

# Blackburn Buccaneers Ice Hockey Club



## COVID-19 Risk Assessment & Return-To-Play Plan

# COVID-19 Risk Assessment / Return To Play Plan

This document has been created to outline the COVID-19 risk assessment and return to play plan for the Blackburn Buccaneers Ice Hockey Club (“the Club”).

The document takes into account elements of the risk assessment provided by Planet Ice and National Governing Body (“NGB”) guidance provided by the English Ice Hockey Association (“EIHA”).

The document is a live document and has been tailored based on the current EIHA Return To Play phase stage. Updates will be made in line with updated guidance from the UK government and the EIHA.

**\*AS OF 22<sup>nd</sup> JULY 2020, WE ARE CURRENTLY OPERATING AT PHASE 1.**

**AN ASSUMPTION HAS BEEN MADE THAT BEFORE RETURNING TO TRAINING, WE WILL BE AT, AT LEAST, PHASE 2. SHOULD THIS CHANGE, CLUB MEMBERS WILL BE MADE AWARE.**

Current Phase: **PHASE 2**









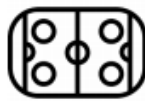
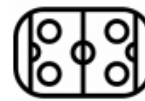
**All members of the Club are expected to follow the guidance set out within this document without exception.**

Hazard	Who could be affected/how?	Existing Controls	Risk Rating
<p>Coronavirus (COVID-19)</p>	<p><b><u>Who:</u></b> All club members present at training sessions</p> <p><b><u>How:</u></b> Transmission/contraction of Coronavirus (COVID-19)</p>	<p><b><u>Pre-Training:</u></b></p> <ul style="list-style-type: none"> <li>- Club members have been advised that if they/anyone they live with are displaying symptoms of Coronavirus, they should not under any circumstances travel to the rink and should follow Government guidelines around self-isolation.</li> <li>- Unless absolutely necessary, club members should pay for their session online rather than in cash.</li> </ul> <p><b><u>Travel/Arrival:</u></b></p> <ul style="list-style-type: none"> <li>- Club members have been encouraged to travel separately to the rink.</li> <li>- Club members to arrive at the rink in the designated arrival window as confirmed by the Club.</li> <li>- Club members should only move within the allocated areas of the rink.</li> <li>- Club members should wash their hands upon arrival to the rink.</li> <li>- The Club will maintain a register of all attendees. Club members should highlight their name on the register upon arrival.</li> </ul> <p><b><u>Changing (Pre-Session):</u></b></p> <ul style="list-style-type: none"> <li>- Changing rooms will be closed until phase 4 of the EIHA return to play plan is invoked.</li> </ul>	<p>Medium</p>

Hazard	Who could be affected/how?	Existing Controls	Risk Rating
		<ul style="list-style-type: none"> <li>- Club members should arrive to the rink in as much kit as is practical and safe to do so.</li> <li>- Club members should only use the designated changing area within the rink to put on/remove kit.</li> </ul> <p><b><u>Drinks:</u></b></p> <ul style="list-style-type: none"> <li>- Water bottles should be brought in full and with a clear name/number marked on the bottle to avoid cross-contamination.</li> </ul> <p><b><u>On-Ice Training:</u></b></p> <ul style="list-style-type: none"> <li>- Club members should enter/exit the ice surface at separate gates to minimize face-to-face contact.</li> <li>- Club members have been advised that there is a zero tolerance policy on spitting.</li> <li>- Club members have been advised to adhere to 2m social distancing where possible. Where this is not possible, 1m social distancing is the absolute minimum.</li> <li>- Sessions/drills will be designed with this in mind.</li> <li>- Club members have been encouraged not to touch club equipment e.g. pucks without gloves.</li> </ul>	Medium

Hazard	Who could be affected/how?	Existing Controls	Risk Rating
		<p><b><u>Changing (Post Session):</u></b></p> <ul style="list-style-type: none"><li>- Club members have been advised that sweats should not be removed in the rink.</li><li>- Club members have been advised that they should leave the rink at the earliest possible opportunity once changed.</li><li>- Club members have been advised to wash kit where possible at a high temperature after each training session.</li></ul>	Medium

# EIHA Phases of Activity Summary

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Max Participants	5	15-20	30	50	50+
Social Distancing	 2m distance	 2m distance	 Stay Alert	 Stay Alert	 Stay Alert
Changing arrangements					
Activity	Small group	Large group, Single age	Large group, mixed age	Normal activity, friendly matches	Regular season

# EIHA Requirements for all phases of activity

- Players should wash or sanitize hands before and after each session.
- Players should only use personal equipment including water bottles and all ice hockey protective equipment.
- Full registers should be kept for all training sessions including contact details for participants.
- Clubs should have in place a reporting structure for an individual to report symptoms and a communication structure using their register data for communicating with participants.
- Participants with risk factors or illnesses should not attend in-person training and ice sessions.
- Participants with symptoms or signs of illness are strictly advised not to enter any training facility and to seek medical assistance.
- A coach should be prepared to require that a player exhibiting signs or symptoms of illness will need to leave training.
- Players should disinfect all equipment after use.
- All clothing (jerseys, pant shells, socks and gloves) should be washed with high temperature after each training session.

# EIHA Current Phase of Activity

## Phase 2

<b>Max participants: 15-20</b>	Large group training allowed to take place including on ice.	Training may include:
<b>Social Distancing: 2m</b>		<ul style="list-style-type: none"><li>• S&amp;C</li><li>• Plyometrics</li><li>• Stretching</li><li>• Tactical work</li><li>• Technical work</li><li>• Individual skill development</li><li>• Passing of puck at distances greater than two metres</li><li>• Strictly no contact or drills within two metres of other participants.</li><li>• No drills that require players to stand in line within 2m of other participants.</li></ul>
<b>Changing: At home</b>	Distance maintained between participants at a minimum of two metres.  Training would need to stay within a specific group and not mix with other training groups therefore would be limited by team / age group or agreed factor.	