



Return to Hockey Plan-Community Hockey

Table of Contents

1.0 Introduction	2
2.0 Program Objectives.....	3
3.0 Requirements.....	4
4.0 Protocols and Safety (<i>New Information COVID-19 AHS Check In Procedures</i>)	6
5.0 Facilities (<i>New Information-Board Systems now approved for use for U7 and U9</i>)	11
6.0 Refunds	14
7.0 Return to Hockey	15
A. Off Season Skill Development and Training.....	18
B. Skill Development and Evaluations.....	18
C. Development Season	19
1. U7 Timbits	20
2. U9 (formerly Novice).....	21
3. U11 and U13 (formerly Atom and Peewee).....	22
4. U15/U18/U21 (formerly Bantam, Midget and Junior).....	23
D. Modified Competition Season.....	24
E. Regular Season.....	24
8.0 Referees (<i>New Information on Assignments</i>).....	25
9.0 Coaches, Team Officials and Off-Ice Officials.....	26
10.0 FAQ's Hockey Edmonton Return to Play.....	27
11.0 Appendices.....	29
Appendix 1 (<i>November 1st, 2020 Tiering Season Start Date</i>) NEW	29
Appendix 2 (U9 Cohort Groups Example and Transition)	30
Appendix 3 (U11 and U13 Cohort Groups Example and Transition)	31
Appendix 4 (U15 and U18 Cohort Groups Example and Transition)	32
Appendix 5 (Mini-Game Format) <i>New Information</i>	33
Appendix 6 (<i>Hockey Alberta Return to Play Guidelines</i>)	35



Return to Hockey Plan-Community Hockey

1.0 Introduction

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. Hockey Edmonton has actively engaged with Hockey Canada and Hockey Alberta 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 **November 2, 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 City of Edmonton, Hockey Alberta and all Hockey Edmonton and EFHL 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 Hockey Edmonton "Return to Hockey" Plan that are outlined throughout this document:

1. **Off Season Skill Development and Training Phase** – The main focus of this phase is on enhanced skill development and conditioning to provide players the opportunity to prepare for the upcoming season for their evaluations and tryouts, this phase will take place during the month of August and early September.
2. **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 like skilled 'Cohort Groups' of less than 50 players. The Skill Development and Evaluation phase should be completed through 'Physically Distanced' skill-based evaluations
3. **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.
4. **NEW Modified Competition Season Phase** – The Modified Competition Season will not commence (for any level of hockey) before November 1, 2020. Depending on Government of Alberta guidelines and recommendations, the start of this component could be delayed until later in the 2020-2021 season. At this phase, teams will be grouped into regional pods, by level of hockey for competition purposes. A Pod will include 2-5 teams, depending on Government regulations and teams will only play within their Pod for the duration of the Phase.
5. **Regular Season** – This would be a return to regular EFHL 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. Various proposals are



Return to Hockey Plan-Community Hockey

available to implement depending on the start date of the regular season which are included Appendices 1, 2 and 3.

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.

- Hockey Edmonton is returning to Train 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 the Hockey Edmonton's return to Hockey Plan.

4. **Tiering!** Facilitate an environment where players may be grouped in appropriate skill levels.

- Some tiering ranges may differ slightly than in previous seasons, however, we believe they will be within an acceptable range for skill and team development.

5. **Game Play!** Facilitate an environment where 'Game Play' exists beginning with limited small area games during phase two and three until phase four resumes with regular season game play.

- Games will operate in a number of different formats up to the point that the regular season phase may resume. Some of these formats will include the following, 5v5, 4v4, 3v3, etc..

6. **Flexibility to Transition!** These phases will provide us with the flexibility to transition our program 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 of our participants.



Return to Hockey Plan-Community Hockey

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. Hockey Alberta and Hockey Edmonton will utilize both of these formats in facilitating our programs:
 - **With Physical Distancing** – All participants must remain 2 metres apart at all times including coaches and team personnel.
 - ◆ Skill and Development based programming.
 - **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. However, physical distancing is still required, and players and coaches must maintain a 2 metre distance apart 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) non cohort participation 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.
2. Any Member 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 (More detailed information is found in the Protocols and Safety section of this document).
3. There will be no competition or any interaction between other teams/cohorts during phases one, two and three. Only pre-season camps, skill development and conditioning, systems training and mini games will be permitted within phases one, two and three and only within the same 'Cohort Group'.
4. All Member 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.
 - All Member 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.



Return to Hockey Plan-Community Hockey

5. Personal Protective Equipment (PPE)
 - Team Officials and Players are required to wear face masks in facilities and dressing rooms prior to on-ice activities
 - Team Officials are required to wear face masks on the bench when social distancing cannot be achieved.
6. League Play
 - Traditional EFHL League Play is not permitted during phases one, two or three.
 - Mini games are only permitted within your 'Cohort Group' and can consist of 3v3, 4v4 or 5v5. (Considered SAG "Small Area Games" in Appendixes 1-3)
7. Travel Permits and Tournament Participation
 - Tournaments are not permitted during **STAGE TWO** of Alberta Health Services relaunch during the Hockey Edmonton Development season.
 - No exhibition games, travel or tournament permits will be approved prior to the approval of Hockey Alberta sanctioning for member organizations.



Return to Hockey Plan-Community Hockey

4.0 Protocols and Safety (*New Information COVID-19 AHS Check In Procedures*)

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. A players who has a negative Covid-19 test and their symptoms have resolved are permitted to return within the 14 day period.
- 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://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-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 and after the practice.
*Note, athletes can share the team pucks, but this sharing should be limited with no direct hand contact
- Remind athletes not to touch 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.



Return to Hockey Plan-Community Hockey

- 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.
- 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

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, 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://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf>

- Fever (Temperature of 38 degrees Celsius or higher)
- Cough (Continuous, more than usual, not related to other known causes or conditions such as asthma)
- Shortness of breath (Continuous, out of breath, unable to breath deeply, not related to other known causes or conditions).
- Loss of sense of smell or taste (Not related to other causes or conditions like allergies)
- Any of the following other symptoms – Chills, Sore throat/Painful swallowing, Runny Nose, Congestion, Fatigued, Nausea, Vomiting, Diarrhea, Unexplained loss of appetite, muscle aches, headache, conjunctivitis (pink eye) –See Update to AHS changes for the above mentioned symptoms.
- 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.
- 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://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf>



Return to Hockey Plan-Community Hockey

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

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.
- 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 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 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 unless they are participating in a practice within their designated 'Cohort Group'
- 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.



Return to Hockey Plan-Community Hockey

- 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.

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>

IN-GAME PROTOCOLS

COVID-19 enters the body through the eyes, nose or mouth (not through the skin) when an individual touches their face. Participants should:

- refrain (to the extent possible) from touching their eyes, nose, mouth and face during activities.
- limit celebration gestures or customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps) that bring attendees within 2 metres or promote physical contact.

On-ice officials are not to shake hands with the coaches prior to the game. Instead, officials and coaches will use verbal greetings from a distance of at least 2 metres.

Opposing teams are not to shake hands prior to or at the conclusion of a game. They may acknowledge each other through a stick tap, or other means, from a distance of at least 2 metres.



Return to Hockey Plan-Community Hockey

Off-ice officials (for example timekeepers, penalty box staff, etc.) must either wear a mask or maintain a minimum 2-metre distance from others.

MASKS

All programs and activities are expected to follow the guidelines put in place by the Government of Alberta, the municipality and facility with respect to the wearing of masks in public areas. During Hockey Alberta sanctioned activity it is recommended that coaches, team officials, off-ice officials, on-ice officials, instructors, players, volunteers and parents that will be interacting with a Team (for example, assisting with equipment in the dressing room), wear masks when they are not separated by a physical barrier or are unable to keep a two-metre distance from all other participants. Other personal protective equipment may be appropriate depending on the task as well (e.g. First Aid).

For Players participating via Cohorting: masks are not required in the dressing room, on the player's bench or in the penalty box area, or on the ice. These areas are considered within the "field of play" for the sport.

For Players participating via Physical Distancing: they must maintain two-metre physical distancing, and wear masks within the dressing room. Players may only remove their mask immediately prior to placing their helmet on and leaving the dressing room to go to the ice.

OTHER FACILITIES/ PROGRAMS (YOGA, FITNESS/WEIGHT ROOMS) Please review the Guidance for Sport, Physical Activity and Recreation – Stage 2 document. It includes guidelines for participants in the following areas:

- High Intensity Fitness Classes and Studios
- Low Intensity Fitness Classes (eg Yoga, Pilates)
- Weight Rooms and Fitness Equipment Spaces

Reporting a Positive Covid Case

If an attendee test 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 representative 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 the 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.



Return to Hockey Plan-Community Hockey

5.0 Facilities (*New Information-Board Systems now approved for use for U7 and U9*)

All Hockey Edmonton Member Clubs, Districts and Operating Areas are required to follow the guidelines set forth by the facility they are utilizing whether a Municipality owned facility or a Private Arena. City of Edmonton Facility Guidelines are posted below for your reference.



As the City of Edmonton relaunches Arena operations, we ask for your full cooperation and commitment to follow the new facility guidelines of the Alberta Health Services Phase 2 reopening. Our first priority is the health and safety of our customers, users, and employees. Please review the additional City of Edmonton Arena Guidelines below:

Physical Distancing: Maintain 2-meter physical distancing between people, except those who reside in the same household or who belong to an existing cohort.

Limit Contact only 50 people: Where sports and activities cannot be modified to maintain distance, groups must limit the number of contacts between different participants. This is done by playing within sport cohorts of up to 50 people including participants, officials, coaches, and trainers. Only 50 people will be allowed on the ice at one time.

Pre-screening measures: Stay home if you are sick or displaying any symptoms of COVID-19. Follow the prescreen procedures outlined by your organization or Alberta Health Services.

Cleaning and Sanitizing - Additional cleaning and sanitizing measures will be in place to ensure a safe and health environment for everyone. Arena staff will be disinfecting all areas of the arena and common touch points in between users.

Arrival Times: Players and coaches can enter the facility 15 to 30 minutes before their booking and must exit the facility 15 minutes after their booking. Facilities will promote physical distancing by promoting one-way traffic flow to reduce interactions between groups. Common area chairs and tables may not be available to reduce gathering areas and to promote physical distancing.



Return to Hockey Plan-Community Hockey

Arrive ready to train or play: Participants are encouraged to arrive with their required equipment on, as dressing room space will be limited to accommodate physical distancing. Groups or teams may be provided with more than 1 dressing room to allow for adequate space where possible. Bring a pre-filled, labelled water bottle. Bottle fillers are available but drinking fountains are not available.

Dressing Rooms limited: Dressing room space will be extremely limited in order to provide greater physical distancing between individuals and groups. Shower facilities are not available. Try to minimize contacting high-touch point surfaces such as door handles and going in and out of dressing rooms. Indoor warm-up space is not available at this time.

Additional support required: User Groups with younger children requiring assistance with skate tying should consider how to manage this within physical distancing guidelines. Skate tying prior to arrival and the use of skate guards is strongly recommended.

Limited Spectators: Spectators will not have access to the facility until the scheduled booking time, and should exit the facility as soon as the booking time slot has ended. Spectators will not be allowed in the participant areas. Physical distancing should be maintained and masks are recommended for spectators. There is limited spectator space. Spectator areas are restricted to 25% of total seating to a maximum of 100 people as per the Alberta Health Guidelines.

All Arena Users: Sport and recreation organizations are responsible for keeping track of all participants for each activity for the purpose of contact tracing in the event of an outbreak. Please refer to the Alberta Health Services Guidelines for **COVID-19 Relaunch Guidance for Sport, Physical Activity and Recreation - Stage 2 for more information:** [Return to Sport, Physical Activity and Recreation](#) .

Specific-Sport Guidelines: Many sport governing bodies have developed, or are in the process of developing sport-specific guidelines to provide direction on how their sports' activities can be modified to comply with Alberta Health Services (AHS) and Government directives regarding physical distancing and avoiding the sharing of common equipment. Groups are expected to follow the sport governing body's guidelines with respect to these modifications. It is also the group's responsibility, if applicable, to ensure that sanctioned activities are permitted through their association and/or sport governing body.

Welcome back: We look forward to welcoming you, your organization, and its members back to City of Edmonton arenas within the new guidelines and facility procedures. Facility specific measures may be in place at some arenas. Your collaboration and communication is very important as we go through the reopening and relaunch phases of Arenas. The health and safety of everyone is our priority. If you have any questions please let us know.



Return to Hockey Plan-Community Hockey

Please note: The City of Edmonton will continue to monitor the virus and its impacts to public health, in partnership with the [The Government of Alberta](#) and the [Government of Canada](#). As this situation changes, we will keep you informed. Information about the City's response can be found on City of Edmonton website [COVID-19 PAGE](#).

Please Note: The Opti-Plex Board systems currently used for U7 Sr. Timbits and U9 Novice programming are now approved for use in all City of Edmonton facilities where they are available. Please reference the City of Edmonton standard operating procedures for use of the Board Systems on the Hockey Edmonton website on the Return to Hockey page.

City of Edmonton Arena Capacity Guidelines	
Arena	Spectator Capacity
Bill Hunter	100
Callingwood Rink A + B	A-55/B-40
Castledowns Rink A + B	A-75/B-45
Clareview Rink A + B	A-100/B-37
Crestwood	37
Coronation	100
Donnan	27
Glengarry	37
Grand Trunk	87
GSH	50
Kenilworth	50
Londonderry	100
Meadows East	100
Meadows West	62
Michael Cameron	27
Millwoods Rink A + B	A-50/B-50
Oliver	24
Russ Barnes	100
Kinsmen A + B	A-50/B-50
Terwilliger A	50
Terwilliger B	41
Terwilliger C	41
Terwilliger D	41
Tipton	24
Westwood	50

Note: Arena's not listed continue to operate at 25% capacity up to a maximum of 100 people



Return to Hockey Plan-Community Hockey

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 have concrete answers about refund policies in the event of a lockdown, quarantine or other event that impacts the season.

Each Club, District or Operating area is responsible for their own refund policies. If you are interested in learning more, please contact your Club, District or Operating Area.



Return to Hockey Plan-Community Hockey

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 Hockey Edmonton 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 skill development 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 of September 3, 2020 states that in order for players to change 'Cohort Groups', they must self isolated 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.

Sports Cohorts

Stage 2 of the Government of Alberta's Relaunch Plan identifies types of Cohorts and the guideline for those. Even while 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

- 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 Cohort should always include the same people.
 - Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.
- The maximum number of individuals that can form a Cohort is 50.
 - The 50 person maximum 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 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.



Return to Hockey Plan-Community Hockey

- If an individual or team member wishes to change Cohorts, they should not participate in a 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 comprised of new Cohort teams 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 is followed.

Physical Distancing

Physical distancing remains an integral part of the Government of Alberta's Relaunch Plan. Practicing physical distancing in an activity helps reduce the risk of transmission as well as allows participants more flexibility to participate in other activities.



Return to Hockey Plan-Community Hockey

EFHL 2020-2021 Season Timelines

The province remains in a restricted state, and the primary concern for Hockey Edmonton 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.

Stage of Return to Play	Dates	Activities Permitted
Off Season Skill Development and Training	August 1-31st	Activities permitted for Skill Development and Training <ul style="list-style-type: none"> • Off-ice sessions • Skills camps • Development programs • Hockey schools Programs may be delivered using: <ul style="list-style-type: none"> • Physical distancing; Associations must ensure that permit is obtained from Hockey Alberta through the Hockey Edmonton application process
Skill Development and Evaluations	Sept 1-30th	Activities permitted for Evaluation and Team Formation Skills Sessions <ul style="list-style-type: none"> • On-Ice Practices • Off-Ice Training • In Association Game Play (3v3, 4v4 or 5v5), Players can be grouped by age and/or skill level. Programs may be delivered using: <ul style="list-style-type: none"> • Physical Distancing; or • Cohort Programming can assist associations to determine skill levels of players.
Development Season	October 1-29	Activities Permitted During Development Season <ul style="list-style-type: none"> • Skills Sessions • On-Ice Practices • Off-Ice Training • In Association Game Play (3v3, 4v4 or 5v5), Players can be grouped by age and/or skill level. Programs may be delivered using: <ul style="list-style-type: none"> • Physical Distancing; or • Cohort Programming to allow game play between associations if November 1st league play date is delayed and/or cohort sizes increase.
Modified Competition Season	November 7 - TBD	Activities Permitted During Modified Competition Season <ul style="list-style-type: none"> • Skills Sessions • On-Ice Practices • Off-Ice Training • Game play in Pods This phase provides the opportunity to finalize any tryouts/evaluations, register rosters and prepare for an eventual return to Regular Season, when permitted. Tournaments: TBD
Regular Season	January 1, 2021 (TBD)	Return to Normal Game Play <ul style="list-style-type: none"> • Skills Sessions • On-Ice Practices • Off-Ice Training • League Play



Return to Hockey Plan-Community Hockey

A. Off Season Skill Development and Training

The purpose of phase one, off season skill development and training is to provide Club and District members and their Administrative Operating Areas the ability to hold skill and conditioning camps during the month of August 2020. This phase will be in place from August 1-31st inclusive and will be entirely Physically Distanced.

This will allow members and players to complete any off ice, on ice, skill development and hockey school training during the month of August prior to the start of the Skill Development and Evaluations phase.

B. Skill Development and Evaluations

The purpose of the Skill Development and Evaluations phase is to group players of similar skill. This process will be similar to the evaluation and tiering processes that occur each year in our Clubs, Districts and Operating Areas. One key difference this year is that to ensure the safety of the players and to help reduce the number of player-to-player contact situations, these sessions will be entirely Physically Distanced. Once we are able to place the players in Hockey Edmonton Cohort Groups, players will be permitted to engage in drills where they will come into close contact with other players.

When associations have completed their initial skill sessions to determine skill rankings among their players, they will create 'Cohort Groups' of between 45-50 players (age category and registration dependent). We will communicate further on numbers of coaches and team officials who should join the 'Cohort Group' and those that should remain Physically Distanced. It is the expectation that all Coaches and Team Officials will remain Physically Distanced during the initial skills evaluation sessions.

Evaluation Guidelines

- All Associations follow a similar plan (not necessarily the same drills)
- All Associations will use 'Physical Distancing', skill-based drills to evaluate players into organization 'Cohort Groups'
- U7: Minimum of two evaluation sessions prior to assigning 'Cohort Groups'
- U9 – U13: Minimum of three evaluation sessions prior to assigning 'Cohort Groups'
 - Associations are free to further evaluate players in scrimmages and close contact drills after they are placed in 'Cohort Groups'. However, once in a 'Cohort Group', players cannot change 'Cohort Group's without a 14 day isolation period as per Hockey Alberta Guidelines.
- U15 – U18: Minimum of two evaluation skills skates prior to assigning "Cohort Groups"
 - Associations may use previous years playing experience to assist in forming 'Cohort Groups' through the evaluation phase.
- Atom Pathway
 - Every effort should be made to offer all aspects of the U11 Player Pathway. However, Hockey Edmonton and Hockey Alberta understand the complexities around hockey for the upcoming season. Associations should keep an open line of communication with Hockey Edmonton Development and Operations as it pertains to any deviation from the U11 Pathway.
 - Minimum of two pre-evaluation sessions (previously four).



Return to Hockey Plan-Community Hockey

- Start dates included in the U11 Player Pathway should be followed.
 - Hybrid Goalies – Minimum two evaluation sessions at each position.
- Goalies
 - Associations will determine how many goalie-only sessions are offered, however, like player sessions, a minimum of three evaluation sessions should be offered.
- Once the Evaluation sessions have been completed, players and goalies should be ranked and 'Cohort Groups' created
- All coaches and evaluators must remain physically distanced during the evaluation sessions

C. Development Season

Club, District, Operating Area or Interlock MHA Based Play

During the Skill Development and Evaluation phase, associations will create similar sized 'Cohort Groups' of no more than 50 players and team officials based on rankings from the physically distanced 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 will now have the opportunity to compete as a group (practice and play together)
- Associations 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
- Within the 'Cohort Group' players do not need to be physically distanced on the ice but need to separate on the players bench and dressing room facilities
- Within this 'Cohort Group', 'Mini Teams' will be created to facilitate game play

Mini Teams

- Associations are encouraged to create four evenly balanced 'Mini Teams' of between 9-12 players (with goalies) within each 'Cohort Group'
- Associations have the ability to rebalance 'Mini Teams' if they are not competitive as long as players remain within their 'Cohort Group'
- Associations have the ability to assign specific coaches to a 'Mini Team' or move them between teams to share resources and experience
- 'Mini Games' would be scheduled by each Association, in partnership with Hockey Edmonton for ice availability
 - Hockey Edmonton will provide guidelines for number of games, length, uses of officials, bench protocol, etc



Return to Hockey Plan-Community Hockey

1. U7 Timbits

Regular programming

- Maintain Discovery, Junior and Senior one-year age groups in U7 Timbits
- Maintain Cross-Ice games for Senior Timbits
- No changes to formal game start times
- Game play will be 4v4 or 3v3 if short players
- No Officials

Cohort Groups

- Use skill based physical distancing sessions to evaluate players into 'Cohort Groups'
- 'Cohort Group' sizes for U7 should be 34-40 as Coaches will form part of the 'Cohort Group'
- Allows Coaches to be in contact with younger players to better assist with their development, injuries, etc.
- Teams will not change with transition to regular season and 'Cohort Groups'



Return to Hockey Plan-Community Hockey

2. U9 (formerly Novice)

Regular Programming

- Maintain two-year age groups in U9
- Maintain half-ice games
- 6 'Tiers' in U9 (assist in transition to regular season)
- Game play will be 4v4 or 3v3 if short players

Cohort Groups

- Use skill based physical distancing sessions to evaluate players into 'Cohort Groups'
- 'Cohort Group' sizes for U9 should be between 35-40 players as coaches will form part of the 'Cohort Group'
- Allows coaches to be in contact with the younger players to better assist with their development and injuries, etc.
- Ease of moving to two teams once regular season phase begins without any further evaluation required
- Mini Teams within each 'Cohort Group' of 9-10 players (no goalies) to allow for three or four mini teams per 'Cohort Group'



Return to Hockey Plan-Community Hockey

3. U11 and U13 (formerly Atom and Peewee)

Regular Programming

- Maintain two-year age groups
- Maintain full ice game play
- Tiering structure and grid will remain the same (transition to regular season)
- Game Play will be 5v5, 4v4, 3v3 during the 'Development Season' phase

Cohort Groups

- Use skill based physical distancing sessions to evaluate players into 'Cohort Groups'
- 'Cohort Group' sizes for U11 and U13 are 40 – 48 players
- Coaches will not be part of the 'Cohort Group' and must physically distance on and off the ice
- Ease of transition to three teams of 15-16 players for 'Regular Season' play
- 'Cohort Groups' created based on evaluation rankings
- Mini teams within each 'Cohort Group' of between 9-12 players (with goalies) establishing three or four Mini teams per 'Cohort Group'
- Practice and Play games within the 'Cohort Group'



Return to Hockey Plan-Community Hockey

4. U15/U18/U21 (formerly Bantam, Midget and Junior)

Regular Programming

- Maintain current age categories
- Maintain full ice games
- Tiering Structure and Grid will remain the same (transition to regular season)
- Game play will be 5v5, 4v4, 3v3 during 'Development Season' phase

Cohort Groups

- Use skill based physical distancing and previous playing experience to evaluate players into 'Cohort Groups'
- 'Cohort Group' sizes for U15/U18 are 36-48
- Coaches will not be part of the 'Cohort Group' and must physically distance on and off the ice
- Ease of transition to two or three teams based on registration numbers once we return to 'Regular Season' play
- Create 'Cohort Groups' based on evaluation rankings
- Mini teams can be utilized within each 'Cohort Group' of between 9-12 players (with goalies) establishing three or four Mini teams per 'Cohort Group'
- Practice and Play games with the 'Cohort Group'
- U21 (JR C) may follow a different path. To be determined

Body Checking and Non-Body Checking

- There will be both body checking and non-body checking 'Cohort Groups'



Return to Hockey Plan-Community Hockey

D. Modified Competition Season

When Government of Alberta restrictions on travel and the number of people allowed in a gathering are lifted, Hockey Alberta and our sanctioned leagues will have a plan in place for a safe and productive transition into a 'Modified Competition Season'. Communication will be integral to ensure everyone is educated on what precautions are in place and what alterations to traditional regular season structure exist.

This Modified Competition Season will not commence (for any level of hockey) before November 1, 2020. Depending on Government of Alberta guidelines and recommendations, the start of this phase could be delayed until later in the 2020-2021 season.

E. Regular Season

Hockey Edmonton and Edmonton Federation Hockey League 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'. 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.

By evaluating players during the Skill Development and Evaluation Phase, we are able to transition from the 'Development Season' to 'Regular Season' without any further evaluation of players. Coaches and Team officials will be able to take into account hockey IQ, competition level, and improvement over the 'Development Season' prior to splitting the players into formal teams. Therefore, formal teams will not be created solely based on the skill evaluations and players will be able to advance on their previous rankings. In this scenario, teams should be more accurately evaluated for the 'Regular Season' than they have in the past with the benefits of both the Evaluation and Development Season phases.



Return to Hockey Plan-Community Hockey

8.0 Referees (*New Information on Assignments*)

Certification, Training and Registration

The structure of certification and training clinics and seminars for on-ice officials has been confirmed by Hockey Canada and Hockey Alberta for the 2020-2021 season.

- For new officials, and returning Level I and II Officials, in person certification clinics will not start until Thanksgiving weekend. The current targeted start date is the weekend of October 17-18, but that is subject to change based on developments within the province regarding Covid-19.
- For Levels III-VI officials, they are eligible to sign up for virtual (video conference) sessions to obtain their certification for 2020-2021. These clinics will be available starting in later September.
- For any official that was certified in 2019-2020, that certification remains valid until January 31, 2021. Normally, certification from the previous season remains valid until December 31, but for this season, Hockey Canada has provided a special exemption extending that deadline by one month.

Clinic registration will begin in mid-September (specific date TBD). Check the Hockey Alberta Officials website (officials.hockeyalberta.ca) for updates and current information pertaining to officiating and the 2020-2021 season.

These revised timelines for clinics and certification align with on-ice officials are not required until the 'Modified Competition Season' phase of the Return to Hockey Plan. Once Officials begin to work on the ice, Hockey Canada has developed a set of COVID-19 officiating guidelines and an FAQ. Information can be found on the Hockey Canada website (<https://hockeycanada.ca/en-ca/return-to-hockey/plans/officiating>)

OFFICIATING ASSIGNMENTS

On-ice officials are not required until the Modified Competition Season. Assignment of officials will employ the following protocols whenever possible:

- Assign officials in small groups to the same set of teams/ leagues to limit exposure to other officials.
- Assign officials to a limited number of leagues to minimize exposure to team cohorts.
- Ensure any official who refuses any game for any reason is not subject to future assigning restrictions.
- Limit travel for officials where practical. When using Officials for any type of game play there are two options:
 - Officials may be assigned by their Regional Coordinator/ assigning team to a 50-participant Cohort and will be required to follow cohorting guidelines, or
 - Where it is not possible to assign officials as part of a Cohort, officials will be required to physical distance during games. Officials participating using physical distancing must do the following:
 - Wear a mask when a minimum of 2 metres of physical distance cannot be maintained



Return to Hockey Plan-Community Hockey

- o For example, working on the players' bench side, faceoffs and gatherings after whistles.
- Consider use of an electronic whistle to facilitate mask wearing
- Limit touching your face/mask (in accordance with the Government of Alberta Masking Guidance)
- Sanitize your hands regularly prior to, during and after the game. Officials may wish to bring a small bottle of hand sanitizer or disinfectant hand wipes to use while on the ice.
- Direct coaches that on-ice officials will significantly limit or eliminate their physical presence around the players between whistles (at stoppages of play) and use their rulebook to ensure the game is played in a safe and fair manner; Full details and an FAQ can be found in the Hockey Alberta On-Ice Officials Plan.

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

Certification and Training

The structure of certification and training clinics and seminars for Coaches and Team Officials has been confirmed by Hockey Canada and Hockey Alberta for the 2020-2021 season. Certification programs will include a combination of in-person clinics (using physical distancing) and online programming.

Hockey Alberta will maintain the same requirements for all Coaches and Team Officials for the 2020-2021 season (November 15 deadline), with the addition of an online Hockey Canada Return to Hockey Safety Guidelines module for all head coaches. The module is now available.

Coaching During Practices and Games

When participating via Cohorting:

- Teams officials are not required to wear masks in the dressing room, on the player's bench or in the penalty box area, or on the ice. These areas are considered within the '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 masks while in the dressing room and while on the player's bench.

When participating via Physical Distancing:

- Team Officials must maintain two-metre physical distancing from all other participants, and wear masks within the dressing room.
- Team Officials are to wear masks while on the bench but can remove them while coaching/instructing on the ice.



Return to Hockey Plan-Community Hockey

10.0 FAQ's Hockey Edmonton Return to Play

General Questions

1. Are players allowed to opt out of the Skills and Evaluation and Development Phases and rejoin their association for the Regular Season?

No, players must be registered with a Hockey Edmonton Club, District or Operating Area from the beginning of the season in order to participate in all phases of Return to Play including the Regular Season.

2. Can my child be apart 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.'

3. Do athletes and coaches 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 metres apart during the training session. When using 'Cohort Group' procedures, participants are reminded to minimize the amount of contact during off ice and dressing room situations.

4. Why is Physical Distancing mandatory on the players bench and in dressing rooms if they are within their 'Cohort Group'?

This is an Alberta Health Services guideline and a Hockey Alberta mandate.

Technically, there should be no activities with any close contact. However, if the activity must have close contact, such as hockey, then the contact should only take place when it is necessary. All other efforts to 'Physically Distance' must be taken including on players benches and dressing rooms.

5. Why do we have mini-teams? Why can't we just do regular team sizes our designated 'Cohort Groups'?

There is not enough room on the players benches or in dressing rooms to accommodate full teams and allow them to 'Physically Distance' safely. As per Alberta Health Services "Note: Even while using cohorting, physical distancing must be maintained in all aspects of hockey activity except while participants are on the ice. (For example, dressing rooms, benches, and in public areas)."



Return to Hockey Plan-Community Hockey

Skill Development And Evaluations Questions

6. Why are the initial skates just based on individual skill evaluations?

This is in order to adhere to the 'Physically Distanced' guidelines in order to evaluate players and place them in further 'Cohort Groups'. More skills based sessions mean a larger sample size for the evaluators. If a player has an abnormally poor or good skate, it will impact their overall rankings less, creating a more accurate score of the players' average ability.

7. Would players released from Elite Clubs need to isolate for 14 days prior to participating in community evaluations?

No, technically they would be going from a 'Cohort Group' to 'Physically Distanced' evaluations at their District or Operating Area. However, for later releases and depending on the stage of the District or Operating area evaluations, the player may need to isolate before engaging with their assigned community 'Cohort Group'

Contact Tracing and Screening Questions

8. How will Hockey Edmonton 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.

9. 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 or they have provided a negative Covid-19 test and all symptoms have been resolved.

10. 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. Hockey Edmonton 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.



Return to Hockey Plan-Community Hockey

11.0 Appendices

Appendix 1 (November 1st, 2020 Tiering Season Start Date) NEW

EFHL Proposed Season Structure and Monthly Schedule																
	September Schedule		October Schedule		November Schedule		December Schedule		January Schedule		February Schedule		March Schedule		Totals	
	Season Structure		Season Structure		Season Structure		Season Structure		Season Structure		Season Structure		Season Structure		Season Structure	
Division	Practices	SAG	Practices	SAG	Practices	RND 1	Practices	RND 2	Practices	RND 2	Practices	RND 2	Practices	RND 2	Practices	Games
U7 Initiation	4	N/A	4	N/A	4	N/A	2	N/A	2	N/A	4	N/A	2	N/A	18	N/A
U9 Novice	4	4	4	4	2	5	2	2	3	4	3	4	2	3	18	18
U11 Atom	4	4	4	4	2	6	2	3	3	4	3	5	0	PO	18	18
U13 Pee wee	4	4	4	4	2	6	2	3	3	4	3	5	0	PO	18	18
U15 Bantam	2	2	4	4	2	6	2	3	3	4	3	5	0	PO	18	18
U18 Midget	2	2	4	4	2	6	2	3	3	4	3	5	0	PO	18	18
Recreational	0	0	0	0	1	5	0	3	0	4	0	4	0	2	1	18

Assumptions:

Season Practice totals include practices and SAG sessions held during October

Full league play would not commence until November 1st, Development and SAG within association cohort up until that point

Minor Hockey Week would continue to be a fixture between January 8-17th as a celebration of hockey

With delayed season starts there would be limited or no break weekends

Season end date of March 31st cannot be pushed into April-unless City of Edmonton accommodates

Very few or no tournaments will be offered if at all during the 2020-2021 season due to travel and group gatherings

Immediate Cancellation of Timbits Fall Festival due to large gatherings and consideration for future years if warranted

Potential Cancellation of Timbits Spring Jamboree due to large gatherings

Novice Jamboree/Games continue due to no large gatherings or events

Playoffs would continue in March 2021 for U11 to U18 divisions

Proposed Start Dates and Times (New Information)

Division	Prep Skates / Physically Distanced Sorting	Cohort Play	Individual Team Training	League Tiering Round	League Regular Season Round
U9	Sept 7 – Oct 2	Oct 3 – 22	Oct 23 – Nov 6	Nov 7 – Dec 20	Jan 2 – Mar 15
U11	Sept 7 – Oct 2	Oct 3 – 22	Oct 23 – Nov 6	Nov 7 – Dec 20	Jan 2 – Mar 15
U13	Sept 7 – Oct 2	Oct 3 – 22	Oct 23 – Nov 6	Nov 7 – Dec 20	Jan 2 – Mar 15
U15	Sept 7 – Oct 12	Oct 13 – 29	Oct 30 – Nov 13	Nov 14 – Dec 20	Jan 2 – Mar 15
U18	Sept 7 – Oct 12	Oct 13 – 29	Oct 30 – Nov 13	Nov 14 – Dec 20	Jan 2 – Mar 15
Rec League All		November 7 – March 15			



Return to Hockey Plan-Community Hockey

Appendix 2 (U9 Cohort Groups Example and Transition)

U9 Cohorts (3 and/or 4 mini teams)							
		Balanced Mini Teams in each Cohort					
Players	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5	Cohort 6	Total
60-80	30 or 36-40	30 or 36-40					2
90-120	30 or 36-40	30 or 36-40	30 or 36-40				3
120-160	30 or 36-40	30 or 36-40	30 or 36-40	30 or 36-40			4
160-200	30 or 36-40	30 or 36-40	30 or 36-40	30 or 36-40	30 or 36-40		5
202-240	30 or 36-40	30 or 36-40	30 or 36-40	30 or 36-40	30 or 36-40	30 or 36-40	6

Notes:

- Cohorts can have either 3 or 4 mini-teams
- Cohorts do not need to have the same number of players and mini-teams (ex. Cohort 2 has 4 mini-teams and Cohort 3 has 3 mini-teams)
- Mini-team sizes should fall within 9-12 players each
- If numbers fall outside these ranges, please consult with Hockey Edmonton
- Cohort Groups can be transitioned to Alberta One Tiering Grid once formal team formation is considered.
- Teams within Cohort Groups should be evenly balanced
- Small associations have the ability to place like skilled players in mini-games against like players to ensure competition is fair

Examples of Cohort to Tiering Transition

U9 Cohorts (3 and/or 4 mini teams)							
		Mini Teams to Tiering Transition Examples					
Players	Tier 1	Tier 2	Tier 3	Tier 4	Tier 5	Tier 6	Total
60-80		Cohort 1A	Cohort 1B	Cohort 2A	Cohort 2B		4
90-120	Cohort 1A	Cohort 1B	Cohort 2A	Cohort 2B	Cohort 3A	Cohort 3B	6
120-160	Cohort 1A	Cohort 1B	Cohort 2AB	Cohort 3AB	Cohort 4A	Cohort 4B	8
160-200	Cohort 1A	Cohort 1B, 2A	Cohort 2B, 3A	Cohort 3B, 4A	Cohort 4B, 5A	Cohort 5B	10
202-240	Cohort 1AB	Cohort 2AB	Cohort 3AB	Cohort 4 AB	Cohort 5 AB	Cohort 6AB	12

Notes:

- Initial sizes of 'Cohort Groups' will impact above example
- Association may select different tiering levels where Hockey Alberta Tiering Grid provides choice between to different tiers for placement
- This is an example only and any questions should be directed to Hockey Edmonton Operations



Return to Hockey Plan-Community Hockey

Appendix 3 (U11 and U13 Cohort Groups Example and Transition)

U11 and U13 Cohorts (3 and/or 4 mini teams)							
	Balanced Mini Teams in each Cohort						
Players	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5	Cohort 6	Total
72-96	36-48	36-48					2
108-144	36-48	36-48	36-48				3
144-182	36-48	36-48	36-48	36-48			4
180-240	36-48	36-48	36-48	36-48	36-48		5
216-288	36-48	36-48	36-48	36-48	36-48	36-48	6

Notes:

- Cohorts can have either 3 or 4 mini-teams
- Cohorts do not need to have the same number of players and mini-teams (ex. Cohort 2 has 4 mini-teams and Cohort 3 has 3 mini-teams)
- Mini-team sizes should fall within 9-12 players each
- If numbers fall outside these ranges, please consult with Hockey Edmonton
- Cohort Groups can be transitioned to Alberta One Tiering Grid once formal team formation is considered.
- Teams within Cohort Groups should be evenly balanced
- Small associations have the ability to place like skilled players in mini-games against like players to ensure competition is fair

Examples of Cohort to Tiering Transition

U11 and U13 Cohorts (3 and/or 4 mini teams)							
	Mini Teams to Tiering Transition						
Players	Tier 1	Tier 2	Tier 3	Tier 4	Tier 5	Tier 6	Total
72-96	Cohort 1A	Cohort 1B	Cohort 1C	Cohort 2A	Cohort 2B	Cohort 3C	6
108-144	Cohort 1A	Cohort 1BC	Cohort 2AB	Cohort 2C	Cohort 3 AB	Cohort 3C	9
144-182	Cohort 1AB	Cohort 1C, 2A	Cohort 2BC	Cohort 3AB	Cohort 3B, 4A	Cohort 4BC	12
180-240	Cohort 1AB	Cohort 1C, 2AB	Cohort 2C, 3A	Cohort 3BC, 4A	Cohort 4BC	Cohort 5ABC	15
216-288	Cohort 1ABC	Cohort 2ABC	Cohort 3ABC	Cohort 4ABC	Cohort 5ABC	Cohort 6ABC	18

Notes:

- Initial sizes of 'Cohort Groups' will impact above example
- Association may select different tiering levels where Hockey Alberta Tiering Grid provides choice between to different tiers for placement
- This is an example only and any questions should be directed to Hockey Edmonton Operations



Return to Hockey Plan-Community Hockey

Appendix 4 (U15 and U18 Cohort Groups Example and Transition)

U15 and U18 Cohorts (3 and/or 4 mini teams)									
Balanced Mini Teams in each Cohort									
Body Checking Cohort					Non Body Checking Cohort				
Players		Cohort 1	Cohort 2	Cohort 3		Cohort 1	Cohort 2	Cohort 3	Total
0-71		Even Split				Even Split			2
72-96		36-48				36-48			2
108-120	Option 1	36-48				36	36		3
	Option 2	36	36			36-48			3
121-144	Option 1	48				36-48	36-48		3
	Option 2	36-48	36-48			48			3
144-192		36-48	36-48			36-48	36-48		4

Notes:

- Cohorts can have either 3 or 4 mini-teams
- Cohorts do not need to have the same number of players and mini-teams (ex. Cohort 2 has 4 mini-teams and Cohort 3 has 3 mini-teams)
- Mini-team sizes should fall within 9-12 players each
- If numbers fall outside these ranges, please consult with Hockey Edmonton
- Cohort Groups can be transitioned to Alberta One Tiering Grid once formal team formation is considered.
- Teams within Cohort Groups should be evenly balanced
- Small associations have the ability to place like skilled players in mini-games against like players to ensure competition is fair

Examples of Cohort to Tiering Transition

U15 and U18 Cohorts (3 and/or 4 mini teams)									
Mini Teams to Tiering Transition Examples									
Body Checking Tiers					Non Body Checking Tiers				
Players		Tier 1	Tier 2	Tier 3		Tier 1	Tier 2	Tier 3	Total
0-71			Cohort 1A	Cohort 1B			Cohort 1A	Cohort 1B	4
72-96		Cohort 1A	Cohort 1B	Cohort 1C		Cohort 1A	Cohort 1B	Cohort 1C	6
108-120	Option 1	Cohort 1A	Cohort 1B	Cohort 1C		Cohort 1A	Cohort 1B, 2A	Cohort 2B	7
	Option 2	Cohort 1A	Cohort 1B, 2A	Cohort 2B		Cohort 1A	Cohort 1B	Cohort 1C	7
121-144	Option 1	Cohort 1A	Cohort 1B	Cohort 1C		Cohort 1AB	Cohort 1C, 2A	Cohort 2BC	9
	Option 2	Cohort 1AB	Cohort 1C, 2A	Cohort 2BC		Cohort 1A	Cohort 1B	Cohort 1C	9
144-192		Cohort 1AB	Cohort 1C, 2A	Cohort 2BC		Cohort 1AB	Cohort 1C, 2A	Cohort 2BC	12

Notes:

- Initial sizes of 'Cohort Groups' will impact above examples
- Associations may select different tiering levels where Hockey Alberta Tiering Grid provides choice between different tiers for placement
- This is an example only and any questions should be directed to Hockey Edmonton Operation



Return to Hockey Plan-Community Hockey

Appendix 5 (Mini-Game Format) *New Information*

Game Play

- Game time structure based on 60 minute ice rental
- 5 minute warm up
- 2 x 25 minute periods run time
- 1 minute intermission between 1st and 2nd period
- No overtime / no shootout for tied games
- No faceoffs
 - **Period 1 – visiting team has first possession**
 - **Period 2 – home team has first possession**
- Accidental/incidental contact may occur
- No body-checking
- A player that loses a glove must immediately retrieve the glove or leave the ice

Line Changes

- Teams will change on the fly

Goals

- Goals result in a change of possession. The team that scores the goal must allow the other team to advance the puck past center ice before applying pressure.
- Example:
 - Team A scores a goal
 - Team A must allow Team B to advance the puck past center ice before applying pressure

Icing

- Icing the puck results in a change of possession. The team that iced the puck must allow the other team to advance the puck past center ice before applying pressure.
- Example:
 - Team A ices the puck
 - Team B retrieves the puck
 - Team A cannot apply pressure until Team B has advanced the puck past center ice

Offsides

- Offside will result in a change of possession. The team that was called offside must exit their attacking zone (all players simultaneously in neutral zone) before re-entering their attacking zone and applying pressure
- Example:



Return to Hockey Plan-Community Hockey

- Team A is called for offside and all players must exit their attacking zone
- Once all Team A players are simultaneously in the neutral zone they may re-enter their attacking zone

Goaltender Freezes the Puck

- When the goaltender freezes the puck, the attacking team must exit the attacking zone up to the ringuette line (all players simultaneously) before re-entering their attacking zone below the ringuette line and applying pressure
- Example:
 - Team B goaltender freezes the puck
 - Team A must exit their attacking zone outside the ringuette line
 - Once all Team A players are simultaneously above the ringuette line, they may re-enter their attacking zone and apply pressure

Penalties

- Penalty shots will be awarded for penalties as follows:
- 2 min penalties = 1 penalty shot
- 4+ min penalties = 2 penalty shots
- All Major penalties will result in 2 penalty shots and an ejection from the game
- Co-incidental penalties will result in no penalty shots
- The penalty shot must be taken by the individual the infraction was committed against unless they are unable to do so because of injury
- The time clock will continue to run during all penalty shots

Penalty Shot Procedure

- When a penalty is called the clock will not stop
- Penalty shot must be taken by the player infringed upon and all players will must remain on the ice until the shot is taken
- The player taking the penalty shot will line up at Center ice
- All other players from both teams will line up on the far blue line
- All players start from a standing position
- Coach official will blow the whistle to start play
- All players may begin skating on the whistle; players may chase the player taking the penalty shot and can prevent it if able to do so
- Penalties can still be called on penalty shots
- Should the player miss the penalty shot, play will continue
- If a goal is scored, the team that scored the goal must allow the other team to advance the puck past center ice before applying pressure



Return to Hockey Plan-Community Hockey

Appendix 6 (Hockey Alberta Return to Play Guidelines)

