

1. Our child is experiencing some flu/cold like symptoms, what should we do?

Phone **811** (Health Line) or use the **Self-Assessment Tool** at:

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>

You must then follow the direction given by Sask Health and advise your COVID Team Representative as to what you were told by Sask Health.

2. Are face coverings mandatory?

- Yes, for every player, coach, spectator, ref and timekeeper
- Players/coaches/refs must wear face coverings when they enter the facility until they put on their helmet to go onto the ice
- As soon as players/coaches/refs come off the ice and take off their helmets they must put their face covering back on until they exit the facility
- Coaches must wear face covering on the bench during a game (not required on ice during practice)

3. What happens if a parent/spectator/coach/official/timekeeper refuses to wear a face covering?

They may be subject to potential disciplinary action.

4. Who do we contact if our child has any of the following symptoms and we are not sure if they are COVID related?

Fever
Cough
Headache
Muscle and/or joint aches and pains
Sore throat
Chills
Runny nose
Nasal congestion
Conjunctivitis (commonly know as pink eye)
Dizziness
Fatigue
Nausea/vomiting
Diarrhea
Loss of appetite (difficulty feeding for children)
Loss of sense of taste or smell
Shortness of breath
Difficulty breathing

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You must then follow the direction given by Sask Health and advise your COVID Team Representative as to what that action is.

5. What is a 'Health Check'?

'Health Check' is a new feature added to Team Snap that allows organizations to symptom screen their participants. Before every on-ice or off-ice activity, players and coaches will be required to complete a health related screening to ensure they are fit for participation. The questionnaire is linked to every activity scheduled for the team in Team Snap.

6. Do parents need to complete a Health Check for taking their children to the on/off ice activity?

No, not unless that parent is also participating in the activity (coach, volunteer etc.)

7. Must a player/parent use Team Snap to complete the 'Health Check'?

If they do not wish to/or do not have access to Team Snap the COVID Team Representative will have them complete a Health Check on paper before every on/off ice team activity.

The COVID Team Representative will then submit them to Hockey Regina.

8. What happens if a player/coach does not complete a 'Health Check' at all?

That individual will not be allowed to participate.

Their COVID Team Representative and Head Coach will advise them of this.

9. What happens if a player/coach does not pass the 'Health Check'?

They are not allowed to participate.

If there is an extenuating circumstance you must discuss it with your COVID Team Representative and they will advise you on how to proceed.

10. What happens if someone does not truthfully answer the 'Health Check' just so that they can participate?

They may be subject to potential disciplinary action.

That individual will potentially be putting at risk the health of their whole team, other teams, spectators, officials etc.

11. If a player/coach will not be attending will they still need to complete a 'Health Check'?

No.

12. Our child is not feeling well and has been instructed not to attend school, can he/she still come to hockey?

No.

Any player/coach/spectator/ref/timekeeper etc. who is not feeling well should NOT come to hockey.

13. How long after a positive COVID test result does a player/coach have to wait before they can participate?

- They need to wait until Sask Health clears them for participation. These times may vary depending on the case. **Individuals absolutely MUST follow Sask Health guidelines.**
- Once they have been cleared by Sask Health they should also wait until they are personally feeling ready to return

14. How long after a negative COVID test result does a player/coach have to wait before they can participate?

Sask Health will advise the individual of the time frame.

Hockey Regina follows Sask Health's guidelines.

15. Do teams need to do contact tracing?

Yes.

All attendees (players, spectators, coaches) must be tracked for all on/off ice team events.

The team will need the attendees name and a contact phone number and/or email address.

16. Can players be an affiliate player to another team?

No.

Not at this time.

17. Does every team have a COVID Team Representative?

Yes.

This person is the team's liaison between Hockey Regina and their team regarding COVID related issues. This person is also responsible for Health Check tracking, contact tracing, ensuring the team is adhering to facility guidelines etc.

18. What happens if a player goes out of province or has visitors from out of province?

At this time Sask residents are only required to self-monitor for 14 days, they do not need to self-isolate.

However, if they start to show symptoms then they need to contact Health Line 811 and cannot participate in hockey until Sask Health has given them the go ahead. Here is the link to help you out going forward if you have travel questions. Our policy is Sask Health's policy.

SUBJECT TO CHANGE If the Saskatchewan Health Authority changes their guidelines this will change as well. Hockey Regina follows Sask Health's guidelines for symptoms, travel etc.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/travel-information>

If you are unsure about symptoms, travel or participation

Hockey Regina follows Sask Health's guidelines.

Please call Health Line 811.