

Hockey NL Return to Sport Plan

March 27 - May 30, 2021

Alert Level 3

- No sanctioning of sport.

Alert Level 2

Phase 1 (Saturday, March 27 to Friday, April 9)

- Practices with skills and drills - maximum of 30 participants
- Scrimmages within practice sessions, no game officials
- Same groups for all sessions
- Players arrive fully dressed, no use of dressing rooms
- With the exception of 1 person per child as required, to assist the child in preparing to participate in a group activity, spectators are not permitted.
- Coaches will wear non-medical masks while on the ice during practice
- No use of benches during practice
- Contact tracing managed for duration of Phase 1
- Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific, meeting Arena Guidelines requirements

Phase 2 (Saturday, April 10 to Sunday, May 9)

- Practices with skills and drills - maximum of 30 participants
- Playoff games within each division or league. Any requests for exhibition games involving teams not participating in a league may be presented by HNL for Public Health review/consideration.
- Use of game officials and scorekeepers (non-medical mask mandatory)
- Between 3 and 6 teams (maximum of 11 skaters and 2 goalies on each team) will play each other, with no more than two teams in an arena at one time
- Players arrive partially dressed, limited use of dressing rooms
- With the exception of 1 person per child as required, to assist the child in preparing to participate in a group activity, spectators are not permitted.
- Coaches will wear non-medical masks while on the ice during practice and on the bench during games. Maximum of two coaches on player bench.
- Benches only used during games, all players maintain physical distance while on bench or wear non-medical mask or buffs, if players cannot maintain physical distance on the bench.
- Contact tracing managed for duration of Phase 2

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- Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific, meeting Arena Guidelines requirements
- Discretion to extend phase two beyond May 9th and no later than May 30th, based on an individual association, league or team request.
- Tournaments are not permitted in phase 2.
- All competitions between teams within the same health authority region, with the exception of the Under 18 Major Provincial League, which will follow all previously approved Public Health Guidance and all new Sport Guidance.
- Who:
 - Under 18 Provincial League (5 teams of 20 players)
 - Don Johnson Hockey League (4 age divisions - no more than six teams in a tier and no more than 13 players on a team.
 - Female Metro League (no more than 4 age divisions and no more than 6 teams)
 - Central NL AA League (2 age divisions; no more than three teams in a tier and no more than 13 players on a team)
 - Minor Hockey Associations Inter House league (inter house league involves multiple teams in one age group) not limited to Avalon, St. John's, Paradise, CBR, Northeast, Southern Shore, Gould's, Mount Pearl, Bay Arena, Clarenville, Grand Falls-Windsor, Lab West, Churchill Falls
- What: League and exhibition basis; only two teams will be in an arena at the same time and to reduce the number of contacts, there will be no more than 6 teams in any league.
- Where: Within respective Health Region, with the exception of the Under 18 Major League, which is a provincial league.
- When: Varied from weekdays and weekends from dates as recorded.
- Why: Return to our year end season to complete our playoffs, to make up for the seven week pause.

Phase 3 (mid to late May)

Hockey NL Provincial High Performance Program (5 age groups U14 Male, U15M U16M U18F & U16F. Each age group could have up to maximum of 40 participants)

- Practices with skills and drills - maximum of 40 participants
- Use of game officials and scorekeepers (non-medical mask mandatory)
- Groups will be divided into 6-8 teams, with roughly 15 players and 2-3 goalies per team. Pending registration numbers.
- Groups will be bubbled by birth years.
- Players arrive partially dressed, limited use of dressing rooms
- Parents and/or spectators are not permitted inside the facility. Entry is restricted to participants and team staff only
- Coaches will wear non-medical masks while on the ice during practice and on the bench during games. Maximum of two coaches on player bench.

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- Benches only used during games, all players should maintain physical distance while on the bench or wear non-medical mask or buffs if players cannot maintain physical distance.
- Contact tracing managed for duration of the camps.
- Time for cleaning between sessions, and time to enter and exit the arena before/after each session, will be arena specific, meeting Arena Guidelines requirements

Who:

- Approximately 350 players and 50 staff - total number of participants in all groups below (athletes participating could be from across Newfoundland and Labrador):
 - Male Under 14 (DOB 2008) players and staff
 - Male Under 15 (DOB 2007) players and staff
 - Male Under 16 (DOB 2006) players and staff
 - Female Under 16 (DOB 2008, 2007, 2006) players and staff
 - Female Under 18 (2005, 2004) players and staff
- **What:**
 - 2021 High Performance Spring camp try out.
 - This would historically be a provincial tryout, with players coming into one location to try out.
 - 2021 Spring Camp Dates and Locations:
 - Male U14: June 4-6 Paradise Double Ice Complex - Approximately 100 players
 - Male U15: May 28-29 Paradise Double Ice Complex - Approximately 80 players
 - Male U16: May 29-30 Paradise Double Ice Complex - Approximately 60 players
 - Female U16: May 28-30 Paradise Double Ice Complex - Approximately 100 players
 - Female U18: May 29-30 Paradise Double Ice Complex - Approximately 40 players*
 - Labrador Spring Camp: Lab West Dates are TBD – HNL will provide an update when confirmed - Approximately 20 players
 - Any camps occurring on the same day, one camp will be finished before the next camp begins. There will be no crossover or 2 groups taking place at the same time at the same arena (i.e. Male U15 and U16). Female camps will take place at one arena and Male at the other arena. Historically the Female U18 camp does not take place, due to low numbers and athletes playing out of province.
- **Where:**
 - Paradise Double Ice Complex and Labrador City Arena. This is to accommodate players on the island and in Labrador.
- **When:**
 - Would be held over a 2-weekend span, to split groups to ensure less individuals in a facility at a time. Awaiting to confirm exact weekend with Paradise Double Ice Complex, but will take place during the final weekends in May. Will provide exact dates when confirmed.

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- **Why:**
 - Selections for the 2021 Hockey NL High Performance Program. Male Under 15 and Female Under 18 HPP will lead to the 2023 Canada Winter Games. Male Under 16 lead to a Major Junior and Hockey Canada scouted event.