



COACHES PACKAGE: DIVISION 1 - 2

1. **RDPH Coaches Guide:** A resource guide for coaches.
2. **RDPH Code of Conduct** (provided for players, parents and coaches on each team):
Please have ALL parents, players (with parent guidance) and coaches on your team review and sign the relevant documents. Please make arrangements with your Division Coordinator to submit or scan the information to them.
3. **RDPH Division 1 & 2 Half-Ice Play:** Information for coaches in Divisions 1 and 2 about the half-ice play approach.
4. **RDPH Rule Book (reference ONLY for Div 1-2):** Information about infractions and assignment of penalties. **NO** Penalties are assigned in Div 1-2.
5. **Attendance Sheets:** Required to be completed for each game to assist with any required contact tracing related to COVID-19. **ALL COHORT coaches and players and ANY BENCH helpers** should be on this check sheet. Please retain these for the entire season.
6. **RAMP Team WebPage:** Information on how to login/manage your RAMP Team web page.
7. **ODR Information:** Information on using the ODRs for practice.
8. **COVID-19 Information:** Information from Hockey Alberta and RDPH. Please continue to refer to the RDPH website for the most up to date information on the COVID-19 pandemic and how RDPH is responding.

There are many additional resources available on our RDPH website under the “Resources” section of the main banner, specific to coaching under the “Coaches Corner” and additional information that may be helpful for Team Managers under “Team Manager”. Examples of information that can be found here include RAMP Team Webpg Information, Fair Play Code, CRC and RIS information and Outdoor Practice Information.

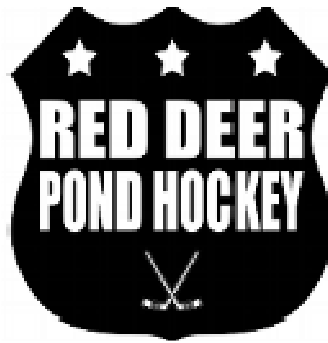
Please encourage your families to watch for information updates through our online and social media channels, including:

- **Twitter:** @RDPondHockey (<https://twitter.com/RDPondHockey>)
- **Facebook:** Red Deer Pond Hockey League <https://www.facebook.com/reddeerpondhockey/>
- **Website:** www.reddeerpondhockey.com
 - o Families can also register to receive our **online newsletters** on the main page of the RDPH website (alternate location is under “Information” – “Newsletters” - then “Join Our Mailing List”).



Red Deer Pond Hockey

Coaches Guide



Mission

RDPH is a family oriented organization that believes all youth should have the opportunity to play non-contact hockey in a fun and supportive environment.

Vision

A gathering place for fun, positive and family oriented hockey experiences, inclusive of every child interested in the game of hockey.

Values

- RDPH is a safe, respectful, considerate, welcoming and inclusive organization.
- Honesty, fair play, integrity, discipline, supporting others in our group and community and high moral standards are required in RDPH.
- RDPH believes all children should have the opportunity to play without barriers.
- RDPH is passionate about teaching sportsmanship, hockey skills and teamwork.
- Siblings and friends are encouraged to play on the same team and teams are to be inclusive where possible.
- Fun is the overriding objective in RDPH and includes players, coaches and parents.
- Coaches and players are to be considerate when playing and make the game fair and as fun as possible for both teams.

Team Jobs List

Manager: This person is in charge of making sure that things run smoothly for the team off the ice. They will:

- Get score sheets completed and ready for games, this includes getting the visiting team to complete their info. You only use your score sheets when you are the home team.
- If you are the home team, you will need to ensure the referees receive a copy of the game sheet, the dual copy stays with your score sheet book and to be handed in to RDPH at season's end.

Jersey Parent: This could be the individual to deal with any repairs, sponsor bar updates and end of the year collection. Please take them home to wash at the end of the year before returning to the league Equipment Manager.

Outdoor Tournament Rep: Each year the Red Deer Pond Hockey hosts an outdoor tournament in February, weather dependant!! We require one volunteer per team to be Tournament Reps (Timbits - Div VI), and attend organizational meetings for this years tournament.

Skate-a-Rama Rep: This person will help coordinate their teams participation, determine time slots, distribute pledge sheets, or assist RDPH by helping collect and count pledges, record laps. or and out prizes! It's RDPH's only fundraiser of the year, help make it a great one!

Team Apparel Parent: This person will be in charge of collecting orders and payment for any apparel that your team may purchase through the season. Please see our online apparel store for more information.

Social Planner: This person is in charge of planning social events during the season for the team. These events need to be discussed with the team, and can include but are not limited to: Team Meet and Greet, team bonding events, parent nights, wind up party, etc.

Photo Parent: This person will be in charge of ensuring the order forms provided by the photographer are ready for your team on the designated photo night. They can be in charge of assisting the photographer during the session, as well as getting proofs back to the team when they become available. They will also be required to collect orders by the deadline (to be determined) and deliver the orders to the team once the process is complete.

Coach Information

Coach Name:

Coaching Experience, Hockey or otherwise:

Contact Information:

of Children on Team:

For your respective Division play, some of the coaching strategies that are to be presented to the players may include:

- Emphasis on team play.
- Proper positional play - forward vs. defence.
- Rule awareness - icings, off-sides, penalties, line changes on the fly.
- Abiding by Red Deer Pond Hockey Mission Statement:

"Red Deer Pond Hockey is a family oriented organization, that believes all youth should have the opportunity to play non-contact hockey in a fun and supportive environment."

- Strive to ensure every player is given the same amount of ice time and is given the opportunity to play any position.
- Clear communication is very important in making this an enjoyable experience. If you have any concerns during the year, please contact your division coordinator.
- We also believe parental involvement is VERY important - if you are able to assist with any type of volunteer time - please DO SO.

Consider volunteering for the following:

- **Operating score clock** - whenever your team is designated as Home, it is our responsibility to provide a volunteer to operate the score clock. If possible, please consider taking the initiative to volunteer for this. These are fairly easy to operate.
- Practice helpers on ice.
- Assisting on the bench.
- Assisting in locker room - i.e. tying skates.
- First Aid.

Team Guidelines

1. Please be on time.
2. All players dressed and ready to go at the start of the ice time.
3. There are times when some coaching will take place prior to the start of the ice time. It is beneficial for all players to be in attendance.
4. I-pods and personal gaming devices are NOT to be in use upon arrival or in the locker room. This is the time for players to prepare and get ready for hockey.
5. If possible, no cellphone activity in the locker room.
6. Players will treat equipment/jerseys/arenas/locker rooms with respect. Your team jersey is to be hung up or tucked neatly into your hockey bag.
7. **Absolutely no bullying of teammates or opponents will be allowed.**
8. Players and parents are asked to respect all coaches, players, officials and fellow parents.
9. **If assisting on the ice at ANY TIME** (tournaments/practices/Skate-a-Rama/etc.), **coaches and parent volunteers MUST wear a helmet.**

Helpful Websites

<https://www.hockeyalberta.ca/>

<https://www.hockeycanada.ca/en-ca/home>

Practice Tools:

<http://www.passthepuck.net/members/basic/>

<https://www.lgsports.ca/11-tips-to-run-a-great-hockey-practice-for-6-year-old-balls-of-energy/>

<https://www.icehockeysystems.com/hockey-drills/age-level/squirt-436>

<http://howtohockey.com/top-10-fun-hockey-drills/>

SCORE CLOCK INFORMATION

- No more than 3 goals per player.
- Any goals scored OVER 3 per player results in a penalty to that player.

- Three (3) Goal differential - maximum spread shown on clock.
- **ALL** goals are recorded on the game sheet but if one team is up by more than three goals (3) it is **NOT** shown on the clock.
 - If the team that is down scores a goal, it is recorded on the game sheet and on the clock, **BUT** the team that is winning doesn't get another goal on the clock until they score another goal.
 - **NO BANKING GOALS**

Example #1:

Team A - 6 goals recorded on **GAME SHEET**.

Team B - 1 goal recorded on **GAME SHEET**.

Clock would show: 4 goals for Team A and 1 goal for Team B

****never MORE than 3 difference shown**

Example #2:

Team A has scored 3 goals to start the game, Team B has scored 1 goal.

Clock would show: 3 goals for Team A and 1 goal for Team B

Team A scores - record the goal on the game sheet.

Clock would show: 4 goals for Team A and 1 goal for Team B

Team B Scores - record goal on game sheet.

Clock would NOW show: 4 goals for Team A and 2 goals for Team B

Team B Scores again - record goal on game sheet.


Clock would then show: 4 for Team A and 3 for Team B

Team A Scores - record goal on game sheet.

Clock would then show: 5 for Team A and 3 for Team B

**** COACHES AND TIME BOX OFFICIALS PLEASE remember that the Referees MUST sign the game sheet prior to leaving with the book.**

Red Deer Pond Hockey

Policies and Procedures Manual				
Document Title	Code of Conduct Policy	Date	Oct 1, 2019	
Document Type	Policy and Procedures	Revision	1	

RED DEER POND HOCKEY COACHES PLEDGE

It is the intention of this pledge to promote proper behaviour and respect for all participants within the Association. All coaches must sign this pledge before being allowed to participate in hockey and must continue to observe the principles of Fair Play.

CODE OF CONDUCT FOR COACHES

1. I will remember that this is a non-competitive league, and that the more important part of coaching is this league is promoting a fun and supportive environment.
2. I will teach my athletes to play fairly and to respect the rules, officials, opponents and teammates.
3. I will ensure all athletes receive fair instruction, discipline, support and appropriate, fair playing time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that players are wearing the appropriate equipment prior to allowing them to take the ice.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.
8. I will remember that there are no standings, no playoffs and no championships and that all teams deserve to have their achievements recognized in a way that is fair for all participants, not just my players.

I agree to abide by the principles of this CODE as set and supported by this Association. I also agree to abide by the rules, regulations and decisions as set for this Association.


PRINT NAME _____

DATE _____

SIGNATURE: COACH _____

TEAM NAME _____

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PRINT NAME _____

DATE _____

SIGNATURE: COACH _____

TEAM NAME _____



DIVISION 1 & 2: HALF-ICE PLAY

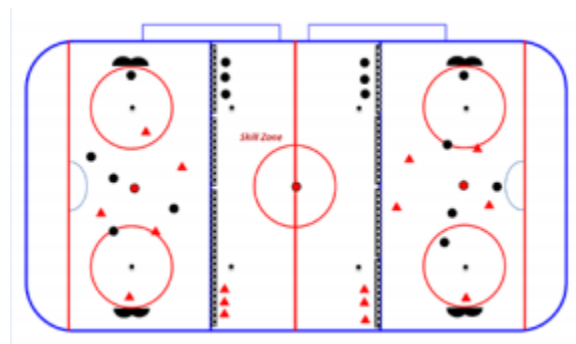
Hockey Canada developed the half-ice program to ensure that a child's early experiences with hockey are delivered in a safe and positive experience. The program enables participants to become contributing members of a team effort, develop self-confidence and experience a sense of personal achievement.

The rules for half-ice game play have been created to maximize player engagement by increasing opportunities to interact with the puck and other players. All players benefit from increased puck touches, scoring chances, quick transitions and passing plays in half-ice hockey.

We believe these modifications will benefit every player in Division 1 and 2, regardless of skill level. We ask everyone to approach this change with an open mind and a positive manner. We welcome your feedback to assist us as we evaluate our half-ice program; please contact your Division Coordinator or any member of the board.

Half-ice play is MANDATORY for all Division 1 teams for the entire season.

Half ice play is MANDATORY for all Division 2 teams until Christmas. In January, Division 2 teams will switch to full ice play.



Playing Rules

- Rink set-up:
 - Goal nets are set-up cross-ice, placed midway between the blue line and goal line.
 - Two sets of barriers at the blue lines with a space in between at the neutral zone.
 - Spare players can wait in the neutral zone for their shift. The neutral zone may also be used as a one on one coaching area for players that would benefit from extra help in between shifts.
 - Coaches may also choose to have extra players wait on the bench.
 - You may need to use a combination of cones, coaches and parent helpers if boards are not available.
- 4 vs. 4 format (4 players and a goalie for each team)
- 15-minute warm-up

- Game length – 40 minutes (2 x 20 minute halves)
- Shift length – two minutes in duration with an automatic buzzer or whistle sounding to indicate players change. The clock continues to run throughout the 40 minutes.
- Players change on the fly.
 - If there are fewer than four players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to continuing play.
- There will be two face-offs during the game:
 - The first face-off will start the game.
 - The second face-off will start the second half.
- No score is kept.

Shifts

- Player shifts are recommended to be two minutes in length. A buzzer or whistle will sound to signal line changes.
- On the buzzer/whistle sounds, players must relinquish control of the puck immediately and vacate the ice. The new players enter the ice immediately.

Change of Possession

- Goaltender freezes the puck or a goal is scored– the coach blows the whistle to indicate the attacking team backs off to mid-ice and the defending team gets possession
- Puck shot out of play – the offending team backs off and the coach/official gives the non-offending team a new puck.

Penalties

- Minor penalties are noted. At the end of the shift, the coach explains to the offending player the reason for the infraction.
- If the offending team controls the puck after the infraction, the coach blows the whistle and calls for a change of possession; the non-offending team is given room to play the puck (three-metre cushion).
- The offending player will sit out the next shift, but the team will play even strength.
- Should an infraction occur that would normally require a player to be ejected from the game (game misconduct, match penalty or gross misconduct), the player will be removed from the remainder of that game. Even under these circumstances, teams will not play shorthanded and no game incident report will be required.



Red Deer Pond Hockey Rule Book

Event	1 st Occurrence / Player / Game	2 nd Occurrence / Player / Game	3 rd Occurrence / Player / Game
Minor Infraction	Minor Penalty	Minor Penalty	Minor Penalty and Game Misconduct
Scoring more than the maximum number of goals (3 / game)	Minor Penalty, Goal not counted, (treated like icing)	Minor Penalty and Game Misconduct Goal Not Counted	n/a
Intimidation: Slap Shot (stick raised above knee) for any purpose	Minor or Major Penalty at discretion of referee	Game Misconduct	
Body Checking and Boarding	Minor Penalty or at the discretion of the referee a Major Penalty and a Game Misconduct depending on the degree of violence of the impact. If a player is injured a Game Misconduct and an automatic Disciplinary Committee Review required prior to player being able to return.		
Checking from Behind	A Minor Penalty and a Game Misconduct Penalty. If a player is injured a Major Penalty and a Game Misconduct Penalty must be assessed. Where a player is high-sticked, cross-checked, body- checked, pushed, hit or propelled in any manner from behind into the boards or goal net, in such a way that the player is unable to protect or defend herself, a Match Penalty shall be assessed. Disciplinary Committee review required prior to player being able to return. Note: Referees are instructed not to substitute other penalties when a player is checked from behind in any manner. This rule must be strictly enforced.		
Head Contact	<p>Minor Penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with his stick or any part of the player's body or equipment.</p> <p>A double Minor Penalty or a Major and a Game Misconduct, at the discretion of the Referee and based on the degree of violence of impact shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with her stick or any part of the Player's body or equipment.</p> <p>A Major Penalty and a Game Misconduct or a Match Penalty shall be assessed to any player who injures an opponent</p>		

Swearing or derogatory comments while on ice or on bench (by a player or a coach)	Minor Penalty or Game Misconduct at the discretion of the Referee
Abuse of an official, including all off ice officials – Verbal or physical (by a player or coach)	Minor Penalty and Game Misconduct at the discretion of the Referee
Fighting	Major Penalty and Game Misconduct. Disciplinary Committee Review required prior to player being able to return
Infraction with intent to injure	Match Penalty must be assessed and Disciplinary Committee Review required prior to player being able to return to play.
Use of Unregistered Player(s) and/or Suspended Player(s)	Current game cancelled. Team suspended one (1) game for each unregistered player used for first infraction.

Please note, where there is no specific mention of an infraction in the above, the Hockey Canada Rules will apply.

Should there be any discrepancy between the Red Deer Pond Hockey Rules and Hockey Canada Rules, the Red Deer Pond Hockey Rules shall prevail. **The list of penalties and guidelines shown in this document are minimums.**

Length of Penalties:

Minor Penalty: 3 Minutes

Double Minor Penalty: 6 Minutes

Major Penalty: 5 Minutes

Game Misconduct within the last 10 minutes of the third period: 1 game suspension



Rule Book Notes:

When a Game Misconduct/Match Penalty is assessed by the Referee, the Referee shall send a report to the Referee Coordinator. Should the Referee Coordinator, acting within the best interest of the league, feel that the incident warrants a more severe consequence than what the Red Deer Pond Hockey Rule Book and the Hockey Canada Rule Book provides for, the Referee Coordinator shall obtain additional information and provide same to the Disciplinary Committee for review. The additional information shall include coach reports from the teams who were playing at the time of the incident and any non-biased third party(ies). In this event, the Disciplinary Committee will also require the offending player to complete and return a Return Eligibility Form which can be obtained and submitted by emailing to referee@reddeerpondhockey.com.

Upon review of the Return Eligibility Form by the Disciplinary Committee, the Referee Coordinator, acting on behalf of the Disciplinary Committee will contact the applicable Division Coordinator and Coach to confirm the Disciplinary Committee's decision. A formal in person meeting may be arranged at that time and until clear direction is received about returning to participate in Red Deer Pond Hockey the suspension will continue to be in effect.

If the offending Player/Parent/Coach or guardian does not agree with the Disciplinary Committee's decision, the Player/Parent/Coach, as a single cohesive unit, can ask for a second review through the Disciplinary Committee to the Red Deer Pond Hockey Board.

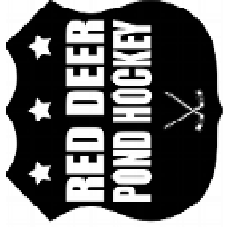
If the Red Deer Pond Hockey Board does not agree with the reasoning provided, the Player/Parent/Coach, as a single cohesive unit, can ask for a final review through the Review Committee to a 3rd party committee composed of:

- Team Sponsor Representative or designate
- Member of Red Deer Kinsmen or designate
- Member of Red Deer Elks or designate
- Player's School Principal or Work Supervisor

If a player's request to continue playing in Red Deer Pond Hockey is denied, all fees are nonrefundable.

Notes

- On a 3rd suspension during a season, a player is not allowed to participate in the Red Deer Pond Hockey for the remainder of the season and will only be allowed to participate in future years at the discretion of the Board. All payments/fees are forfeit to Red Deer Pond Hockey.
- Upon each sixth (6th) penalty in a season, a one (1) game suspension will be applied effective the 2018/19 season.



Red Deer Pond Hockey 2020/2021 Attendance Sheet

** This information **MUST** be kept **CURRENT** and with the team at all times, for the entire season for contact tracing with AHS

**Coach/Manager PLEASE Initial beside EACH NAME in attendance for EACH date, IF a player is missing please note in space. ADD any new bench helper to the list and mark their attendance also.

	Date:	Date:	Date:	Date:	Date:	Date:
	Time:	Time:	Time:	Time:	Time:	Time:
	Arena:	Arena:	Arena:	Arena:	Arena:	Arena:
	LW	not here	LW	LW	LW	LW

Team Name/Division

Player/Coach/Helper Name
 (Printed so its legible PLEASE)

Example: **Joe Smith**

Coaches/Managers,

The **ODRs** are NOT only ours to use. **The PUBLIC is allowed on the ice at ALL times** and we can NOT ask them to all move to the unboarded area. **We MUST SHARE the ice surface** if there are Public Skaters and/or other teams practicing.

RDPH is also NOT allowed to use BOTH ice surfaces at one time if there are 2 at a location.

ALL teams using shacks at the ODRs for practice:

PLEASE ensure that the shacks @ the ORDs are ALWAYS left tidy, with ALL GARBAGE and bench areas cleaned up, even if there is an attendant.

We are allowed to use these shacks with the understanding that we will all treat them with respect and keep them clean and be respectful while using them. Our continued use of these shacks may be in jeopardy if we do NOT follow good behaviour!

Please ask your teams to respect the facilities and cleanup after yourselves. As a volunteering item you could ask a parent to stay an extra 2 minutes to ensure that nothing was left behind and tidy up.

Outdoor Rink/Temperature Guidelines

Check the RDPH Website for this information also @

<https://cloud.rampinteractive.com/icehockeyrdrl/files/Outdoor%20Temperature%20Guidelines.pdf>

* Outdoor events are cancelled if the temperature is below -20C (including wind-chill).

Red Deer Pond Hockey asks that adults/parents/coaches use discretion where needed in these circumstances. On cold nights, if a player needs to warm-up, head to the shelter for a break. If everyone is getting cold, shorten the practice, if your players are little...use your discretion and cancel at a different temperature.

PLEASE communicate to your parents to stay at the practice location during these nights in case practice is cut short.

On the opposite end, if it is too warm and the ice is unsafe for use, please cancel any practices.

While we try our best to have the outdoor events happen, the safety of the RDPH players will always be our most important consideration.

PLEASE See the information below about EQUIPMENT USE @ ODR Practices

ALL PLAYERS MUST WEAR Full equipment, including helmets and neck guards during ANY RDPH Practices or Games. It is an insurance and liability situation, our Hockey Alberta insurance will NOT cover anyone injured when NOT in gear!

ALL Coaches/Assistants or even Helpers going on the ice (to coach/assist) MUST be wearing helmets AT ALL TIMES!!! ODR and Regular indoor rinks.

As clarification, Coaches do NOT have to wear a helmet to shake hands or assist a player from the ice during an injury.

At ANY RDPH event EVERYONE (Coaches and Players) **MUST WEAR A HELMET!**

NO EXCEPTIONS!!

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered "YES" to any of the above: <ul style="list-style-type: none">The child is required to quarantine for 14 days from the last day of exposure.<ul style="list-style-type: none">If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.		
If the child answered "NO" to both of the above: <ul style="list-style-type: none">Proceed to question 2.		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none">The child is to isolate for 10 days from onset of symptoms.Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.		
If the child answered "NO" to all of the symptoms in question 2: <ul style="list-style-type: none">Proceed to question 3.		

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered “YES” to ONE symptom in question 3:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered “YES” to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, child care and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.