



## Return to Hockey Plan

### Hockey Edmonton

### Return to Hockey Plan

#### Coaches/Administrators/Players/Parent Information Package

Health and safety have been at the forefront for Hockey Edmonton's Staff and Board of Directors as they have been thoughtfully planning what a return to hockey participation will look like.

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 City of Edmonton, Hockey Alberta and all Hockey Edmonton and EFHL Participants.

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

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_6-Roles\\_and\\_Responsibilities.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_6-Roles_and_Responsibilities.pdf)

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_9-HC\\_Sanctioning\\_Guidelines.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_9-HC_Sanctioning_Guidelines.pdf)

### Procedures and Protocols

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

- All athletes must register with Hockey Edmonton or one of its Clubs, Districts or Operating Areas via their internal HCR for season registration or Associations registration system for any camps or training sessions during the Off-Season Skill Development or Development Season phases.
- Hockey Edmonton Associations running training sessions during Hockey Alberta Off Season Skill Development and Development Season phases, will be required to submit permit information related to their sessions. This is necessary for Hockey Edmonton Administration to acquire a Hockey Alberta permit to sanction the event and provide Hockey Canada insurance coverage while also ensuring all Hockey Alberta return to train policies are being followed.
- A link to the Hockey Edmonton permit application is provided below.

<http://www.hockeyedmonton.ca/form/4336>

### **Responsibilities of Coaches or Event Leaders**

#### **Prior to each training Session:**

- Communicate with athletes a minimum of 24 hours prior the sessions to provide the session plan so players can review and be aware for social distancing purposes.
- Communicate to see if athletes or family members are feeling unwell or showing signs of COVID-19 symptoms and if so, they are not to attend practices for 14 days.
- Remind athletes and their families of social distancing guidelines; the need to label all equipment; and gathering restrictions both on the ice, in the arena and the parking lot.
- Send practice plan outline (if applicable).
- Disinfect all training equipment.
- Instruct players to eat and use the washroom before they leave home.

#### **During the training Session:**

- Upon arrival, all athletes must complete and be recorded on the Hockey Alberta Contact Tracking Spreadsheet which will be administered by the Association running the event and made available to Hockey Edmonton, Hockey Alberta or AHS within 12 hours of request. [https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_4-Daily\\_Checklist.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_4-Daily_Checklist.pdf)
- Set up all training equipment and sanitize as needed.
- Set up hand sanitizing stations for participant use before, during and after training if not provided by the Arena facility.
- Consider wearing PPE. PPE must be worn if social distancing cannot be maintained (eg. looking after an injured player). PPE is only acceptable if in a situation in which social distancing cannot be maintained. Do not use PPE to allow participants to break social distancing rules during the sessions.
- Ensure only team pucks are used at the practice and that they are sanitized prior, during and after the practice.  
\*Note, athletes can share the team pucks, but this sharing should be limited with no direct hand contact
- Ensure athletes are not touching their face during activity.

#### **After Training Session:**

- Ensure athletes have retrieved all their personal equipment. (Water bottles, etc)
- Do not touch their equipment unless you are in the same household.
- Ensure athletes and coaches wash or sanitize hands again.
- Sanitize all training equipment, including team pucks and all commonly touched surfaces e.g. locks.
- No post training meeting communication on the ice, in the arena or in the parking lot. Please communicate virtually using email, text, team snap or another form of electronic communication.

## Return to Hockey Plan

- Association Event Managers must ensure that their list of event participants is uploaded using the Hockey Alberta link provided by Hockey Edmonton (in the email containing the event sanction information). This is required as soon as the event has been completed.

[https://cloud.rampinteractive.com/hockeyedmonton/files/2020-21%20Season/Copy%20of%20Copy%20of%20Appendix\\_3-Contact\\_Tracing\\_Form\\_HEDM.xlsx](https://cloud.rampinteractive.com/hockeyedmonton/files/2020-21%20Season/Copy%20of%20Copy%20of%20Appendix_3-Contact_Tracing_Form_HEDM.xlsx)

### **COVID Check –In**

24 hours prior to each session, or when arriving at the session, the coach or leader will communicate with all players and families to do the Hockey Alberta health status check. If any athlete or family member of the athlete is or has experienced any of the following symptoms in the previous 14 days, they will not be permitted to participate in any events, training etc. for the next 14 days or until 14 days after the last symptom, whichever is longer. This information will be held in confidence by the coach:

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_4-Daily\\_Checklist.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_4-Daily_Checklist.pdf)

- 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 Hockey Edmonton\Hockey Alberta sanctioned event should leave immediately, seek medical attention and inform the coach or manager within 2 hours of leaving.

[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)

### **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
- Hockey Edmonton Discipline needs to be notified immediately following any participant being removed from any session
- Hockey Edmonton Discipline 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)

### **General Stay Safe Measures:**

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

- Driving alone or with people they are living with (no carpooling).
- Staggered approach to the site e.g. physical distancing of 2 meters.
- Avoiding touching common surfaces while in public.

Hockey Edmonton Return to Hockey Plan, July 10, 2020.

P:\HockeyEdmonton\Covid-19 Planning\Hockey Edmonton Return to Play Guidelines July 2020 v3



## Return to Hockey Plan

- Come straight to the Arena from home and go straight home.
- 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.

### **Practice/ Training Protocol:**

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 training/ 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.
  - 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.
- Coaches will coach from a safe distance at least 2 meters from athletes.
- Nonessential activities that require close contact between individuals will not be permitted.
- 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 City of Edmonton for Arena Users or the rules set by non-City of Edmonton facilities. (ie. Argyle or River Cree Arenas)
- Player equipment and clothing must be cleaned with disinfectant where appropriate and or washed prior to each session.
- No unnecessary physical contact e.g. high fives.
- All commonly touched surfaces will be disinfected after each session by Arena Staff.
- Gear, equipment etc. must be sanitized prior to each use.
- Coaches may request the support of an assistant coach or parent to help with sanitizing or ensuring physical distancing is occurring throughout the session.



## Return to Hockey Plan

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

- Staggered approach 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>

### **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

You should only belong to one core 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
- maintain physical distancing when not in play (for example, players on the bench)
- decrease/eliminate use of shared locker rooms

Hockey Edmonton Return to Hockey Plan, July 10, 2020.

P:\HockeyEdmonton\Covid-19 Planning\Hockey Edmonton Return to Play Guidelines July 2020 v3



## Return to Hockey Plan

### Hockey Edmonton Return to Train FAQ's

**1. Does the COVID-19 Check in have to be completed prior to each practice with every athlete?**

Yes, the Covid-19 check in with each athlete must be completed 24 hours prior and as they arrive at practice.

ie. Check in can be completed up to the point of arrival or upon arrival to ensure the participant is symptom free

**2. Do athletes and coaches have to sanitize hands prior to entering or leaving the Arena?**

Yes, athletes and coaches must sanitize their hands prior to entering or exiting the Arena. Scheduled water breaks are required throughout practice to give athletes an opportunity to sanitize, drink and then sanitize again before entering the field of play.

**3. Do athletes and coaches have to maintain social distancing at all times, or can it just be minimized?**

Coaches and athletes must always maintain a 2-meter distance from each other. This includes athlete - athlete, coach - athlete and coach - coach. If an emergency occurs and social distancing rules must be broken, PPE (masks, gloves, etc.) must be worn.

ie. An injury occurs.

**4. What is the process for sharing equipment such as pucks?**

Each team will have designated pucks that are only used by the specific team or group.

Athletes can share the pucks during the practice, understanding that the virus could be transferred by the puck in rare circumstances from one individual to another and will avoid touching their face or the pucks during the session.

The pucks will be sanitized at the end of practice, and not used by anyone else until the team uses them at the next practice. They can be wiped with a disinfectant wipe, washed with soap and water or sprayed with disinfectant spray.

**5. Can “game-like” activities occur during the practice?**

Yes, however, the two-meter social distancing rule must be adhered to.

**6. Examples of game-like activities that a coach can do:**

Passing and shooting drills where social distancing can be maintained

Breakout and regroup drills where social distancing can be maintained

**7. Game like situations that must not happen:**

Battling and Contact Drills that do not adhere to the 2-metre distancing between athletes rule.

No scrimmage situations.

No Drills that have athletes within two meters of each other.



## Return to Hockey Plan

8. What if our team does not follow the rules set out by Alberta Health Services, Hockey Alberta and Edmonton?

Hockey Edmonton Staff and Board members as well as those with the participating association will be doing check-ins during training activities to ensure that all Return to Train Rules and Procedures are followed by each individual group. Athletes and parents should also ensure that the coaches are not putting players in danger and report to the appropriate association president if rules are not being adhered to. If a team is caught not following the rules, the Hockey Edmonton Board of Directors may choose to suspend the activities of that team for a duration of time or for the remainder of the phase of the season. This is a **Zero-Tolerance Policy** in order to protect the health and well being of our players, coaches and spectators.