



# COVID-19 Exposure Control Plan

## VMHA Training Centre

It is the Vancouver Minor Hockey Association's intention to provide the healthiest and safest environment while providing ongoing hockey related training and activities for its membership. One of the VMHA's newest available tools in that respect is its new proprietary, purpose-built training centre (TC) located at 117-11568 Eburne Way, Richmond, BC. The purpose of this document is to identify the preventative measures necessary to mitigate the risks of exposure and spread as related to the COVID-19 virus.

**NOTE: Access to the Training Facility (TC) will be temporarily restricted to the lower (main) floor until further notice. Use of the gym located on the mezzanine floor is strictly prohibited.**

### 1. Allocation of Responsibilities

- a. To ensure compliance with the critical policies and protocols mandated by the various Public Health and Provincial Sport entities governing return to sports in BC, VMHA must provide guidance and enforcement of these from various levels of responsibility. These levels are as follows:
  - i. VMHA Board of Directors are responsible for the high-level creation of appropriate controls and protocols, as well as the education of its membership accordingly. More specifically, the Board member tasked with operations of a specific venue, initiative or program will be responsible for the specific dissemination of information or required education insofar as it falls within their purview.
  - ii. Training Centre Oversight – On-site execution and enforcement of all proposed programming using the TC shall be the responsibility of the Dept Head in charge of that programming, COVID-19 controls as they pertain to the programming and the instructor required to execute it. The Dept head is ultimately accountable for their instructors and to ensure protocols and policies are strictly enforced.
  - iii. On-site instructors, will be responsible for the hands-on execution and enforcement of all COVID-19 protocols. This will include completion of Instructor/Contractor Declarations, ensuring completion of the Instructor/Visitor Questionnaire, Enforcement of prescribed Social Distancing among instructors, participants and parents, use of, and enforcement of use of PPE, surface cleaning/ sanitizing as prescribed in our protocols.



## 2. Risk Identification and Exposure Treatment

- a. **Instructors or participants showing symptoms** – Many who are infected by COVID-19 have little or no symptoms. Accordingly, it is important that Instructors and visitors alike review and answer the questions on our COVID-19 questionnaire. The most common visible symptoms are similar to that of a cold or flu and include cough, fever, difficulty breathing. If any employee or visitor show any of these symptoms, they cannot enter the TC or participate in sessions. They should contact Public Health authority for further instruction.
- b. **Avoid Contaminating Items and Surfaces** – Should an employee or visitor show any symptoms once within the TC, all immediate efforts must be made to remove that individual from the premises to eliminate any further contact and possibility of transmission. All surfaces must be sanitized immediately

## 3. Controls

### a. Administrative controls

Access to the TC is ONLY ALLOWED via pre-scheduled bookings. No drop ins, NO EXCEPTIONS. Instructors are to arrive with enough time to prepare the facility for sessions and must leave upon completion and sanitation. The TC is under 24/7 video supervision. Any unscheduled visits will result in suspension of access.

### i. Standard Operating Procedures – Instructors

- a) All instructors are required to review and sign a declaration stating they have no symptoms and are fit to work
- b) The day of each work shift, instructors are to answer our COVID-19 questionnaire.
- c) All Instructors are required to wear face mask while working inside the facility. Instructors may use their own, or a mask will be provided for them on site.
- d) Instructors must follow physical distancing of 6 feet from other Instructors and visitors as well as ensure others comply with physical distancing.
- e) Instructors must wash their hands immediately upon arrival at the TC and apply hand sanitizer. This must be repeated at the end of each instruction session (approx. 30 mins). Supervisor must schedule with enough time to allow Instructors adequate time to perform this function.



**ii. Standard Operating Procedures – Visitors**

- a) Visitors (participants) will be required to review and complete our COVID-19 questionnaire. This must be done the day of each visit to the TC
- b) Participants must use hand sanitizer as they enter the premises.
- c) Participants (and parents) must always adhere to physical distancing protocols.
- d) As there is not enough room to provide physical distancing within a defined “viewing area”, parents will be discouraged from waiting inside the TC, but encouraged rather to wait in their vehicles, as the sessions are relatively short.
- e) Visitors will be given every opportunity to comply with all of our safety protocols without exception. Should anyone be unable or unwilling to comply, they must be asked to leave the premises.

**iii. COVID-19 Occupancy Load restrictions**

- a) VMHA will currently set the TC occupancy load at a maximum of 4 participants on the ice surface at once. We will also allow for an additional 2 coaches or instructors, for a total of 6 people on the ice at one time. In addition, we will allow for 4 participants in the waiting area, within socially distanced marked areas, where they can put on skates/equipment while they wait for their turn.

**iv. Facility Physical Distancing Procedures – Safe physical distancing must always be observed .**

- v. Small area Game/Practice controls** For shooting sessions, this can be easily achieved because each shooting lane separated by lowering the ceiling retractable netting. When using the facility without the separating mesh, ensure best efforts are used to keep players and instructors safely separated. Face masks and gloves must always be used by participants and instructors.

**vi. Ingress/Egress Procedures for Building**

- a) **Instructors** – will arrive with enough time to prepare the TC for the upcoming training session (retractable nets, placement of goals etc), usually 30 mins. Upon completion of the day’s session, Instructors will be expected to sanitize the high touch areas, put away equipment and vacate the premises
- b) **Visitors/Participants** – will arrive no earlier than 15 mins prior to session. U9 must be accompanied by an adult and remain within their clearly marked, physically distanced “waiting” areas to put on their skates and wait until their turn for the ice session. We ask that players go to the washroom prior to arriving at the TC. Those participants



coming off the ice surface will proceed to the “finishing” area to remove their skates. U9s must be met by an adult. Once gear is removed, participants must leave without delay.

**b. Personal Protective Controls**

- i. Breakdown of PPE Mandatory and Optional Requirements – Face masks are mandatory for all users of the TC. We encourage everyone to bring their own masks, or we will supply on-site for a nominal fee. No mask, no access.
- ii. Participants should always also wear gloves within the ice rink.

**c. Engineered Controls**

- i. Barriers/Zone Identification – Waiting area and Finishing areas will be clearly marked in order to provide physical distancing. Visitors/Participants must stay within their prescribed area as instructed.
- ii. Hand Sanitizers – will be placed at various strategic locations within the TC.

**d. Instructor Training**

- i. Maintaining adequate physical distancing while instructing
  - a) As per the Hockey Directors guidelines
- ii. Screening – Instructors/Members (Declaration/Questionnaire)
  - a) Instructors will be required to complete the Employee Declaration
  - b) Instructors will be required to complete our COVID-19 questionnaire prior to the start of their shift. They will also be expected to verify each visitor/participant has completed the COVID-19 questionnaire.
- iii. Disinfecting Responsibilities and Procedures
  - a) Instructors will be expected to sanitize the facility throughout the day when sessions are programmed. All high touch surfaces will be clearly marked and must be sanitized prior to the first session, between each session and at the end of each session day. These include (but are not limited to) boards, benches, bathroom, sink etc.
- iv. Zero Tolerance Policy – all Instructors, participants and visitors MUST comply with our protocols. Any inability or refusal to do so will immediately result in suspension of access to the TC

**e. Forms**

- iii. Instructor/Contractor Declaration
- iv. Instructor/Visitor Questionnaire



**Did you complete the VMHA Training Centre mandatory pre-screening questionnaire?  
If not, scan the following QR code:**



#### Pre-screening questions

1. Are you sick with a cold or flu or are you displaying any signs of COVID-19 and/or flu-like symptoms?
2. Do you have any of the following symptoms which are new or worsened if associated with allergies, chronic or pre-existing conditions: fever, cough, shortness of breath, difficulty breathing, sore throat, and/or runny nose?
3. Have you returned from outside the country (including Canada / USA) in the past 14 days?
4. In the past 14 days, at work or elsewhere, did you have close contact with someone who has a probable or confirmed case of COVID-19?
5. In the past 14 days, at work or elsewhere, did you have close contact with a person who had acute respiratory illness that started within 14 days of their close contact to someone with a probable or confirmed case of COVID-19?
6. In the past 14 days, at work or elsewhere, did you have close contact with a person who had acute respiratory illness who returned from travel outside of the country in the 14 days before they became sick?
7. In the past 14 days have you been directed by Public Health to self- isolate?

**If you answer “YES” to any of the above, you are not permitted to enter the facility. If you answer “NO” to all the above, you can enter the facility when instructed to do so.**