

EPMH 2020-21 Return to Play Hockey Plan

Coaches/ Managers/ Players/ Parent Information Package

Health and safety has been at the the forefront of EPMH's Executive and Board of Directors as they have been thoughtfully planning what Return to Hockey will look like.

This plan relies heavily on the honesty and integrity of coaches, hockey players and their families. We require commitment from all participants to abide by the rules of this plan.

This plan is subject to change based on direction from the Chief Medical Officer, the Province of Alberta, the Town of Elk Point, Hockey Alberta, Arena Operating Committee and Elk Point Minor Hockey.

We encourage all participants to review the following documents from the Hockey Alberta Return to Play Hockey Plan specially relating to Roles and Responsibilities as well as Hockey Canada and Hockey Alberta Sanctioning for events:

<https://www.hockeyalberta.ca/members/return-hockey/>

Procedures and Protocols

Prior to the Season:

All hockey players must register with EPMH registrar Andie Ballas. Forms can be printed off the EPMH Website. Andie must have you entered in the HCR System prior to you stepping on the ice.

Cohorting Information:

Stage 2 of the Government of Alberta's Relaunch Plan identifies types of Cohorts, including Sport Cohorts, and the guidelines for those. Sports Cohort guidelines include:

- When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a Cohort.
- The maximum number of individuals that can form a Cohort is 50.
 - This includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.
 - Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the Cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.
- Transportation to and from activities should be arranged so that only Cohort members, or members from the same household, share rides.
- Individuals should limit the number of Cohorts to which they belong.
- If an individual or team member wishes to change Cohorts, they should not participate in new Cohort activity for 14 days (this reflects the incubation period of the virus).
- If a Cohort comes to completion during Stage 2, a new Cohort may be formed if there is a 14-day period between completion of play in the old Cohort and the beginning of the new Cohort.

- It is recommended that each Cohort appoint a responsible person whose role is to ensure cohort rules and other public health guidance are followed.
- Groups of players or teams in different Cohorts cannot play with/ against each other.

Even while using cohorting, it is recommended to try and utilize physical distancing whenever possible (dressing rooms, benches, and in public areas).

For more information on Cohorts: See Government of Alberta Website: [Guidance on Cohorts](#)

General Coaching Guidelines

*** If a coach is a part of more than one team they can only cohort with one. They are required to wear a mask and socially distance with the other team.

When participating via Cohorting:

* Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.

- Team officials are not required to wear masks in the dressing room, on the player bench, in the penalty box area, or on the ice. These areas are considered within “field of play” for the sport.
- When Cohorts are being used and some coaches are not part of the Cohort (they are instead physically distancing from all other participants), those coaches are required to wear a mask while in the dressing room.

When participating via Physical Distancing:

- Team officials must maintain two-metre physical distancing from all other participants, and wear a mask within the dressing room.
- Team officials are to wear a mask while on the bench but can remove them while they are coaching and/or instructing on the ice with two metre distance required

Player Cohorts or Physical Distancing Guidelines

- For players participating via Cohorting: masks are not required in the dressing room, on the players bench, in the penalty box area or on the ice, These areas are considered “field of play” for the sport.
- For players participating in Physical Distancing: they must maintain two-metre physical distancing and wear a mask within the dressing room. Players may only remove their mask immediately prior to placing a helmet on and leaving the dressing room to go on the ice.
- Transportation to and from practices/ games should be arranged so that only cohort members or members of the same household share rides.
- Individuals should limit the number of cohorts they belong to.

Responsibility of Coaches and Managers:

Each team Coach/Manager will receive a COVID-19 Kit. It will be supplied with sanitizer, cleaning sprays or wipes, rubber gloves and masks etc. If you run low on any of the products please reach out to executive to get refills.

Prior to each Practice Session:

- Communicate to determine if a player is ineligible for practice.
- Remind players and their families of socially distancing guidelines; gathering restrictions both on ice, in the arena and/or in the parking lot. Please pass on the EPMH and A.G. Ross Arena Guidelines.
- Have players label all their equipment
- Sanitize all training equipment, including any shared goalie gear, pucks and all commonly touched surfaces.
- Remind players that no one is to enter the dressing room till 30 minutes before practice and all equipment must stay in the vehicle until you enter the dressing room. ***Player bags are not to be set down in the main lobby, hallway areas.

During the Practice Session:

- Use provided player attendance sheets (or utilize TeamSnap attendance) so contact tracing can be done if necessary; managers/coaches can then sign in their team as a whole to the facility
Example of how to sign a whole team in to facility: EPMH U7 / 4PM / Elk Point-Reference tracing has been done via team snap or other.
- Set up all training equipment and sanitize as needed.
- Set up hand sanitizing stations/ and or wash stations for participants to use before, during and after practice.
- Ensure PPE supply is available and must be worn if dealing with a injured player and socially distancing cannot be maintained.
- Ensure only team pucks are used at the practice and they are sanitized prior to each practice.
- Encourage players to practice proper safe practices including washing their hands, using hand sanitizer, not sharing water bottles and not touching their face.

After Practice Session:

- Ensure all players have retrieved all their personal equipment and vacate dressing room within 30 minutes of session ending. *** Equipment is to be taken directly to players vehicle.
- Do not touch equipment unless you are from the same household
- Ensure players and coaches sanitize and/or wash hands again.
- Sanitize all training equipment, shared goalie gear, pucks and all commonly touched surfaces.
- Communicate virtually this year using email, text, team snap or other electronic ways. If a in person meeting is required practice physical distancing, wear masks if this cannot be maintained and reference facility guidelines.

Practice/ Training Guidelines that MUST be followed by players, coaches and parents:

Physical distancing has been identified as one of the most effective ways to prevent the spread of COVID-19. With that in mind the following are the minimum guidelines that MUST be adhered to for team practice/ training / games/ other events whether in a cohort or not:

- All players and team officials will wash hands before coming to practice.
- All participants will use hand sanitizer and/or soap and water:
 - At the beginning of all events.
 - During all breaks prior to drinking water or touching personal items.
 - Prior to leaving any session
- All participants are required to maintain at least a 2 meter distance from each other and avoid in person contact unless in “field of play”
- Nonessential activities that require close contact between individuals will not be permitted.
- No sharing of sticks, gloves, personal equipment and water bottles.
- NO SPITTING
- Avoid touching their face.
- All participants will be expected to follow social distancing rules in place by the A.G Ross facility and the town of Elk Point.
- Player Equipment and clothing should be cleaned with disinfectant where appropriate and/or washed prior to each session. All equipment must be removed from the facility after use.
- NO unnecessary physical contact e.g. high fives, team group hugs

Dressing Rooms, Players Benches & Timekeeper penalty Box Guidelines:

Dressing rooms, players benches and timekeeper/ penalty box are considered “field of play” and within a cohort area. Each team will be provided with 2 dressing rooms so please practice social distancing by using both.

If a PARENT, GUARDIAN, VOLUNTEER OR SOMEONE ELSE must be in the area that is not part of the cohort they must practice physical distancing and wear a non-medical face mask when physical distancing cant be achieved, e.g. tying skates or attending to a injured play

COVID-19 Waiver and Check-in

It's the responsibility of each parent or guardian to complete the EPMH COVID-19 waiver for the 2020-21season before their players first practice. Manager's will provide you with link.

It is the responsibility of each parent or guardian to complete your manager's Health Check Form 8 hours prior to session e.g. TeamSnap Form or Covid-19 Daily Checklist provided to you by manager. It will be up to your team's manager to use one format or the other.

If the player or any of their family members is or have experienced any of the following symptoms in the previous 14 days, they will not be permitted to participate in any practice, etc. Players will be required to stay home and follow AHS guidelines. The information will be held in confidence by the coach/manager.

https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_4-Daily_Checklist.pdf

Form Screening Questions:

1. Does the attendee have any new onset (or worsening) of any of the following symptoms

- Fever
- Cough
- Shortness of Breath / Difficulty Breathing
- Sore throat
- Chills
- Painful swallowing
- Runny Nose / Nasal Congestion
- Feeling unwell / Fatigued
- Nausea / Vomiting / Diarrhea
- Unexplained loss of appetite
- Loss of sense of taste or smell
- Muscle/ Joint aches
- Headache
- Conjunctivitis (commonly known as pink eye)

2. Has the attendee travelled outside of Canada in the last 14 days?

3. Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?

4. Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?

What to do if a player answers YES to any of the mandatory check-in questions or begins to show symptoms during a EPMH session: eg. practice, game, and any EPMH hosted event:

- The participant must stay home if answering yes to any of the questions. If they begin to show symptoms during a session they should be immediately removed from the practice/game and sent home safely.

Planning for a rapid response to a sick attendee:

If a attendee becomes sick while participating, the following requirements apply:

- While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
- The individual should arrange, with assistance from team officials for immediate transportation to their home to begin isolation.
- Once the sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas with which the individual may have come in contact with. Provided this guidance is followed, there is no need to cancel any activity, or postpone the undertaking of a cohort group, in the event a individual becomes sick.
- Team Officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the individual tests positive for COVID-19

Reporting a positive COVID-19 case:

If an attendee tests positive, AHS will only request information about the attendee's participation in sport if it is deemed that a potential exposure is likely to have occurred during such activity.

- When interviewing a person who has tested positive, AHS investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization's compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary.
- An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of the reason for missing a practice or game, if they are pursuing COVID-19 testing, or the results of a COVID-19 test.
- Organizations and team officials should be respectful of the privacy and sensitivity of every participant's personal health information, and comply with relevant requirements set out in Alberta's Health Information Act.

General Stay Safe Measures:

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

- Travel alone, with people you live with or in cohorts. (No car pooling)
- Staggered approach to site e.g. physical distancing 2 meters
- Avoid touching common surfaces while in public
- Practice good hygiene by:
 - Coughing into sleeve
 - Sneezing into a tissue
 - Avoid touching your face
 - Wash hands thoroughly and frequently with soap and water
 - When soap and water isn't available use hand sanitizer with a 60% alcohol or higher.
 - Sanitize electronic devices often

Spectators:

Spectators may be allowed in the facility, subject to physical distancing measures (based on current Government of Alberta and local municipal restrictions) and any specific directions provided by facility management. The allowance of spectators is at the discretion of each facility. EPMH has put the following guidelines in place for our spectators:

- Spectators should be kept out of participant spaces (ice surface, dressing rooms, benches).
- Please keep your children out of the player hallways, from hanging out in bathrooms and forming groups in the lobby.
- With 2 metres of distance maintained between members of different households (with the exception of core/ household cohorts), the following capacity restrictions apply:
 - ***A maximum of 100 spectators is permitted for indoor events/settings.
- Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.
- It is strongly recommended that spectators wear masks when socially distancing isn't possible.
- Respect the choice of fellow spectators.

Facilities:

All members and participants are expected to follow guidelines set forth by AG Ross Arena. Guidelines for AG Ross arena can be found on the EPMH Website.

Anyone entering the AG Ross arena will be required to stop and sign in at the main lobby doors for games and player entrance on practice nights as main doors will only be used as an exit on those nights. Managers will sign in their players so they do not need to stop at practices or home games.

***Please note each facility will have their own regulations so please take time to look for those on NEAHL or their Minor Hockey Website before going to their facilities.

This will be updated as restrictions change over the course of the year. Let's all do our best and have an awesome season!