

# Hollyburn Men's Hockey Covid-19 Safety Plan

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The following rules/protocols, in addition to Hollyburn Country Club's House Rules and Club By-Laws, will be strictly enforced. Members who do not follow outlined rules/protocols will not be permitted access to the Club and/or will be asked to leave the Club immediately. Member and staff safety are paramount during these re-opening plans; your cooperation is appreciated.

Masks are required to be used at the Club except when participating in physical exercise. Please consider the safety of others and your own safety and keep your mask on when you change.

These rules apply to 3 on 3 Men's Hockey on the Small Ice and 4 on 4 Men's Hockey on the Large Ice.

## Hours of Play:

Large Ice – Monday - 8:00 p.m. to 11:00 p.m. (two games)

Small Ice – Tuesday – 9:15 p.m. to 10:30 p.m.

Large Ice - Wednesday and Thursday – 8:30 p.m. to 11:15 p.m. (two games)

Small Ice – Saturday – 7:30 a.m. to 9:45 a.m. (one game)

## Booking Procedures:

- Players must register through the Men's Hockey website - <https://mens.hollyburnhockey.com/> where games will be scheduled.
- No player can participate in a game unless they have signed-up.
- Registration will be open ten days prior to the game for Large Ice games and between five and seven days for Small Ice games.
- Players are limited to registering for one game per week on Large Ice and one game per week on the Small Ice in the seven-day sign-up period.
- Any player can sign-up to play within 12 hours of game time, regardless of previous sign-ups. Spares can only sign up from the Pod that is not scheduled to play that evening.
- A \$25 no-show fee will be charged for any player who signs off less than 24 hours prior to game time. This fee will be waived if the spot is filled by another player or if there is a medical concern.

## Member Check-In Procedure for Accessing the Club:

- Members required to check-in with Security upon arrival at gate. Members will be required to answer a series of health-related questions prior to receiving access to the Club.
- A member whose name does not show on the Men's Hockey website game booking will not be permitted to step on the ice.
- Members permitted to arrive a maximum of 15 minutes prior to ice session; members required to stay in vehicles until exactly 15 minutes to ice session.
- Members will proceed to change in the designated areas (see information under Small and Large Ice).  
**Note: dressing rooms will be closed and players will be dressing in designated areas around the ice surface or in the Turf area located in the Curling side of the Small Ice.**

### **Checking in to Play:**

- Members are required to answer the Covid-19 questions at the security gate and have their temperature taken.
- Use the hand sanitizer provided at the entrances prior to proceeding.
- Players should arrive no earlier than 15 minutes before game time.
- Masks are required to be worn at the Club except when engaged in physical activity.
- Players are responsible for keeping their distance when changing.

### **Small Ice**

- Small Ice 3 on 3 players will enter the Club through the Curling Doors on the East Side of the building and will change in the Turf area.
- There will be a maximum of 14 players signed up for each game (12 skaters and 2 goalies).
- Maximum 6 skaters and 2 goalies on the ice per game on the Small Ice.
- Players must vacate the Turf area with their bags within 15 minutes after the end of the game. No bags can be left in the change area.
- **IT IS CRITICAL THAT PLAYERS COMPLY WITH THE TIMEFRAME TO LEAVE THE TURF CHANGING AREA TO ALLOW FOR CLEANING PROCEDURES TO BE COMPLETED.**

### **Large Ice**

- Large Ice 4 on 4 players will be required to change around the ice surface.
- For the early games, enter the ice from the West door by the Zamboni entrance and change in the chairs located in the upstairs viewing gallery on the south side of the rink. Enter the ice from the visitor bench by walking around the west end of the rink on the rubber mats that have been installed.
- For the late games, enter the Large Ice from the Sports Entrance and change in the chairs located at the East end of the Large Ice. Enter the ice from the home bench.
- There will be a maximum of 18 players signed up for each game (16 skaters and 2 goalies).
- Maximum 8 skaters and two goalies on the ice per game on the Large Ice.
- Monday first game scheduled from 8:00 p.m. to 9:15 p.m. Monday second game scheduled from 9:30 p.m. to 11:00 p.m.
- Wednesday and Thursday first game scheduled from 8:30 p.m. to 9:35 p.m. Wednesday and Thursday second game scheduled from 9:50 p.m. to 11:15 p.m.

### **Playing Rules – (rules are the same for Small and Large Ice)**

- We are actively attempting to reduce physical engagement during play and maintaining as much physical distance as possible.
- No body contact – i.e. onus on both the player with the puck and defender to avoid body contact.
- No face-offs. Offside and icing rules will be followed on the large ice and administered by the Players.
- No player (offensive or defensive) is allowed to stand in the two metre circle painted on the ice in front of both nets. This area is only for skating through.
- Players are to distance on benches – maintain as much space as possible between players on bench.
- Maintain two metres of distance between players during warm-up and between games. (i.e. do not lean over the bench to talk to teammates during breaks).
- Games are the first team to score five goals. After five goals, the goalies switch teams.
- During warm-ups, players are required to be two metres apart on the ice.

**Washroom/Shower Facilities:**

- Access to showers is not available as part of Men's Hockey. Showers in other parts of the Club may be open. You are responsible for following the rules posted for those other areas of the Club.
- Washroom access available by the Sport Boutique.

**Amenities/Services:**

- If you want a towel on the bench, you must bring it from home. No towels from the Spa can be used on the benches due to Covid-19 transmission risk.
- Water fountains may NOT be available; members should bring adequate supply of water in personal water bottles.
- The Bistro, the Bar & Grill, and the Patio are available for member usage.

**Member Exit Procedure:**

- Members are required to leave the building within 15 minutes after the conclusion of their ice session. Members are to exit the Club through the same entrance they used to enter the Club.
- Members must take their hockey bag and sticks to their car when exiting. If Members are going to the Spa, Patio, Grill or Bar, they can re-enter the club using the specified entrance for those areas.

**Other Important Details:**

- Helmet and hockey gloves must be kept on at all times once entering the ice.
- Each player responsible for arriving with their own water bottle already filled up. No re-fills on site.
- No spitting.
- No spectators.

**Men's Hockey cancellation policy in effect:**

- \$25 fee if sign-off occurs less than 24 hours prior to the game time. We waive this fee if somebody signs up and plays in your place or there is a medical concern. We will be enforcing this drop-out fee.

**Health and Safety Protocols:**

- It is mandatory for Members to follow COVID signage throughout facilities; Members who do not follow rules will be asked to leave immediately.
- Masks are mandatory in the Club.
- Social/physical distancing will be strictly enforced.
- First aid onsite during Club hours.

## **TIPS AND RECOMMENDATIONS FOR MEMBER PLAY**

We strongly encourage our Men's Hockey Members to review the follow tips and recommendations outlined by Hollyburn Country Club:

### **BEFORE YOU PLAY**

Do not play if you:

- Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

### **PREPARING TO PLAY**

Protect yourself against infections:

- Wash your hands with disinfectant soap and water for at least 20 seconds before departing for the rink.
- Bring hand sanitizer.
- Sanitize/disinfect your equipment, including your hockey stick, helmet and water bottles.
- Do not share water bottles or any hockey supplies (stick tape, sock tape, wax, etc).
- Bring your own filled water bottle. Players won't have access to taps or water fountains to fill/refill water bottles.
- If you cough or sneeze, do so in a tissue or in your sleeve and wash your hands immediately.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.
- Bring your own towel.

### **WHILE PLAYING**

- As much as possible, keep a 2-metre distance with other players.
- Avoid all physical contact, for example shaking hands or body contact/checking, with other players.
- Avoid touching your face or removing your helmet while on the ice surface.
- Stay on your side of the ice.

### **AFTER PLAYING**

- Leave the rink immediately within the 15-minute window after you finish playing.
- Do not leave your hockey bag anywhere but in your car after playing.
- Showers are available in the Men's Spa, however, please take your hockey bag to the car prior to showering.

## FREQUENTLY ASKED QUESTIONS

1. Can I drop-in to play hockey?  
*No, players must sign up using the Men's Hockey website.*
2. How many times a week can I play?  
*Members will be able to sign up for two sessions a week. If openings are available 48 hours prior to game time, any player can sign-up.*
3. Will there be first aid onsite?  
*Yes, first aid will be onsite during Club hours.*
4. What facilities (washrooms/showers) will be available?  
*No shower facilities will be available in hockey dressing rooms. Washrooms will be available by the Sport Boutique. Showers may be accessible in the Mens' Spa. The Spa Guidelines must be followed to use this area.*
5. Will there be towel service for games?  
*No, members are required to bring their own towels. Towels are available in the Men's Spa but must not be taken to the ice surface.*
6. Are members required to play with gloves and masks?  
*No, members are not required to play with masks but are required to keep hockey gloves and helmets on the entire time on the ice.*
7. What happens when I see Members not following the Club's strict social distancing rules?  
*Members not following social/physical distancing rules will be asked to leave the Club immediately. Please let staff know if Members are not abiding by Club rules.*
8. What cleaning products is the Club using to sanitize high touch point areas?  
*All cleaning products being used are quaternary disinfectants which are recognized by Health Canada as being effective against encapsulated viruses, such as COVID-19.*
9. Will Members have access to the Clubhouse?  
*No, Members will NOT have access to the Clubhouse from the small ice. The Bistro is open and accessible around the outside of the Club. The Bar & Grill is accessible through the main entrance. No hockey equipment may be worn in the Bar & Grill.*
10. Will these procedures be in place for the Fall and Winter?  
*Not necessarily. We will monitor our internal procedures as well as the information made available from the government and health authorities. Adjustments will be made to the restrictions and programming as the months unfold.*