

BC Blind Sports Return to Blind Ice Hockey

Blind Hockey Return to Play

The following conditions shall be in effect for travel and participation in all BC Blind Sports and Recreation Association activities:

- [BC Blind Sports Return to Sport and Program Plan](#)
- [BC Blind Sports Return to Work Plan](#)
- Any Requirements from the specific facility used

Public Health Orders and Guidelines will be followed at all times. If at any time the public health orders and guidelines are stricter than any of the above listed, the Public health orders shall override anything that is in these plans.

Stage 1

Individuals who are involved in the BCBSRA Hockey (Eclipse) program are following individual exercises and fitness programs as allowed under Provincial Health guidelines. There are no scheduled [practices or team activities as a group. National team players are following guidance provided by the national team coaches. Extra equipment such as medicine balls or exercise equipment is available from BC Blind Sports for those who may need it.

Stage 2

Stage 2 will have small group workouts with physical distancing of 2 metres during training sessions. The training will focus on individual puck handling and skating skills. Participants who live in the same household can interact more closely if necessary for puck retrieval or checking drills. Blind or partially sighted individuals who have a sport guide from within in their household may use them during this time. Modified guiding techniques outlined in the [BC Blind Sports Return to Sport and Program Plan](#) shall apply.

All participants (athletes, coaches, volunteers) must follow the current rules for waivers, daily attestations of health and any relevant guidelines designated the facility for use by rental groups.

Program staff with current contact information for all participants for follow-up tracing if needed must maintain daily attendance records.

Return to Hockey Specific procedures

1. Regular cleaning protocols for any shared equipment (pucks or nets). Each individual will have his own designated equipment such as sticks and practice puck. All volunteers on ice will have gloves and masks when retrieving pucks from drills or similar activity
2. Participation in stage 2 will be limited to a maximum of 18 individuals on ice including coaches and volunteers.
3. A maximum of 3 players sitting on the team bench with physical distance
4. 6 per dressing room with physical distance
5. Arrive 15 min prior to ice time and depart 15 min after
6. Travel to and from the ice surface/entrance is to be done with physical distancing (2m)
7. Have your own water bottles
8. Sighted guides used for travel to and from the facility to remain in lobby with social/physical distance maintained.

Stage 3

All conditions from stage 2 will continue to be followed except practice times can include minor games and scrimmage activities.

Referees must wear a mask during play. Face offs will not held. Alternate methods should be used for starting with puck possession. Minimal body contact is to be practiced at all times. One sighted guide should be used to help guide players to and from the ice to minimize contact.

Penalties may be called and will need to served using a team bench, as the use of penalty boxes is not allowed at this time. Three individuals (substitutes) per bench are still the maximum number allowed at this time.

All common equipment used such as pucks and adjustable nets are to be cleaned and sanitized periodically during rental time. Common equipment will be placed in isolation for the week between sessions on ice.