



RETURN TO HOCKEY PLAN

Updated June 18th, 2020



This plan will be appended to Hockey Canada's guide and will serve as its provincial version.

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INTRODUCTION

The current conjuncture is developing daily and differently between regions, which means that this Return to Hockey Plan presented to governmental entities is constantly evolving. This plan aims to prepare our members for the return to hockey in the context of a pandemic.

Divided in six phases, the plan targets not only the development of young players' skills, but also the enjoyment derived from playing and being active. We are very conscious of the fact that young hockey players will feel a great urge to return to their favourite sport after taking a much-extended break from it. All phases are of variable lengths and each phase has its own specific objective that will progressively lead to a return to hockey with full teams (phase 6). Approval from the Federation will be required before being able to move on to the next phase.

An official guide to understanding these different rules (social distancing and health/hygienic measures) as well as specific orders to follow during each phase will be sent out to the various regions, associations/organizations, participants, parents and infrastructures before the phases are enacted.

The plan will be re-evaluated and adjusted in accordance with the evolution of available information over time. Public health guidelines (social distancing rules and health/hygienic measures) have created a new reality in which the practice of our national sport needs to be temporarily adapted in order to control the spread of COVID-19. Adhering to these guidelines is necessary and Hockey Québec, using all its resources, is able to adapt to respect them.



The changes made to this Return to Hockey Plan since its last version have been identified by blue underlining as well as a Hockey Québec logo in the margin.

Hockey Québec is conscious of the fact that its 14 regions present different realities and that these circumstances could affect the return to hockey. In order to guarantee the success of this recovery plan and get through the current crisis, we will have to work in a proactive and critical manner in order to rethink and innovate our usual work methods and ways of doing things.



The information presented in this document takes into account the situation and operative guidelines as of June 18, 2020. All additional public health directives will be studied and integrated into the plan.

** Please note that this plan will be appended to the Hockey Canada guide and will serve as its provincial version.*

A. Benefits of sports

Through this Return to Hockey Plan, the Federation gives young players an opportunity to be active and practise their favourite sport. Hockey Québec also endeavours to fight some of the negative collateral effects associated with the confinement, including anxiety, stress, depression and isolation.

Numerous studies have demonstrated the importance of physical activity on the physical and mental health of children and teenagers (*Colley, Carson and Guarriguet, 2017*).¹ This notion is especially important during the period of confinement our youths are currently experiencing.

Playing a moderate to high-intensity sport at an amateur level has beneficial effects on cardiovascular health and maintaining a healthy weight. Beyond the physical benefits, *Poirel (2017)*² gathers an array of studies demonstrating the importance of physical activity on mental health in Québec.

Amateur sporting activity also contributes to the well-being of communities (*Conference Board of Canada, 2005*).³ It creates a sense of belonging, reduces public health costs, contributes to the reduction of delinquency and tobacco use, supports academic success, and facilitates the inclusion of new residents.

Sports are also an important part of Québec's economy, as they create jobs and have significant economic impacts on its regions. The economic burden resulting from the physical inactivity in Québec is too great to be ignored (*SportsQuébec, 2004 & 2010*).⁴

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B. Current situation

At this time, Québec has identified numerous cases of individuals infected with COVID-19, a large number of which have already recovered. Social distancing of one meter for children 16 years old and under and of two meters for those aged 17 years and up is required to avoid the spread of the virus. Gatherings, especially indoors, of 50 people or less are now allowed. Non-essential interregional travel is still limited or prohibited. Restrictions on sports are starting to be lifted.

C. Approach and objective of the Plan

Hockey Québec has designed a Return to Hockey Plan in collaboration with its members and partners. Seven working committees and a broad consultation extended to the members of the Federation (jesuggere@hockey.qc.ca) were established in order to collect suggestions. After consultation, returning to the game appears to be unanimously necessary, as does doing so without minimizing health and safety factors for our players, their families, and all intervening members.

¹ Colley R.C., V. Carson, D. Garriguet et al. (2017). *Physical activity of Canadian children and youth, 2007 to 2015. Health Reports.* 28(10), 8-16.

² Conference Board of Canada (2005). *Strengthening Canada: The Socio-economic Benefits of Sport Participation in Canada.*

³ Poirel, E. (2017). *Psychological benefits of physical activity for optimal mental health. Santé mentale au Québec, 42 (1), 147–164.* <https://doi.org/10.7202/1040248ar>

⁴ Sports-Québec (2004). *Le sport et l'activité physique pour que le Québec se porte mieux. Brief presented as part of the Forum des Générations.*

⁵ Sports-Québec (2010). *Analyse économique du système sportif fédéré québécois. From <http://www.sportsquebec.com/admin/Browse/files/PDF/publications/modelesportquebec.pdf>*

Given the aforementioned factors, our Return to Hockey Plan relies on an array of consultations and studies that demonstrate the importance of amateur sports for the health of young players and communities. Returning to hockey is essential for the well-being and health of Quebecers, and it is possible to adapt our sport temporarily to fulfill the new governmental requirements and recommendations.

Hockey Québec has designed this plan in accordance with current public health standards and rules. Dr. Michel Loyer, medical advisor for the Federation, has also been consulted before submitting this plan to the Direction du sport, du loisir et de l'activité physique of the Ministry of Education and Higher Education.

RETURN TO HOCKEY

A. Timeframe

Hockey Québec will adapt its Return to Hockey Plan to take into account the characteristics of its regions and the regional governments' public health regulations.

** Begins and ends according to public health guidelines.*

B. Role of the Federation

The role of the Federation is to regularly communicate information to its members and provide them with the necessary tools (guides) to ensure the proper comprehension and full application of its Return to Hockey Plan.

Hockey Québec is the entity in charge of ensuring its Return to Hockey Plan is respected and well implemented. To do so, the Federation must offer constant support to all its members.

The Federation will make adjustments to its regulations and codes of ethics in order to adapt to the evolving reality of COVID-19.

JURISDICTION OF HOCKEY QUÉBEC

- A. Hockey Québec is the only entity responsible for the interpretation and implementation of its Return to Hockey Plan as well as Hockey Canada's plan throughout its territory and with all its members, in accordance with general regulations.
- B. For the purposes described in the point above, Hockey Québec is responsible for taking all necessary measures to ensure public health rules are respected within the implementation of its Return to Hockey Plan.

C. Role of the region

The region is an extension of Hockey Québec and acts as an ambassador of its Return to Hockey Plan and concept. It selects an individual in charge of implementing the full Return to Hockey Plan and following up on its application with its associations/organizations.

The region makes sure to regularly distribute any information and communication relating to Hockey Québec's Return to Hockey Plan with its members.

The region must ensure that the Return to Hockey Plan is respected by its leagues when the time comes.



D. Role of the association/organization

Following COVID-19 public health guidelines

The associations/organizations MUST select at least two individuals in charge of COVID-19 health/safety to implement and fully apply the Return to Hockey Plan.

Responsibilities of the individuals in charge of COVID-19 health/safety

- The individuals in charge of COVID-19 health/safety for the association/organization must ensure that the measures of the Intervention Guide are implemented and followed.
- If need be, they must communicate with their region and Hockey Québec.
- They should be in direct communication with the participants and/or the parents depending on the situation.
- They must work with the infrastructure managers to make sure applicable social distancing and health rules are implemented and followed.
- They must keep a registry of participants' attendance at each activity in order to be able to refer to them if needed.
- They must ensure the confidentiality of all files related to COVID-19.
- They must make sure the INTERVENTION GUIDE's measures are implemented should a member contract the virus or present symptoms.

Intervention Plan

Hockey Québec will communicate its intervention plan (some elements of which are mentioned in the guidelines for associations/organizations below regarding social distancing and health/hygiene measures) to its members in order to define the guidelines to follow if a member should contract the virus or present symptoms. This plan will also include the social distancing and health/hygiene measures that players, coaches, officials, administrators, parents and chaperones must follow.

Confidentiality is essential and must be respected by all association and organization members regarding all files, including those related to COVID-19.

Implementation of the Return to Hockey Plan

The associations/organizations must maintain constant communication with parents in order to ensure that the Return to Hockey Plan is fully understood by all members, which includes sharing communications from the Federation.

What's more, we recommend planning information sessions organized by the association/organization on-site at the participants' arrival or by videoconference with the mandatory attendance of the participants, parents and personnel of the implicated associations/organizations.

Communications must be disclosed through the use of all available platforms in order to reach the maximum number of people.

The associations/organizations must ensure the implementation of the Return to Hockey Plan.

The associations/organizations and infrastructures must work together before and during each phase in order to ensure the implementation of the Return to Hockey Plan.

E. Role of infrastructures

Sports infrastructure managers (of arenas or other infrastructures) have the responsibility of complying with required public health guidelines. They are also responsible for deciding if locker rooms and showers should be accessible to participants, depending on their capacity to disinfect them. They must work together with associations/organizations and the individuals in charge of COVID-19 health/safety.

The infrastructure manager is responsible for ensuring that the establishment respects public health rules regarding health/hygiene.

F. Insurance

In order to be covered by Hockey Canada's insurance policy and RLSQ's administrator/volunteer insurance policy, the associations/organizations must register all of their members in Hockey Canada's registration system (HCR).

They must also make sure they meet the following conditions:

1. Meticulously follow and apply the Federation's Return to Hockey Plan;
2. Have all participants, administrators and parents sign the relevant risk recognition and ethics codes.

The associations/organizations must check in with their infrastructure manager to ensure that their ice rental contract and rental contracts for other spaces include a clause that covers health regulations.

1. Hockey Canada insurance policies

No exclusion for communicable diseases was included in the Commercial General Liability (CGL) insurance policy for participants. It should be noted that the CGL insurance policy in effect expiring on September 1st, 2020, also DOES NOT include this exclusion. We now have confirmation that our insurers will NOT include such an exclusion before September 1st, 2023, at the earliest.

2. RLSQ insurance policy – Administrators/volunteers

Regarding the liability insurance policy for administrators and directors, the insurer has not announced that it will stop or suspend insurance protections, even starting from the beginning of the pandemic.

The federation's activities are the ones that were, or are still, on hold, as they are prohibited by governmental authorities. The insurer will consider these activities incrementally covered, without further notice, as restrictions are lifted.

It goes without saying that all health-related rules and instructions mandated by governmental authorities, all safety regulations, as well as the Federation's Return to Hockey Plan must be respected during the return to activities. Otherwise, we could not be covered by the insurer.

G. Setup



1. Groups/teams/reduced teams

The groups/teams will be organized in accordance with the territory rules already defined for associations/organizations. The only groupings allowed for phases 1 through 5 are those already recognized by associations/organizations so long as they respect public health regulations when moving from phase to phase, contingent on the approval of Hockey Québec.



2. In order to allow as many members as possible to practice hockey while still respecting public health guidelines, we recommend organizing reduced groups/teams for phases 2 through 5. The return to full teams would only happen during phase 6.

3. Registration fee

Economic situation

We realize that the pandemic has created a great amount of financial instability and that the amounts allocated to sports and recreation are or will be lessened. Given this situation, all administrators must review their expenses in order to determine which ones are necessary to ensure a successful return to hockey based on the phases outlined in this document.

The administrators must therefore switch to ESSENTIAL SERVICE mode and adapt their registration fees to the new reality. For each expense, we have to ask ourselves the following question: “is it really necessary?”

How can you determine the registration fee for the season?

We recommend that associations/organizations adopt a fee structure based on service offering. This approach will reduce the treatment of refund requests, if any. Each organization must define its service offering in accordance with the Return to Hockey Plan presented in this document.

Each level should start a review process of its non-essential expenses.

Refunds

Relevant refund rules remain applicable for each association/organization. Determining refund policies and communicating them to parents is essential.

Team budget

It is strongly recommended not to have a team budget before phase 6 is enacted or tournaments are permitted.

Registration process

In order to respect social distancing rules and avoid unsupervised groupings, registration will be done online using the Hockey Canada registration system (HCR). If an association/organization is used to registering members through a municipal online system, it will be able to continue doing so. However, we recommend checking in with the municipality to make sure that online registration is available and that recognition and ethics codes are signed.



MANDATORY SOCIAL DISTANCING RULES APPLICABLE TO ALL PARTICIPANTS AND CHAPERONES



A. 1 meter rule for those 16 years old and under and 2 meter rule for those 17 years old and up

A distance of one meter for participants aged 16 and under and of two meters for participants aged 17 and up is currently required by public health rules. This rule is mandatory at all times, as much for participants as for chaperones. Wearing a face mask is strongly recommended for adults. Face masks become mandatory when the two-metre distance cannot be respected. Face masks may be required by the infrastructure.

B. Directives for infrastructures

Infrastructures must adhere to social distancing rules and work together with the association/organization to respect guidelines. They have the responsibility of clearly displaying all necessary signage required by public health regulations. Hockey Québec recommends participants put on their skates in open spaces when locker rooms are unavailable.



The infrastructure bears the responsibility of deciding whether locker rooms and showers should be available to participants, depending on its capacity to disinfect them.

C. Directives for associations/organizations

It is the association/organization's responsibility to ensure social distancing rules are respected at all times by participants and chaperones. If the rules are not respected, the association/organization has the right to intervene.

Before the activity/when participants and chaperones arrive at the infrastructure:

- The association/organization welcomes participants and chaperones and directs them according to the guidelines laid out by the association/organization and the infrastructure.

During the activity:

- The association/organization designates the group or team's coach to regularly remind participants of social distancing rules.

After the activity:

- The association/organization makes sure that all participants and chaperones leave the infrastructure immediately after the activity and follow the directives laid out by the association/organization and the infrastructure.
- A period of time should be planned to avoid the overlapping of groups at the entrance and exit.

D. Directives for participants**Before the activity/when arriving at the infrastructure:**

- Carpooling is not recommended. In the event no other option is available, the passenger must be seated in the back seat and must wear a mask.

E.

- In order to avoid gatherings and respect social distancing rules, and when locker rooms are not available, participants must put on their equipment at home before heading to their activity. Participants, including goal keepers, may finish putting on their gear inside the infrastructure in this case.
- Participants must only enter the infrastructure at the authorized specified time.

During the activity:

- No physical contact is tolerated among participants (phases 1 to 5 inclusively).
- Wearing a mask is mandatory for coaches behind the players' bench.
- For all other participants of adult age, wearing a mask is recommended.

After the activity:

- The participant must leave the infrastructure immediately after the activity.

F. Directives for chaperones**Before the activity/when arriving at the infrastructure:**

- When locker rooms are unavailable, parents have the responsibility of making sure their children put on their equipment before going to the activity (phases 1 to 5 inclusively).
- Carpooling is not recommended. In the event no other option is available, the passenger must be seated in the back seat and must wear a mask.
- In order to avoid gatherings and respect social distancing rules, given the 50-person rule and depending on the capacity of the infrastructure, it may be required for just one chaperone to be present per player during hockey activities. He or she must use the entrance and exit identified by the infrastructure.
- Chaperones should drop participants off at the participant entrance identified by the infrastructure.

During the activity:

- Chaperones enter the premises at the start time of the activity. For M7 (Pre-novice) and M9 (Novice) divisions, chaperones may enter the premises 10 minutes prior in order to get their children's skates on only within the space provided for this purpose by the infrastructure.
- Chaperones must also respect the two-metre rule, as well as the health/hygiene rules mentioned below.

After the activity:

- Immediately after the activity is over, in order to avoid groupings and minimize the number of people in the area, chaperones must immediately leave the infrastructure and wait for the participants in their cars. For M7 (Pre-novice) and M9 (Novice) divisions, chaperones can stay to help their children take their skates off only within the space provided for this purpose by the infrastructure.

MANDATORY HEALTH/HYGIENE RULES APPLICABLE TO ALL PARTICIPANTS AND CHAPERONES

A. COVID-19 health regulations

Currently, the Government of Québec requires individuals frequenting public spaces to respect the following rules:¹

- Wash your hands often with soap under warm water for at least 20 seconds.
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Follow hygiene rules while coughing or sneezing: cover your mouth and nose with your arm (crook of the elbow) in order to limit the spread of germs. If you use a paper tissue, throw it away as soon as possible and wash your hands afterward.
- Avoid direct contact when greeting others, including shaking hands. Favour using alternative practices.
- As much as possible, maintain a two-metre distance (around 6 feet) with other people that do not live under your roof.
- If you are sick, stay home and avoid contact with people that are at risk, including the elderly, those who have a weakened immune system, and those who have a chronic illness.

B. Directives for infrastructures

Infrastructures must apply the appropriate health/hygiene rules. They have the responsibility of obtaining the necessary material to ensure public health guidelines are respected.

Hockey Québec strongly recommends that infrastructures develop a rigorous disinfecting routine.

The infrastructure bears the responsibility of deciding whether locker rooms and showers should be available to participants, depending on its capacity to disinfect them.

C. Directives for associations/organizations

The association/organization has the responsibility of ensuring health/hygiene rules are respected at all times. If these rules are not followed, the association/organization has the right to intervene.

Before the activity/when participants and chaperones arrive at the infrastructure:

- It is the association/organization's responsibility, by way of the individuals in charge of COVID-19 health/safety, to ensure that required health/hygiene rules are implemented by the infrastructure.

¹ Government of Québec, 2020. General information about coronavirus disease (COVID-19). <https://www.quebec.ca/en/health/health-issues/a-z/general-information-about-coronavirus/>

- The association/organization welcomes the participants and chaperones entering the infrastructure and makes sure, through a questionnaire*, that they do not present any COVID-19 symptoms and haven't been in contact with a person that has tested positively or that has been identified as probably being infected with COVID-9.

** The questionnaire will be included in the guides sent out by Hockey Québec for each phase.*

During the activity:

- The coach must regularly remind the participants of the health/hygiene rules.
- If a participant presents potential COVID-19 symptoms during the activity, the individuals in charge of COVID-19 health/safety have the responsibility of isolating the participant in a room* until he can be collected by a parent or chaperone and immediately leave the premises. An incident report must be filled out.

** The room must be disinfected before being used again.*

After the activity:

- When the association/organization is advised that a participant has tested positively or was identified as probably being infected with COVID-19 and that participant has taken part in an activity, the individuals in charge of COVID-19 health/safety have the mandatory responsibility of advising all participants that were present during the activity and all those that could have been in contact with the aforementioned participant by way of email or phone.
- Before reintegrating participants in activities, the association/organization must receive a medical certificate testifying to the fact that they are able to return to the sport.

REMINDER: Confidentiality is of the utmost important and must be respected by all members of the association/organization regarding all files, including those relating to COVID-19.

All those who have been in contact with a person that has tested positively or has been identified as probably being infected with COVID-19 must stay in preventive quarantine for 14 days, as requested by public health authorities.

D. Directives for participants

Participants must respect the aforementioned health/hygiene rules at all times.

Before the activity/when arriving at the infrastructure:

- Participants showing potential COVID-19 symptoms must stay home and notify the individuals in charge of COVID-19 health/safety.
- When arriving at the infrastructure, participants must wash their hands.

During the activity:

- All participants must have their own clearly identified water bottle, towel, tape, etc.
- No equipment sharing is permitted.

After the activity:

- Participants may not take showers unless the infrastructure has granted access to locker rooms and showers.
- Participants must immediately leave the infrastructure after the activity.
- When exiting the infrastructure, participants must wash their hands.

**E. Directives for chaperones**

Chaperones must follow the health/hygiene rules mentioned above at all times.

Before the activity/when arriving at the infrastructure:

- Parents have the mandatory responsibility of keeping their children at home if they show potential symptoms of COVID-19 and advising the individual in charge of COVID-19 health/safety.
- Chaperones showing potential symptoms of COVID-19 must remain at home.
- Chaperones must wash their hands when entering the infrastructure.

During the activity:

- Chaperones must respect the health/hygiene rules mentioned above at all times.

After the activity:

- When exiting the infrastructure, chaperones must wash their hands.
- Parents are responsible for cleaning and disinfecting their children's equipment after each activity and/or use.

PROTECT YOURSELF!



Cough into your sleeve



Throw away used tissues



Wash your hands



Keep your distance
1 à 2 mètres



Québec.ca/coronavirus

Toll free: 1 877 644-4545



Votre gouvernement



Québec

RETURN TO HOCKEY PHASES (1 TO 6) OF VARIABLE LENGTHS

Before the beginning of each phase, Hockey Québec will send out a guide as well as the tools necessary for practices and games to regions, associations/organizations, players, coaches, officials and parents.

Before moving on to the next phase, the association/organization must receive the Federation's approval.

Training for groups/teams

To avoid young players being exposed to numerous participants and to reduce the risk to COVID-19, creating groups/teams before starting activities is encouraged.

In order to get groups/team of the same level, we recommend using the previous season's evaluations or teams as a basis point. Creating the groups/teams at the start of the return to hockey process also fosters team unity and a sense of camaraderie.

Phase 1 – Supervised outdoor practices

A. Physical preparation



Before various infrastructures reopen, it will be possible to organize supervised outdoor activities that respect pandemic-related governmental guidelines and physical distancing rules by using reduced groups and organizing physical preparation sessions or specific exercises related to handling, controlling and shooting the puck on synthetic and other surfaces.

Sessions must be supervised by an individual chosen by the association/organization.

What's more, we recommend scheduling information sessions organized by the association/organization by videoconference and requiring the mandatory participation of parents and the involved associations'/organisations' personnel. The main objective is to explain the main operating rules and hygiene measures that will be put into place to ensure the safest possible supervised environment for participants and personnel.

The maximum number of participants and facilitators in outdoor activities will depend on established governmental rules in order to ensure the health and safety of all those involved.

Phase 2 – Adjustment of groups/teams

A. Evaluation of players on ice



It will be possible to adjust the composition of groups/teams to better balance them. At later stages, the transfer of participants from one group/team to another will no longer be allowed, except for goal keepers.

The number and length of on-ice activities can be modulated depending on the availability of the associations/organizations' ice times and applicable health regulations.

1. Format

- Workshop exercises, divided by ice section, will be favoured because of the ability to work in smaller groups while respecting distancing rules.
- Maximum use of on-ice space in order to allow appropriate distancing between participants.
- Removal of waiting lines during exercises.

2. Logistics

- Participants must arrive with their equipment already on 10 minutes before the beginning of their activity, if locker rooms are not available. If necessary, skates may be put on inside the infrastructure within the designated area, while respecting distancing rules. Goalkeepers will also be able to put on some parts of their equipment upon their arrival.



B. Number of participants

The maximum number of participants and facilitators will depend on the infrastructure and Hockey Québec's Return to Hockey Plan in order to ensure the health and safety of all those involved.



C. Classes and groups/teams

Hockey Québec recommends using its classification table included in its administrative regulations for M9 (Novice) (4 vs. 4) and M11 (Atom) to Junior (5 vs. 5) divisions. For the formation of M11 (Atom) to Junior (4 vs. 4) groups/teams, we recommend dividing the groups/teams in 3 classes. Class 1 is made up of the highest-caliber participants.

M11 (Atom) to Junior groups/teams must respect the maximum allowed number of participants in order to follow physical distancing rules in the locker rooms and the players' bench. Groups/teams will be adjusted in preparation of phases 4 and 5:

- 8 to 10 players +1 goal keeper (1 meter physical distancing rule for players 16 years old and under)
- 8 players +1 goal keeper (2 meter physical distancing rule for players aged 17 and up)

For the M9 (Novice) division, groups/teams of 8 players + 1 goal keeper.

For group/team evaluations, a maximum of two groups/teams and 4 facilitators will be allowed.

D. Directives for coaches

Coaches must arrive 20 minutes before the beginning of the activity in order to supervise and oversee participants when they arrive. They must arrive at the infrastructure prepared.

Coaches oversee participants at their arrival and until their departure and ensure that social distancing rules and health/hygiene measures are respected by the participants within the infrastructure. They must also avoid physical contact and closeness with the participants (for example, during an on-ice intervention with a participant).

Coaches must bring their own equipment (electronic whistle, cones, pucks, board, pen, etc.). The sharing of equipment will not be tolerated.



Phase 3 – Supervised practices for individual skills

A. Organization and content of practices

On-ice activities are authorized if they follow government-mandated rules. A restricted number of participants and facilitators is allowed on the ice.

Tools and a guide that support adequate exercises will be available (Hockey Canada, Hockey Québec). We encourage associations/organizations to implement sessions organized as specialized workshops: skating, skills, goalkeeper within the group/team, etc. It is recommended that specialized coaches collaborate in implementing these workshops while respecting the Federation's rules and operative public health guidelines.

Content

- Exercises for the development of individual skills
- Skating session
- Session with specialized coaches
- Specific session for goalkeepers

Format

- Exercises divided in workshops and ice sections are favoured in order to practice within smaller groups and respect social distancing.
- Maximum use of space in order to allow appropriate distancing between participants.
- Removal of waiting lines during exercises.

Logistics

- Participants must arrive with their equipment already on 10 minutes before the beginning of their activity, if locker rooms are not available. If necessary, skates may be put on inside the infrastructure within the designated area, while respecting distancing rules. Goalkeepers will also be able to put on some parts of their equipment upon their arrival.

Tim Hortons MAHG program

- The Tim Hortons MAHG program for M7 (Pre-novice) and M9 (Novice) groups will be adjusted to meet established public health rules.

B. Individual competitions (skill contests)

Skill tests will be offered in the exercise guide. It will be possible for the associations/organizations to set up skills contest while respecting pandemic-specific guidelines.

C. Number of participants



The maximum number of participants and facilitators will depend on the infrastructure and Hockey Québec's Return to Hockey Plan in order to ensure the health and safety of all those involved.

We recommend the following depending on the infrastructure:

- 8 to 10 players +1 goal keeper (1 meter physical distancing rule for players 16 years old and under)
- 8 players +1 goal keeper (2 meter physical distancing rule for players aged 17 and up)

For the M9 (Novice) division, groups/teams of 8 players + 1 goal keeper.

For the M7 (Pre-Novice) division, groups/teams of 8 players.

For practices, a maximum of two groups/teams and 4 facilitators will be allowed.

D. Directives for coaches

Coaches must arrive 20 minutes before the beginning of the activity in order to supervise and oversee participants when they arrive. They must arrive at the infrastructure prepared.

Coaches oversee participants at their arrival and until their departure and ensure that social distancing rules and health/hygiene measures are respected by the participants within the infrastructure. They must also avoid physical contact and closeness with the participants (for example, during an on-ice intervention with a participant).

Coaches must bring their own equipment (electronic whistle, cones, pucks, board, pen, etc.). The sharing of equipment will not be tolerated.





Phase 4 – 5 vs. 5 or 4 vs. 4 supervised games within the MHA/organization



A. Supervised games

During phase 4, intra-association supervised games will take place using a 5 vs. 5 or 4 vs. 4 format.

For the M7 (Pre-novice) division, games will take place widthwise using a 4 vs. 4 format. For the M9 (Novice) division, games will take place on half-ice using a 4 vs. 4 format. For M11 (Atom) to Junior divisions, the associations/organizations will have the possibility of playing on the full surface using a 5 vs. 5 or 4 vs. 4 format. However, the capacity to respect social distancing rules in the locker rooms and the players' bench will be the determining decision factor.

The objective of this phase is to have the facilitators and participants play and familiarize themselves with the adapted regulations and public health rules in effect in order to facilitate a potential transition into regional games.



B. Adapted regulations

Hockey Québec will communicate its adapted regulations and procedures (supervised games). The following main points will be addressed:

For supervised games – M7 (Pre-novice) 4 vs. 4:

- Games take place widthwise on the rink.

For supervised games – M9 (Novice) 4 vs. 4:

- Games take place on half-ice.
- M9 (Novice) regulations apply.

For supervised games – M11 (Atom) to Junior, 5 vs. 5 or 4 vs. 4:

- Games take place on the full surface of the rink.
- Checking and physical contact are not allowed.
- No statistics are recorded.
- The length of the supervised game can be adjusted depending on the associations/organizations ice time availability and applicable health guidelines.
- Handshaking before and after the supervised game is not allowed.
- After a goal is scored the game resumes starting from behind the net.
- Players should not remain in the goalkeeper's semicircle.
- If a penalty is given out, a penalty shot will take place to avoid sending players to the penalty bench.

During all games, participants must respect the visual markers set up on the players' bench to ensure that social distancing measures are followed.



C. Number of participants

We recommend the following depending on the infrastructure:

- 8 to 10 players +1 goal keeper (1 meter physical distancing rule for players 16 years old and under)
- 8 players +1 goal keeper (2 meter physical distancing rule for players aged 17 and up)

For the M9 (Novice) division, groups/teams of 8 players + 1 goal keeper.

For the M7 (Pre-Novice) division, groups/teams of 8 players.

For practices, a maximum of two groups/teams and 4 facilitators will be allowed.

D. Directives for coaches

Coaches must arrive 20 minutes before the beginning of the activity in order to supervise and oversee participants when they arrive. They must arrive at the infrastructure prepared.

At least one (1) coach per group/team must be present on the ice to supervise the game. A maximum of two (2) coaches is allowed on the ice.

Coaches oversee participants at their arrival and until their departure and ensure that social distancing rules and health/hygiene measures are respected by the participants within the infrastructure. They must also avoid physical contact and closeness with the participants.

Coaches must bring their own equipment (electronic whistle, cones, pucks, board, pen, etc.). The sharing of equipment will not be tolerated.

E. Officials and minor officials (no officials for this phase)

Implementation of a game format that is simplified, recreational and geared toward the enjoyment of playing. Coaches play the role of animators in this context.

The responsibilities of coaches/animators involve making sure health rules and adapted regulations are respected.





Phase 5 – 5 vs. 5 or 4 vs. 4 games within a region



A. Approval required from Hockey Québec

A verification process will have to be set up within the regions in order to ensure that all updated health rules and adapted regulations are respected.



B. Adapted regulations

Hockey Québec will establish regulations adapted to the prevailing COVID-19 situation at that time. The regulations of this phase will follow Hockey Québec's Return to Hockey Plan as well as all applicable public health guidelines and recommendations.

For games – M7 (Pre-novice) 4 vs 4:

- Games will take place widthwise on the rink and remain within the association.

For games – M9 (Novice) 4 vs 4:

- Games take place on half-ice.
- M9 (Novice) regulations apply.

For games – M11 (Atom) to Junior, 5 vs 5 or 4 vs 4:

- Games take place on the full surface of the rink.
- **Checking and physical contact are not allowed.**
- No statistics are recorded.
- The length of the game can be adjusted depending on the associations/organizations' availability of ice times and applicable health guidelines.
- Handshaking before and after the supervised game is not allowed.

The objective of this phase is to encourage games against other associations/organizations. However, the associations/organizations that wish to continue playing intra-association games only will be allowed to do so.

This phase is also designed to prepare participants and facilitators for phase 6 of the plan, which consists in returning to a normal competition format with full teams.



C. Game play

During phase 5, regional games following a 5 vs 5 or 4 vs 4 format will be considered exhibition games. No statistics will be recorded.

For the M7 (Pre-novice) division, games will take place widthwise using a 4 vs 4 format. For the M9 (Novice) division, games will take place on half-ice using a 4 vs 4 format. For M11 (Atom) to Junior divisions, the associations/organizations will have the possibility of playing on the full surface using a 5 vs 5 or 4 vs 4 format. However, the capacity to respect social distancing rules in the locker rooms and the players' bench will be the determining decision factor.

**D. Number of participants**

We recommend the following depending on the infrastructure:

- 8 to 10 players +1 goal keeper (1 meter physical distancing rule for players 16 years old and under)
- 8 players +1 goal keeper (2 meter physical distancing rule for players aged 17 and up)

For the M9 (Novice) division, groups/teams of 8 players + 1 goal keeper.

For the M7 (Pre-Novice) division, groups/teams of 8 players.

For practices, a maximum of two groups/teams and 4 facilitators will be allowed.

E. Directives for coaches

Coaches must arrive 20 minutes before the beginning of the activity in order to supervise and oversee participants when they arrive. They must arrive at the infrastructure prepared.

Two (2) coaches per group/team must be present behind the bench during the game.

Coaches have the responsibility to collaborate with officials to ensure adapted regulations are respected. Coaches oversee participants at their arrival and until their departure and ensure that social distancing rules and health/hygiene measures are respected by the participants within the infrastructure. They must also avoid physical contact and closeness with the participants.

During practices, coaches can gradually integrate individual and team tactics exercises. Checking and physical contact remain prohibited.

Coaches must bring their own equipment (electronic whistle, cones, pucks, board, pen, etc.). The sharing of equipment will not be tolerated.

F. Directives for officials and minor officials

Hockey Québec will communicate specific guidelines and regulations related to COVID-19, for example regarding the use of electronic whistles, to officials so they may get acquainted with them.

In order to inform all officials within the province, targeted training sessions and informational videos will be prepared and available online as a way to ensure the transmission of all new directives related to rules and the respect of public health guidelines.



RETURN TO HOCKEY – FULL TEAMS

Hockey Québec will communicate an official explanatory guide outlining the various health regulations in effect, as well as applicable guidelines specific to regions, associations/organizations, leagues, players, coaches, officials and parents before the beginning of this phase.

Before returning to full teams, the association/organization must ask for the Federation's approval.

Phase 6 – Return to hockey (full teams – competition)

A. Approval required from Hockey Québec

Upon the request of the association/organization, a verification process will have to be set up in order to ensure that all adapted regulations are respected.

B. Team formation

No selection camps will be allowed. The associations/organizations will have to use the previous phases in order to evaluate players and form teams.

C. Games outside of Québec

The participation in games outside of Québec could be authorized starting from phase 6. A travel permission request will have to be submitted to Hockey Québec, according to regulations.

D. Directives for leagues

Leagues will not be able to start their operations before phase 6 of the Return to Hockey Plan.

Leagues will have to review their operating process as follows:

- Minimize team travel from one municipality to another.
- Take into account health/hygiene rules.
- Facilitate the management of ice times by keeping a fixed-slot calendar.

Leagues must submit their recovery plan – taking into account public health regulations in effect – to the Federation for approval, as follows:

| League | Approval |
|---------------|------------------------------------|
| Regional | Region |
| Interregional | All regions involved in the league |
| Provincial | Hockey Québec |



DIRECTIVES FOR TOURNAMENTS

*** No tournament will be allowed to take place during phases 1 to 5.**

Regional, interregional and provincial tournaments will be allowed to take place starting from phase 6, based on certain criteria established by public health authorities (groupings of individuals, social distancing and health/hygiene rules).

Tournaments and games outside of Québec and Canada

The participation in tournaments and games outside of Québec could be authorized starting from phase 6. A travel authorization request must be approved by Hockey Québec, according to regulations.

SPECIFIC INFORMATION

Provincial leagues

The provincial leagues have the responsibility of implementing and following up on the full application of the Federation's Return to Hockey Plan with their teams/franchises. They act as an extension of Hockey Québec and the ambassador of its Return to Hockey Plan and concept.

For each team/franchise that is not part of a Sports and Study program, the team/franchise must select individuals in charge of COVID-19 health/safety to implement and fully apply the Return to Hockey Plan, intervention plan, social distancing rules and health/hygiene guidelines in effect.

Sports-Studies program

Every Sports and Study program has the responsibility of implementing and following up on the full application of the Federation's Return to Hockey Plan with its participants. Each Sports and Study program selects individuals in charge of COVID-19 health/safety to implement and fully apply the Return to Hockey Plan, intervention plan, social distancing rules and health/hygiene guidelines in effect.

A. Selections

Player selection will be carried out based on the analysis of admissible participant evaluations for each organization's territory.

B. Respecting implemented directives

Each organization will have to organize informational sessions through videoconference requiring the mandatory attendance of participants, organization's personnel, parents and boarding families to address the operating rules and hygiene measures that will be implemented in order to provide the safest environment possible to participants and the team's support staff.

C. Respecting health/hygiene rules on the part of players

Participants are responsible for cleaning and disinfecting their personal equipment daily. What's more, the participants will be able to store their disinfected equipment only on the condition that they have access to an individual locker.

D. Off ice activities



For an off ice training, when locker rooms are unavailable, participants must arrive wearing practice-appropriate clothing and bring all necessary personal equipment. No sharing of equipment will be allowed.

The content and planning of training will be prepared by the franchise's physical trainer. The trainer will also be able to suggest several exercises to practise at home.

The use of an outdoor location should be favoured. When training sessions take place indoors, they must respect health/hygiene rules and social distancing measures.

Female hockey

Each team/franchise selects individuals in charge of COVID-19 health/safety to implement and fully apply the Return to Hockey Plan, intervention plan, social distancing rules and health/hygiene guidelines in effect.

For A and AA classes, players will have to evolve within their female hockey association. Because of this, similarly to male hockey, the female associations/organizations will have to respect the different phases implemented by Hockey Québec.

The formation of groups/teams essentially depends on the number of registration. The objective is to form multiple groups/teams that will compete against each other. To do so and in order to allow a bigger pool of female players of similar calibres, categories and divisions could be combined.

In order to do so, we favour the following solutions:

1. Formation of female groups/teams by age divisions (M13 (Pee-wee), M15 (Bantam), etc.);
2. Formation of female groups/teams by expanded age divisions (possibility to combine divisions, for example M13 (Pee-wee) and M15 (Bantam) together);
3. Regroup female players in the same group/team that will train together, but that will compete against male groups/teams during games.

Regional and provincial school leagues

Regional and provincial school leagues ensure the full implementation and follow-up of the Federation's Return to Hockey Plan with their schooling institution. They act as an extension of Hockey Québec and an ambassador of the Return to Hockey Plan and concept.

Each institution selects individuals in charge of COVID-19 health/safety to implement and fully apply the Return to Hockey Plan, intervention plan, social distancing rules and health/hygiene guidelines in effect.

A. Respecting health/hygiene rules on the part of players

Participants are responsible for cleaning and disinfecting their personal equipment daily. What's more, the participants will be able to store their disinfected equipment only on the condition that they have access to an individual locker.



For an off ice training, when locker rooms are unavailable, participants must arrive wearing practice-appropriate clothing and bring all necessary personal equipment. No sharing of equipment will be allowed.

Para hockey

Para hockey clubs ensure the full implementation and follow-up of the Federation's Return to Hockey Plan. They act as an extension of Hockey Québec and an ambassador of the Return to Hockey Plan and concept.

Each club selects individuals in charge of COVID-19 health/safety to implement and fully apply the Return to Hockey Plan, intervention plan, social distancing rules and health/hygiene guidelines in effect.

Depending on the participant's specificities, the return to para hockey will have to be carried out when we can be assured that all the rules related to governmental public health guidelines can be respected, in order to ensure the full security of all members.

EQUIPMENT

In order to decrease transmission risks, no sharing of equipment is tolerated at any time, for any participant.

*** Face masks**

Wearing a face mask is recommended for adults. It can however be required by the infrastructure.

A. Players

- All players must have all necessary equipment and tools and must clearly identify them, including their water bottle, towel, tape, etc. No sharing of equipment is allowed.
- It is strongly recommended for players to bring their own hydroalcoholic solution to ensure hand hygiene.
- Equipment must be cleaned and disinfected after each use.

B. Coach and bench staff

- Wearing a mask is mandatory when the coach is behind the bench.
- Each coach must come prepared with all necessary equipment and tools (electronic whistle, cones, water bottle, towel, tape, etc.) No sharing of equipment is allowed.

C. Official and off-ice official

- Traditional whistles will need to be replaced by any type of electronic whistle, since traditional whistles project minuscule droplets in the air.

D. Group/Team

- Required shirts and jerseys must be given out at the beginning of the season. It is the participants' responsibility to clean and disinfect equipment.
- No equipment can be exchanged between participants and/or team personnel during group/team activities.

** Currently, manufacturers are testing out equipment that is designed to protect participants during the return to hockey process.*

CONCLUSION

Hockey Québec extends its thanks to the members and partners of our seven working committees that have participated in the preparation of the Return to Hockey Plan. We would also like to highlight the contribution of all those that participated in the conception of the plan through their suggestions.

The Federation also thanks Dr. Michel Loyer, medical advisor for Hockey Québec, for supporting the work done to validate the Return to Hockey Plan. Through his medical expertise and recommendations, he has contributed to designing a Return to Hockey Plan that ensures the safety of our members and their families.

More than ever, the teamwork and collaboration of all parties are necessary and we are happy to have had the participation of our members in rising to the new challenges we are facing.

In conclusion, we would like to reiterate that this plan is contingent on current public health guidelines and that it will evolve as the situation develops and according to future recommendations.





Plan approved by Hockey Québec's Board of Directors on Sunday, May 31, 2020.

Plan submitted to the Direction du sport, du loisir et de l'activité physique of the Ministry of Education and Higher Education.

This plan will be appended to Hockey Canada's guide and will serve as its provincial version.

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