

# Singapore Ice Hockey Association

## Safe Return To Sport Plan for Ice Hockey Activities



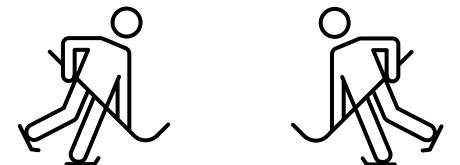
Updated 4 January 2021 (V4)

# OVERVIEW

## SAFE RETURN TO SPORT GUIDELINES (COVID 19)

1. Safe Management Officers (SMOs)
2. Protocols for students, players and coaches
  - 2.1 Phase 1: Prepare for Training
  - 2.2 Phase 2: Return to Play
3. Protocols for members and visitors

\* Plans are subjected to changes depending on MTF & SportSG's announcement



# Safe Management Officers (SMOs)

- a) Program coordinators will be appointed as **Safe Management Officers (SMOs)** who will oversee and ensure the required Safe Management Measures are observed during training
- b) SMOs will be responsible to inspect, check as well as maintaining record for subsequent audits by the authorities
- c) These will be uploaded on website for inspection by the authorities

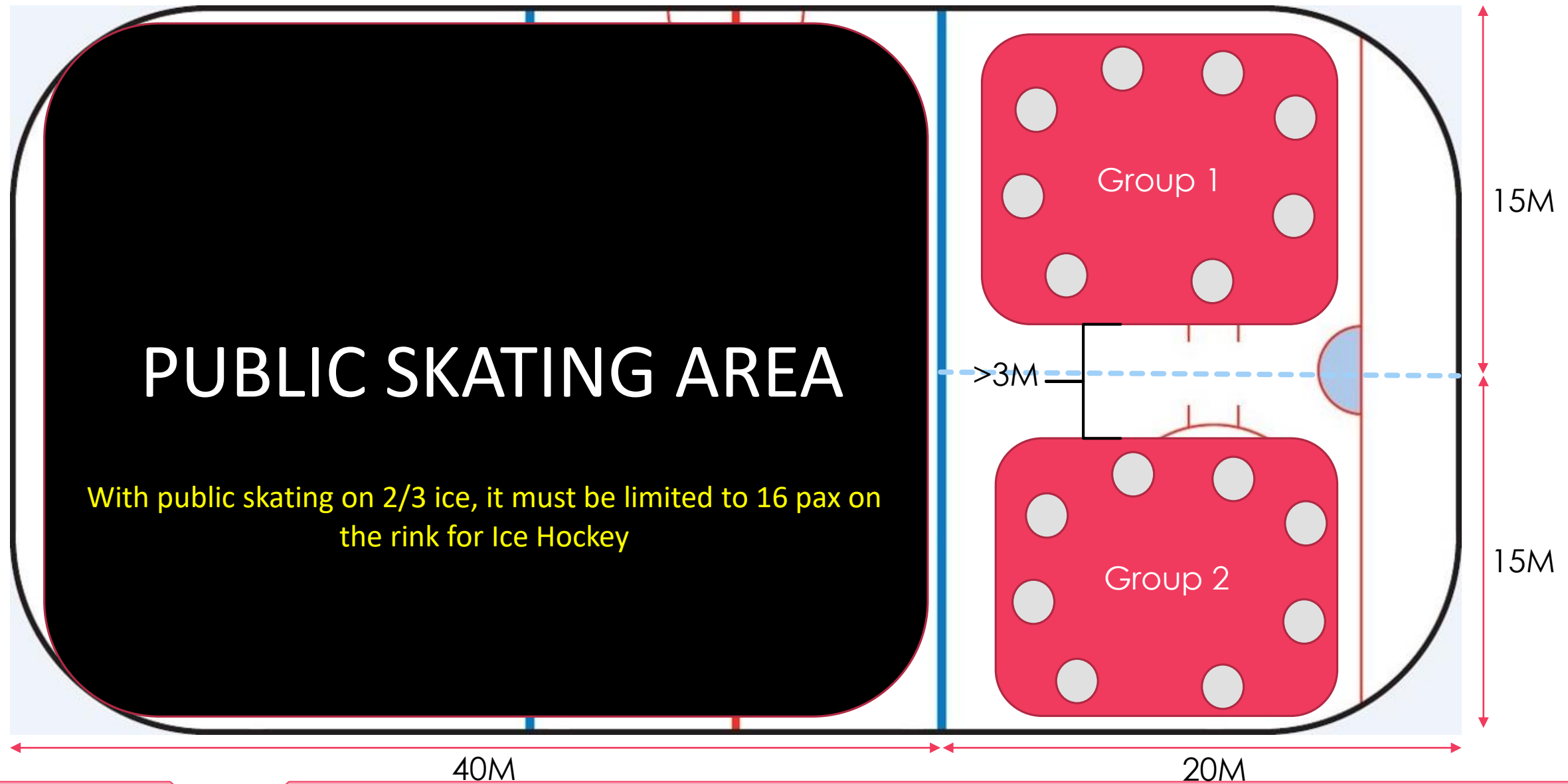
# Protocols for Students and Coaches

## Learn-To-Play Programme on 1/3 Ice (The Rink)

The maximum number of persons allowed at each facility for 1/3 ice shall be limited according to its Gross Floor Area (600 Sqm) based on **10 Sqm per person or 16 persons**, whichever is lower

- a) Students and coaches who had been in recent contact with a known or suspected case of COVID-19, anyone that is under Stay-Home-Notice or Quarantine Order in the last 14 days from the day of activity, display the following symptoms (fever of 38 degrees Celsius or higher, shortness of breath or difficulty breathing, headache, sore throat or loss of taste or smell) shall not participate in any form of ice hockey activity
- b) Students and coaches shall download the TraceTogether App, scan and use the Safe Entry Check In/Out QR Code and temperature taking prior to entering The Rink
- c) Mask **MUST** be worn at all time when not on the ice
- d) No companion is allowed - except for student under the age of 10 (only 1 adult can accompany, which will be counted with the max pax capacity limit)
- e) Use of hand sanitiser before entering The Rink
- f) Locker/Changing rooms: chairs will be spaced out to maintain 2-meter safe distancing when gearing and de-gearing
- g) **Group training of max 8 students per group** (ratio 8:1 instructor) working on personal skills and stickhandling (with 2-meter safe distancing within group)
- h) Small area game (4 on 4) with minimal/zero physical contact between students within the same group
- i) Distance between groups must be kept **3-meter apart**
- j) **No intermixing or swapping** of player(s) between the groups at all time
- k) No sharing of water bottles and equipment

**STARTING PERIOD: 28<sup>th</sup> December 2020 – until end of Phase 3 of COVID-19 “Circuit Breaker” Reopening**



The Rink Lay-out (Learn to Play) With 2 Groups (max 8 pax each)

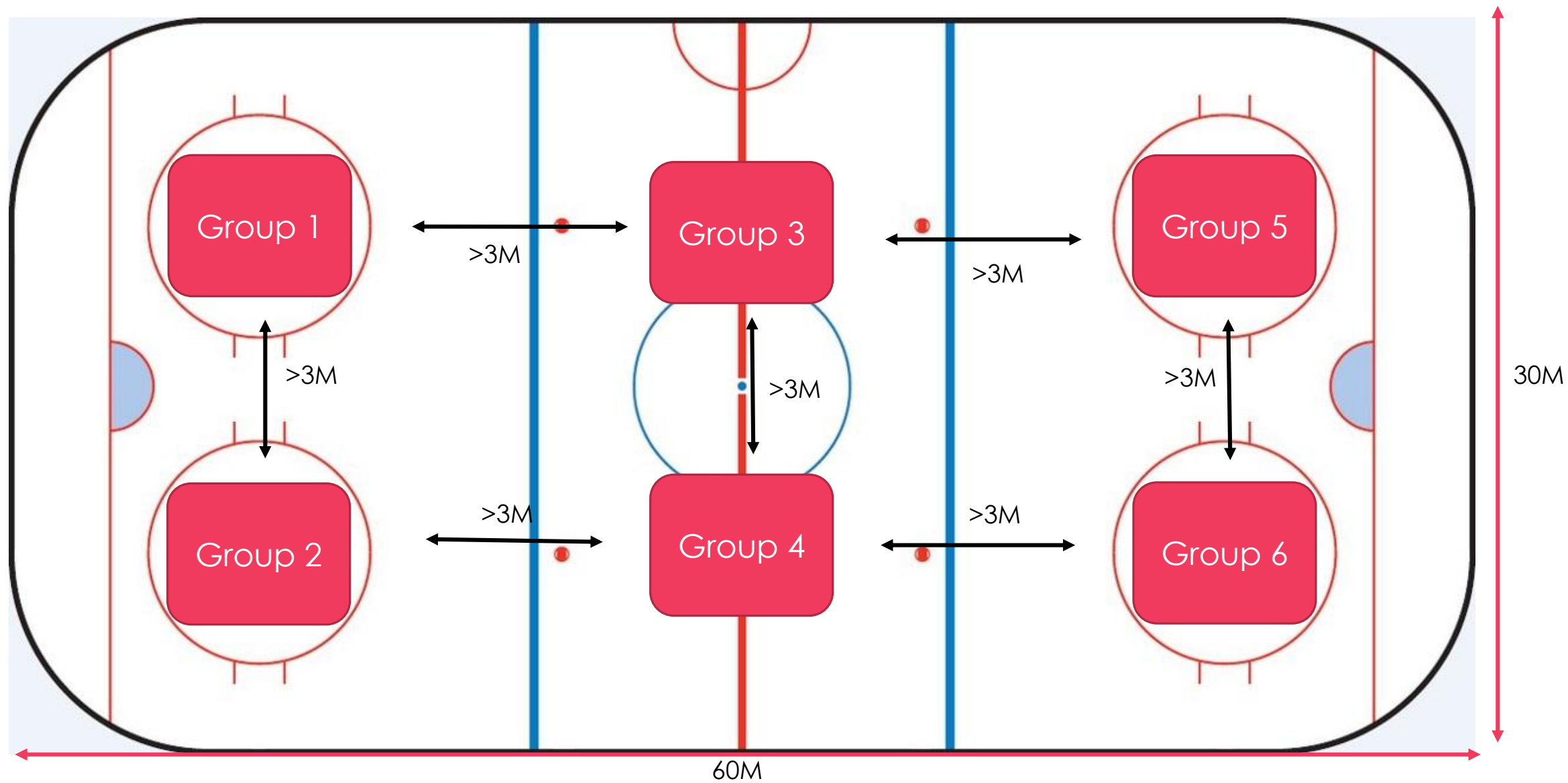
# Protocols for Students and Coaches

## Learn-To-Play Programme on Full Ice (The Rink)

The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area (1800 Sqm) based on **10 Sqm per person or 50 persons**, whichever is lower

- a) Students and coaches who had been in recent contact with a known or suspected case of COVID-19, anyone that is under Stay-Home-Notice or Quarantine Order in the last 14 days from the day of activity, display the following symptoms (fever of 38 degrees Celsius or higher, shortness of breath or difficulty breathing, headache, sore throat or loss of taste or smell) shall not participate in any form of ice hockey activity
- b) Students and coaches shall download the TraceTogether App, scan and use the Safe Entry Check In/Out QR Code and temperature taking prior to entering The Rink
- c) Mask MUST be worn at all time when not on the ice
- d) No companion is allowed - except for student under the age of 10 (only 1 adult can accompany, which will be counted with the max pax capacity limit)
- e) Use of hand sanitiser before entering The Rink
- f) Locker/Changing rooms: chairs will be spaced out to maintain 2-meter safe distancing when gearing and de-gearing
- g) **Group training of max 8 students per group** (ratio 8:1 instructor) working on personal skills and stickhandling (with 2-meter safe distancing within group)
- h) Small area game (4 on 4) with minimal/zero physical contact between students within the same group
- i) Distance between groups must be kept **3-meter apart**
- j) **No intermixing or swapping** of player(s) between the groups at all time
- k) No sharing of water bottles and equipment

**STARTING PERIOD: 28<sup>th</sup> December 2020 – until end of Phase 3 of COVID-19 “Circuit Breaker” Reopening**



The Rink Lay-out (Learn to Play) With 6 Groups

# Protocols for Players and Coaches

## Ice Hockey Phase 1: Prepare for Training

The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area (1800 Sqm) based on **10 Sqm per person or 50 persons**, whichever is lower.

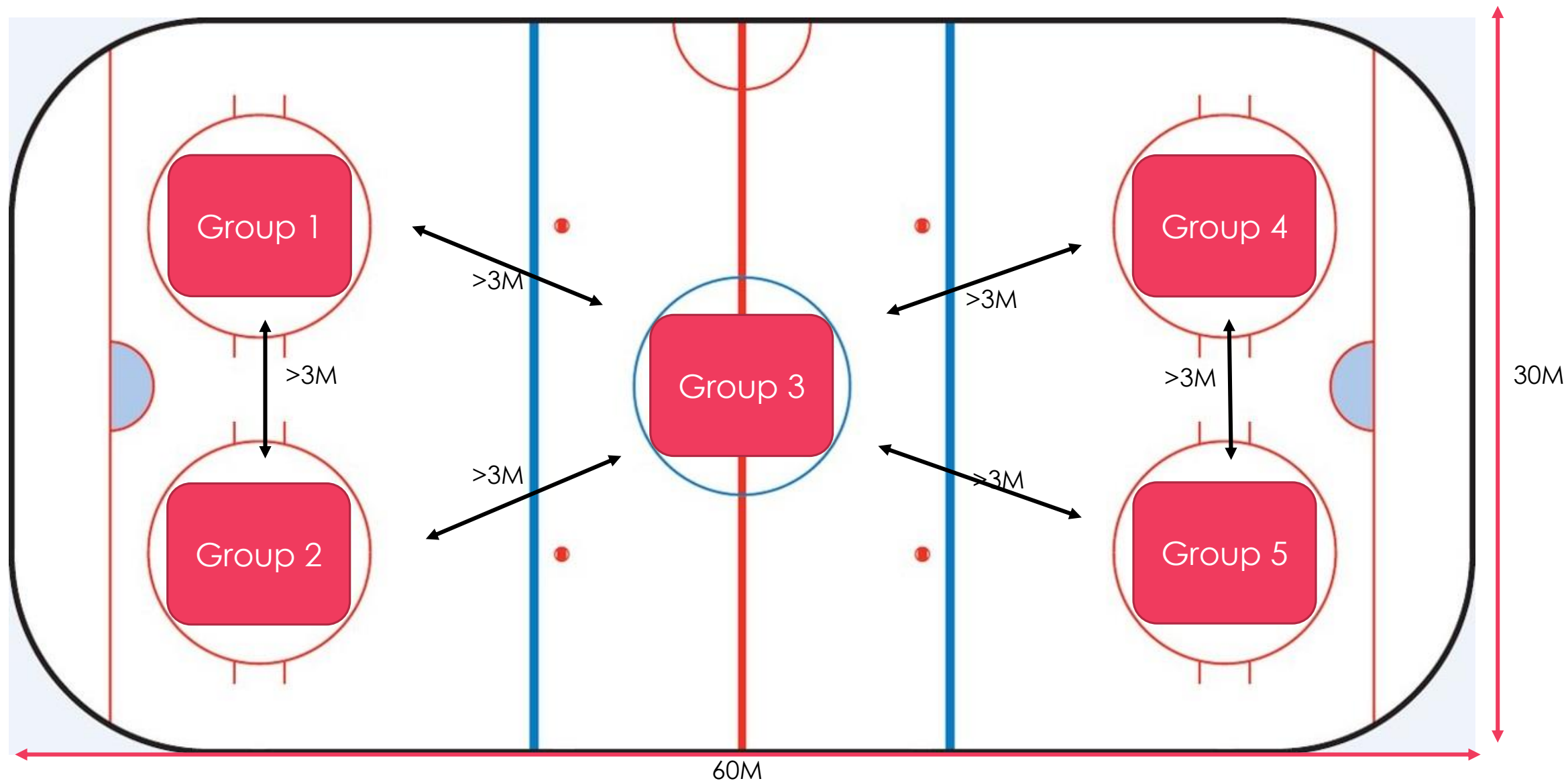
- a) Players and coaches who had been in recent contact with a known or suspected case of COVID-19, anyone that is under Stay-Home-Notice or Quarantine Order in the last 14 days from the day of activity, display the following symptoms (fever of 38 degrees Celsius or higher, shortness of breath or difficulty breathing, headache, sore throat or loss of taste or smell) shall not participate in any form of ice hockey activity
- b) Players and coaches shall download the TraceTogether App, scan and use the Safe Entry Check In/Out QR Code and temperature taking prior to entering The Rink
- c) Mask **MUST** be worn at all time when not on the ice
- d) No companion is allowed - except for player under the age of 16 (only 1 adult can accompany, which will be counted with the max pax capacity limit)
- e) Use of hand sanitiser before entering The Rink
- f) Reporting time for players are encouraged to be staggered based on their assigned groups and no socialising among players, coaches and programme organisers before training session
- g) Coaches and programme organisers shall arrive **not more than 30 minutes** prior to training commence
- h) Players shall arrive not more than 20 (maybe 10-15 or they wait outside, as 50 pax capacity) minutes prior to training commence



# Protocols for Players and Coaches

- i) No loitering at The Rink - Go In, Practice, and Leave The Rink
- j) Locker/Changing rooms: chairs will be spaced out to maintain 2-meter safe distancing when gearing and de-gearing
- a) Group training of **8 players (player + goalie) per group** (ratio 8:1 Coach) working on personal skills and stickhandling (2-meter safe distancing within group)
- b) Small area game (4 on 4) with minimal/zero physical contact between players in the group
- i) Maximum of 5 groups in the Olympic size rink (Distance between groups must be kept **3-meter apart**)
- j) **No intermixing or swapping** of player(s) or coaches between the groups at all time
- k) No sharing of water bottles and equipment

**PROPOSED STARTING PERIOD: 28<sup>th</sup> December 2020 – until end of Phase 3 of COVID-19 “Circuit Breaker” Reopening**



The Rink Lay-out (Grouping Plan)

# Protocols for Players and Coaches

## Ice Hockey Phase 2: Return to Play

SIHA is working on possible modified competition format. However certain safe distancing measures will still be necessary. A separate return to competition guide will be published once the circumstances with regards to playing competitive sport are approved.

# Protocols for Members and Visitors

- a) Members and visitors who had been in recent contact with a known or suspected case of COVID-19, anyone that is under Stay-Home-Notice or Quarantine Order in the last 14 days from the day of activity, display the following symptoms (fever of 38 degrees Celsius or higher, shortness of breath or difficulty breathing, headache, sore throat or loss of taste or smell) shall not participate in any form of ice hockey activity
- b) Members and visitors shall download the TraceTogether App, scan and use the Safe Entry Check In/Out QR Code and temperature taking prior to entering The Rink
- c) Use of hand sanitiser at entry before entering The Rink
- d) All member and visitors must wear mask at all time
- e) All members and visitors must adopt strict hygiene measures

# ANNEX A – USEFUL LINKS

- 1. Advisory for Resumption of Sport and Physical Exercise & Activity for Phase Three (“Safe Transition”):**  
<https://www.myactivesg.com/read/2020/12/advisory-for-resumption-of-sport-and-physical-exercise-and-activity-for-phase-three-safe-nation>
- 2. Resumption of business activities:**  
<https://covid.gobusiness.gov.sg/faq/resumption/resumption/>
- 3. Safe management plan:**  
<https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>
- 4. Safety Management Officer: (Courses are available on MOM website)**  
<https://www.mom.gov.sg/covid-19/frequently-asked-questions/safe-management-measures>  
[https://www.moh.gov.sg/policies-and-legislation/covid-19-\(temporary-measures\)-\(control-order\)-regulations](https://www.moh.gov.sg/policies-and-legislation/covid-19-(temporary-measures)-(control-order)-regulations)
- 5. SafeEntry QR code:**  
<https://www.safeentry.gov.sg/>
- 6. Stipulated Occupancy Limits, Safe Management Measures & mention of Covid-19 (Temporary Measures) Act:**  
<https://www.ura.gov.sg/Corporate/Guidelines/Circulars/ja-15>
- 7. Education materials for print and download:**  
<https://www.moh.gov.sg/covid-19/resources>