

Return To Play

3-4-5 FUN Hockey

During the CoVid-19 Coronavirus

October 12, 2021

This plan is constantly evolving and is designed to be responsive to our changing CoVid-19 times. This version is our 2021 starting point in preparation for a successful launch on October 16, 2021, and for having a successful, full season. Undoubtedly this plan will change during the course of the season. Our hope and prayers are for everyone to have a safe, healthy and FUN season!! It is also our hope that the worst of times of CoVid-19 are behind us, and that we will continue to be on constant alert and positively respond to whatever the CoVid-19 coronavirus brings us.

RESOURCES AND REFERENCE MATERIALS

[Mandatory Isolation and Face Covering September 30, 2021 Public Health Orders | Sask Health](#)

[Non-Compliance Reporting Form | Sask Health](#)

[Previous Public Health Orders | Sask Health](#)

[Link to Hockey Canada Return to Hockey Safety Guidelines](#)

[Link to Sask Hockey Return to Hockey Safety Guidelines-v-321](#)

[City of Regina | Masking in Effect September 4, 2021](#)

DUTIES AND OBLIGATIONS

1. First and foremost, each of us are responsible for our own health and safety and the health and safety of our own child(ren) registered to play 3-4-5 FUN Hockey. Each of us must take all precautions and follow best practices to ensure we, ourselves and child(ren), continue to be safe and healthy and that our individual actions contribute to the broader community effort helping to keep everyone safe and healthy. With each and everyone of us being safe and health conscious, actively following/implementing safe and healthy practices we will be successful in having FUN Hockey!!!!
2. The Ministry of Health will provide directives and protocols for the safe operation of indoor arenas and playing sports in Saskatchewan
3. The City of Regina Facilities will provide, insofar as reasonably practical, a safe indoor arena for each of us to attend and play sports.
4. The AECA 3-4-5 FUN Hockey program will incorporate all the precautions and implement all of the guidelines and best practices to provide, insofar as reasonably practical, a healthy and safe season of 3-4-5 FUN Hockey.
5. Head Coaches of each team will provide the oversight and general direction for the team – the players, coaches, manager, parents/spectators.

6. The Head Coach will appoint a CoVid-19 Compliance Monitor (CCM) for the team. It is not necessary to have a stand-alone CCM position, but it is recommended that the CCM be someone who is not an on-ice coach. The CCM will:
 - a. Be the team's "expert" and "go-to person" for all matters relating to CoVid-19 health and safety measures including but not limited to the interpretation and application of this Return to Play Plan and all changes/updates that may follow.
 - b. Educate, monitor activities and actions of and provide advice and guidance to the team's coaches, players, parents/spectators regarding a safe/healthy Return to Play 3-4-5 FUN Hockey.
 - c. Take action as maybe appropriate and necessary to ensure the team's coaches, players, parents/spectators are aware of and follow this Return to Play Plan and comply with all identified precautions, guidelines and best practices relating to the CoVid19 coronavirus
 - d. Inform the League Commissioner, in real-time, of any issues/concerns/non-compliance of any safe/health measures.
 - e. Compile/track all required data and report on all team related events as may be required by the Sask Health Authority (SHA) for the purpose of contact tracing and other aspects of the team's response to the CoVid-19 coronavirus

VACCINATIONS

While proof of vaccination is not required at this time, we support the Government of Saskatchewan's campaign encouraging anyone/everyone who is eligible to be or become fully vaccinated. Vaccines have proven to be safe and highly effective at both reducing the transmission of COVID-19 and reducing negative health outcomes, such as hospitalization and death, in vaccinated persons who do contract COVID-19.

Should proof of vaccination become mandatory in the future we will assess the situation and determine appropriate measures and practices to comply.

MASKS/FACE COVERINGS

As set out in the September 30, 2021, Public Health Order and as required by the City of Regina, masks/face coverings are required to be worn by everyone over the age of 2 in all indoor arenas in Saskatchewan. The only exception is for the 3, 4 and 5 year old hockey players who may take off their mask/face covering when putting on their helmets immediately before going on the ice and put their masks/face coverings back on again after returning to the dressing room when they take off their helmets.

3, 4 and 5 year old players are not required to wear mask/face coverings while on the ice.

Coaches must wear masks/face coverings at all times while in the building (including time on the ice) – from the time they enter the indoor arena until they exit the arena.

Parents/spectators must wear masks/face coverings at all times in the building – from the time they enter the indoor arena until they exit the arena

- Important information on masks/face coverings can be found [HERE](#).

All parents, Coaches and managers are required to view this short (1 minute, 25 second) video on how to properly wear a non-medical mask.

[COVID-19: How to wear a non-medical mask or face covering properly \(video\) - Canada.ca](#)

HEALTH CHECK

At this time health checks using the Sports Engine registration process is not be required. However, everyone must attest, using the “honour system” that they are not experiencing any CoVid-19 symptoms before entering the rink. Anyone experiencing CoVid-19 symptoms must not enter the rink.

Please follow this link for information about CoVid-19 symptoms

[Self-Monitoring | About COVID-19 | Government of Saskatchewan](#)

PROPER HYGIENE

The following hygiene recommendations will assist in creating an environment that is safe for all participants in hockey activities. Proper hygiene can help reduce the risk of infection or spreading infection to others.

- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
- Avoid touching the eyes, nose or mouth with unwashed hands.

The City of Regina has positioned automatic sanitizer dispensing stations immediately inside of the front entrance doors of the indoor arena. 3-4-5 FUN Hockey strongly encourages all parent/guardians/Coaches and players use the sanitizers when they enter and when they leave the indoor arena.

PHYSICAL DISTANCING

While there are no limits to the number of persons that can be in an indoor area or on the ice, we encourage safe practices including physical distancing. Physical distancing means making changes in routines to minimize close contact with others.

Everyone is encouraged to observe physical-distancing recommendations while entering, attending, exiting the indoor arena; and players and coaches will be mindful to observe physical-distancing recommendations while on the ice and benches.

- Avoid crowded places and gatherings.
- Avoid common greetings, such as handshakes (use an elbow shake instead).
- Limit contact with people at higher risk (older adults and those in poor health).
- Keep a distance of at least two arm-lengths (approximately two metres) as much as possible

We know that 3, 4 and 5 year olds, no matter the skill will have occasions where they fall down – we recognize that there are times that players may need assistance to get back on their feet when they fall down and to steady themselves to skate. Coaches will be conscientious of their efforts and limit those contacts. While it goes against our philosophy of good sportsmanship/good sportswomanship, players are not permitted to help each other. One coach should be assigned to assist no more than 4 players on her/his team. First effort would be to encourage and demonstrate how the player can get up. If all else fails, the coach, wearing gloves, may touch the players arms, or holding the player’s gloved hands, lift/pull the player up.

REGULAR SEASON GAME FORMAT

- We are returning this season, using the game format used in 2019 and prior years
- 2 teams are scheduled for each ice time
- Each team will be assigned one dressing.
- Teams enter the ice while the 2 teams completing their time are shaking “sticks”
- The assigned HOME team enters the ice using the door by the Zamboni room/entrance and takes the end of the ice with the Home bench
- The assigned VISITOR team enters the ice using the door by the officials dressing room and takes the end of the ice with the visitor bench.
- After the session ends, there will be a “stick” handshake – leave gloves on. Once the stick shake is complete (and the next teams have entered the ice, the players would exit the ice using the same door used at the beginning of that ice time.
- Ice times are 50-minute; 55-minute and 1-hour.
- For the first 20 minutes or so of the ice time, the full team (coaches and parent helpers) use their ½ of the ice for practice/instruction
- The practice/instruction is followed by a 35-minute or so scrimmage
- During the entire ice time, instruction/practice/scrimmage, wherever possible, it is expected that players/coaches will observe physical distancing guidelines and proper hygiene.
- For scrimmages the coaches would each create one line of experienced players to play against each other; and one line of less experienced players to play each other.
- Teams are expected to play full ice (but by agreement between the coaches can consider moving nets up to the blue lines) with one line from each team playing each other while the other line from each team is on the bench.

Initial Parent/Spectator locations for Regular Season Games

There are no assigned locations for parent/spectator locations at this time. We ask that parents/spectators comply with the mask mandate and be considerate of physical distancing.

The Regina Pats Game and the UofR Shine-On Game

In the past, these games have been attended by all 3-4-5 FUN Hockey Teams.

Last year these games were not arranged or scheduled. It is very unlikely that there will be a UofR Shine-On Game this year. The UofR is looking at other ways/events to involve 3-4-5 FUN Hockey in support of the Shine-On Foundation. We are currently working with the Regina Pats to determine if there will be a 3-4-5 FUN Hockey League game (or games) that all teams will attend.

Picture Day – November 6th but, considering that the photographers must travel between the Staples, Balfour and then Doug Wickenheiser arena, we may have to schedule a few teams to have their team picture day on November 13th. Make up pictures will likely be November 13th.

UofR Future Cougars and Regina Pats Timbits Games

We have arranged for and will be scheduling UofR Future Cougars games for this year. At this time there are no Regina Pats Timbits games. We are currently working with the Regina Pats to determine if there will be opportunity to schedule some 3-4-5 FUN Hockey Teams for Regina Pats Timbits games, maybe later in the season.

Team Social Events

Halloween; Christmas/New Years'; Valentines Day; etc are important social events for teams playing 3-4-5 FUN Hockey. While the Sask Health Authority considers these events to be nonessential and would rather they not be scheduled, we advise teams to exercise an abundance of caution and if they decide to arrange social events, they implement safe/healthy measures complying with Ministry of Health Orders for masks/face coverings and that they practice good physical distancing and proper hygiene.

Tournaments

Although we have and will continue to call them tournaments, the structure of 3-4-5 FUN Hockey tournaments is the presentation of a trophy after playing 2 games against 3-4-5 FUN Hockey teams. Teams will have just one tournament date. We are in the process of scheduling tournaments so that there will be 8 or 9 teams playing their 2 games on a Sunday – January 16, January 23, February 6, March 6 or March 20.

Exhibition Games

We advise teams to exercise an abundance of caution and if they decide to arrange exhibition games, they implement safe/healthy measures complying with Ministry of Health Orders for masks/face coverings and that they practice good physical distancing and proper hygiene.

Windups

We have tentatively scheduled Saturday March 26th for windups. Our program's regular season games are scheduled to end March 19th and the last tournament is scheduled for March 20th. Further information on windups will be provided as we get nearer to March.

Goalie Sticks

Teams may use a shared goalie stick this year. For equipment there is no issue from the City perspective. The caution, however, is from a Sask Health Authority perspective – that sharing of goalie sticks is handled in a safe/sanitary way. We also suggest that when a player is assigned to play goal, the player may use her/his own stick. The coach will look after the league provided goalie stick, ensure that it is properly sanitized between uses and hand over to the successor coach for next year.

Skating Aids and Other Personal Equipment

Skating aids are permitted provided they are not shared; or if they are shared the coaches/team consistently sanitizes the aids in between each use. Again, for equipment there is no issue from the City perspective. The caution is from a Sask Health Authority perspective – that they are handled in a safe/sanitary way. For each player that has her/his own skating aid that player is responsible for that aid as all other personal equipment of the player (sticks, helmets, etc)

Snacks

Snacks have been a huge part of 3-4-5 FUN Hockey in the past and will be again this year. 3-4-5 FUN Hockey teams that offer snacks after the game must be extremely careful using safe/healthy sanitary practices – such as separate packaging and sanitary disbursement, etc. Players/coaches/parents are to take precautions and only remove masks/face covering while they are drinking or eating, and that once they are done, they must put the masks/face covering back on. The City of Regina would prefer that teams send the snacks home with participants but will be respectful of the team's decision.