



# **REBUND PLAN 2.0**

---

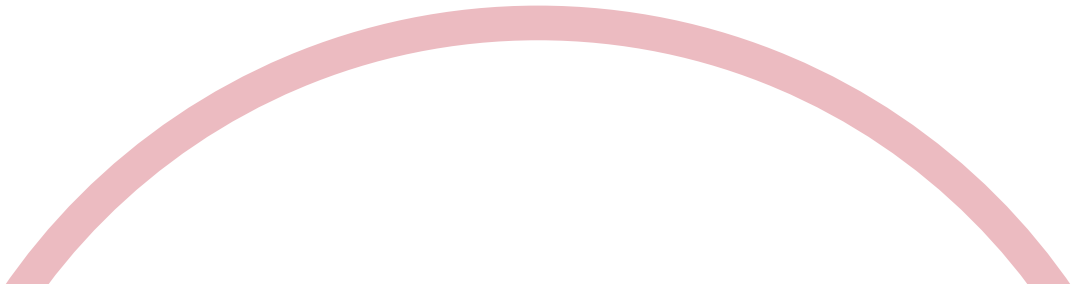


**OCTOBER 4<sup>TH</sup>, 2021**

**TABLE OF CONTENTS**

---

**Section 1:** Foreword from Hockey Nova Scotia .....1  
**Section 2:** Checklist to Success .....2  
**Section 3:** Preventative Measures.....3  
**Section 4:** Phase Five .....8  
**Section 5:** Conclusion.....8  
**Appendix:** Temporary COVID-19 Regulations Regulatory Review ..... 10



## **SECTION 1: FOREWORD FROM HOCKEY NOVA SCOTIA**

---

With the 2021-22 hockey season on the horizon, we are committed to our game's safe return, and we are pleased to introduce a revised return plan as we once again **rebound** to hockey.

*We know 2020-21 was undoubtedly a hockey year like no other.*

While COVID-19 posed a number of roadblocks, we are proud to say that together, we faced these challenges head-on and offered something only a small minority of Canadians were able to enjoy: a hockey season.

When we look across the country, we know just how fortunate we were.

But we also know we were fortunate because we worked together.

We will need to do that again this season.

The health and safety of our members, their families and our wider community continues to be our number one priority. Nova Scotia's Proof of Full Vaccination Policy that we all must follow this season is a government requirement, but one that we fully support. We believe we must do all we can to protect our vulnerable populations.

As always, we will continue to prepare and plan for any changes that may come our way.

**Let's get back on the ice and look out for one another this season. We can't wait to get started.**

**THANK YOU FOR EVERYTHING YOU DO FOR THE SPORT WE ALL LOVE.**

*Yours in Hockey,*

**Arnie Farrell**  
*President,  
Hockey Nova Scotia*

**Dr. Tina Atkinson**  
*Chief Medical Officer,  
Hockey Nova Scotia*

**Amy Walsh**  
*Executive Director,  
Hockey Nova Scotia*

## **SECTION 2: CHECKLIST TO SUCCESS**

---

We encourage all our members to review the following:

### **Review & Follow** ✓

- Hockey Nova Scotia's Rebound Plan 2.0
- **Hockey Nova Scotia COVID-19 Vaccination Policy**
- **Government of Nova Scotia: Public Health Guidelines and Policies**
- Government of Nova Scotia: **COVID-19 Protocol for Proof of Full Vaccination for Events and Activities**
- Assign an Association/League and Team Safety Rep
- Facility guidelines and proof of full vaccination protocols
- Practice responsible hygiene
- **Hockey Canada Safety & Guidelines**

**Note:** Hockey Nova Scotia is strongly encouraging adult recreation and non-sanctioned hockey programs (private camps, private summer programs, non-Hockey Association power skating groups, etc.) to follow the recommendations laid out in **Rebound Plan 2.0**.

**Be safe and have fun!**

## **SECTION 3: PREVENTATIVE MEASURES**

---

The following is an overview of the protective health measures that we encourage all Hockey Nova Scotia (HNS) members to follow during the 2021-22 season:

### **SAFETY REP**

Hockey associations, leagues, programs and teams must assign an individual who will be the **Safety Rep** responsible for ensuring that all updated and relevant information is passed on to those within their hockey association, league, program, or team.

#### **The Safety Rep's roles and responsibilities this season include but are not limited to:**

- Educating your hockey association, league, program, or team on the guidelines outlined in **Rebound Plan 2.0**
- Educating your hockey association, league, program, or team about Nova Scotia's **Proof of Full Vaccination Policy** (and related protocols)
- Working collaboratively with facilities to ensure that your hockey association, league, program, or team has an understanding about each facility's unique protocols and guidelines
- Asking for consent and checking proof of vaccination for **affected individuals** taking part in HNS-sanctioned activities

### **MASKS**

On the ice, masks are not required during practices, training sessions, and games.

Off the ice, masks will be required including in the dressing room.

Please note that coaches and instructors who work with more than one group must wear a mask at all times while inside the facility (including while on the ice).

### **HANDSHAKES**

Members are not permitted to shake hands.

However, players can line up at the end of a game and bump gloves. It is required that each player keep their hockey gloves on.

Referees are permitted to greet coaches before or after the game, but we ask that officials avoid handshakes.

## **WATER BOTTLES**

Players must have their own labelled water bottle. It must be washed after each session.

## **HANDWASHING AND RESPIRATORY HYGIENE**

We are strongly encouraging strict hand hygiene (washing and sanitizing) before and after training. When coughing or sneezing, cough or sneeze into a tissue or the bend of the arm, not the hand.

## **DEALING WITH COVID-19 EXPOSURE/OUTBREAK**

Follow the directions provided by Nova Scotia Public Health if a member of your team tests positive for COVID-19 or is a close contact of someone who tests positive. Public Health will provide advice regarding isolation and contact notification.

## **VACCINATION**

COVID-19 vaccines are an essential part of the layered prevention strategy. As of October 4, 2021, the Government of Nova Scotia's Proof of Full Vaccination Policy requires everyone 12 years and over to show proof of vaccination for discretionary, non-essential events and activities such as hockey.

To comply with Nova Scotia's Proof of Full Vaccination Policy, HNS requires that all **Affected Persons** be fully vaccinated against COVID-19 as a condition of participating in Hockey Nova Scotia-sanctioned activities **including being registered as a member** per defined timelines.

**The Hockey Nova Scotia COVID-19 Vaccination Policy is in strict accordance with Nova Scotia's Proof of Full Vaccination Policy and will be amended as required in accordance with that policy.**

### **Affected Persons**

- Players who are 12 and older
- Team Officials (coaches, trainers, and managers, etc.)
- Game Officials (referees, linespersons, timekeepers, etc.)
- Associations (hockey association directors, officers, executive, staff, etc.)
- HNS Officials (member of the board of directors, officers, executive, etc.)
- Volunteers (safety rep, etc.)
- Leagues (Nova Scotia U15 Major Hockey League, etc.)
- Programs (Black Youth Ice Hockey Program, High Performance Program, etc.)
- Instructors (third parties engaged by Associations or Teams to provide specialized instruction (e.g., power skating, goaltending coaching, private program)

**With consent**, all **Affected Persons** must present to their association, league, team safety rep, HNS representative as applicable, evidence satisfactory to HNS demonstrating that they have received the completed series of an Accepted COVID-19 Vaccine.

Hockey associations, leagues, and teams are permitted to create their own solutions for checking proof of vaccination as long as they respect privacy requirements found in the **COVID-19 Protocols for Proof of Full Vaccination for Events and Activities**. The safety rep or applicable assigned representative must be able to demonstrate compliance if asked.

### **Exemption**

In alignment with Nova Scotia's Proof of Full Vaccination Policy, HNS will support exemptions with proof of valid medical contraindication for COVID-19 vaccinations. Any **Affected Person** who is granted medical exemption through Valid Medical Contraindication for COVID-19 vaccinations must show proof to their safety rep with the approved documentation from a Physician or Nurse Practitioner.

HNS reserves the right to have exemption medical documentation reviewed by the HNS Chief Medical Officer to make appropriate inquiries to verify the authenticity of any claim for exemption. A letter will be sent from HNS stating if a medical exemption is accepted or denied.

### **Non-Compliance**

In compliance with the **dates outlined** by Public Health, any Affected Person outlined in the Hockey Nova Scotia COVID-19 Vaccination Policy who is not Fully Vaccinated and has not been granted an exemption **will no longer be eligible to participate in any HNS-sanctioned activities including being registered as a member** until they have presented satisfactory evidence that they have been Fully Vaccinated or been granted an exemption.

Any non-compliance with the **Rebound Plan 2.0** will be considered *conduct unbecoming* and will be dealt with under the HNS Code of Discipline. It should also be noted that the Rebound Plan is aligned with Nova Scotia's Proof of Full Vaccination Policy and Public Health Phase 5 restrictions. Breaches of the requirements could also be considered breaches of the Nova Scotia Public Health Order and dealt with by local police or Public Health officers.

### **Travel**

Game officials, instructors, participants, teams, and team officials from outside the province who travel to Nova Scotia to participate in HNS-sanctioned activities must adhere to the **Rebound Plan 2.0**.

## **FACILITIES**

Hockey associations, leagues, teams, and programs are required to follow the protocols and guidelines of the facility they are renting from, as well as the **COVID-19 Protocol for Proof of Full Vaccination for Events and Activities**.

Each facility is required to ensure renters and users of their space have processes in place to check proof of full vaccination for participants in hockey events and activities. They can accomplish this through their rental agreement.

Although compliance is the facility's responsibility, users not in compliance with Nova Scotia's Proof of Full Vaccination Policy will be subject to fines and penalties in accordance with their rental agreement.

Based on the facility's capacity, the user group (team, association, etc.) and the facility will need to work together (similar to last season's spectator screening) on an appropriate mechanism for checking proof of full vaccination. Each facility will be different in how they implement the province's Proof of Full Vaccination Policy.

**Note:** *Children under 12 with parents/guardians who refuse to provide proof of full vaccination are allowed to continue their activities; however, parents are not allowed to enter any indoor sport or recreation venue until they provide proof of full vaccination.*

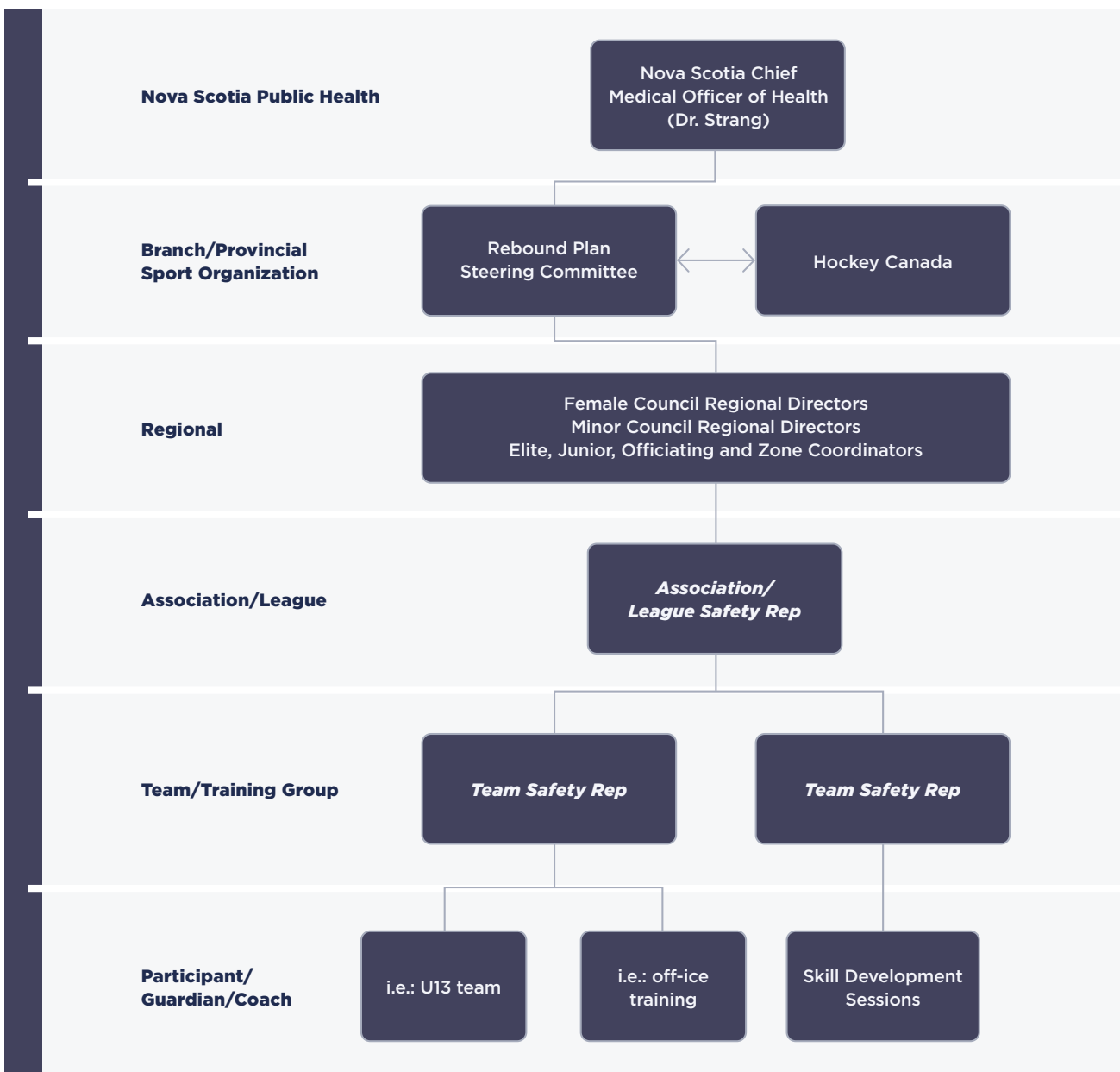


## COMMUNICATION FLOW

We encourage our members to follow the communication flow outlined below for any questions related to the **Rebound Plan 2.0**.

*For example, if you are a parent and have a safety question, you should first consult your team safety rep. Team safety reps can lean on their association/league safety reps for support. Association/league safety reps can rely on their regional director for help.*

If you're unclear who your regional representative is, please visit [this section of our website](#).



## SECTION 4: PHASE FIVE

---

Most restrictions (screening, registry, gathering limit numbers, etc.) are **lifted** as we cautiously move to **Phase 5** but the following will be maintained:

- **Masks will continue to be mandatory in public places** (on the ice, masks are not required during practices, training sessions, and games. Off the ice, masks will be required in facilities)
- **Proof of full vaccination will be required for non-essential events and activities** (including all Hockey Nova Scotia-sanctioned events and activities)
- **Testing and self-isolation requirements** ([self-isolation requirements](#) and [testing requirements](#))

## SECTION 5: CONCLUSION

---

Throughout the COVID-19 pandemic, we have worked with our partners with Public Health, the province, and our hard-working network of hockey representatives who have assisted us in establishing and revising this return plan.

As we cautiously prepare to lift some of the restrictions that were in effect last season, we must continue to work together and follow the protocols and advice of Public Health.

**The safety of our entire membership is our top priority and we all have a role to play.**

*Let's continue to work together respectfully as we prepare for a new hockey year in the hopes of making it the best possible experience for those who love this great game.*



# **APPENDIX**



## **APPENDIX: TEMPORARY COVID-19 REGULATIONS REGULATORY REVIEW**

---

These recommendations have been approved by the Hockey Nova Scotia Board of Directors, including changes to the HNS Constitution. The approved amendments are for the 2021-2022 season only, and are listed below:

### **REGULATION 6**

#### **GENERAL AFFILIATION CHANGE:**

Any player affiliation as a result of a COVID 19-related illness would not count against the limit of games per team. "COVID-19-related illness" would include, by way of example, a rostered player who has gone into isolation. The league and HNS shall have the ability to address any suspected abuse of the COVID-19-related illness exception.

***Note:** This amendment applies to Female, Minor, Elite Hockey, and Junior.*

### **REGULATION 2**

#### **GENERAL COMPETITION CHANGE:**

Should a Hockey Association experience a registration decline due to COVID-19, and not be able to meet the minimum roster requirements, the respective Regional Director and Council Chair have the ability to approve exceptions to Regulation 2.

### **NEW REGULATION**

#### **REFUSAL TO WEAR A MASK:**

For refusal by bench staff to wear a mask, or not properly wear a mask while on the bench during a game, the officials will be instructed to issue one warning to the team and the next infraction by an individual (on the same bench) will result in a two-minute unsportsmanlike penalty. A further infraction by the same individual results in a game misconduct under Rule 11.2.

Discipline for the first game misconduct is an automatic two-game suspension. A subsequent offence will result in discipline according to section 25.20 (indefinite suspension) in the Hockey Nova Scotia Code of Discipline. Anyone suspended for incidents considered detrimental to hockey under Section 25.20 shall be automatically suspended from all hockey activities under the jurisdiction of Hockey Canada, HNS, and HNS Minor Council until dealt with by the proper Disciplinary Committee.

**Offenses could include, but are not limited to:**

- *“Playing under suspension”*
- *“Playing suspended or illegal players” “Removal of team from ice”*
- *“Travelling without a travel permit”*
- *“Unacceptable conduct on and off the ice”*
- *Refusal to wear a mask or properly wear a mask on the bench during a game*



**REBOUND PLAN 2.0**