



*Release Date: June 1, 2020
Updated: September 14, 2021*

Safety Recommendation for Resuming the Sport of Adult Recreational Hockey

CARHA Hockey Vaccination Policy

CARHA Hockey supports the measures being implemented for a safe environment for our recreational hockey players and to protect the communities they play in. We prioritize the health and safety of our participants in their return to play.

As such and in the interest of the safety of the players, CARHA Hockey is recommending that all eligible adult recreational participants, officials and volunteers receive the double COVID-19 vaccine. Please ensure you are following directions from your local Public Health Authority and the protocols set in your province. You can view CARHA Hockey's full vaccination policy [here](#).

General Recommendations for Return To Play:

- All applicable federal, provincial and municipal laws must be adhered to, including any and all regulations from applicable public health authorities
- Ensuring any facilities protocols and or screening requirements are communicated to your league/team participants and followed accordingly
- Players/Coaches/Participants are advised to not attend if they are ill, or they show any signs or have been around someone who is ill
- Continue social distancing when outside the field of play
- Wear masks outside the field of play
- Players/Coaches/Participants shall limit all physical contact outside the normal parameters of adult recreational hockey (i.e. there shall be no handshakes or high fives)
- The use of individual antibacterial hand sanitizer is recommended before and after games and/or handwashing if available
- Refrain from spitting or sharing of water bottles and equipment

Should you require help with your Return to Play plan or require support and resources for managing/validating participant proof of vaccination, please contact Laurie Langlois at llanglois@carhahockey.ca.

PLEASE NOTE THAT THESE RECOMMENDATIONS ARE A GUIDELINE ONLY AND SHOULD NOT BE CONSIDERED AN EXHAUSTIVE LIST OF THE RISKS AND PRECAUTIONS ASSOCIATED WITH THE RETURN TO ADULT RECREATIONAL HOCKEY. THESE RECOMMENDATIONS ARE FOR INFORMATION PURPOSES ONLY AND DO NOT CONSTITUTE HEALTH OR LEGAL ADVICE. AT ALL TIMES IT IS THE PLAYERS/COACHES/PARTICIPANTS RESPONSIBILITY TO ASSESS AND MANAGE THE RISK ASSOCIATED WITH THE RETURN TO HOCKEY AND HOCKEY RELATED ACTIVITIES. THESE GUIDELINES DO NOT REPLACE OR OVERRULE ANY NATIONAL, PROVINCIAL, TERRITORIAL, MUNICIPAL, OR ANY OTHER APPLICABLE PUBLIC HEALTH LAWS OR REGULATIONS. CARHA SHALL NOT BE RESPONSIBLE FOR ANY LOSSES, CLAIMS OR DAMAGES RELATING TO COVID-19 ARISING UPON THE RETURN TO ADULT RECREATIONAL HOCKEY.



Suite 610, 1420 Blair Place, Ottawa, ON K1J 9L8

Tel: (613) 244-1989 / (800) 267-1854 • Fax: (613) 244-0451 / (866) 345-1975