



Slave Lake Minor Hockey Association
Covid-19 Guidelines

UPDATED: November 12, 2020

The following guidelines will be in place while the Province of Alberta remains in Stage 2 of the provincial re-opening plan and may be extended longer at the discretion of the Slave Lake Minor Hockey Association. These procedures are in compliance with the Covid-19 safety measures implemented by the Government of Alberta, AHS, Hockey Alberta and the Town of Slave Lake.

COHORT:

The Slave Lake Minor Hockey Association intends to identify as a cohort user group of the MRC facility. A cohort user is defined as a bubble of participants and coaches whose members stay the same. A sport cohort can play in a regional cohort of no more than 50 people. This includes players and coaching staff. Parents, guardians and spectators are not considered part of the cohort. The Government of Alberta recommends that participants only belong to one sport cohort at a time.

MRC GUIDELINES:

- spectators must maintain a 2 metre distance between members of different households.
- a maximum of 100 spectators is allowed per arena. (70 home/30 visitor spectators).
- children and youth spectators must be with a responsible adult seated in the arena. At no time will free play be permitted. (this includes mini sticks, running around the arena, standing at the glass or playing in the stands).
- all spectators must be seated. Standing at the glass to watch games will not be permitted.
- children are not permitted in the lobby without an adult accompanying them.
- participants must not arrive more than 30 minutes prior to their scheduled ice time. They must exit the MRC within 15 minutes once the scheduled ice time concludes.
- water bottles must be labelled.
- players are encouraged to come to the MRC as dressed as possible.
- change rooms will only be available for user groups who identify as a cohort. Masks is encouraged in the change room. Showers will remain closed.
- Hockey Canada and the MRC are encouraging players not to bring hockey bags into the facility.
- a cohort cannot exceed more than 50 people. This includes players and coaches.

ENTERING THE MRC:

- players are encouraged to come to the arena as dressed as possible.
- hockey bags are discouraged from being brought into the MRC.
- players and coaches will wear their masks while they enter the facility. Masks will remain on until they are ready to proceed to the ice surface. Sanitize hands when entering the MRC, complete health screening and attendance sheet. Then proceed directly to the assigned team dressing room.

- social distance in public areas such as the lobby and bathrooms or wherever a 2 meter distance cannot be maintained. This includes participants of the team cohort as these common areas will have people outside of the team cohort.
- spectators, parents, guardians will enter the facility, sanitize, complete health screening, complete attendance sheet and proceed directly to the stands where social distance must be maintained.
- follow any signage or guidance provided by the MRC or their staff.

EXITING THE MRC:

- participants and coaches will proceed directly to their assigned dressing room after leaving the ice surface, where they will then put their mask back on. They will have 15 minutes to undress essential equipment like skates and exit the MRC. Practice social distancing while transitioning through public areas, such as the lobby.
- loitering to socialize after your scheduled ice time will not be permitted (even if within the 15 minute exit time).
- parents, guardians and spectators are encouraged to exit MRC as soon as scheduled ice time or event ends. Do not wait in lobby for players to undress. Social distance as you transition through the lobby to exit.

GOALIE:

- goalies can enter the MRC wearing a mask, sanitize hands, complete health screening and attendance sheet, then proceed directly to the assigned team dressing room.

ATHLETE EXPECTATIONS:

- do not arrive more than 15 minutes before practices or 30 minutes before scheduled games.
- no yelling, spitting, dancing, singing, blowing nose or cheering.
- no sharing of water bottles.
- water bottles must be labelled.
- do not attend team events such as practices or games if you are experiencing any Covid-19 symptoms.
- wear a mask while entering the MRC until player is ready to put on helmet and proceed to ice surface.
- will not attend team events if they develop symptoms of Covid-19. For those that suffer from asthma or allergies, you should not be attending team events if your symptoms are more severe than your normal baseline of health. If you are experiencing a normal symptom of allergies, you can attend. However, you must be cognisant that if it gets worse than normal or you develop additional symptoms that do not normally accompany your allergies you should stay home until you have received a negative test or you feel better.
- cohort users do not need to socially distance on the bench.
- if a player chooses to participate in more than one sport, SLMHA and Hockey Alberta recommends they isolate for 14 days before joining the next sport. If both activities are occurring during the same timeframe, the individual will not be considered part of either teams cohort. They will be required to social distance whenever interacting with the team while on the bench, in the dressing room or anywhere else off-ice.
- read, sign and abide by the player covid pledge.

SPECTATOR/PARENT/GUARDIAN EXPECTATIONS:

- do not arrive more than 15 minutes prior to practices or 30 minutes prior to scheduled games.
- masks may be required within certain areas of the arena. (in the Pembina arena masks will be required to sit on the stands that run parallel with the length of the ice as social distancing is not possible in this area).
- no yelling, spitting, dancing, singing, blowing nose or cheering.
- do not send a participant to a team event if they are experiencing Covid-19 symptoms.
- do not attend events if you are experiencing Covid-19 symptoms.
- social distance whenever possible. Wear a mask when you cannot maintain a 2 metre distance between yourself and members of another household.
- social distance in main areas of the arena, such as the lobby and washroom.
- enter the MRC and proceed directly to the stands. (unless required to assist a player). Anyone helping to tie skates for youth players will be required to wear a mask, sanitize hands and wear gloves.
- a maximum of 100 spectators is allowed in each arena. (30 visitor/70 home).
- if a parent or guardian chooses to coach more than one sport or more than one team, they will not be considered a part of either teams cohort. They will be required to social distance whenever interacting with the team while on the bench, in the dressing room or anywhere else off-ice.
- atleast one parent or guardian for each child must read and sign the parent covid agreement.

RAPID RESPONSE PREPAREDNESS AND PLAN:

- 10 PPE kits (gloves, masks, gowns and hand sanitizers) will be available and stored in the locked 50/50 bin (in the Pembina Arena) for team use.
 - each team will be required to have a Covid contact person. This person is responsible for the health screening and attendance of participants for practices, games and other team events. The covid contact person on each team is also responsible to ensure that participants and spectators comply with regulations at all team events. If the Covid contact cannot attend an event, they must ensure another parent or guardian can fulfill their duties.
 - Dressing room #8 has been designated as an isolation room.
- in the event that a participant (player or coach) develops Covid-19 symptoms while at the MRC the following Rapid Response Plan should be initiated:
- the coach should immediately contact the team covid contact who will then seek out an MRC staff member to have the isolation room unlocked. They will grab a PPE kit from the locked 50/50 bin in the Pembina arena and take it to the isolation room. They will then contact a parent or guardian to advise them of the situation and ask that the player be removed from the MRC as soon as possible.
 - the symptomatic person should immediately put on a mask and sanitize their hands, then proceed to the isolation room. If an adult is accompanying the player to the isolation room they too should put on a mask and sanitize their hands before entering the isolation room and once they exit it.
 - any adults or players that were in close contact with the symptomatic person should sanitize their hands as soon as possible.
 - the team covid contact will notify MRC staff when the isolation room is no longer in use as the MRC will need to clean the room and lock it again.

-once the situation has been managed, the covid contact should complete the Rapid Response Incident Report and forward it to the SLMHA Covid Coordinator.

SLMHA COVID COORDINATOR:

-the designated covid coordinator is responsible for implementing procedures within the SLMHA to ensure communication, education and compliance of the Covid safety measures are followed at all levels.

Current Covid Coordinator is: Pam Boucher: call/text **780-805-1422** or email pamlawson82@hotmail.com

CONTACT TRACING:

-all team events such as games and practices require a detailed tracking of who attends the event. Sign-up sheets will be provided to each teams covid contact. These sheets must be kept for 14 days after the end of the event, at which time they can then be shredded.

HEALTH SCREENING:

-all players and spectators must be asked health screening questions when they enter the MRC. A list of these questions will be provided to the teams covid contact. No one who answers yes to any of the screening questions will be permitted into the MRC.

COMPLIANCE OF PROCEDURES:

-given the risk of a Covid-19 outbreak and the potential for AHS to shut down the MRC facility, it is pivotal that all policies and procedures are followed. Associations, teams or users claiming ignorance of guidelines will not be permitted as an excuse. We must all work together to ensure a successful season. The MRC has implemented the following consequences for breaking these procedures;

1 st Offense	Verbal and written warning
2 nd Offense	Next practice or ice time will be cancelled (a scheduled game will not be cancelled)
3 rd Offense	The user group or team will lose their ice time until they provide a written plan outlining how they plan to follow the restrictions moving forward
4 th Offense	The user group will not be able to use the facility for the remainder of the season
Visiting Teams	Visiting teams will be required to follow the protocols of the MRC. The first offense will result in a letter advising them of the breach and the rules that need to be followed. A second offense will result in that team not being permitted to use the MRC facility.