



## **Recommendations for Resuming the Sport of Adult Recreational Hockey**

### **CARHA HOCKEY HAS CREATED THE FOLLOWING SET OF RECOMMENDATIONS TO BE CONSIDERED WHEN IT HAS BEEN DEEMED SAFE TO RESUME ADULT RECREATIONAL HOCKEY ACTIVITIES**

#### **Public Health Regulations:**

- All applicable federal, provincial and municipal laws must be adhered to, including any and all regulations from applicable public health authorities
- League and event coordinators are advised to review their local ice and facility contracts to ensure they understand all regulations and requirements for use of public and/or private facilities

#### **Personal Protection**

- Players/Coaches/Participants are advised to not attend if they are ill, or they show any signs or have been around someone who is ill
- If a player is or has been ill, or is showing any symptoms of being ill from being around someone who is ill, they should self-quarantine and not return to play for a minimum of 14 days
- The use of a full facial visor is recommended for all players except goaltenders
- The use of individual antibacterial hand sanitizer is recommended before and after games
- Players/Coaches/Participants should avoid touching their eyes, nose or mouth
- Players/Coaches/Participants must cover their mouth and nose with a tissue or into your elbow when coughing or sneezing
- Players/Coaches/Participants are to be mindful and abstain from spitting
- Players/Coaches/Participants should wash their hands frequently and before and after each game or practice

#### **Arrival/Departure at the Arena**

- Players/Coaches/Participants should arrive no more than fifteen (15) minutes before any scheduled ice-time
- Players/Coaches/Participants should leave the facility as soon as possible after completion of hockey related activities
- Players should not use shower facilities and be mindful of limiting skin contact in the dressing room
- Players/Coaches/Participants should not congregate in dressing rooms, parking areas, or public areas before or after hockey related activities

#### **Physical Distancing During the Game**

- Players/Coaches/Participants shall limit all physical contact outside the normal parameters of adult recreational hockey (ie. there shall be no handshakes or high fives)
- Players/Coaches/Participants must use individual water bottles – the sharing of water bottles is prohibited

- It is recommended that teams forego having coaches or non-players on the bench or in the dressing room, unless required by applicable law
- It is recommended that only Players/Coaches/Participants attend the facility
- It is recommended that a no spectator policy is implemented (including children, spouses and general public)
- If spectators do attend, they shall adhere to the principle of physical and social distancing
- Players/Coaches/Participants shall not huddle or conference in close quarters before, during or after the game/practice
- All garbage must be collected and removed from the bench and from the dressing room by each team after use

**PLEASE NOTE THAT THESE RECOMMENDATIONS ARE A GUIDELINE ONLY AND SHOULD NOT BE CONSIDERED AN EXHAUSTIVE LIST OF THE RISKS AND PRECAUTIONS ASSOCIATED WITH THE RETURN TO ADULT RECREATIONAL HOCKEY. THESE RECOMMENDATIONS ARE FOR INFORMATION PURPOSES ONLY AND DO NOT CONSTITUTE HEALTH OR LEGAL ADVICE. AT ALL TIMES IT IS THE PLAYERS/COACHES/PARTICIPANTS RESPONSIBILITY TO ASSESS AND MANAGE THE RISK ASSOCIATED WITH THE RETURN TO HOCKEY AND HOCKEY RELATED ACTIVITIES. THESE GUIDELINES DO NOT REPLACE OR OVERRULE ANY NATIONAL, PROVINCIAL, TERRITORIAL, MUNICIPAL, OR ANY OTHER APPLICABLE PUBLIC HEALTH LAWS OR REGULATIONS. CARHA SHALL NOT BE RESPONSIBLE FOR ANY LOSSES, CLAIMS OR DAMAGES RELATING TO COVID-19 ARISING UPON THE RETURN TO ADULT RECREATIONAL HOCKEY.**

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