

**Reviewed and Approved by GNL Amended Return to Ball Hockey Plan  
July 8, 2021**



**The Newfoundland and Labrador Ball Hockey Association**  
**Return to Play Ball Hockey Action Plan**  
**Criteria and Guidelines**

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## Part A – Guidelines and Protocols

### Introduction

The purpose of this document is to outline the proactive approach the **Newfoundland and Labrador Ball Hockey Association** hopes to have in its return to play ball hockey plan as outlined by the Government of Newfoundland and Labrador and its Public Health authorities. These guidelines will be communicated to all leagues and programs that apply and use this plan as part of their application to reopen ball hockey. This plan will continue as a way to engage membership and make them aware of the circumstances and criteria that we, as the Provincial Sport Organization, have proposed for a return to play that is safe for everyone involved. In communicating this plan to our NL membership, it is our hope that this will allow them to plan and prepare for the 2021 season as best they can, while still allowing for flexibility and movement within any return-to-play as dictated by public health measures.

The guidelines listed below have been developed in consultation with Sport NL to assist the **Newfoundland and Labrador Ball Hockey Association** members in adhering to and/or exceeding the guidelines as set forth by the Chief Medical Officer. This document is built with flexibility and would adhere to any additional guidelines required by the Health Department to ensure the safety of participants, staff, volunteers and all other stakeholders throughout the Province of Newfoundland and Labrador.

It is important to monitor the public health guidance as the situation can change quickly. NLBHA will check this website, which is updated daily. [www.gov.nl.ca/covid-19/](http://www.gov.nl.ca/covid-19/) and [www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/](http://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/)

Prior to any sanctioned league or program reopening within the province of Newfoundland and Labrador, all programs and leagues will meet with an NLBHA executive board member to discuss this 'return to ball hockey' plan. All leagues and programs (Phases 2, 3 and 4 plans) must be approved by the **Newfoundland and Labrador Ball Hockey Association**. As leagues and programs are given permission to reopen within our province, SportNL and the CBHA will be provided regular updates. Leagues and programs will be provided guidance regarding this NLBHA 'return to play ball hockey' plan.

All sanctioned leagues and programs that reopen, will ensure that the mandatory CBHA documents are used by all their participants. These documents include (see appendices):

***Declaration of Compliance – COVID-19 (variants)***  
***Informed Consent and Assumption of Risk Agreement***  
***Release of Liability, Waiver of Claims and Indemnity Agreement***

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## The Sport

Ball Hockey is played on the surface of a full-size indoor hockey rink or modified indoor / outdoor surface with a hard-orange ball. 5 players and a goalie compete against the opposing team's 5 players and goalie (unless modified to fit floor dimensions). Extra players remain on each bench (Phases 2, 3 & 4), outside the playing surface, and interchanged with the players on the floor either during play or at a stoppage of play. Each game has two qualified referees and one game technician (Phases 2, 3 & 4).

## Risk Warning

League and program directors will provide information via email, website and social media to all staff, players, and parents about COVID-19 (variants) and practices that should be undertaken to mitigate risks.

## Physical Distance

All players, coaches, staff, and parents will maintain physical distance of 6 ft. (post to post) wherever possible, especially in common areas. Of course, this will not always apply to players on the playing surface, as there will be some brief exchanges during game play.

## Rule Modifications (for controlled scrimmages and games)

- Body checking is not permitted in the sport of ball hockey, however there is some brief contact that occurs during game play. Due to the inherent contact during game play, the following rules will be implemented to try and **limit the amount of contact**:
- Game officials will ensure players are spaced out during face-offs.
- Game officials will blow the whistle immediately in anticipation that the goalie will be covering the ball.
- In the event that two players are battling for possession for more than 3 seconds, the play will be blown down immediately and a face-off will occur.
- No player at any time will be permitted to enter the goalie crease.
- A maximum of two coaches will be allowed on the bench at any one time. Coaches will wear non-medical masks while coaching.
- Roster size: Indoor Facilities such as M5 (8 runners + 1 goalie); Arenas will be kept to 15 runners + 1 goalie during Phase 2 onward, pending if the facility can accommodate maintaining physical distance on the bench. Physical distance will be maintained throughout the facility.
- The first two weeks of Ball Hockey for each Return to Play program and league for minor players will be limited to 'drills and skills' (see Part B), where physical distance can be maintained

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between Coaches and Players. Practice equipment (e.g., pylons) will be spaced accordingly to prevent close contact.

- Non-medical masks (NMM) will be required when inside a league and program facility and when helmets are removed.
- ***Intentional scrums after a whistle during any game (see Phase 2 onward) will lead to an additional unsportsmanlike penalty.***
- ***Coaches will wear a NMM at all times. If a coach fails to do so, a bench minor will be called.***

## Coaches & Officials

Team representatives will be instructed by our league and program facilitators before each game to remind players of the physical distancing guidelines and the modifications made to the sport of ball hockey during intra (and inter) scrimmage or game play.

During game play, our officials will frequently instruct and educate players to practice maintaining physical distance guidelines where circumstances occur, in addition to rule modifications. Officials will be provided hand sanitizer. Where possible, electronic whistles will be used. All officials will complete their certification / recertification prior to or during the reopening of a sanctioned league.

## Monitor Building Entry & Screening

The Newfoundland and Labrador Ball Hockey Association in partnership with our affiliated league and program directors will assign persons (regional representative and league officials) to perform the following when players, coaches, staff, and caregivers are entering building:

- Players, Coaches, Staff, and parents to be screened for COVID-19 symptoms prior to participation each day of the activity and will not be permitted to participate if they are feeling unwell or experiencing any COVID-19 (variants) symptoms (online or paper form with appropriate questions).
- Count the number of participants to comply with maximum amount of individual permitted, as per the facility guidelines and NL government restrictions on gathering sizes.
- Keep records, contact information, & sign-in of each player and other persons to game-sheet (no players will be required to sign in individually). Caregivers and/or facilitators will sign in for program sessions (non-league activities for young participants).
- Staff and league facilitators must use the self-screening tool before reporting and should stay home when ill.

## Equipment

- The use of hockey sticks and any form of player equipment will be limited to just the individual players.
- All players must wear hockey gloves during game play.

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- Shared equipment is not a normal occurrence in the sport of ball hockey, as players use their own equipment. However, in the unlikely event this occurs with a stick, it must be handed to our officials / timekeeper who will disinfect with sanitizer before it can be used again.
- The sharing of gloves and helmets will not be permitted.

## **Water Fountains**

Will be closed with tape and signage stating that they are not to be used in each facility. Players, coaches and officials are responsible for their own water bottles, which should be clearly labelled. Individuals will take their own water bottles home each night for cleaning and sanitation.

## **Bathrooms**

Washrooms will limit occupancy as per protocols at that time and be cleaned thoroughly (compliant with COVID-19 – variants guidance protocols).

## **Dressing Rooms**

Enhanced and frequent cleaning and disinfection of locker rooms will be completed after every game or session. Individuals will be encouraged to change and shower at home and limit use of dressing rooms, as per provincial protocols at that time of using a facility.

## **Player Benches & Designated Spectator Area**

Benches will be cleaned thoroughly after each game by organizing and facility staff. Players & Coaches will maintain physical distance on the bench during game play. There will be some brief exchanges while players are entering and leaving the bench area during game play.

## **Time Buffer Between Games**

There will be a time buffer between each game or session to allow players to vacate the premises before the next group enters. The time buffer will be dictated by provincial and facility protocols.

## **Hygiene/Hand Washing/Touching Face/Laundering**

Players will be asked to practice proper hand hygiene protocols; wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash. Our facilities will provide hand washing and hand sanitizer stations at entrance & throughout facility and will schedule mandatory use at various breaks.

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Players will also be asked to wash all clothing & disinfect all gear (gloves, helmet, shin pads etc.) used in game play for use in their next match.

## **Cleaning/Disinfecting**

Our Facilities staff will use disinfectant on all high touch surfaces and/or related areas, such as door handles, bathrooms, benches etc. on a regular basis. Disinfectant will be provided on each bench when games are permitted within a facility (see Part B of this return to play ball hockey plan).

## **Self-Isolation**

Players or spectators experiencing any COVID-19 symptoms are not permitted to attend any training sessions or competitions and will be asked to self-isolate for 14 days before they may return.

## **Water Bottles**

Players will be required to bring their own clearly labelled water bottles to all games or programs to help reduce transmission risk. Individuals will take their own water bottles home each night for cleaning and sanitation.

## **No Handshakes/Celebrations**

To help maintain physical distance and reduce contact between individuals, players and will refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations etc.

## **Limiting Spectator Attendance**

Limit spectator risk by using the suggested provincial guidance protocols (one spectator per player in our youth divisions, where players need preparation support from an adult).

## **Coronavirus Warning Signage**

Signage will be posted at each facility warning of coronavirus and variants risks and what steps can be taken to reduce such risks. Staff will discourage congregation.

Examples:

- Physical distancing policy on how to protect yourself and others
- What to do if you are sick
- Cover coughs and sneezes
- Handwashing
- Do not touch your face: eyes, nose, mouth
- Entry and exit signs for traffic flow
- COVID-19 Government of NL Posters.

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## Waiver/Release

Waiver/release and informed consent agreement forms will be updated to address the risk of communicable diseases such as COVID-19 (variants) in addition to injury form.

## League Notes

Ball Hockey is listed as a brief contact sport under Alert Level 2.

***All participants [both officials and players] will be required to use rink provided and approved hand sanitizer upon entering and leaving the facility.***

- All participants and officials must arrive at the rink ready to start and leave the rink upon completion of their games. (Only exception are the goaltenders who will be allowed time to get ready at the rink.) Shower facilities will not be available at this time.
- Every player will be required to wear a non-medical mask (**NMM**) when arriving inside the facility in preparation for their upcoming game, however individuals may remove their NMM once their session or game is ready to commence. At the completion of their game, players will be required to resume wearing their NMM until they have left the facility. Players and officials will be required wear a NMM immediately at the conclusion of their game.
- No handshakes [after game sportsmanship] with the opposing team or group celebrations (for goals scored) are permitted.
- Scorekeepers will be required to wear NMM or face shield at all times within the facility. Game sheets will only be handled by the scorekeeper and a team rep [while wearing a NMM and maintaining physical distance] confirming which members of their team are present. NLBHA will start the process of implementing electronic game sheets at different events during 2021.
- On floor officials will be required to wear a NMM when arriving inside the facility in preparation for their upcoming assigned game.

## Program Notes

Programs are diversified. Some programs are one age group while other programs may have multiple age groups. A phased-in process will be used in consultation with NLBHA (see Part B of this return to play ball hockey plan). All participants in our programs [including parents/guardians/staff] will be required to use facility and/or program provided and approved hand sanitizer upon entering and leaving the facility.

- One parent/guardian is permitted to accompany a child to a youth program. All parents/guardians must remain off the playing surface.
- Parents/Guardians would have to maintain physical distance between other parents/guardians. Parents/Guardians would have to wear a NMM at all times; except for people whose particular physical condition or mental health prevents them from wearing a mask. (If possible, these people will be encouraged to wear a face shield instead)
- Every child will be required to wear a NMM [unless they are already dressed and ready to participate in their program session]. After arriving inside the facility in preparation for their program session, players can remove their mask, when putting on helmet, once their program



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session is ready to commence. At the completion of their session, children will be required to resume wearing their NMM until they have left the facility. All players and parents will be required to leave immediately at the conclusion of their session.

- All children should be dressed and ready to participate in their program session upon arriving at the facility.
- All program staff will be required to wear a NMM when arriving and moving inside the facility, in preparation for their upcoming coaching assignment.
- No sharing of water bottles is permitted. Water bottles should be clearly marked as being owned by that child. Water bottles will be placed approx. 6+ feet apart on top of boards. Coaches can assist children, but will have to use hand sanitizer prior and after assisting a child with their water bottle.
- Hand sanitizers, face shields, NMM and non-latex gloves will be provided for all programs staff. For ball hockey programs that include 'Story time and Intro Circle's' [where programs go over the rules] children will sit/stand in clearly marked designated areas, which would help maintain physical distance.
- Program session ending cheers will be done maintaining physical distance.
- All program activities will be structured to maintain physical distance as much as possible. All equipment will be sanitized between programs.

## Facility Notes

A meeting will take place between the facility manager and league /program leaders prior to the start of any league or program reopening.

- A tour of the facility (by league and program directors) will take place to confirm leagues, programs and facilities are abiding by all the requirements from SportNL and public health to re-open their facilities.
- Facilities will place hand-sanitizing stations throughout their facilities including entrance and exit ways.
- Use separate entrance and exit ways or where needed place a divider between their entrance way to help identify and enforce enter and exit only areas.
- Showering facilities will be closed until otherwise instructed by the government of NL.
- Sanitization will be done on a regular basis to sanitize high traffic areas. Signage is and will be placed throughout the facility, notifying users of the facilities of all the requirements when using the facilities. (e.g., wearing mask are mandatory and maintaining physical distance when possible).
- Markers will be placed throughout facility identifying ways for physical distance to be maintained.
- Payments will be non-cash.
- When permitted by the government of NL (see Part B of this return to play ball hockey plan), change rooms will have markers to identify where to sit to maintain physical distance.
- Where possible municipal inspectors should ensure all the necessary changes are made in order for a league or program to reopen.

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## Emergency Action Plan

It is important to include COVID–19 (variants) protocols within every program and league Emergency Action Plan (EAP). It is valuable to provide coaches, managers and volunteers with resources to assist in the construction of each program and league EAP. This ‘Return to Play Ball Hockey’ plan includes COVID–19 (variants) specific resources within all league and program emergency safety kits. This will ensure that organizers and team officials are prepared to deal with a health crisis. Due to the low affiliated numbers within the sport of ball hockey, NLBHA will meet with each returning to play league and program to ensure local plans are prepared to comply, monitor and if necessary report on the established hygiene and illness protocols. Each reopening league and program will provide an EAP.

OAC-001	<p>NLBHA Return to Play Committee is our designated team for strategic operations surrounding COVID-19 (variants)</p> <ul style="list-style-type: none"> <li>• Tom Walsh is the lead (Nick Saunders, Paul Williams, Chris Ryan and Nancy Wadden). This return to play ball hockey committee will stay updated on provincial health information and keep the ball hockey community updated. Other responsibilities will include:</li> <li>• Communication- communicate all relevant COVID-19 (variants) information to all stakeholders (including program and league directors).</li> <li>• Coach/Official- along with Darryl Butt, Chris Bishop and Chris Ryan communicate new protocols to all coaches/officials and keep them updated</li> <li>• Facility Lead- communicate with facility and municipalities to discuss this return to play ball hockey plan that will be put in place while renting their facility.</li> </ul>
OAC-002	<p>All leagues and programs have a system/record keeping to track of members time at the program, in the event that an individual develops COVID-19(variants) symptoms. The organizer will be able to provide contact tracing information to public health officials. . Prior to activity screening and game sheets will provide record keeping.</p>
OAC-004	<p>Should a participant feel unwell during the program, an isolation area with a radius of 2 meters is available within each facility. Only a person using the isolation area should ever be within the area until they are able to leave the facility.</p>
OAC-005	<p>All participants and parents where applicable are regularly informed that when applicable, stay at home and complete the 811 COVID-19 (variants) self assessment tool, or call public health at 811 <a href="http://www.811healthline.ca/covid-19-self-assessment/">www.811healthline.ca/covid-19-self-assessment/</a></p>
OAC-006	<p>If a person has tested positive within a facility, any area the person visited within the last 48 hours will be isolated and sanitized.</p>

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## Parent Meeting and Administration for Programs

NLBHA Leagues and Programs will implement a variety of communication methods including online web notices, virtual and small group F-2-F meetings (where possible or needed, with physical distance maintained). The following topics will be shared with all reopening leagues and programs.

Topics to include in orientation of participants and parents / guardians should include but are not limited to the following: (programs and leagues can check all tasks as they are completed)

Review of Facility and Member protocols for physical distancing guidelines:

- Protocols within the facility prior to activity (e.g. physical distancing markers)
- Protocols during on-floor activity and off-floor activity
- Protocols within facility, post-activity guidelines regarding the number of people/facility patrons that are permitted within the facility at any given time
- Established time spacing between floor bookings to minimize group cross-over
- Established arrival expectations (e.g. participants arriving dressed for activity)
- Activity check-in / attendance to assist with possible need for contact tracing
- Protocols for participants requiring assistance (e.g., younger ages)
- Established designated drop-off & pick-up areas and procedures
- Participants should have individually labeled water bottles (cleaned after use & filled at home)
- Personal equipment not being used must be stored in an isolated area (e.g. car)
- No sharing of personal equipment & strict hygiene protocols communicated
- Coaches, Officials and Program Leaders are prepared to assist in all protocols in 'Preparing for Programming/Activity' (Registration and Administration)
- Pre-registration for all activities or programs (e.g. no on-site payments)
- Payment policy is flexible to make activities or programming accessible
- Refund policies in place, communicated and flexible (e.g. dependent upon illness)
- Ensure that all participants that are unwell or displaying symptoms must stay home

What is your anticipated parent meeting / communication process and date?

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## Part B – Competitive Sport Guidance

### Newfoundland and Labrador Ball Hockey Association: Return to Ball Hockey Plan Submitted April 05, 2021.

This 'Return to Ball Hockey Plan' complies with Sport Guidance and other relevant Guidance documents including [www.gov.nl.ca/covid-19/information-sheets-for-businesses-andworkplaces/](http://www.gov.nl.ca/covid-19/information-sheets-for-businesses-andworkplaces/)

This plan considers options to support athletes and coaches in keeping their number of contacts low. NLBHA has developed a phased-in approach in our 'return to play ball hockey' plan. This includes a return to training and practice, followed by a phased in approach to competition.

This 'Return to Play Ball Hockey' plan is being put forward to be reviewed and approved by government. After NLBHA receives notification that this 'Return to Play Ball Hockey' plan has been reviewed/approved by Government; NLBHA will ensure that all sport activities delivered by the NLBHA and its members, comply with this Newfoundland and Labrador Ball Hockey Association 'Return to Play Ball Hockey' plan.

Phase 1 Ball Hockey activities will utilize all protocols listed in Part A of this 'Return to Play Ball Hockey' plan.

Phase 2 Ball Hockey activities will utilize all protocols listed in Part A and Phase 1 of this 'Return to Play Ball Hockey' plan.

Phase 3 Ball Hockey activities will utilize all protocols listed in Part A, Phase 1 and Phase 2 of this 'Return to Play Ball Hockey' plan.

Phase 4 Ball Hockey activities will utilize all protocols listed in Part A, Phase 1, Phase 2 and Phase 3 of this 'Return to Play Ball Hockey' plan.

**Who:** NLBHA will limit the number of contacts during events during all phases by adhering to the guidance protocols including limiting one spectator per player in our youth divisions. In accordance with the Special Measures Order ([www.gov.nl.ca/covid-19/files/Alert-2-Mar-26.pdf](http://www.gov.nl.ca/covid-19/files/Alert-2-Mar-26.pdf)), spectators will be limited to 1 person per child as required to assist the child in preparing to participate in a group activity.

***For the purposes of this plan, different programs and leagues will start at different times around NL due to the availability of facilities and arenas.***

**Alert Level 3** – no sanctioning of sport.

**Alert Level 2**

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## Phase 1: Team Practice/Team Training Sessions (first two weeks of operation)

**What:** Alert Level 2 Individual athlete skill development and team practice/training sessions are presently permitted under the provincial guidance regulations.

Phase 1 (who)	NLBHA Programs and Leagues	Timeframe
Individual athlete skill development and team practice/training sessions	Maximum number of coaches and athletes for athlete skill development session is 50.	<b><i>First two weeks of league or program operation. (during April – early June)</i></b>
	All programs and league leads within NL will meet with NLBHA to discuss this return to play ball hockey plan prior to starting any program or league.	Prior to the start of a sanctioned program or league.
Hockey Buds (up to 22 players and 4 staff per surface)	Northpoint Sports with all participants from the same RHA. This program will restart on April 11 with skills and drills only.	To develop skills in preparation of participating in future programs and leagues. (April 11 – middle of May)

### Phase 1 (first two weeks of a program or league) Key Messages and Points - 2021

**What:** Practices are facilitated with skills and drills. Mini-scrimmages within phase 1 practice sessions will not have game officials. There is no use of benches during Phase 1.

**Who:** roster size: **M5\*** (10 players + 1 goalie) Arenas (15 players + 1 goalie).

Senior programs – Northpoint Sports\*- up to 10 runners + 1 goalie for senior programs, a sports gaiter mask or NMM is mandatory for all when on the bench. Teams that fail to abide by the mandatory sports gaiter mask or NMM when more than 8 runners on the far bench will be assessed a bench minor.

***Arenas have the capability of using an extended bench area along the boards or behind the bench. Players wear sneakers while playing the sport of ball hockey. Therefore, pending the number of players attending a ball hockey session and the size of the arena bench, benches can be modified to suit social distancing (if needed).***

Minor - parent/guardian and contact tracing (see guidance protocols and guidelines within this plan).

Same groups for all sessions. Players arrive dressed. Exception for goalies.

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Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific and meet arena guidelines requirements.

**Phase 1: Recreational Sport Group/League**

Phase 1 (who)	NLBHA Programs and Leagues (what / where)	
Restart Leagues at M5 (10 + 1 players)	<b>M5</b> Senior Women and Senior Men. Only two teams will be present on a floor surface at a time, to limit the number of contacts. Both teams will be from the same RHA	These are restart groups. Women will restart with skills and drills on March 31. Games will start after this plan is approved. Men will restart by playing with the same team during this phase after this plan is approved. No teams will cross over with another team until after this phase.

***All programs and leagues during phase one will follow the Sport Guidelines within the recommended public health measures for these sessions.***

All the programs and leagues highlighted above will practice and play within their group (not outside of these groups). If a team moves outside of their program or league, the process is featured below. These teams will now move in Phase 2.

**Phase 2 (Combines Part A, Phase 1 and Phase 2 of this RTP Ball Hockey Plan)**

NLBHA ‘Return to Play Ball Hockey’ plan includes competition/activities/initiatives that fall within our program, league or NLBHA regular competitive schedule.

Ball hockey programs and leagues within NL operate with registered participants only. During past ball hockey seasons, teams from programs and leagues from around NL were invited to participate in a provincial competition. Recently, there have been some discussions regarding teams playing ‘friendlies or exhibition games’ under sanctioned rules and a ‘Return to Play Ball Hockey’ plan. Based on past years and our short season, the NLBHA does not anticipate a large number of exhibition games (friendlies) or mini tournaments and while exhibition games and tournaments are not permitted at this time, NLBHA will submit a plan for review and approval should exhibition games and tournaments be permitted at a later time.

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- Return to Sport Plans should include competition that would fall within an organization, team or group’s regular competitive schedule. Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific, meeting Arena Operations Guidance requirements.
- Discretion to extend phase two beyond May 9th and no later than May 30th , based on an individual program, league or team request.
- Tournaments and exhibition competitions are not permitted.
- All competitions would include those that fall within an organization, team or group’s regular competitive schedule and between teams within the same health authority region.

Phase 2 (Who)	NLBHA Programs and Leagues (What/Where)	Timeframe (When /Why)
<ul style="list-style-type: none"> <li>• Tournaments and exhibition competitions are not permitted in phase 2 and all competitions would include those that fall within an organization, team or group’s regular competitive schedule. (up to 15 + 1 players per team)</li> </ul>	<p>Only two teams will be in an arena at the same time to reduce the number of contacts. Both teams will be from the same RHA.</p>	<p>End of May – early August (develop skills and prepare for next provincial, Atlantic and national reopening events)</p>
<p>Youth Ball Hockey Leagues such as the Metro Minor Ball Hockey League and West Side United Ball Hockey (up to 15 + 1 players per team)</p>	<p>Only two teams will be in an arena at the same time to reduce the number of contacts. Both teams will be from the same RHA.</p>	<p>After the approval of this plan - during the month of May to July (develop skills and prepare for next provincial, Atlantic and national reopening events)</p>
<p>Youth Ball Hockey Programs such as CBN Stars; Bay Roberts Rovers; Stephenville; Clarenville; Labrador West (up to 15 + 1 players per team)</p>	<p>Only two teams will be in an arena at the same time and to reduce the number of contacts. Both teams will be from the same RHA.</p>	<p>After the approval of this plan - during the month of May to July (develop skills and prepare for next provincial, Atlantic and national reopening events)</p>

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		national reopening events)
Molson Senior Men (up to 15 +1 players per team)	Only two teams will be in an arena at the same time and to reduce the number of contacts. There are 4 teams in this league, all from the same RHA.	End of May @ Goulds Arena – End July (develop skills and prepare for next provincial, Atlantic and national reopening events)
Senior Women (up to 15 + 1 players per team)	Only two teams will be in an arena at the same time and to reduce the number of contacts. There may be up to 4 teams in this league, all from the same RHA.	Possible summer league @ a metro arena (develop skills and prepare for next provincial, Atlantic and national reopening events)
Corner Brook Senior Men (up to 15 +1 players)	Only two teams will be in an arena at the same time and to reduce the number of contacts. There may be up to 5 teams in this league, all from the same RHA.	Summer League at Civic Center (develop skills and prepare for next provincial, Atlantic and national reopening events)
CBN Senior Men (15 + 1 players)	Only two teams will be in an arena at the same time and to reduce the number of contacts. There may be up to 4 teams in this league, all from the same RHA.	Summer League at DCC. Start date is April 20 (develop skills and prepare for next provincial, Atlantic and national reopening events)
Men’s Masters Division (up to 15 + 1 players)	Only two teams will be in an arena at the same time and to reduce the number of contacts. There may be up to 4 teams in this league, all from the same RHA.	Summer league at Feildian Gardens. End of May to late July. (develop skills and prepare for next provincial, Atlantic and national reopening events)
<b>Phase 2 (first two weeks of a program or league) Key Messages and Points - 2021</b>		



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Tournaments and exhibition competitions are not permitted and competitions would include those that fall within an organization, team or group's regular competitive schedule. Officials and scorekeepers are permitted.

Arena roster size: 15 + 1 players will be permitted if players can maintain physical distance on benches and/or outside of benches.

Parent/guardian and contact tracing (see guidance protocols and guidelines within this plan).

Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific and meet arena guidelines requirements.

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## Phase 3 (Combines Part A, Phase 1, Phase 2 and Phase 3 of this RTP Ball Hockey Plan)

### Regional or Provincial Championships/Competition

Provincial tournaments or provincial championships are not permitted at this time. NLBHA will submit detailed information for review and approval, at such time that these activities are permitted.

### Other PSO Activities / Initiatives (e.g., Sport Camps, Canada Games Team Training)

Developmental Camps are an important component within the ‘Long Term Athlete Development’ plan for NLBHA. Development Camps are always community based and will consist of players from the same local area and Community Health Region. ***Pending guidelines and PH protocols***, an NLBHA goal this year is to host one developmental camp in the Eastern, Central and Western regions. Development Camps were hosted in Labrador for the past two playing seasons.

NLBHA will not be involved with Canada Games Team Training.

Any camps with two age groups occurring on the same day will have one camp or session finished before the next camp or session begins. There will be no crossover or 2 groups taking place at the same time at the same arena (e.g., U11 and U13). Cleaning will take place as per phase 1 & 2. ***Note: there are no camps yet scheduled on the NLBHA to date (04-12-2021). Developmental camps are still in the planning stage.***

## Phase 3 (Combines Part A, Phase 1, Phase 2 and Phase 3 of this RTP Ball Hockey Plan)

### Regional or Provincial Championships/Competition

Provincial tournaments during 2021, will be spread across several weekends due to the need for planning with teams, officials, arenas and working within public health (guidance) protocols and to safely administer these events. Due to a number of sporting events taking place during the second half of August, the NLBHA are ***seeking permission to use the weekend of August 6-8 to lighten the number of ball hockey and other sporting events taking place during each weekend of August.*** NLBHA is proposing the following dates and events that will support ball hockey players and different sports and athletes around NL. The NLBHA is assuming that a similar number of teams will register for provincials in 2021 as did in 2019.

During phase 3, spectators will follow [Arena Guidance](#), [Sport Guidance](#) and other public health protocols.

Phase 3 (who)	NLBHA Programs and Leagues (where & what)	Timeframe
Provincial Tournament (U11, U13, U15, U17, U19, Senior)	Follow Arena Guidance, Sport Guidance, other relevant public	August (see the proposed dates below)

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Women, Senior Men) using up to 16 + 2 players and up to 3 staff (2 bench staff and 1 manager – non-bench staff).	health guidance and the Return to Ball Hockey Plan. Only two teams will be in an arena at the same time to reduce the number of contacts.	
U15 & U17	Feildian Gardens & Goulds Arena	August 6-8
U11 & Senior Women	Feildian Gardens & Goulds Arena	August 13-15
U13 and U19	Feildian Gardens & Goulds Arena	August 20-22
Masters and Senior Men	Feildian Gardens & Goulds Arena	August 27-29
<b>Phase 3 (provincial tournaments) Key Messages and Points – 2021</b>		
<p>A female provincial event will be implemented if there is sufficient interest. A micro event may be included in this plan and resubmitted pending ongoing discussions with host community.</p> <p>Each host facility will contain a division, officials, scorekeepers, NLBHA resources and volunteers (switching facilities will be minimal and where possible eliminated).</p> <p>Game sheets will be limited to one team rep and officials.</p> <p>Games will be scheduled to comply with COVID-19 (variants) protocols (55 minutes to play; 1.25 hours scheduled per game)</p> <p>Rosters 16 runners + 2 goalies. Player benches at our host facilities are already extended or have an open end to spread players (Feildian Gardens and Goulds Arena).</p> <p>Two (2) days prior to the start of a provincial competition, NLBHA will host a Zoom meeting that will be <u>mandatory</u> for at least one team (staff) representative to attend for review of COVID-19 (variants) protocols and other tournament related matters. <b><i>SportNL will be invited to send a representative to attend this mandatory meeting for teams participating in a NLBHA provincially sanctioned event.</i></b></p>		

### Other PSO Activities / Initiatives (e.g., Sport Camps)

Developmental Camps are an important component within the ‘Long Term Athlete Development’ plan for NLBHA. Development Camps are community based. Participating players will be from the same local area and Regional Health Authority region. . ***Using guidelines and PH protocols***, an NLBHA goal this season is to host two community based developmental camps (in two of the Eastern, Central and Western regions). Development Camps were hosted in Labrador for the past two playing seasons (2018 and 2019).

NLBHA will not be involved with provincial selection camps, Atlantic competition (phase 4) or Canada Games Team Training sessions during the 2021 ball hockey season. There are two

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requests for participation in national tournaments. Please see the attached Return to Play Ball Hockey Phase 5 plan regarding those requests.

Developmental camps with two age groups occurring on the same day will have one camp or session finished before the next camp or session begins. There will be no cross-over taking place at the same time at the same arena (e.g., U11 and U13). Cleaning will take place as per phase 1 & 2. ***Note: there are no camps yet scheduled on the NLBHA calendar. Developmental camps require a request or application by a community. At present these are still in the planning stage and there are no developmental camps scheduled on our NLBHA calendar.***

Phase 3 (who)	NLBHA Programs and Leagues (what and where)	Timeframe (when and why)
Developmental Camps	Follow up-to-date public health guidance and this RTP plan. All participants will be from the local area / same RHA.	July – early August; skills, drills and small game scenarios. Develop skills and prepare for next provincial, Atlantic and National reopening events.
Eastern Region (venue and community is yet to be decided). Age groups will consist of up to 30 + 2 players. All players from the same RHA.	Follow public health guidance and this RTP plan. Staff and volunteers will consist of 6 or less. Staff and host volunteers will all be from the same RHA.	July – early August
Central Region (venue and community is yet to be decided). Age groups will consist of 30 + 2 players. All payers from the same RHA.	Follow public health guidance and this RTP plan. Staff and volunteers will consist of 6 or less. Host volunteers will all be from the same RHA. 1-2 staff may be from Eastern Region.	July – early August
Western Region (venue and community is yet to be decided). Age groups will consist of 30 + 2 players. All payers from the same RHA.	Follow public health guidance and this RTP plan. Staff and volunteers will consist of 6 or less. Host volunteers will all be from the same RHA. 1-2 staff may be from Eastern Region.	July – early August

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Phase 3 (developmental camps) Key Messages and Points - 2021
Developmental camps will follow all the PH guidelines and those that are promoted in Part A, Phase 1, Phase 2 and Phase 3 of this RTP Ball Hockey plan. Developmental camps will support ongoing Phase 1 and Phase 2 programs within NL communities.

The sport of ball hockey is continuing to grow. There have been some recent discussions and requests regarding teams from local regions (e.g. Bay Roberts and Harbour Grace; Mount Pearl and St. John’s) playing ‘friendlies’ under sanctioned rules and this ‘Return to Play Ball Hockey’ plan. Based on past years and our short season, the NLBHA does not anticipate a large number of ‘friendlies’. However, to prepare for such growth in our sport, the following table will guide our program and league members.

**Note:** *there are no ‘friendlies’ yet scheduled in our NLBHA calendar.*

NLBHA will encourage ball hockey sessions to be set up utilizing teams from within the same local Community Health Region or RHA.

- Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific, meeting Arena Guideline requirements
- All friendlies are between teams within the same health authority region.

Phase 3 (Who)	NLBHA Programs and Leagues (What/Where)	Timeframe (When /Why)
Friendlies for all youth programs (up to 16 + 2 players per team)	Only two teams will be in an arena at the same time to reduce the number of contacts. Both teams will be from the same RHA.	July – early August (develop skills and prepare for next provincial, Atlantic and national reopening events)

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### Phase 4 Atlantic Competition (Phase 4 may be considered if Atlantic protocols are established and supported by PH and SportNL)

- *Note: there is no scheduled or planned Atlantic event on the NLBHA calendar to date (06-18-2021).*

### Phase 5 National Competition (Phase 5 may be considered if national protocols are established and supported by PH and SportNL)

- *Note: The Canadian Ball Hockey Association (CBHA) will host a national ball hockey event for senior men, senior women and masters men (August 9-14, 2021). These sanctioned national events will be hosted by CBHA in Calgary, Alberta. Participants returning to NL would be subject to the travel restrictions in place at the time of their arrival, based on their individual vaccination status. Note: Masters' Men and Senior Men have requested permission to attend this event.*
- *Note: Youth and senior women have decided not to participate in any ball hockey events outside of NL in 2021.*

Phase 4	NLBHA Programs and Leagues	Timeframe
National Competition (Senior Men) (Black Horse – 25 max players and staff personnel)	Follow public health guidance and this RTP plan. Follow protocols established in Alberta and CBHA.	August 9-14
National Competition (Masters Men) – 25 max players and staff personnel)	Follow public health guidance and this RTP plan. Follow protocols established in Alberta and CBHA.	August 9-14

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## Appendix 1: Daily Self-Assessment Tools

If needed, “virtual and word” self-assessment tools will be shared with NLBHA minor and adult leagues and programs. [Ball Hockey NL Minor Daily Assessment Tool](#)

Some of the data that is gathered from the Minor Daily Assessment Tool that is used at Northpoint includes:

This form must be completed/submitted by a Parent/Guardian prior to entering the facility.

The questions are relevant to the player, and all members of the family "bubble". You should refrain from entering the facility if you or any member of your family "bubble" are experiencing potential COVID-19 symptoms.

This information is being collected with your consent and in accordance with PIPEDA for the purpose of compliance with the directives of the Chief Medical Officer of Health of Newfoundland and Labrador in response to the COVID-19 Public Health Emergency.

By completing this form you consent to the collection, use and disclosure of this information as directed by the Chief Medical Officer of Health or as required by law. This information will be stored securely by the NLBHA (Newfoundland and Labrador Ball Hockey Association) for 14 days from the date the form was completed, after which time it will be deleted.

Upon request, this data will also be made available to the Northpoint Sports Facility.