



COACHES PACKAGE: DIVISION 3 - 6

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 Rule Book:** Information about infractions and assignment of penalties.
4. **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.
5. **RAMP Team WebPage:** Information on how to login/manage your RAMP Team web page.
6. **ODR Information:** Information on using the ODRs for practice.
7. **Dressing Rooms Div 4-6:** Information on Dressing Rooms.
8. **GameSheets:** Information on how to Fill out and Enter Gamesheet info into RAMP.
9. **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.

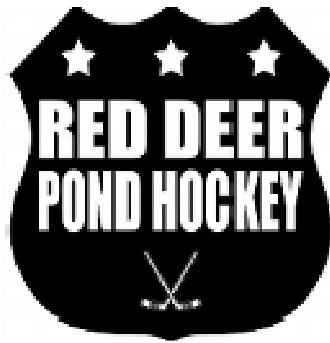
Please encourage your families to watch for information updates through our online and social media channels, including:

- **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 goals 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 _____



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	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. 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. A Major Penalty and a Game Misconduct or a Match Penalty shall be assessed to any player who injures an opponent		

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.



Date/Time/Arena

[illegible]



Date/Time/Arena

[illegible]



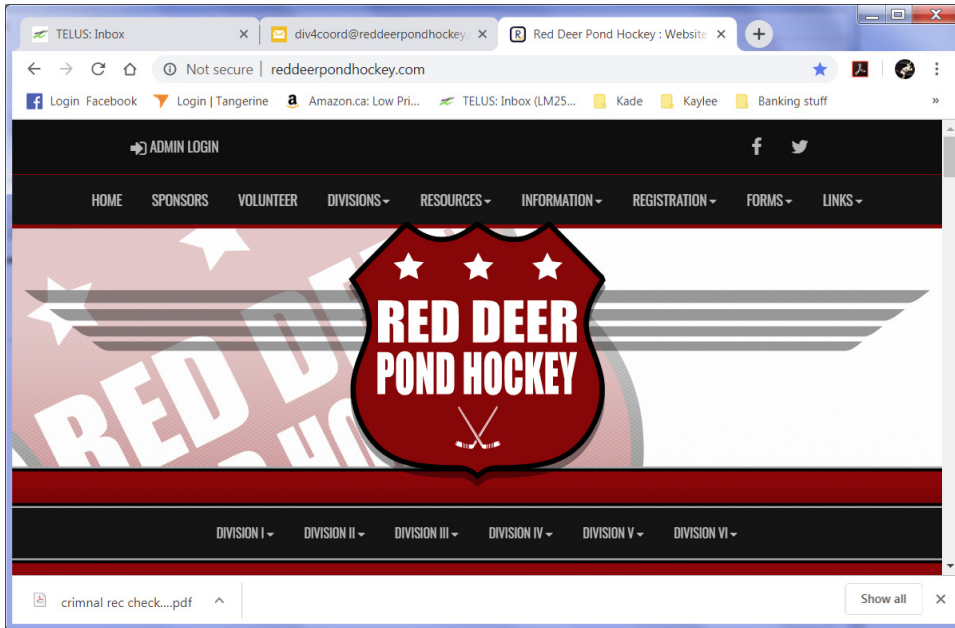
Date/Time/Arena

[illegible]

To get to your TEAM Webpg follow the instructions below

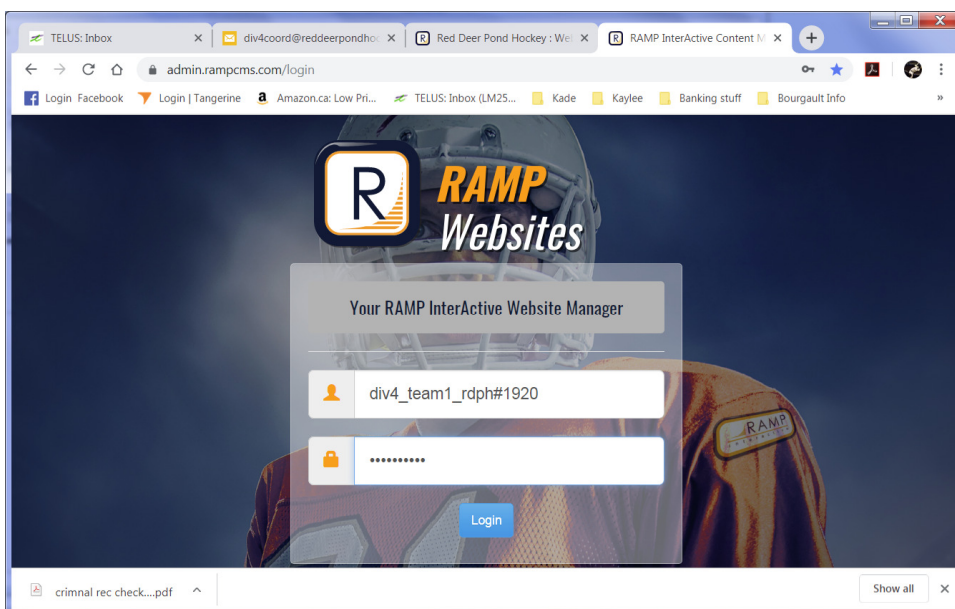
Go to : <http://www.reddeerpondhockey.com/>

Click the ADMIN LOGIN button at the TOP LEFT corner of the RDPH website to login to your teams own pg. This is where you will find all of the info about your players, including contact info. You can email your team from here also.

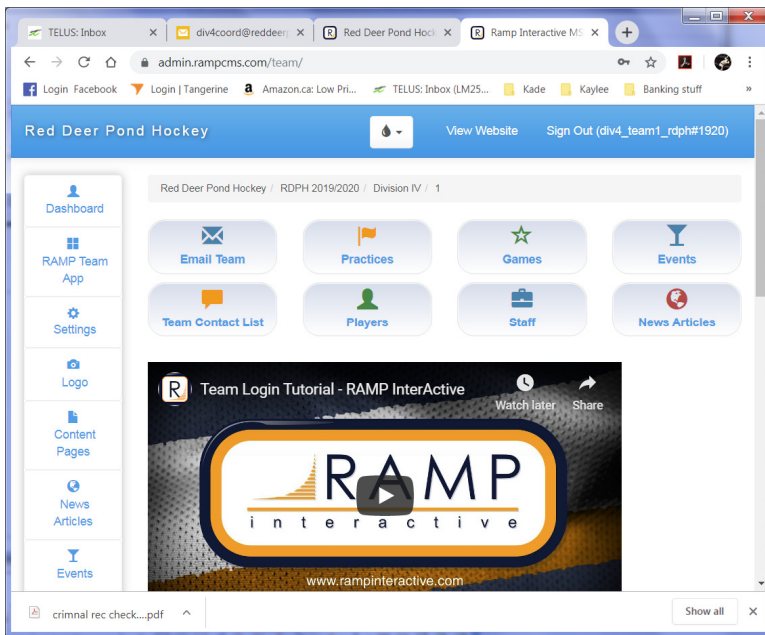


ADMIN LOGIN @ top of this page

This is the screen to enter your team login @ (provided by your Div coordinator)
DO NOT change your login or password!

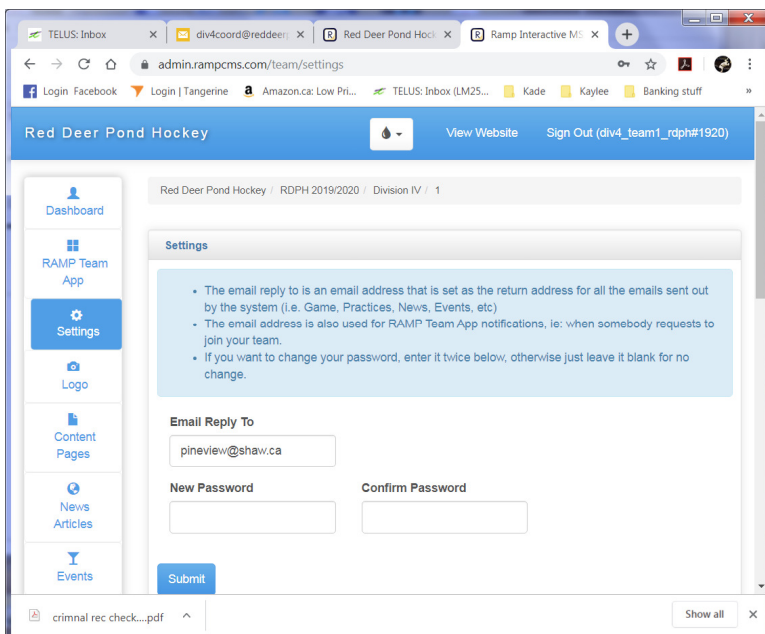


This will get you to your TEAM page.



To email:

When logged into your team pg, click on the "Email Team" button and compose your email. All emails sent from here will return to YOUR email. If you wish the emails to return to another email (say the team manager), change it, by clicking on the "Settings" gear on the LEFT side of the page.



Click DASHBOARD to get back to your HOME.

All other "buttons" should be pretty self-explanatory. PLEASE do not add or remove players from your team. If any changes to players needs to be completed, contact your div coordinator

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!!

Division 4-6 Coaches/Managers,

Just wanted to clarify RDPHs policy on Parents in Dressing Rooms.

A current (and already on file with RDPH) CRC (Criminal Record Check) is **required for all on-ice and on-bench parents/helpers as well as those parents in Div 4-6 who will be in the dressing room**, and **all adult females who will be in the female dressing room with female players**.

It is also important to re-state that at **NO TIME EVER** should there be **only 1 adult/coach in a dressing room alone with one or more players!**

There **MUST be 2 people** with **completed CRCs** (and already on file with RDPH) if they are in a dressing room. 1 parent with ONLY their child may be in the dressing room alone with that player.

Also, **FEMALE team helpers** **ONLY** in the female dressing rooms! These helpers **MUST** have completed CRCs (and already on file with RDPH).

Also as a reminder, it is ultimately **up to the coach whether parents are allowed to stay in the dressing rooms**. IF players ask/request to the coaches to not allow parents in the room because they feel uncomfortable, that is the coaches right to ask that of the parents. If then, players require assistance with equipment, they can leave the dressing room to get that help.

Coaches, **PLEASE make sure your players are okay with other parents in the dressing rooms BEFORE you allow it**. This is an age where this may not be comfortable for some players, male or female.

You can send an email to your Div Coordinator and we can tell you who has submitted their CRCs to RPDH and if they are allowed in the room. We do NOT distribute a LIST of parents with current CRCs, but we can check our database and let you know if someone is cleared to help out.

PLEASE communicate this info to your parents.

GAME SHEETS

Coaches and Scorekeepers! You asked us how to properly fill out a score sheet, so here's an example for your reference.

RED DEER POND HOCKEY OFFICIAL SCORE SHEET

Date: October 7, 2018 Time: 8:15pm Arena Location: Kinex

Home: Original Joes Visitor: A1-Terra

No.	Name	Scoring No.	Per
16	Johnny Kidd	2	1
18	John Doe	7	1
22	John Doe	10	7
4	Jacob Smith	8	1
12		10	1
11		10	1
10		4	7
13		7	1
20		12	3
2			

Names of Player

No.	Name	Scoring No.	Per
Jersey Numbers	Names of Players	1	1
		10	7
		8	1
		10	1
		10	1
		4	7
		7	1
		12	3

Names of Players

TIME KEEPER: _____

SCORE KEEPER: _____

REFEREE: _____

LINESMAN: _____

LINESMAN: _____

FINAL SCORE COUNT: 9 FINAL SCORE COUNT: 5

No.	Period	Offense	Time Off	Time On
16	2	Trip	10:06	7:06
4	3	Rough	5:02	2:02

Penalties

No.	Period	Offense	Time Off	Time On
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Penalties

Please use back of sheet for additional penalties. Please fill out completely. If you have a question, please talk to the on-ice officials for help.

1. PLEASE make sure ALL names are legible!

- If you are "signing" your name - make sure you print it also, so RDPH knows who it was.
2. Game sheets are completed and entered into RAMP by the HOME team.
 3. Notice, that there are 4 DIFFERENT AREAS that need your attention.

How to Fill out a Game Sheet:

1. More information regarding scorekeeping is located on the inside cover of the Game Sheet book.
2. Fill in all the particulars for the game/location etc in the top area of the sheet.
3. Fill out the **Roster Names & Jersey #s for EACH team.** (BLUE Box area in diagram above)
 - You can use pre-printed labels from RAMP or hand write the Roster Info (Jersey #s and Names) on the Game Sheet.
 - Visiting team must provide their player info to the score keeper prior to the game starting (Names and Jersey# of players, coaches names).
 - Scratch out any players NOT playing but listed on the pre-printed rosters.
 - Fill in the **Time Keeper and Score Keeper** info, into the **YELLOW area** above.
 - **Referees** will review the sheet prior to the game and have coaches from each side sign the sheet, in the **YELLOW area** above.
 - ALL Refs sign the game sheet AFTER the game is completed, ensuring all of the information is correct. PLEASE make sure their name is legible, or PRINT it also, so RDPH can see who Ref'd.

4. Once the game is underway, fill in the **RED area** WHEN A GOAL IS SCORED.
 - This area is used ONLY when a goal is scored and does not match or use the player roster area - they are 2 separate areas. See the example above.
 - Fill in the Jersey # of the player that scored the goal (in the **Jers. No** column), then also fill in the # for the period that the goal was scored (1, 2 or 3) (in the **Per** column) (**RED Box area in diagram above**)
 - DO NOT use ticks, check marks or any other marks to indicate a goal.
 - **EACH goal** MUST be written onto a separate line in the **RED area**.
 - Once a player scores 3 goals, they are NOT ALLOWED to score anymore. Please let the Ref know that a player has scored his/her maximum.
 - Any goals scored over that 3, the player is assessed a penalty.
 - **Fill in ALL GOALS scored.** This area of the game sheet should reflect the "actual" score. (**RED Box area in diagram above**)
 - Actual goals scored (i.e. the official score) is to be tracked in the **Final Score Count Box** (**PURPLE Box area above**) on the Game Sheet and in RAMP, even if the difference is more than 3.
 - The time clock score should NEVER reflect anymore than a 3 goal spread.
 - **Reminder of 3-Goal Rule:** – Scorekeepers are asked to show a maximum 3-goal difference in on the scoreboard. Any additional goals that are scored by the leading team, who already has a 3-goal lead (i.e. 5-2) are NOT to be displayed on the scoreboard. Goals for the leading team are not to be “banked” and then put up on the scoreboard after the trailing team scores – a goal should only be added to the score of the leading team if they score an additional goal.
5. If a PENALTY is assessed, fill in the **GREEN area**.
 - Fill in the Jersey # of the player, then also fill in the # for the period that the penalty was given (1, 2 or 3).
 - Also fill in what the penalty was called for and the times. EACH Penalty is 3 mins of run time. (**GREEN Box area in diagram above**)
6. After the game, the **WHITE Top Copy** stays in the Game Book. The **Yellow Copy** (carbon copied pg) from the HOME Teams game book, is given to the visiting team's manager (or coach if they don't have a manager) for their records.
7. The **HOME team** then inputs the game info into the RAMP. Refer to the instruction sheet for this information.

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.