

Lacombe Minor Hockey Association

COVID 19

Facility Use and Attendance Guidelines

Updated September 17, 2020



The philosophy of the LMH is to provide a hockey program, which encompasses fun, development, competitiveness and challenge for all players. During this COVID-19 crisis, LMHA is aiming to enhance the development of all players while offering a safe return to hockey. These guidelines are meant to provide direction in using facilities used by LMHA.

Please note these guidelines are subject to change based on information from Alberta Health Services, Hockey Alberta, City of Lacombe and Lacombe Minor Hockey Association. Updates will be made on an as needed basis and most current information will be given to your director. These guidelines are only meant as direction, the most current [Alberta Health Services Guidelines](#) should be followed.

Association Responsibilities:

Requirements of LMHA as a facility user:

- Ensure all participants are registered with LMHA prior to participating
- That health checks are done on a regular basis
- Every participant including coaches are signed in to every session
- Only 50 members of a cohort are allowed on the ice surface including benches, this includes all coaching, on-ice staff.

User Responsibilities:

- Enter through main lobby and exit through marked exit at the east doors
- Must use hand sanitizer upon entering and exiting the facility
- Users are allowed to enter the facility 15 minutes prior and must leave within 15 minutes following their scheduled ice time.
- Must check in with LMHA representative, director or assigned safety person every session
- Dressing rooms including their washrooms are only to be used by players and members of the assigned cohort.
- Coaches should wash their hands thoroughly before and after tying player skates
- Players must come dressed to the arena and are only allowed to put on their skates in the facility. Players can only remove skates in the facility and must leave fully dressed
- Only one participant may use the dressing room bathroom at one time and showers are not permitted
- There are limited people permitted in a dressing room at a time, 13 or 17 depending on room size
- Dressing rooms are to be left in pristine condition, no wrappers, tape, spit or garbage can be left. The city will be issuing fines to users.
- Bags cannot be left at the facility and users are only allowed to enter with the equipment they are wearing, skates, stick and water bottle
- Water bottles must be clearly marked and cannot be shared
- Rollerguards are allowed in the facility
- No gathering in lobbies or hallways
- If it is found that the user has not followed AHS guidelines for a cohort, the user may lose their ice times for the rest of the 2020-2021 season.

Parent/ Guardian Responsibilities:

- One parent/guardian per player is allowed to enter the spectator area up to 15 minutes prior to ice time and must leave within 15 minutes following the ice time.
- Spectators are encouraged to wear masks
- Cheering and yelling is discouraged at this time
- Spectators must sign in with the director or appointed check-in person prior to entering the spectator area
- For U11 to U18 cohorts parents are not allowed in dressing rooms unless they are listed as a coach for the cohort/group.
- For U5 to U9 cohorts one parent/guardian is allowed in the dressing room but must be wearing a mask if not part of the cohort group (ie coach) and must adhere to the dressing room capacities.
- Only the section in the east bleachers are available for spectators, the remaining bleachers will remain closed to the public
- Unless from the same cohort, spectators must remain 2 metres apart at all times
- Spectators may be asked to leave the facility at anytime should the bleacher capacity be reached
- Lacombe Minor Hockey Association as the user of the City of Lacombe Facility is responsible to ensure guidelines are followed by players, coaches, officials and spectators.
- If spectators are not following these guidelines or those of Alberta Health Services, it may result in being expelled for the remainder of the event or all spectators being prohibited from future events.
- Please do not attend the event if you are ill or show any of the symptoms listed for Covid-19 on the AHS website

Head Coach/Assistant Coach/On-Ice Responsibilities

- Coaches are encouraged to participate in only one cohort
- If a coach participates in more than one cohort they must wear a mask in both cohorts if, or when, physical distancing of 6 feet is not possible. In the dressing room coaches belonging to more than one cohort must wear a mask.
- If a coach belongs to a cohort and wants to change cohorts, they must remove themselves from all cohorts for two weeks prior to the change.
- Coaches will be in charge of ensuring the rooms are left spotless. Coaches need to be the last to leave and check the room
- Coaches must use hand sanitizer or thoroughly wash their hands before and after tying player skates

Event Attendance

Prior to attending an ice session/team event:

- Must be registered with LMHA. All LMHA scheduled training during Hockey Alberta Development Season will receive Hockey Alberta permits to sanction the event and provide Hockey Canada insurance coverage.

- Prior to the first ice time the player/cohort member attends they must review the Alberta Health Checklist [here](#)
- If you answer yes to any of the Alberta Health Checklist questions you must follow Alberta Health Services protocol, completing the online Self Assessment found [here](#)

Attending ice session/team event:

- Participants are to enter in the doors at the main lobby, use hand sanitizer upon arrival and check in with the LMHA representative, during development will be the Director.
- All participants **are expected to come fully dressed** to event. Roller guards will be allowed in the Lacombe Arena.
- The exception will be goalies who will be allowed to also put on their pads in the dressing room
- Only 13 or 17 participants, depending on the dressing room, in a dressing room at a time and only to put on skates.
- **For U11 to U18 parents are not allowed to enter the dressing rooms, coaches will be in the dressing room to tie skates.** Only registered players and coaches for the attending cohort are allowed in the facility.
- **For U5 to U9 parents are allowed to enter the dressing rooms but must wear a mask at all times.** Only registered players and coaches for the attending cohort are allowed in the dressing room without a mask.
- No Siblings are allowed in the dressing room. If you must have the siblings with you the arena staff can set up chairs outside the rocket room or hallways for you to tie skates.
- No bags are to be brought into facility, there will be no place for parents to drop bags for players
- All participants must bring their own water bottle already filled with their name clearly marked. No water bottles are to be shared.

During training session:

- Dressing room bathrooms may be used by players one at a time, showers are not permitted.
- No dryland training in the facility
- Attendees should refrain from spitting and clearing their nasal passages during activities, in the facility, ice surface, hallways and dressing rooms, there is zero tolerance for this and, may result in fines from the City of Lacombe
- Dressing rooms must remain spotless, no garbage, tape, or personal items are to be left on the floors upon exit. Coaches will be in charge of ensuring the rooms are left spotless. The City of Lacombe is permitted to levy fines for dressing rooms left untidy

After Training Session:

- Participants are to leave fully dressed except for skates
- Leave dressing room spotless, coaches need to be the last to leave and check the room
- Participants have 15 minutes following session to exit facility
- All participants exit through the east doors

COVID Check-In:

Prior to the first event attended, participants must complete the Alberta Health Checklist [here](#)

What to do if a player does not pass the mandatory health check-in or shows symptoms during training session:

- Do not attend the event
- Participant will immediately separated from the group and parent/guardian will be called for immediate pickup
- Participant is to report to Alberta Health and follow their guidelines

General Guidelines

- Avoid touching common surfaces
- Practice good hygiene:
 - Coughing into sleeve
 - Sneezing into sleeve
 - Avoid touching your face
 - Wash hands frequently with soap and water
 - When water and soap is not immediately available, use hand sanitizers
 - Wash your hands immediately prior to and immediately following practice/training
- Practice Physical Distancing - Keep at least 6 feet (the length of a bicycle) from others

Definition of a cohort from Alberta Health Services for Sports Teams

A COVID-19 cohort, also referred to as a bubble, circle, or safe squad, is a small group whose members – always the same people - do not always keep 2 metres apart. The cohort concept encourages individuals who cannot maintain 2 metre physical distance when in group settings to interact with the same people within their own cohort group rather than switching daily contacts or randomly interacting with others outside that circle.

Currently Sport cohorts are 50 people. 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

Non-compliance

These guidelines are not optional. Suspension or fines from the City of Lacombe, Lacombe Minor Hockey Association and Hockey Alberta may be levied for non-compliance.

FAQ

1. Dressing participants in the parking lot works for now but what will we do when winter comes?

The use of the City of Lacombe facilities is an ongoing discussion and we will be meeting with City Officials on an ongoing and as needed basis. Facility use guidelines may change as needed. Changes will be announced through your Director and posted on the LMHA website.

2. Will the lobby be open for concession, washrooms and a place to wait?

At this time the concession and lobby will be closed. The public washrooms in the lobby will be open. Other than using the washrooms, all spectators proceed directly through the lobby to the bleachers without stopping.

3. Will the spectator guideline change?

LMHA is constantly re-evaluating the process of having spectators in the building and could change throughout any stage.