

Jasper Minor Sports Return to Hockey and Covid-19 Information

The safety of our players, coaches, officials, and spectators is paramount. We have been following Hockey Alberta's Return to Hockey Plan closely and will continue to monitor the plan as the Covid-19 situations changes.

Currently, we are in Stage 2 of the Government of Alberta's Relaunch Plan, which has authorized arenas to operate and hockey to resume.

The following information has been summarized from the Hockey Alberta Return to Hockey Plan and provides guidelines for players, parents and coaches.

The full plan and much more information can be found at <https://www.hockeyalberta.ca/members/return-hockey/>

Prior to each ice session or game, parents must answer the questions on the Alberta Health Daily Checklist (<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>) This checklist does not need to be handed in. If a participant answers yes to **ANY** question, they are not to attend. Please contact your coach or manager immediately and call 811 for further instructions.

Facilities

Facilities throughout Alberta will be following the Government of Alberta's guidelines for Covid-19 as well as their own municipality's regulations. Each facility will have different guidelines and requirements from teams and spectators. It is our responsibility to be up to date with those requirements prior to arriving at each facility.

Spectators

- Spectators may be allowed at facilities, depending on individual facility regulations
- Spectators must maintain a distance of 2m in the stands, except with members of the same household. (A maximum of 100 spectators is permitted)
- Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.
- It is strongly recommended that spectators wear masks.
- Please do not attend games or practices if you are feeling unwell. Stay home.

Players

- Always respect and listen to team staff as they create a safe environment.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touchpoints. Use the elbow to open

- Absolutely no sharing of food or drinks.
- Assist the coach in establishing required guidelines during hockey activities while on or off the ice.
- When coughing or sneezing: Cough or sneeze into a tissue or the bend of the arm, not the hand. Dispose of any used tissues as soon as possible in a lined waste basket and wash hands. Avoid touching the eyes, nose or mouth with unwashed hands.
- Avoid contact with anyone who is sick.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Parents

- Be familiar with public health authority guidelines and adhere to them.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical- distancing guidelines.
- Stress washing of hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility.
- Stress to kids not to touch their faces while at the hockey activity.
- Make sure kids let parents know if they are not feeling well.
- Make sure kids have their own clean water bottle, labelled clearly with their name, and stress the importance of not sharing water bottles.
- Review public health authority guidelines for any province/territory that will be visited.
- Travel with family to all hockey activities, including away events.
- If staying at a hotel, consider the recommendations outlined in the Hygiene section.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Coaching Staff and Managers

- Be familiar with public health authority guidelines and adhere to them.
- Review the Return to Hockey plan.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19. COVID-19 conditions are different across the country. It will be important to assess the current situation in the province/territory to help to build programming that fits.
- Host an initial meeting with parents/guardians/participants to review how programming will look and allow them to ask questions (can be done virtually if required).
- To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical-distancing requirements of the public health authority and local facilities. Minimize congregation in areas of the facility, such as the lobby, as much as possible.
- If there are multiple entrances to the ice surface, split the players into groups and have them space appropriately to meet physical-distancing standards at each entrance.
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly.

- Remind players and parents to follow physical-distancing guidelines when leaving.
- Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- When public health authority protocol and facility guidelines allow use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help).
- Players should not shower at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.
- Follow Hockey Canada guidelines for best practices related to on- and off-ice activities.
- All participants must adhere to public health authority guidelines. Remember to review guidelines for any province/territory that will be visited.

The following key points are important to understand when kids are grouped into the NAI or possible league play (*Not for initiation players*)

- Stage 2 allows for a Cohort of 50 individuals. This Cohort includes coaches, officials, and volunteers who regularly engage with participants in less than a 2m distance.
- The Cohort should always include only the same people
- Other individuals may interact with the cohort and not be counted as long as they are wearing a mask and performing proper hand hygiene.
- Transportation to and from activities should be arranged so that only Cohort members, or members of the same household, share rides.
- Individuals should limit the number of Cohorts which they belong to.

The Covid-19 situation has been ever changing and will most likely continue that way. Jasper Minor Sports will continue to work with Hockey Alberta and monitor the Return to Hockey Plan. Everyone is doing their best to give the players a great season. Please remember to be kind to the coaches, officials, facility staff and everyone else that is working hard to make this a great season!