



**Important Information for
Parents and Players
Revised - Sept. 17/20**



As outlined in our Return to Play plan, SHC will be purchasing an Association account for the Team Snap app this year for our teams to use for scheduling and tracking daily health checks. Any team who has already purchased an individual subscription to Team Snap can email their account name to Adam Scharmann at vicepresident@sturgeonhockeyclub.com for a pro rated refund.

All players must have a health check filled out prior to each practice or game. The health check can be done on the Team Snap app and must be completed before the player is allowed on the ice. Health check can be done 8 hrs. prior to the start of the event. The use of Team Snap for Health checks is preferred; however, a printable form is available on the SHC website. Forms will need to be filled out and submitted to team cohort liaisons. The cohort liaison must send a copy of the signed forms to Robert Potter (u18director@sturgeonhockeyclub.com) as soon as possible following the event.

If a player experiences new or worsening of the following symptoms, they must self-isolate for 10 days or until the symptoms resolve whichever is longer; fever, cough, shortness of breath/difficulty breathing, runny nose, sore throat.

If a player is experiencing the following symptoms they are expected to stay home and minimize contact until symptoms resolve; chills, painful swallowing, stuffy nose, headache, muscle or joint aches, feeling unwell, fatigue or severe exhaustion, gastrointestinal symptoms, loss of smell or taste, pink eye.

Individuals are under NO obligation to inform SHC, coaches, other players or parents the reason they are missing a practice or game, if they are pursuing COVID-19 Testing of the results of a test. In the case of a positive case, AHS will investigate close contacts and determine who need to be contacted.

Please provide AHS with the following contact information:

Robert Potter

u18director@sturgeonhockeyclub.com

587-338-9123

Even though there is no obligation to inform SHC of a positive case, in the interest of safety of all players and coaches, we ask that all positive COVID-19 tests be reported immediately to Robert Potter (u18director@sturgeonhockeyclub.com). This is voluntary and the name of the participant will remain strictly confidential. We request this information so we can inform other participants that a positive COVID-19 case has been reported and we can mitigate the spread. SHC will contact AHS and follow any instructions received.

Hockey Alberta has advised us that according to updated AHS Guidance for Cohorts, coaches are now allowed the flexibility to participate in both their SHC team cohort and play on an Adult Hockey team.

For the safety of all participants, SHC strongly advises that all players and coaches should limit the number of cohorts they belong to and to keep their cohorts to the local community or neighborhood to reduce geographic spread. All participants should wait 14 days before joining a new cohort. Additional information regarding cohorts is available in the AHS Guidance for Cohorts.

Masks are not required for players and coaches in the dressing room, bench or on the ice (refer to MLC Facility Guidelines on our website for additional rules).

Only Coaches and Players are allowed in the dressing rooms.

During games, one timekeeper is allowed in the penalty box area. The Timekeeper must always wear a mask .

Absolutely NO spitting is allowed.

Absolutely NO sharing of equipment or water bottles is allowed. All water bottles must be marked with first and last name. Each Player will be assigned their own jersey at the start of the year and must only wear their jersey throughout the year.

Player equipment and jersey is expected to be cleaned regularly throughout the season.

Coach/Cohort Liaison

All teams must use the Team Snap App this season. All teams must add Robert Potter (u18director@sturgeonhockeyclub.com) to their Team Snap as a coach. This is necessary to track attendance and Health Checks and if necessary, provide quick and accurate information to AHS in the event of a positive COVID-19 case.

All teams must elect one parent Cohort Liaison. This person will be the primary contact for all COVID-19 matters. The Cohort Liaison must also ensure an accurate attendance for every event is maintained and that Health Checks are complete.

Coaches must sanitize all equipment used on ice after each game or practice. The Equipment Sanitization Check list must be signed off when complete. This sheet is available on the SHC website. This sheet must be sent to Robert Potter (u18director@sturgeonhockeyclub.com) at the end of every month.

Coach and Cohort Liaison must respect the privacy and sensitivity of individuals person Health Information and not disclose this information without consent.

If a player or coach begins to show symptoms during an event, they must immediately put on a mask and leave the facility. Anyone helping the individual must also wear a mask.

If a player shows symptoms of COVID-19, the cohort will continue all games and practices, unless advised otherwise by AHS.

If a player tests positive for COVID-19, SHC will work with AHS to determine the best course of action. This may include the suspension of the cohort for 14 days.

Since the COVID-19 situation is always changing this information is subject to change. Cohort Liaisons will be notified of any changes so they can relay the information to their teams.

Any questions or concerns please contact Robert Potter, U18 Director and SHC COVID Resource.