appetite
- If any attendee shows COVID-19 symptoms during an event, the participant will be excused and asked to follow our return to play protocol

## Hygiene

- All attendees are required to wash hands or use hand sanitizer upon entry to the facility
- Usage of water bottles must be adhered to as follows
  - Players must bring pre-filled and labelled water bottles
  - Water may be available in some facilities, but players must follow social distancing rules and limit contact if required to be used
  - At no time are players authorized to share water bottles
- Any attendee including but not limited to, players, coaches, officials, spectators, or volunteers found spitting at any time, will be asked to leave. The area will be cordoned off for sanitization. And the attendee may be subject to further disciplinary action
- Washrooms may be available, however with limited capacity and usage must follow all Covid-19 safety protocols
- Showers will not be available onsite at facilities

## Cohorts

In the event ViaSports requires associations to facilitate cohorts for gameplay, the following procedures must be followed to minimize and control contacts.

- Participants assigned to a cohort will be required to stay within that cohort for games and/or practices

- Participants will not be allowed to scrimmage or play outside of that cohort unless the following procedures are followed
  - Any participant (or team) leaving a cohort, with the expectation of playing in a different cohort, must not engage in any scrimmage, or game for 14 days
  - During this time, the participate (or team) will be authorized to practice or run drills only to ensure COVID-19 safety precautions are followed
- Physical distancing on the floor and the bench is not required while in designated cohorts, however coaches must wear a mask on the bench

## Attendance Limits

PHO and Facility specific guidelines must always be followed. Each facility may be differ from one to the next for items such as size, capacity, and safety procedures, but for the general requirements there is a limit of 50 people in an arena including on-ice participants, spectators, team volunteers and coaches.

Spectators are not authorized unless otherwise dictated by facility specific guidelines.

ViaSport Category	ViaSport Progressively Loosen	Overview for compliance
Risk Management / Risk Mitigation	-No groups of over 50 people. -Maintain Physical Distance ( 2m) -no non-essential travel	Plan: Guidelines and directives set by Government, WBC and Health Authorities. Volunteers, Participants, staff should be trained on the Return to Sport Plan. Should be monitored and updated as necessary. Participants should be asked to sign a participant agreement acknowledging their acceptance of the risks.
Facility Access / Use / Operations	-Outdoor is the safest. -Maintain social distance	Plan: Banned gathering of 50 to more. Restricted and limited access. Points of Access – drop-off and pick-up spaces. Manage the flow of people / signage. Arrival and departure times must be scheduled. Restricting or limiting use of different space (locker rooms, team benches, etc.). One health safety person at all times.
Cleaning Protocols	-Increased Cleaning protocols -Hand sanitization -Participant Covid (symptom) screening	Plan: Face masks are worn by all in all common areas. All coaches / volunteers must wear masks. All participants must wear a mask entering and existing the facility. Mandatory hand sanitization prior to entering. Sanitize the benches, ledges and changing rooms. Anyone experiencing any Covid-19 symptoms, must stay home.
Participants	-No spectators -As per guidelines ( max 50 people )	Plan: Dry floor maximum capacity 50 participants (includes players, coaches and team officials.)

Non-Contact Play	-Where possible, limit the contact play ( within 2 m )	Plan: Adhere to 2m distancing as much as possible during skill practices / games. Head Coach Director will review with coaches.
Team Cohorts	-Cohort teams	Plan: A cohort is a group of participants that will interact with each other within that sport over an extended time period. If cohorts or participants change within that cohort, a 2 week break will be implemented. Participants should limit the number of sports cohorts they participant in in order to reduce the interacting with others.
Team competition	-Slowly introduce team competition	Plan: Inter-association play and outside association play will be determined by Ball Hockey Canada. Will also follow Canadian Health guidelines and Provincial guidelines.
Equipment	-Enhance cleaning sanitization protocols	Plan: No shared equipment which includes water bottles. All necessary surfaces will be cleaned after each use.

## Responsibilities

### Association Executives

The executives of West Coast Minor Ball Hockey are required to mandate the following both within [WCMBHA-WCMBH](#) and their individual respective associations.

- Create the plan for the safe return to play for all minor ball hockey in BC
- Monitor updates from local and provincial guidelines, and via Sport and implement as mandated
- Share said updates to the membership regularly and as updates occur
- Ensuring teams are following the prevention guidelines the Return to Play Plan
- Monitor individual event screening and incident reports
- Provide guidance and support to team staff and volunteers
- Maintain open communication with facilities
- Update the return to play plan as restrictions and health guidelines are updated

## Team Managers

Team managers are an integral part of the provincial return to play for sports. Since they are a main point of contact for many members of a team, they will be required to ensure the following:

- Ensure that all safety information from their association as well as any site or facility specific safety information, are communicated to their teams promptly and followed with no exceptions
- Are required to meet each member of a team at the door to confirm attendance and review COVID-19 screening questions
- Are required to retain their attendance reports after each event for 30 days
- Are required to assist their specific team, or participant within their team, with the necessary procedures in returning to play after an illness protocol

## Coaches, Assistant Coaches, & Bench Volunteers

Coaches and assistant coaches are at the front line and are typically within the closest contact with players and members of a team. All coaches are required to ensure the following:

- All coaches staff are required to wear appropriate PPE-face masks when entering or leaving a playing facility
- All coaching staff are required to wear appropriate PPE face masks when on a bench, on the playing surface, or assisting a team
  - This is required for practices, drills, and/or games
- Ensure physical distancing is taking place off the playing area
- Maintain communication with manager to address any updates to plans or issues and assist the manager in ensuring the guidelines are followed

## Parents / Guardians / Spectators

All parents, guardians and spectators will be expected to follow the procedures noted below and if found not to be, may be subject to disciplinary action that may include, but not limited to, possible removal from the association.

- All parents, guardians & spectators must discuss the return to play plan with your participant(s) to ensure they understand
- All parents, guardians & spectators must assist their team manager and coaches by ensuring that their participant(s) is adhering to the return to play plan
- All parents, guardians & spectators must understand the ramifications of failing to comply with the Return to Play plan which could lead to possible removal from the association
- All parents, guardians & spectators must respect the attendance limits in place and do not enter where spectators are not allowed
- All parents, guardians & spectators must sign the WCMBH, and association specific Return to Play Agreement with your player and comply with requirements

- All parents, guardians & spectators must notify their team staff or communications officer immediately if they, their participant, family member, or anyone in which they may have had close contact with tests positive for Covid-19 or is a presumptive case

## Participants

The term "Participant" refers to anyone taking part in the said activity. This would include, but not limited to players (runners) and goalies.

- All participants are required to wear appropriate **PPE** face masks when entering or leaving a playing facility
  - Participants may remove their mask when putting on their helmet to enter the playing surface
- Participants using water bottles must be adhered to the following
  - Participants must bring pre-filled and labelled water bottles
  - Water may be available in some facilities, but players must follow social distancing rules and limit contact if required to be used
  - At no time are participants authorized to share water bottles
- Participants must use hand sanitizer
- Participants must meet with the Team Manager before entering a facility - without exception
- Participants must not share equipment with any other player
- Participants must clean and wash equipment frequently
- Participants must maintain physical distance off the floor which would include but not limited to the following
  - Change or dressing rooms
  - Restrooms
  - Lobby or common areas
  - Hallways
  - Parking Lot

## Officials / Referee's

All officials will be required to ensure they are following any specific guidelines as laid out by BC Ball Hockey Guidelines for Officials, and required to adhere to the following:

- All officials will be required to wear appropriate **PPE** face masks when entering or leaving a playing facility
  - Officials may remove their mask when entering the playing surface
- Officials using water bottles must be adhered to the following
  - Officials must bring pre-filled and labelled water bottles
  - Water may be available in some facilities, but players must follow social distancing rules and limit contact if required to be used
  - At no time are officials authorized to share water bottles
- Officials will be required to keep hand sanitizer in their equipment bag
- Officials will be required to maintain physical distancing from participants except when necessary for safety reasons

# Protocols

## Attendance Tracking

All individual associations will be required to have a documented attendance tracking system for every event. This system must be accessible by the governing body (WCMBHA) for the purpose of monitoring or tracing any potential outbreak.

All participants and spectators will be required to confirm they meet all requirements of the screening questionnaire when arriving at a facility before entry.

Attendance lists will be maintained by the team and available to be provided to arena partners if requested.

## Stay Away When Sick

No participant, team staff, parent/guardian, official or spectator should attend an event or facility if they are unwell. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold which include:

- Fever / Chills
- Cough / Shortness of breath
- Headache / Sore Throat or painful swallowing
- Loss of sense of smell
- Fatigue
- Loss of appetite

All members are advised to stay at home if they are feeling unwell.

If anyone starts experiencing symptoms while at an event, they must:

- isolate themselves from others immediately
- notify their manager
- excuse themselves from the event as soon as possible

Members who start displaying respiratory symptoms should use the [BC COVID 19 self-assessment tool](#) and follow all instructions provided.

## Onsite Symptom Response Plan (Emergency Action Plan or EAP)

Covid Symptom Response EAP is incorporated in Team/Association EAP and includes:

If any participant, team staff, parent/guardian, official or spectator:

- Presents with symptoms upon arrival
- Develops symptoms during an event

Then you must:

- isolate the participant, team staff, parent/guardian, official or spectator from others
- provide a non-medical facemask

- notify the team manager
- excuse them from the event/facility as soon as possible
- follow the return to play after illness protocol

## **Return to Play after Illness**

Members can return to play upon the advice of the BC CDC, Health Link and their physician. If you test negative for Covid-19 or you are ill with an unrelated illness, you may return after 48 hours from the time your symptoms have resolved.

When in doubt, use the self-assessment tool, BC CDC recommendations <http://covid-19.bccdc.ca/> and ask your team manager/safety person for guidance.

If a member tests positive for COVID-19, they must follow the public health and/or physician guidance including isolation, before returning.

## **Test Positive Notification Plan**

If a participant, team staff, parent/guardian, official or a member of their household tests positive for COVID-19, they are required to inform WCMBH immediately

WCMBH and its associations will report test positive cases to the following:

- The facilities in which the person attended
- West Coast Ball Hockey Association
- The team and it's participants
- The local association membership
- Local Health Authority Information
  - Local Health Authority - VCH Covid-19 Richmond Public Health - Phone: (604) 233-3147
  - Vancouver Coastal Health Covid line - 1-888-COVID19 (1-888-268-4319)
  - If you think you are sick: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

## **Tools**

### **WCMBH Return to Play Agreement \*built into the registration\***

All Participants of WCMBH and its member associations agree to abide by the following points when entering playing facilities and/or participating in WCMBH activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let WCMBH know if I am experiencing any symptoms
- I agree to stay home if feeling sick, and follow the advice of the BC CDC and my local health authority
- I agree that when I confirm my attendance at a WCMBH event I am agreeing to the following:
  - The participant is symptom free
  - The participant has not travelled outside of Canada within the last 14 days
  - The participant is not caring for or come into contact with anyone who is a presumptive case or confirmed case of Covid-19
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided
- I agree to continue to follow social distancing protocols of staying at least 2m away from others while not within the playing surface with my cohort
- I agree to not share any equipment during practice or game times
- I agree to abide by all WCMBH and member associations COVID-19 Policies and guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave WCMBH and member association for up to 14 days to help protect myself and others around me
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of WCMBH and member association membership temporarily
- I acknowledge that there are risks associated with entering WCMBH and member association facilities and/or participating in WCMBH activities, and that the measures taken by WCMBH and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

## Screening Questionnaire

Screening and Attendance are completed at least an hour before your event and no more than 8 hours before (same day). The screening questions are completed through a variety of ways that may include but not limited to electronic tracking, paper tracking, or other used by specific associations that follow the required standards.

The screening tool will be used for every participant, team staff, parent/guardian, official or spectator attending a WCMBH sanctioned event before entering a facility.

Have you experienced any of the following symptoms of illness in the last 14 days, including:

- Fever / Chills
- Cough / Shortness of breath
- Headache / Sore Throat or painful swallowing
- Loss of sense of smell
- Fatigue
- Loss of appetite

Have you or anyone you are in close contact with travelled outside of Canada in the last 14 days?

Are you taking care of or are you in close contact with someone that has symptoms of or tested positive for coronavirus?

For the Team Safety or Manager: If any of the above questions result with a "yes" proceed to Onsite Symptom Response Plan.

### **First Aid Kit Modifications**

All team safety kits must contain:

- Approved PPE face mask, preferable with attached face shield
- Hand sanitizer
- Examination gloves

Please see Appendix A for first aid procedural modifications.



## **Failure to comply**

Failure to comply with the WCMBH and member association Covid Return Plan and/or Facility Specific Guidelines will result in immediate removal from the event.

Participants or members failing to comply will be reported to Covid Communications Person and potentially the disciplinary committee.

Repeated failure to comply with direction may result in suspension from WCMBH and member association events.

## **APPENDIX A: First Aid Procedural Modifications**

In the event there is a need for medical supervision, it is imperative that all steps are taken to ensure COVID-19 safety procedures are taken while attending the issue at hand.

- The First Aid provider must protect themselves prior to attending the injured party by covering their face, mouth, and nose with an appropriate PPE mask prior to helping
- The First Aid provider must do their best to provide the injured participant with the necessary PPE mask and equipment prior to offering assistance provided it does not increase risk to the injured participant
  - For example, if the player shows signs of a neck injury, the helmet should not be removed prior to surveying the injury
- First Aid provider must wear sanitized gloves
- First Aid must be provided from 2m/6ft physical distance when possible
  - The First Aid provider must provide clean supplies to injured participant and provide direction on the use of supplies
  - The First Aid provider may provide clean supplies to parent or member of participants household if required, and provide direction on use
- When life sustaining first aid is required, all available precautions should be used to keep the first aider and the injured safe, including scene assessments, PPE and physical distance from helpers
- First Aid certified members should advise their team's safety person of their qualifications and carry their first aid certificate with them

# APPENDIX E: ViaSport Return to Sport Activity Chart

## SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
<b>Restrictions in Place</b>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	<ul style="list-style-type: none"> <li>Increased personal hygiene, cleaning protocols and symptom screening</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
<b>Facility</b>	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	<ul style="list-style-type: none"> <li>Participants should maintain physical distance while not on field of play</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
<b>Participants</b>	<ul style="list-style-type: none"> <li>Individual activities</li> </ul>	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes increase based on sport type (i.e. level of contact).</li> <li>Participants and spectators must adhere to 50 people max per event public health guidance</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
<b>Non-contact Activities</b>	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc.).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	<ul style="list-style-type: none"> <li>Where feasible, limit contact (i.e. coming within two metres) in training and sport activities</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Contact Activities</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	<ul style="list-style-type: none"> <li>Cohort model introduced for sports that cannot maintain 2m physical distancing.</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Competition*</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>In club play or modified games may slowly be introduced</li> </ul>	<ul style="list-style-type: none"> <li>Competition slowly introduced.</li> <li>Regional competition for sports in cohorts.</li> </ul>	<ul style="list-style-type: none"> <li>Provincial competitions and larger scale events may return</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>No shared equipment</li> </ul>	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>Shared equipment</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Limited</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited</li> </ul>

\*Introduction of competitive activities should be in alignment with sport-specific guidelines.

## **APPENDIX F: Guidelines for Games**

If attending games as a guest at another association, please request their guidelines and follow them along with the provincial protocol. Please provide them with your attendance reporting as requested.

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