

Kitscoty Minor Hockey will be following all guidelines and changes as mandated by Hockey Alberta. All timelines within this return to hockey plan are subject to change. We will update as soon as we know any new information.

KMH will update the association with any changes and updates as they occur (as directed from Alberta Health Services), for now we are going to follow these guidelines and appreciate your cooperation. Should your child show symptoms at the rink, KMH reserves the right to send you and your child/children home.

Hockey Alberta is giving us direction to prepare for the return of regularly scheduled hockey. The plan components are:

1) Development Season – program to be developed by KMH

- Cohorts of up to 50 will be created (by division) – this is a small group of people who will always be the same people, and do not always keep 2 meters apart. Ex: dressing room, bench, on ice, etc.
- Registration of at least one team official per team (2 is recommended) is required to comply with HA regulations.
- Exhibition Series – HA will work with leagues to pair programs based on geography. KMH is still waiting on more clarification.

2) Modified Competition Season – TBD (based on Government of Alberta Guidelines)

- If the Government gives go ahead, teams will be grouped into regional “pods” of 3-5 teams for competition using a mini-league concept.
- This would allow for KMH to finalize tryouts/evaluations, register rosters, engage in game play and prepare for an eventual return to the “regular season”
- At this point, Hockey Alberta will be working with leagues to identify these pods and mini leagues based on geography.

3) Regular Season – TBD (based on Government of Alberta Guidelines)

- Teams will have been formed based on in-house evaluations (coaches, directors, etc)
- Possible scheduled league play will be announced at this time

At this point we are still in the Development Season. Each director will work with the coaches of the divisions to create a program plan. Our focus will be on player development, in these following areas:

- **Physical:** warm up/cool down, Performance (hydration, nutrition, sleep)
- **Mental:** Team Identity, Goal Setting
- **Life Skills:** Team Building, Citizenship
- **Technical/Tactical/Team Skills:** On-Ice and Off-Ice Development

Cohort Section Group: A maximum of 50 people (including coaches and support staff) that participate in drills, and intra-squad play (scrimmages that are operated within a cohort) where physical distancing cannot be maintained. Used for evaluating players, introducing competition into the development season and selecting of teams.

Within these cohort groups KMH will enhance the experience of all participants, and use this time to evaluate and identify like-skilled players. Our goal is to complete the player evaluation/try out process in order to create player selections and rosters in preparation for the competitive season (TBA by Hockey Alberta)

Current Hockey Alberta timeline (as of September 3rd, 2020):

September 7th – September 28th – Physical distancing sorting and prep skates

October 5th – November 16th – Cohort Groups

November 16th – TBA – Pod Play

** The only game play permitted within the Development Season is inter-squad play involving players from within the Cohort.

Regular Season: when the Government of Alberta allows, regularly scheduled hockey operated by leagues will be eligible to return. Hockey Alberta will work with members and leagues to return to play in a safe and productive manner. Communication will come from KMH to ensure everyone knows if there are precautions and/or alteration to the traditional structure in place.

Returning to Hockey Safely

KMH is to ensure we do the following:

- follow the Government of Alberta's COVID-19 Public Health guidelines.
- comply with Hockey Alberta's Return to Hockey information.
- comply with all requirements in agreements with arenas/ recreational facilities.
- communicate with their members the safety protocols and Return to Hockey approach that have been approved in Alberta, and for the organization.

Parent and Player Responsibilities

Players

- Always respect and listen to team staff as they create a safe environment.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touchpoints. Use the elbow to open.
- Absolutely no sharing of food or drinks.
- Assist the coach in establishing required guidelines during hockey activities while on or off the ice.
- Bring a kit bag filled with recommended items (see Hygiene section).
- When coughing or sneezing: Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
- Avoid touching the eyes, nose or mouth with unwashed hands.
- Avoid contact with anyone who is sick.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Parents

- Be familiar with public health authority guidelines, and adhere to them.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Learn and follow the guidelines put in place by your Member, hockey association and team staff.
- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical distancing guidelines.
- Stress washing of hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility.
- Stress to kids not to touch their faces while at the hockey activity.
- Make sure kids let parents know if they are not feeling well.
- Make sure kids have their own clean water bottle, labelled clearly with their name, and stress the importance of not sharing water bottles.
- ensure equipment is dried, cleaned and/or sanitized following each session
- Review public health authority guidelines for any province/territory that will be visited.
- Travel with family to all hockey activities, including away events.

- If staying at a hotel, consider the recommendations outlined in the Hygiene section.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

****Most importantly: stay at home if experiencing any symptoms.**

In addition to this information, KMH has developed a waiver form to be completed PER PLAYER. This is a one time waiver. In addition, we will be taking attendance of each time your child is present at the arena with their cohort. This information is attained for the purpose if someone becomes ill, we can notify all within that cohort. KMH will also send a mass email to all members to notify the division of the affected player, to allow parents to assess if they could have come in contact with them.

PLANNING FOR RAPID RESPONSE TO SICK ATTENDEES

If an attendee becomes sick while participating, the following requirements apply:

- While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
- The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation.
- Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas with which the individual may have come into contact.

Provided this guidance is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group, in the event that an individual becomes sick. Team officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.

In the event of a positive case KMH will handle the dealing with Alberta Health services, and relay any information to the association members.

For Players participating in Cohorts: 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.

Spectators

- Spectators should be kept out of participant spaces (ice surface, dressing rooms, benches).
- With 2 metres of distance maintained between members of different households (with the exception of core/ household cohorts), the following capacity restrictions apply: A maximum of 100 spectators is permitted for indoor events/settings.
- Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.
- It is strongly recommended that spectators wear masks.

For the time being, KMH will require a designated member or two from each cohort to ensure proper attendance is taken for each time the group is together. Information will be provided for each cohort, and could be adapted as seen fit. However, accurate record keeping will be required.

In addition to attendance, sanitizing of the dressing rooms, and any other touched surfaces by the cohort will need to be completed. Sanitizing supplies will be provided by the Kitscoty Arena. This could be set up as a designated individual(s) or on a rotation basis.

Kitscoty Arena Ice Surface Guidelines:

- ◆ Drop off is available in front of the main entrance. Dropping off participants is encouraged, rather than guardian accompaniment, wherever possible to minimize the number of people entering the arena at once.
- ◆ All participants and guardians (when required for younger players) will be asked to enter and exit the facility individually. Groups are only permitted if they are made up of individuals who live together.
- ◆ Whenever possible spectators are encouraged to use the south lobby door to exit the building.
- ◆ Participants and spectators are asked to arrive no earlier than 30 minutes prior to scheduled ice session and to vacate the building within 30 minutes of finishing on ice portion of development.
- ◆ All participants and guardians are asked to use supplied hand sanitizer of a minimum 60% alcohol upon entering and exiting the facility.
- ◆ Maximum occupancy for spectators is 100.
- ◆ The ice surface will have a 50-participant maximum per on ice session. The 50 person maximum includes all players, coaches and officials.
- ◆ Facility will be equipped with proper signage as per Alberta Health Services guidelines in regards to hand sanitizing, social distancing, and cover for coughs and sneezes.
- ◆ Any person who exhibits symptoms of COVID-19, has travelled internationally in the 14 day prior to use, or has been in close contact with a case of COVID-19 must stay home.

Arena Use:

- ◆ Groups will be designated a suitable amount of dressing rooms for proper physical distancing. This will allow participants to have a safe space to put on their helmet, gloves and skates prior to entering the ice surface.
- ◆ Coaches will be asked to keep a safe distance from all participants.
- ◆ Ice time will be conducted in cohort groups of maximum 50 participants, and on/ off ice sessions will be conducted in a way, as much as possible, to ensure proper physical distancing is being maintained.
- ◆ Each session will have a documented attendance of participants and coaches should it be required for health and safety purposes completed by the renter.

Sanitizing:

- ◆ Lobby, spectating area and public washrooms will be sanitized periodically throughout each day, according to AHS guidelines the facility adheres to.
- ◆ Dressing room hallway benches will be sanitized and wiped between each group in the allotted time frame and the entire area will be sprayed down completely at the end of each night.

Player Illnesses – If a player has COVID-19 symptoms **Information adapted straight from Alberta Heath**

Again, KMH will update the association with any changes and updates as they occur, for now we are going to follow these guidelines and appreciate your cooperation. Should your child show symptoms at the rink, KMH reserves the right to send you and your child/children home.

Players with symptoms must not attend hockey. If a child develops symptoms that could be caused by either COVID-19 or by known pre-existing conditions (ex: allergies, chronic cough), the player should be tested for COVID to confirm that it is not the source of their symptoms before returning to hockey.

Anyone that reports symptoms must stay home and seek health care advice as appropriate. Parents can call Health Link 811 or their primary health care practitioner, and fill utilize the AHS Online Self-Assessment tool to determine if their child should be tested.

Parents, household members and contacts of a player who has symptoms but is not a COVID-19 case, are NOT required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

SYMPTOMS: You should get tested if you have any COVID-19 Symptoms. If you have any of these symptoms you are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve – whichever is longer.

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny Nose
- Sore Throat

If you have any of these other symptoms, stay home and minimize your contact with others until symptoms have resolved:

- Chills
- Painful Swallowing
- Stuffy Nose
- Headache
- Muscle or Joint Aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

ISOLATION REQUIREMENTS

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

If you have tested POSITIVE for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19
- Isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever is longer.
- NOTIFY KITSCHOTY MINOR HOCKEY OF A POSITIVE TEST to ensure we can update our association. Your information will remain private and confidential, and an announcement would be made in a general format.

If you have symptoms but tested NEGATIVE for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to quarantine for 14 days from the last date of your exposure.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. HOWEVER, it is important to stay home until your symptoms resolve so that you do not infect others.

Close contact of confirmed cases

- You are legally required to quarantine for 14 days and monitor symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

If you are self-isolating

- Stay home - do not come attend school, work, social events, or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.

Covid 19 – What to do if your player is sick

If your player is feeling sick or has any of the following symptoms, THEY MUST NOT ATTEND HOCKEY – if your child was NOT at school that day, they also MUST NOT ATTEND HOCKEY (even if they are feeling better).

