



Return to Hockey Plan

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Coaches/Administrators/Players/Parent Information Package

Health and safety have been at the forefront for Provost Minor Hockey's Staff and Board of Directors as they have been thoughtfully planning what a return to hockey participation will look like.

This plan relies heavily on the honesty and integrity of coaches, athletes and their families and a commitment by all participants to abide by the rules of the plan.

This plan is subject to change based on orders from the Chief Medical Officer, the Province of Alberta, the Town of Provost, Hockey Alberta and all Provost Minor Hockey.

We encourage all participants to review the following documents from the Hockey Alberta Return to Play Hockey Plan specifically relating to Roles and Responsibilities as well as Hockey Canada and Hockey Alberta sanctioning for events:

<https://www.hockeyalberta.ca/members/return-hockey/>

Procedures and Protocols

Prior to the Season, Scheduling Training or Development Sessions:

- All athletes must register with Provost Minor Hockey via their internal HCR for season registration.

General Coaching Guidelines

When participating via Cohorting:

- Team officials are not required to wear masks 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.
- When Cohorts are being used and some coaches are not part of the Cohort (they are instead physically distancing from all other participants), those coaches are required to wear masks while in the dressing room and while on the player's benches.

When participating via Physical Distancing:

- Team officials must maintain two-metre physical distancing from all other participants, and wear masks within the dressing room.
- Team officials are to wear masks while on the bench but can remove them while coaching and or instructing on the ice.



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Responsibilities of Coaches or Manager

Prior to each Practice Session:

- Communicate with athletes a minimum of 24 hours prior the sessions to provide the session/practice plan so players can review and be aware of session.
- Communicate to determine if an athlete is ineligible for practice.
- Remind athletes and their families of social distancing guidelines; the need to label all equipment; and gathering restrictions both on the ice, in the arena and or the parking lot.
- Sanitize all training equipment, including U7/U9/U11 shared goalie gear, pucks and all commonly touched surfaces, e.g. locks.
- Remind athletes no one in dressing room till 30 minutes before practice and all equipment must stay in vehicle until time to enter the dressing room.

During the Practice Session:

- Set up all training equipment and sanitize as needed.
- Verify hand sanitizing stations for participant use before, during and after training throughout facility.
- Ensure PPE is available and must be worn if dealing with an injured player and social distancing cannot be maintained.
- Ensure only team pucks are used at the practice and that they are sanitized prior to the practice.
- Encourage athletes to practice proper safe practices including washing hands, using hand sanitizer and not touching their face during activity.

After Practice Session:

- Ensure athletes have retrieved all their personal equipment (bags, sticks, water bottles, etc.) and vacated dressing room within 30 minutes of session ending, taking equipment directly to their vehicle.
- Do not touch their equipment unless you are in the same household.
- Ensure athletes and coaches wash or sanitize hands again.
- Sanitize all training equipment, including U7/U9/U11 shared goalie gear, pucks and all commonly touched surfaces, e.g. locks.
- Communicate virtually using email, text, team snap or another form of electronic communication if at all possible. If in person meetings are necessary practice social distancing and reference the facility guidelines, e.g. time, number of attendees.



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COVID Check –In

It's the responsibility of each family or guardian to review and complete the TeamSnap Health Check form 8 hours prior to session. If any athlete or family member of the athlete is or has experienced any of the following symptoms in the previous 14 days, they will not be permitted to participate in any practice, etc. They will be required to stay home and follow AHS guidelines. This information will be held in confidence by the manager/coach:

<https://www.alberta.ca/assets/documents/edc-covid-19-screening-questionnaire-english.pdf>

- Fever, cough, sneezing or sore throat.
- Mild to moderate shortness of breath.
- Inability to lie down because of difficulty breathing.
- Have been in close contact with a person who has seen a doctor and has been diagnosed with COVID-19.
- Have travelled outside of Canada in the past 14 days or has been ordered to self-isolate since returning from travel.
- Have been ordered to self-isolate or is living with someone who is self-isolating.
- Any person who develops symptoms while at a Provost Minor Hockey\Hockey Alberta sanctioned event should leave immediately.
- Failure to check in on the TeamSnap Health Check form in the required time frame will result in that athlete being ineligible to participate in the session.

What to do if a participant answers YES to any of the mandatory check in questions or begins to show symptoms during the training session:

- The participant must stay home if answering yes to any of the questions. If they begin to show symptoms during a session they should be immediately removed from the session and sent home as safely as possible.

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. Public transportation like buses, taxis or ride sharing should be avoided.
- 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.



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Reporting a positive case:

If an attendee tests positive, AHS will only request information about the attendee's participation in sport if it is deemed that a potential exposure is likely to have occurred during such activity.

- When interviewing a person who has tested positive, AHS investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization's compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary.
- An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:
 - The reason for missing a practice or game,
 - If they are pursuing COVID-19 testing, or
 - The results of a COVID-19 test.
- Organizations and team officials should be respectful of the privacy and sensitivity of every participant's personal health information, and comply with relevant requirements set out in Alberta's Health Information Act.

General Stay Safe Measures:

Please follow the current provincial stay safe measures as well as the following:

- Driving alone or with people they are living with (no carpooling).
- Staggered approach to the site e.g. physical distancing of 2 meters.
- Avoiding touching common surfaces while in public.
- Come straight to the Arena from home and go straight home.
- Practice good hygiene by:
 - Coughing into a sleeve.
 - Sneezing into a tissue.
 - Avoid touching your face.
 - Washing hands thoroughly and frequently with soap and water.
 - When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol.
 - Wash hands prior to and immediately following practice, using the washroom or after handling equipment.
 - Sanitize your phones and devices often, leave them in the car or at home when possible.



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Practice/ Training Protocol:

Physical distancing has been identified as one of the most effective strategies to prevent the spread of COVID-19. With that in mind the following are the minimum protocols that **MUST** be adhered to for team practice/training whether in a cohort or not:

- All participants will wash their hands before coming to practice.
- All participants will use hand sanitizer:
 - At the beginning of all events.
 - During all breaks prior to drinking water or touching any personal items.
 - Prior to leaving the sessions.
- All participants are required to maintain at least 2 meters distance from each other and avoid person to person contact unless in “field of play”.
- Nonessential activities that require close contact between individuals will not be permitted.
- **NO SHARING OF ANY OF THE FOLLOWING:**
 - Sticks, gloves or any other personal equipment.
 - Water bottles.
- **NO SPITTING.**
- Participants will avoid touching the face.
- All participants will be expected to follow the social distancing rules put in place by the Town of Provost for Arena Users or the rules set by non-Town of Provost facilities.
- Player equipment and clothing must be cleaned with disinfectant where appropriate and or washed prior to each session. All must be removed from the facility after use.
- No unnecessary physical contact e.g. high fives.
- All commonly touched surfaces will be disinfected after each session by Arena Staff.
- Gear, equipment etc. must be sanitized prior to each use.
- Coaches may request the support of an assistant coach or parent to help with sanitizing or ensuring physical distancing is occurring throughout the session.



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Spectators

Spectators of Provost Minor Hockey and Hockey Alberta sanctioned events must maintain physical distancing with people who are not from the same household and adhere to the following:

- Staggered approach to the facility
- Recommend moderate cheering, no yelling
- No SPITTING
- Avoid touching your face.
- Wash your hands frequently and/or use hand sanitizer often.
- Disinfect clothes and equipment following attendance at a session.
- Wipe frequently touched surfaces including cell phones, tablets etc.
- Respect the choice of fellow spectators

Cohort Information from Alberta Health Services for Sports Teams

Definition of Cohorts:

A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 meters apart.

Under Stage 2, cohort type and size include:

- Sports teams – up to 50, including players, coaches and volunteers within a cohort

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>

Dressing Rooms, Players Benches & Timekeeper Penalty Box

Dressing rooms, players benches and timekeeper/penalty box areas are considered in the “field of play” and within a cohort area. Practice social distancing if at all possible. If a parent, guardian, volunteer or someone else who must be in the area that is not part of the cohort they must practice social distancing and if that cannot be achieved are required to wear a facemask, e.g. tying skates or attending an injured athlete.



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Facilities

All members and participants are expected to follow the guidelines set forth by the facility owner of which they are in. Guidelines and rules for Crescent Point Place can be found at Town of Provost website and Provost Minor Hockey Association website.

Follow the Entrance and Exit signs for facility access only.

Anyone entering the facility will be required to stop and sign in at the front staging area using the daily CPP facility tracing form (name/time/residence) for contact tracing purposes.

***Example:** Joe Smith / 6:30pm / Provost

Cohort teams will be signed in by a team representative recording the team name, referencing their TeamSnap tracing form.

***Example:** PMH U7 Team Blue TeamSnap / 4pm / Provost

Meetings

PMHA recommends to use TeamSnap, Zoom, email or text whenever possible for meetings. If necessary, to have in person meetings, all meeting rooms must be booked prior with the facility manager and follow facility and AHS guidelines.

LiveBarn

LiveBarn is a live internet feed that was installed at CPP and provides video feed of the ice surface. Please follow the link to sign up as a safe alternative to watching games, practices, etc. at our facility.

www.livebarn.com Use **Promo Code - 0d5c-f1d0** and save 10%

Return to Hockey Timeline and Phases

Evaluations and Development: September 28 – TBD (Skills Sessions • On-Ice Practices • Off-Ice Training • Intra-Squad Game Play)

Transitional Season: TBD (Skills Sessions • On-Ice Practices • Off-Ice Training • League Series Play • Mini-League Game Play within Pods)

Regular Season: TBD (Skills Sessions • On-Ice Practices • Off-Ice Training • League Play)



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Provost Minor Hockey Return to Hockey FAQ's

1. Does the COVID-19 Check in have to be completed prior to each practice with all participants?

Yes, the Covid-19 check in with each athlete must be completed 8 hours prior on the TeamSnap Health Check Form.

2. Will there be contact tracing at the arena?

Yes, anyone entering the facility will be required to sign in for tracing purposes which will be kept by the Town of Provost for 14 days then destroyed. Athletes & coaches within a cohort will be signed in by their respective team manager recognizing their Teamsnap Health Check Form.

3. Do athletes and coaches have to sanitize hands prior to entering or leaving the Arena?

Yes, athletes and coaches must sanitize their hands prior to entering or exiting the Arena.

4. What is the process for sharing equipment such as pucks?

Each team will have designated pucks that are only used by the specific team or group.

Athletes can share the pucks during the practice, understanding that the virus could be transferred by the puck in rare circumstances from one individual to another and will avoid touching their face or the pucks during the session.

The pucks will be sanitized at the end of practice, and not used by anyone else until the team uses them at the next practice. They can be wiped with a disinfectant wipe, washed with soap and water or sprayed with disinfectant spray.

5. Can "game-like" activities occur during the practice?

Yes, as long as they are in a cohort setting.

6. Are players allowed to opt out of Evaluations and the Development Phases and rejoin once the Transition and or Regular Season occurs?

No, players must be registered from the beginning of the season and participate in all phases in order to participate. This allows us to determine appropriate numbers for teams when registering and place in the correct tier with the league.

7. Can my child be participating in more than one Cohort Group?

Hockey Alberta cannot restrict your child from belonging to another non-hockey cohort. However, within hockey your child can only participate in one hockey cohort at time. If the player switches cohort hockey groups they must isolate for 14 days. Affiliation from one team/cohort to another is currently not being permitted by Hockey Alberta.



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8. What if the season is cancelled will there be a refund?

PMHA will work with our members and prorate refunds. Keep in mind there are costs for registration, insurance, league fees, etc. to take in to account.

9. Will there be other programs available such as power skating, goalie clinic, PEP?

Yes, programs usually provided will continue to be, utilizing physical distancing guidelines.

10. Can I coach or volunteer with more than one team?

Yes, however if you have volunteered with more than one team you will be asked to declare which cohort is your priority. As part of this cohort group, the rules for coaching or volunteering within a cohort will apply. Assisting with any other teams you will be require to follow proper social distancing and wear a mask while on the bench or in the dressing room.