



RETURN TO  
PRACTICE & PLAY  
CNN Minor Hockey Association

August 28, 2020

# Return To Practice & Play – CNN Spurs Minor Hockey



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# Return To Practice & Play – CNN Spurs Minor Hockey



## 1.0 Introduction

Health and safety have been at the forefront for CNN as the Return to Play Committee has been thoughtfully planning what a return to hockey participation will look like. CNN has been engaged with Hockey Alberta, neighboring Associations and the Towns of Bon Accord and Gibbons in developing this “Return to Hockey Plan”.

We are in a very fluid, changing environment as new rules and regulations are updated and put in place by our governing authorities, Alberta Health Services and Hockey Alberta. This plan is updated as of August 28, 2020 and will continue to evolve as we enter different stages as outlined by Alberta Health Services and Hockey Alberta.

This plan relies heavily on the honesty and integrity of associations, athletes and their families and a commitment by all participants to abide by the rules of the plan.

This plan is subject to change based on orders from the Chief Medical Officer, the Province of Alberta, the Towns of Bon Accord and Gibbons, Hockey Alberta and all CNN and Cohort Participants.

As you review the documents provided in this information package, please note, this is our “New Normal” in our current Covid-19 environment and will not be a typical hockey season as it will look different. It is our belief that the program provided will allow for continued individual player and team development and allow our players to grow on and off the ice. We currently have four phases to the CNN “Return to Hockey” Plan that are outlined throughout this document:

1. **Skill Development and Evaluations Phase** – This phase will take place during the month of September and will continue to focus on skill development, training and conditioning and will facilitate creating ‘Cohort Groups’ of less than 50 players. The Skill Development and Evaluation phase should be completed by level with camp coordinators and evaluators maintaining Physical Distancing through conditioning camps and evaluations. Use of masks if distancing cannot be maintained
2. **Development Season Phase** – Once players have been sorted into ‘Cohort Groups’, they will now be permitted to practice and compete in mini-game environments within their ‘Cohort Groups’. As per Alberta Health Services and Hockey Alberta Cohort rules and regulations, players will not be permitted to play against teams or players outside of their ‘Cohort Group’ until Government Restrictions are lifted. This phase would begin in early October.
3. **Modified Competition Season** - A modified competition season allows for groups of 3-5 teams in a regional “cohort” to play each other, this provides additional competition prior to the start of the Regular Season. This could mean the playing of teams from Associations such as CR, Redwater etc. This phase may occur as soon as early-mid November.
4. **Regular Season** – This would be a return to regular NAI season play and is the final stage of our plan. Depending on the current rules in place by Alberta Health Services and Hockey Alberta, this stage could be pushed back or moved ahead during the fall period.

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## 2.0 Program Objectives

The Covid-19 Pandemic has forced us to think differently about the way we operate for the 2020-2021 season and into the future. While there will be differences in some of the programming this season, it was developed to meet the needs of the players as we remain focused on the following key objectives:

1. **Safety!** Create a safe and healthy hockey environment for our players, coaches, officials, volunteers and spectators.
  - Safety is paramount, this plan was built in compliance with Alberta Health Services, Hockey Canada and Hockey Alberta guidelines to minimize the risk for all participants.
2. **Fun!** Maintain a culture of Fun! Ensure Participants can enjoy the game they love in a safe environment.
  - CNN is returning to Practice and Play in a way that allows kids to have fun and be kids.
3. **Development!** Facilitate a competitive environment that allows players to develop and grow both on and off the ice.
  - Skill and Team Development is essential and can be accomplished in all phases of CNN's return to Hockey Plan.
4. **Game Play!** Facilitate an environment where 'Game Play' exists beginning with limited small area games during phase two until resumption of modified competition and/or regular season game play.
  - Games will operate in a number of different formats up to the point that the modified competition and/or regular season phase may resume. Some of these formats will include the following, 5v5, 4v4, 3v3, etc..
5. **Flexibility to Transition!** All CNN Minor Hockey members need to remain flexible as things evolve during the season by way of changes with Alberta Health Services and Hockey Alberta requirements and protocols.
  - This will ensure we continue to adhere to all Alberta Health Services and Hockey Alberta guidelines and protocols while providing a safe and healthy environment for all our participants.

## 3.0 Requirements

1. Within the current Alberta Health Services Phase two, there are two different formats that can be considered to operate our programs. CNN will utilize both formats in facilitating our programs:
  - **With Physical Distancing** – All participants must always remain 2 meters apart including coaches and team personnel.

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- Skill Development and Evaluations programming. Camp Coordinators and Evaluators to maintain 2-meter distancing from participants where possible
  - **Using Cohort Groups** – A Cohort Group allows up to 50 participants to group together to participate in a program where physical distancing cannot be achieved for on ice activities. A cohort group is in place on the ice surface, on the players bench and in dressing rooms.
    - Cohort Groups must remain together for the duration of ‘Stage 2’ unless participants enter a two-week (14 day) isolation period, after which an athlete may establish themselves as part of a new ‘Cohort Group’.
  - Programs should operate within a specified community, zone or region where travel is limited.
    - Programs must remain within their MHA boundaries, this is the requirement by Hockey Alberta
    - Where numbers at a level or in an MHA are low, a cohort may be developed with neighboring Association(s) (one full or near-full team is generally not considered “low” numbers)
2. Any Association operating during phase one and two will be required to track all participants and interactions while maintaining records of each session in a secured location for thirty days from the completion of the activity. This will be completed when players complete their daily check in to ensure they are symptom free.
  3. There will be no competition or any interaction between other cohorts during phases one and two. Only pre-season camps, skill development and conditioning, systems training and mini games will be permitted within phases one and two and only within the same ‘Cohort Group’.
  4. All Associations must follow Facility Guidelines
    - Facilities are required to adopt standards as per Alberta Health Services, which may differ slightly depending on the facility and municipality.
    - Associations must understand these standards and ensure they are followed.
    - Facilities, not ‘Member Associations’ will determine spectator access, dressing room use and may have stronger requirements with regards to participation.CNN is waiting on specific facility guidelines from Bon Accord and Gibbons
  5. Personal Protective Equipment (PPE)
    - Masks must be worn where and when required by Alberta Health Services, the facility and/or CNN Minor Hockey
    - Team Officials and Players who are part of the 50-person cohort are not required to wear face masks in areas considered the “field-of-play”. Field of play includes dressing rooms, players benches and ice surface.

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- Team officials who are not part of the cohort group are required to wear face masks when social distancing cannot be achieved.
  - There may be areas of the facility(s) restricted to cohort members only.
6. League Play
- Traditional NAI League Play is not permitted during phases one or two.
  - Mini games are only permitted within your 'Cohort Group' and can consist of 3v3, 4v4 or 5v5.
7. Travel Permits and Tournament Participation
- Tournaments are not permitted during **STAGE TWO** of Alberta Health Services relaunch during the CNN's Development season.
  - No exhibition games, travel or tournament permits will be approved prior to the approval of Hockey Alberta sanctioning for member organizations.

## 4.0 Protocols and Safety

### Prior to the Season, Scheduling Training or Development Sessions:

- All athletes must register with CNN via Teamsnap for season registration during the off-season.
- Separate registration for the conditioning camps provided for the U9, U11, U13, U15 and U18 levels may also be required. This will be designated in advance of the camps start date.

### Responsibilities of Directors and Camp/Evaluation Coordinators

#### Prior to initial Camp and Evaluation Session:

- Inform participants of camp and evaluation schedule once finalized.
- Communicate with participants a minimum of 24 hours prior the sessions to provide the session plan so players can review and be aware for physical distancing purposes.
- Communicate and remind athletes or family members that if they are feeling unwell or showing signs of COVID19 symptoms, they are not to attend practices for 14 days. A player who has a negative Covid-19 test and their symptoms have resolved are permitted to return within the 14 day period.
- **Masks will be required for all participants and spectators during camps and evaluations. Only exception will be for designated cohort members in designated "field-of-play" areas**
- Remind participants that those who participated in a Hockey Alberta Elite session or evaluation previously that a minimum of 14 days is required before participation is permitted at CNN Conditioning camp and/or evaluations
- Remind athletes and their families of physical distancing guidelines; the need to label all equipment; and gathering restrictions both on the ice, in the arena and the parking lot.

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- Send practice plan outline (if applicable).
- Instruct players to eat and use the washroom before they leave home.

## **During the Camp/Evaluation Session:**

- Prior to or upon arrival, all athletes must complete and be recorded on the Hockey Alberta Contact Tracking Spreadsheet which will be administered by CNN.  
[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_4Daily\\_Checklist.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_4Daily_Checklist.pdf)
- Set up hand sanitizing stations for participant use before, during and after training if not provided by the Arena facility.
- **Masks (PPE) will be required for all participants and spectators during camps and evaluations.** Only exception will be for designated cohort members in designated “field-of-play” areas
- Third party camp coordinator(s) and/or evaluator(s) will be required to wear masks in designated “field-of-play” areas unless physical distancing can be maintained
- Remind athletes to avoid touching their face during activity
- Complete other tasks as outlined in the Director’s guidelines for conditioning camps and evaluations

## **After Camp/Evaluation Session(s):**

- Ensure athletes have retrieved all their personal equipment. (Water bottles, etc)
- Do not touch their equipment unless you are in the same household.
- No post session communication on the ice, in the arena or in the parking lot. Please communicate virtually using email, text, Teamsnap or another form of electronic communication.

## **COVID Check –In**

Prior to each session, or when arriving at the session, the coach and/or designated leader will verify the completion of the Hockey Alberta health status check. If any athlete or family member of the athlete is or has experienced any of the following symptoms, they will not be permitted to participate in any events, training etc. until 14 days after the last symptom. (COVID Daily checklist link above)

- Fever, cough, sneezing or sore throat.
- Mild to moderate shortness of breath.
- Inability to lie down because of difficulty breathing.
- Have been in close contact with a person who has seen a doctor and has been diagnosed with COVID-19.
- Have travelled outside of Canada in the past 14 days or has been ordered to self-isolate since returning from travel.
- Have been ordered to self-isolate or is living with someone who is self-isolating.
- Any person who develops symptoms while at a CNN\Hockey Alberta sanctioned event should leave immediately, seek medical attention and inform the coach or manager within 2 hours of leaving.

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## **What to do if a participant answers YES to any of the mandatory check in questions or begins to show symptoms during the training session:**

- The participant is immediately removed from the session and sent home as safely as possible
- CNN Level Director needs to be notified immediately following any participant being removed from any session. If the Level Director cannot be reached immediately, contact the Sr Director, one of the Vice Presidents or the President.
- CNN will contact Hockey Alberta to facilitate the required AHS protocols under the contact tracking guidelines

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_5-Positive\\_Test.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_5-Positive_Test.pdf)

- It is the responsibility of all team staff to monitor participating individuals and it is expected that any individual who shows the onset or worsening of any of the symptoms listed is removed from the activity immediately by team staff

REMEMBER: The team is the responsibility of the head coach or their designate (if absent)

## **General Stay Safe Recommendations:**

Please follow the current provincial stay safe measures as well as the following:

- Avoiding touching common surfaces while in public when possible.
- Practice good hygiene by:
  - Coughing into a sleeve.
  - Sneezing into a tissue.
  - Avoid touching your face.
  - Washing hands thoroughly and frequently with soap and water.
  - When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol.
  - Wash hands prior to and immediately following practice/ training, using the washroom, after handling equipment.
  - Sanitize your phones and devices often, leave them in the car or at home when possible.
- Help each other with helpful reminders, this is new to everyone.

## **Protocol for Physical Distancing:**

Physical distancing has been identified as one of the most effective strategies to prevent the spread of COVID-19. With that in mind the following are the minimum protocols that MUST be adhered to for team practice:

- All participants will wash their hands before coming to training.
- All participants will use hand sanitizer:
  - At the beginning of all events.
  - During all breaks prior to drinking water or touching any personal items.



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- Prior to leaving the sessions.
- All participants are required to maintain at least 2 meters distance from each other and avoid person to person contact unless they are participating in a practice or event within their designated 'Cohort Group'
  - Dressing rooms, ice surfaces and benches are to be used only by members of the cohort group
- Coaches or personnel who are not part of the “Cohort Group” will be required to remain a safe distance of at least 2 meters from athletes.
  - Mask use may also be required
- NO SHARING OF ANY OF THE FOLLOWING:
  - Sticks, gloves or any other personal equipment.
  - Water bottles.
- NO SPITTING.
- Participants will avoid touching the face.
- All participants will be expected to follow the social distancing rules put in place by the arena and facility operators (Town of Bon Accord, Town of Gibbons and others)
- Player equipment, gear and clothing must be cleaned with disinfectant or sanitized where appropriate and/or washed prior to each session.
- No unnecessary physical contact e.g. high fives.
- All commonly touched surfaces will be disinfected regularly by Arena Staff as per facility guidelines

Spectators of CNN and Hockey Alberta sanctioned events must maintain physical distancing with people who are not from the same household and adhere to the following:

- Expected arrival times to the facility
- No yelling or cheering
- No SPITTING
- Avoid touching your face.
- Wash your hands frequently and/or use hand sanitizer often.
- Disinfect clothes and equipment following attendance at a session.
- Wipe frequently touched surfaces including cell phones, tablets etc.
- Please consult the following website for more information about COVID  
19: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

## 5.0 Facilities

All CNN Teams are required to follow the guidelines set forth by the facility they are utilizing whether in Bon Accord/Gibbons or a different arena. Town of Bon Accord and Gibbons Facility Guidelines will be posted below for your reference.

**\*insert Town facility guidelines from Gibbons/Bon Accord when received\***

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## 6.0 Refunds

This is an unprecedented time which makes predicting the future incredibly difficult. There are still many unanswered questions and uncertainty around what may lie ahead in the future which makes it difficult to anticipate all possible scenarios. There are a few scenarios listed below with guidelines on the refund policy for each scenario.

Once the Return to Play plan has been released, there will be one week for registered CNN participants to withdraw from play with a full refund of fees paid

If the season is paused or cancelled for more than a 2-week period, pro-rated refunds will be issued to all CNN participants.

If COVID affects the ability to provide typical ice time to a team, pro-rated fees will be considered.

Additional refunds will need to be consistent with CNN's Policies and Procedures and/or approved by the Board.

## 7.0 Return to Hockey

Facilitating a safe return to Hockey that meets the guidelines of Alberta Health Services relaunch strategy for stage two is paramount. As we have mentioned previously, Hockey Alberta and CNN will be utilizing two distinct procedures in delivering programming, either **Physically Distanced** or using **Cohorts**. Hockey is a contact sport and while we can operate some limited sessions using physical distancing, we understand that in order to meet all of the key objectives of our program, we will need to use 'Cohort Groups' for various phases of our Return to Play.

**Hockey Alberta Return to Play Plan, updated August 24<sup>th</sup> states that in order for players to change 'Cohort Groups', they must self-isolate for a 14-day period prior to joining a new 'Cohort Group'**

### Cohort Information from Alberta Health Services for Sports Teams

#### **Definition of Cohorts:**

A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 metres apart.

A person in a cohort should have little to no close contact with people outside of the cohort. Keeping the same people together, rather than mixing and mingling, helps reduce the chance of getting sick, and makes it easier to track exposure if someone does get sick.

Under Stage 2, cohort types and sizes include:

- **core cohorts** (families and households) – up to 15 people
- childcare programs – up to 30 children and staff
- sports teams – up to 50 players and coaching staff
- performing groups – up to 50 cast members or performers

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You should only belong to **ONE CORE COHORT**, which is your family or household cohort. It is safest to limit the number of other cohorts you belong to reducing the risk of getting sick or spreading COVID-19.

## Sport Team Specifics:

With modifications, team sports are permitted under Stage 2, including contact sports.

Sports teams can play in region-only cohort groups of up to 50 players or “mini leagues”.

If participating in or organizing a sports activity as part of a cohort group:

- avoid travel outside of regions
- tournaments and large events are prohibited
- clean shared equipment regularly

## CNN 2020-2021 Season Timelines

*The province remains in a restricted state, and the primary concern for CNN is that any programs offered as part of its Return to Play plan focus on the health and safety of all participants. The intent is not to re-create the regular season structure, but to offer local/regional training and development opportunities before proceeding to the regular season. Safety, not competition, is paramount.*

### HOCKEY ALBERTA RETURN TO HOCKEY COMPONENTS (AS IT APPLIES TO CNN)

COMPONENT	START DATE	PARTICIPANT ELIGIBILITY CRITERIA	TRAVEL RECOMMENDATIONS	ACTIVITY
Development Season (includes Skill Development and Evaluation Phase)	August 1 – TBD	Participants from the established registration area: <ul style="list-style-type: none"> <li>• Tiered Hockey - MHA Boundary</li> <li>• Minor Female - Closest Female Program</li> <li>• Hockey Canada Accredited Schools (HCAS) - No Restrictions</li> <li>• AA Hockey - Recruitment Area</li> <li>• AAA Hockey - Draw Zone</li> </ul> Junior/ Senior - No Restrictions AAA programs can operate ‘tryout’ sessions for each specific level of hockey, using physical distancing, to identify a group of players to bring into a Cohort. Reminder: A Cohort is a maximum of 50 people.	Non-essential travel should be limited.  Players should access programs in their immediate area where possible.  Travel to participate in activity outside the <a href="#">Alberta Health Region</a> where the participant resides is not recommended.	Programs may be delivered using Physical Distancing or Cohorting. <ul style="list-style-type: none"> <li>• Skills Sessions</li> <li>• On-Ice Practices</li> <li>• Off-Ice Training</li> <li>• Inter-Squad Game Play (3v3, 4v4 or 5v5)</li> </ul> Players can be grouped by age and/or skill level; programming can assist to determine skill levels of players. <ul style="list-style-type: none"> <li>• Tournaments not permitted.</li> </ul>

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<b>MODIFIED COMPETITION SEASON</b>	<b>TBD</b> <b>(No earlier than Nov. 1)</b>	<p>Using the Development Season criteria, participants should be registered and the evaluation/ sorting process underway for the specific level of hockey. Participants from the established registration area.</p> <ul style="list-style-type: none"> <li>• Tiered Hockey - MHA Boundary</li> <li>• Minor Female - Closest Female Program</li> <li>• HCAS - No Restrictions</li> <li>• AA Hockey - Recruitment Area</li> <li>• AAA Hockey - Draw Zone</li> <li>• Junior/ Senior - No Restrictions</li> </ul>	<p>Teams grouped into regional 'Pods' for competition purposes.</p> <p>A Pod includes 3-5 teams, depending on Government of Alberta guidelines.</p> <p>Teams play within their Pod for the duration of the Modified Competition Season.</p>	<ul style="list-style-type: none"> <li>• Skills Sessions</li> <li>• On-Ice Practices</li> <li>• Off-Ice Training</li> <li>• Game Play within Pods</li> </ul> <p>This component provides the opportunity to finalize any tryouts/ evaluations, register rosters and prepare for an eventual return to the Regular Season, when permitted.</p> <p>Tournaments: TBD</p>
Regular Season	TBD	<p>Using the Development Season criteria, participants should be registered and the evaluation/ sorting process underway for the specific level of hockey. Participants from the established registration area.</p> <ul style="list-style-type: none"> <li>• Tiered Hockey - MHA boundary</li> <li>• Minor Female - Closest Female Program</li> <li>• HCAS - No Restrictions</li> <li>• AA Hockey - Recruitment Area</li> <li>• AAA Hockey - Draw Zone</li> <li>• Junior/ Senior - No Restrictions</li> </ul>	<p>Restrictions on travel could still be in place.</p> <p>Scheduling play within regions/ conferences will be considered.</p>	<ul style="list-style-type: none"> <li>• Skills Sessions</li> <li>• On-Ice Practices</li> <li>• Off-Ice Training</li> <li>• League Play</li> </ul> <p>Tournaments: TBD</p>

CNN is planning to host conditioning camps as the first on-ice activities to occur this season. The camps are scheduled to start in the Bon Accord arena on **September 14<sup>th</sup> (Date TBC)** subject to arena opening and availability. Any evaluation sessions that are to be completed prior to the Development season as described above will be completed immediately after the conditioning camps.

## A. Conditioning Camps and Evaluations

The purpose of the Conditioning Camps and Evaluations is to allow for the players to adjust to hockey in the “new normal” as well as to provide the information for team creation. This process will be similar to the evaluation and tiering processes that occur each year at CNN. During the Conditioning Camps and Evaluations, all players at each age level/division will make up a cohort. If there are divisions that are involved in cohorts involving non-CNN teams, there may need to be a 14 day period before gameplay with those teams can occur from the final evaluation session.

When CNN has completed the evaluation sessions, the Player Movement Committee and Level Director will create ‘Cohort Groups’ of between 35-50 players. CNN will target 2-3 teams per cohort group, this may be achieved within CNN (with equal teams) or possibly may involve neighboring Associations. We will communicate further on numbers of coaches and team officials who should join the ‘Cohort Group’ and those that should remain Physically Distanced.

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## Evaluation Guidelines

- Evaluation guidelines and instructions will be finalized once dates and facilities are confirmed.
- Participant specific guidelines will be sent to registered participants by the Level Director(s)
- Once the Evaluation sessions have been completed, players and goalies should be ranked and teams and 'Cohort Groups' created by the Player Movement Committee and the Level Director (if available)
- All evaluators must remain physically distanced during the evaluation sessions, if physical distancing is not possible, a mask must be worn

## B. Development Season

During the Skill Development and Evaluation phase, CNN will create teams and 'Cohort Groups' of no more than 50 players and team officials based on rankings from the evaluation sessions. All players and team officials included in the registered 'Cohort Group' will need to ensure they remain in the same 'Cohort Group' during the Alberta Health Services phase two relaunch, or until a two week break can be facilitated in order to create new 'Cohort Groups' as per the Hockey Alberta return to hockey plan.

### Cohorts

- 45-50 players and team officials (depending on age category and registration breakdown)
- Players can compete as a group (practice and play together)
- Teams may choose to practice with the entire 'Cohort Group' on the ice, as long as the facility requirements are being followed, or, split them into smaller groups (inner-CNN cohort only)
- Within the 'Cohort Group' players do not need to be physically distanced on the ice, the players bench or dressing room facilities, however parents or others not defined within the cohort group cannot enter these spaces
- Within intra-CNN 'Cohort Groups', teams will be created to facilitate game play where possible

## 1. U7

### Regular programming

- Maintain one-year age groups in U7, if possible
- Maintain Half-Ice games for U7
- Game play will be 4v4 or 3v3 if short players
- No Officials

### U7 Cohort Groups

- Use age based team creation
- 'Cohort Group' for U7 should be all U7 CNN players (U7 and U6)
- Coaches will form part of the 'Cohort Group'
- Coaches of the U7 team(s) can "mix and match" players to create different "teams" for variety of gameplay

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- Teams will not change with transition to regular season and 'Cohort Groups'

## 2. U9

### Regular Programming

- Maintain one and/or two-year age groups in U9
- Maintain half-ice games
- Game play will be 4v4 or 3v3 if short players
- No Officials

### U9 Cohort Groups

- Use skill-based evaluation sessions to divide players into equal teams for the 'Cohort Group'
- 'Cohort Group' sizes for U9 should target a maximum of between 35-40 players as coaches will form part of the 'Cohort Group'
- Teams to remain once regular season phase begins without any further evaluation required
- Teams within each 'Cohort Group' of 9-10 players (no goalies) minimum to allow for three teams in the 'Cohort Group'

## 3. U11 and U13

### Regular Programming

- Maintain two-year age groups
- Maintain full ice game play
- Teams likely to remain once regular season phase begins without further evaluation required.
  - *NOTE: U13 may require further evaluation prior to beginning of modified competition and/or regular season*
- Game Play will be 5v5, 4v4 or 3v3 during the 'Development Season' phase

### Cohort Groups

- Use skill based sessions to evaluate players into 'Cohort Groups'. Teams will be created as equal or tiered, dependent on cohort arrangement.
- 'Cohort Group' sizes for U11 and U13 are 36-42 players
- Coaches will be part of the 'Cohort Group'
- Ease of transition to teams of 12 or more players for modified competition and/or regular season play
- Practice and Play games within the 'Cohort Group'

## 4. U15/U18

### Regular Programming

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- Maintain current age categories
- Maintain full ice games
- Teams may change prior to modified competition and/or regular season
- Game play will be 5v5, 4v4 or 3v3 during 'Development Season' phase

## Cohort Groups

- Use skill-based sessions to evaluate players into 'Cohort Groups'. Teams will be created as equal or tiered, dependent on cohort arrangement.
- 'Cohort Group' sizes for U15/U18 are 36-42
- Coaches may be part of the 'Cohort Group'
- Ease of transition to one or two teams at each of U15 and U18 based on registration numbers once we return to modified competition and/or regular season play
- Teams may need to be re-evaluated prior to regular season start, dependent on final arrangement determined.
- Practice and Play games with the 'Cohort Group'

## Body Checking and Non-Body Checking

- There may be body checking and non-body checking teams within the cohort groups, dependent on numbers and team structure.
- When there is a single team at the U15 and/or U18 level, the team will likely be body checking unless the majority of participants choose differently

## C. Modified Competition Season

CNN and NAI will continue to follow the lead of Alberta Health Services and Hockey Alberta in order to determine an appropriate time to transition from the 'Development Season' to a normal return to hockey 'Regular Season'. Part of this transition will likely involve a "Modified Competition Season". A modified competition season allows for groups of 3-5 teams in a regional "cohort" to play each other, this provides additional competition prior to the start of the Regular Season.

## D. Regular Season

We remain optimistic that we will be able to transition to a traditional 'Regular Season' in accordance with past season guidelines but will only do so once it is safe for all of our participants and we have received approval from Alberta Health Services and Hockey Alberta.

Dependent on team formation prior to the Development Season, additional evaluations may occur to finalize teams prior to the Regular Season.

## 8.0 Referees

Currently there is to be no use of referees prior to the start of the 'Regular Season'. The commencement of referee clinics and training sessions is also delayed at this time.

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Referees (if used) are considered part of the 'Cohort Group' and would be subject to the same 14 day isolation requirements between 'Cohort Groups' as well as falling into the 50 person limit.

## 9.0 Coaches, Team Officials and Off-Ice Officials

Clarification still needs to be determined with regard to the specific roles of coaches, team officials and off-ice officials as it relates to COVID protocols. CNN's Return to Play Committee will continue to gather information provided by Alberta Health Services, Hockey Alberta and local municipalities and will inform all team participants, parent and staff of the roles and protocols required.

Hockey Canada and Hockey Alberta will determine clinic protocols and certification requirements for coaches and team officials. There is an additional online Coaching course that is required to be taken regarding COVID and hockey.

DRAFT



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## 10.0 FAQ's CNN Return to Practice & Play

### General Questions

1. Can my child be a part of multiple 'Cohort Groups' As an example, can they belong to a school-based Cohort as well as a Hockey 'Cohort Group'?

Alberta Health Services Cohort guidelines state that "Athletes should not belong to multiple sport mini-leagues; they should select one sports cohort for the duration of Stage 2." They would be permitted to belong to another sports cohort that is operating under the 'Physical Distancing' guidelines. For example, a power skating or skills program that is utilizing 'Physical Distancing.' It is NOT the role of CNN to monitor participation in non-CNN cohort groups.

2. Do participants have to maintain social distancing at all times, or can it just be minimized?

When using 'Physical Distancing' procedures, it is imperative that all participants remain 2 meters apart. When using 'Cohort Group' procedures, cohort participants are not required to maintain 2 meters separation on the ice, benches or dressing rooms. It is always a good idea to minimize the amount of contact whenever possible. Individuals that are not part of the 'Cohort Group' must maintain 2 meters separation at this time.

3. Would players released from Hockey Alberta Elite Programs need to isolate for 14 days prior to participating in community evaluations?

As it currently sits the player will need to isolate before engaging with the CNN 'Cohort Group'. This includes participation in CNN's conditioning camps

4. How will CNN handle contact tracing and symptom screening?

Hockey Alberta has set guidelines to follow to ensure all interactions are tracked and that symptomatic players do not participate in any activities. We are actively considering different solutions to make this process as efficient as possible for athletes, parents and associations. However, regardless of the process, this will be a required step prior to participation in any session.

5. What happens if a player answers yes to any of the symptom screening questions?

Any player who answers YES to any of the questions may no longer participate in the program until a minimum 14 day quarantine period has elapsed, medical clearance is received from a family physician or they have provided a negative Covid 19 test and all symptoms have been resolved.

6. What happens if there is a positive test within a 'Cohort Group'? If that participant gets tested again and the result is negative, can they return to Hockey activities?

There is a formal reporting process if any participant contracts Covid-19. CNN will take all direction from Alberta Health Services. We do not have any more clarity at this time and may not have more clarity as our programs begin. Alberta Health Services is treating each situation differently and are not providing any concrete 'what if's'. We must simply follow the established reporting guidelines and take direction as it is provided to us.



# APPENDICES

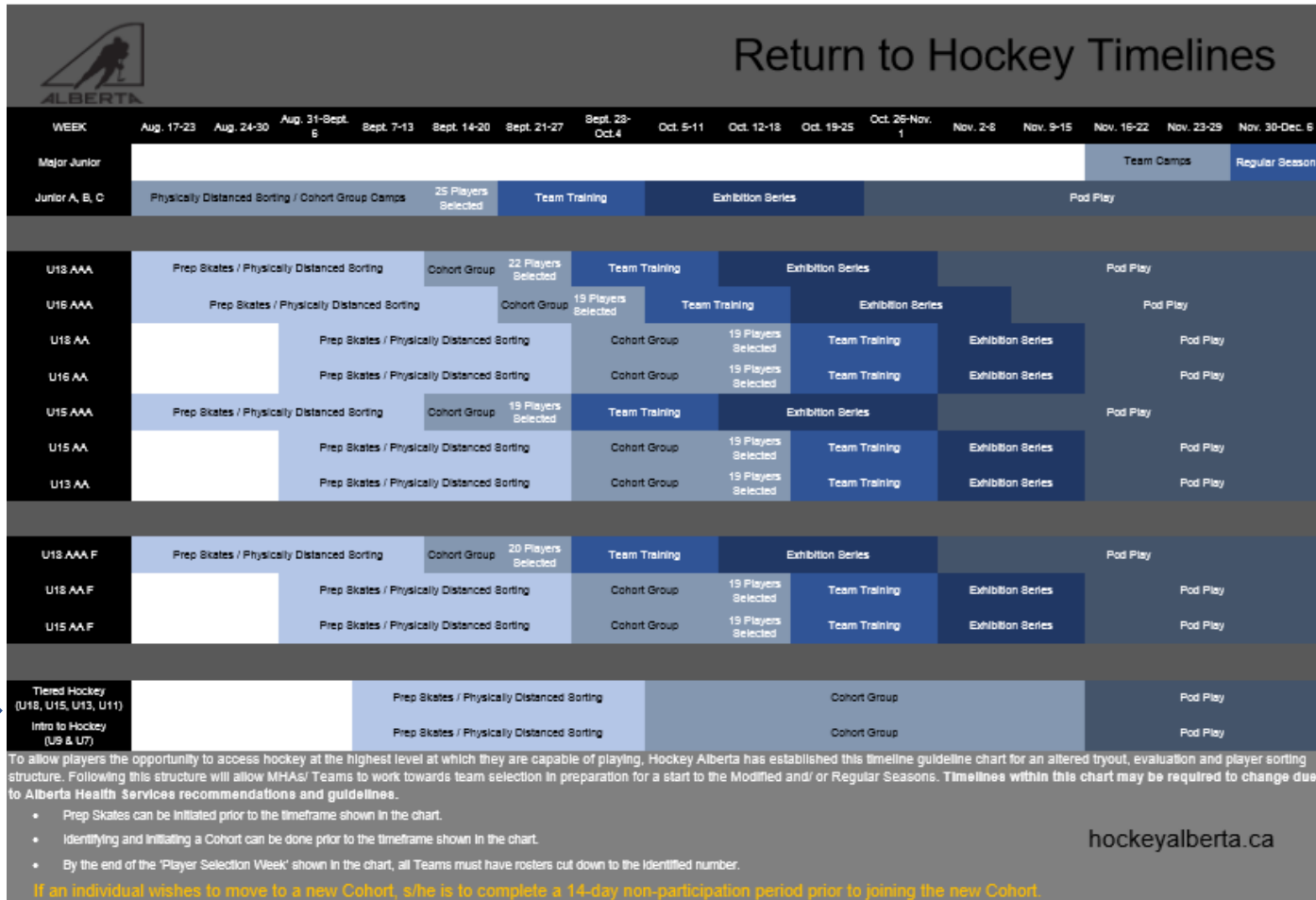
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# Return To Practice & Play – CNN Spurs Minor Hockey



## APPENDIX 1

### Hockey Alberta Season Timeline



**CNN HAS TIERED HOCKEY AS WELL AS INTRO TO HOCKEY BOTH LISTED HERE**