

RETURN TO PLAY:

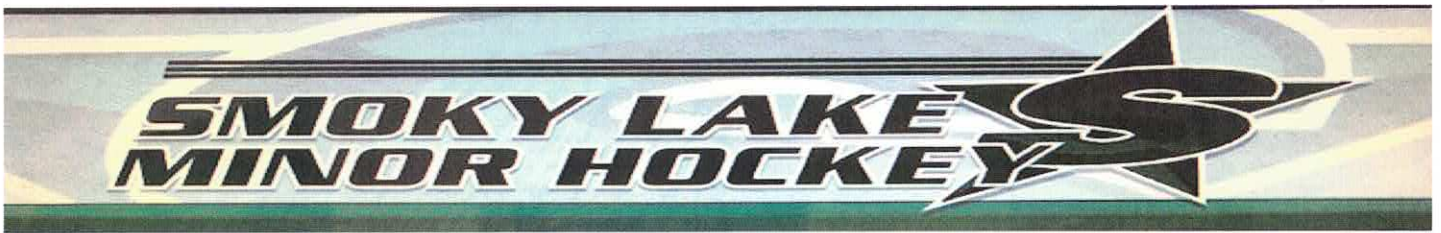


RETURN to HOCKEY
COVID-19 RESPONSE

APPROVED BY SLMHA EXECUTIVE

SEPTEMBER 30, 2020

WWW.SMOKYLAKEHOCKEY.COM



Smoky Lake Minor Hockey/Facility

Return to Play Rules and Guidelines

1. Introduction

Smoky Lake Minor Hockey has worked with Hockey Canada, Hockey Alberta, Alberta Health Services, Provincial Sport Organizations, and member associations, staff and many volunteers to develop Alberta's Return to Hockey Plan. The purpose of the Return to Hockey plan is to provide information for a restart to hockey in Alberta, to outline required safety protocols, and to assist local associations in preparation for the upcoming hockey season.

The intention of this document, is to outline our SLMHA plan to allow our players, at all levels and of all ages, to return the sport we all love in the safest and most efficient way possible. It meets the most current health and safety requirements of the Government of Alberta and aligns with Hockey Alberta's Return to Hockey Guidelines. This outline is only current until the next informational release from Hockey Alberta or Hockey Canada. Updated versions will be made available, and all families should keep up to date with latest protocols as they are released.

The health and safety of our athletes, coaches, officials, volunteers and spectators is the most important part of our Return to Hockey plan. Ensuring the healthy return for all participants will require discipline, cooperation and commitment of ALL involved.

We are excited to welcome you all, to the 2020-21 season.

2. General Information

- a. All Alberta Health Services (AHS) health and safety recommendations must be followed.
- b. All facility users should practice proper hand hygiene while in the facility, including before and after on-ice sessions. Although hand sanitizer will be provided, and it is encouraged that anyone entering the facility carry their own to use should it be required.
- c. Any player, parent/guardian, sibling, grandparent etc, who is not feeling well **MUST NOT ENTER** the facility
- d. It is critical that while in the facility, whether as a participant or an observer, that you **MUST** maintain physical distancing, a minimum of 2 metres, and avoid congregating in groups. AHS recommends that you wear a mask when physical distancing is not possible.
- e. If players, coaches, and parents do not comply with these basic AHS protocols, they will be asked to leave the facility.



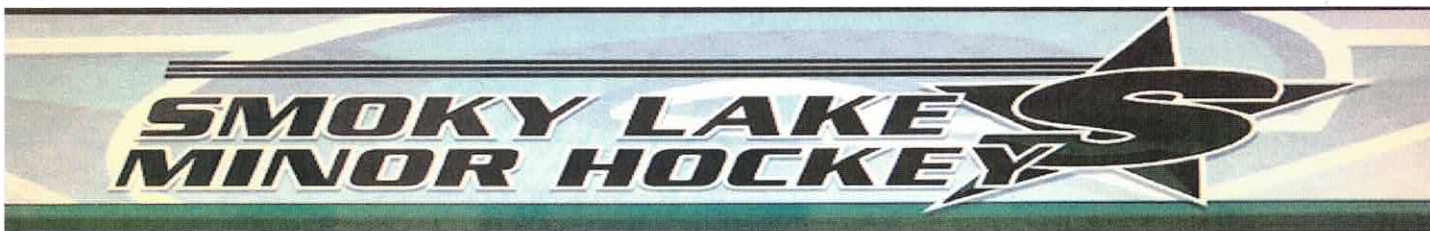
3. Facility Access – Practice Session/Game day/Information

- a. SLMH will use the south east entry doors for entry and exit. The west doors will be dedicated to Bingo and Dance.
- b. Arrive at the facility no more than 15 minutes prior to starting time.
- c. The use of hand sanitizer upon entry, either supplied or personal, is mandatory.
- d. Participants should proceed directly to their assigned dressing room
- e. Players in the U7, U9, and U11 should arrive fully dressed (minus skates, helmet, gloves) to minimize the time spent in the dressing rooms. It is encouraged that as few parents enter the dressing room as possible. A maximum 1 parent/guardian can accompany athlete to assist in skate tying and final preparation. No siblings allowed.
- f. It is recommended that players in the U13, U15 and U18 groups come at least partially dressed or be able to dress completely in the 15 minutes prior to their ice-time. No parents allowed in the dressing room areas or hallway. Coaches only to assist in final preparation. Skate tying etc.
- g. Parents/Guardians staying to watch on-ice session must stay in the arena bleachers. Lobby tables will be set up, well distanced, for family units to use. If these tables are used, it is 100% the parent/guardian's responsibility to ensure children are kept within their care, seated or standing close by at all times. Not left to run around the lobby as they wish. Those who fail to do so, will be asked to leave the facility.
- h. We ask that you limit contact with high-touch surfaces such as door handles when possible, and remember to follow proper hand washing/sanitization procedures at all times.
- i. When session concludes, players and parents/guardians have maximum 15 minutes to exit the facility through the south east doors.
- j. Bathrooms will be open, but everyone is encouraged to use them only if necessary. 1 person per bathroom at a time.
- k. Physical distancing upon facility entry and exit is required.

4. Dressing Room Information

- a. Participants will have access to their designated dressing room no more than 15 minutes before their session.
- b. Athletes should check with coaches/manager prior to arrival for dressing room information. Our individual dressing rooms are not big enough to properly space all players. In this case, 2 or more rooms will be used. Assigned seating may be used as part of the contact tracing protocols put in place by AHS.
- c. Dressing rooms 6 and 7 have a maximum capacity of 9 players, while rooms 1-5 have a capacity of 6 players.
- d. Showers will be open but players must still comply to the 15-minute time limit.
- e. Parents/guardians of U13, U15, U18 are not permitted in the dressing room or hallway
- f. In the U7, U9, and U11 groups, 1 parent/guardian is permitted in the dressing room to assist. However, it is recommended that to minimize the number of people in each dressing room, cooperation occur where a smaller number of parents enter the dressing room as skate tiers/helpers. Especially with the U9 and U11 groups where the kids are more independent.

Any parent entering the dressing room hallway and/or dressing room must wear a mask.



5. Player Information

- a. Bring a personal towel. The dressing room or player benches may still be wet after sanitization.
- b. Participants shall remain in the dressing rooms until the coach gives the go ahead to enter the ice surface.
- c. Players should proceed directly onto the ice using the home bench access.
- d. Players who come dressed may proceed directly to the home bench and wait for the rest of the team there. These players must remain in place and not be a distraction to the players currently on the ice.
- e. Physical distancing should still be observed at this time.
- f. Water bottles **MUST** be filled at home and should be clearly identified.
- g. **ABSOLUTELY NO SHARING OF WATER BOTTLES**
- h. Water bottles should be carried onto the ice and placed either on the visitor bench boards, or along the dasher toward the away end.
- i. Water bottles should be opened and easily used. Coaches should **NOT** have to assist.
- j. **NO SPITTING!!!**
- k. Players will exit the ice surface using the visitor bench.

6. Coaches

- a. Ensure players are following association, team, and facility rules. You are responsible for players from the arena doors to the ice surface.
- b. To maintain spacing in dressing rooms, sit closely to your own child while getting dressed.

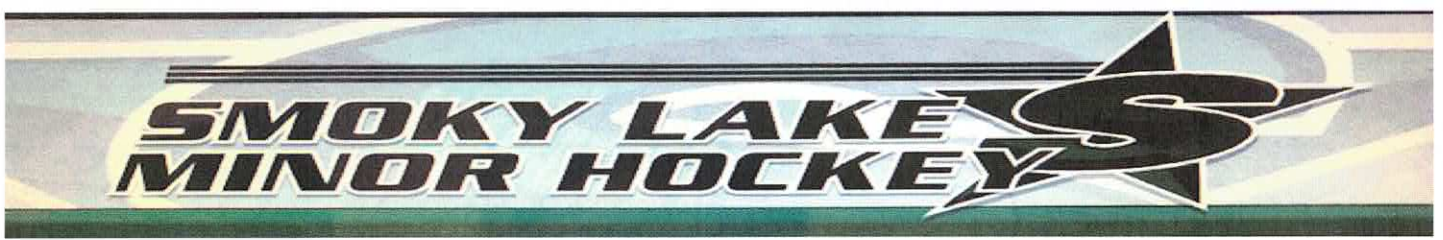
7. Parents

- a. **DO NOT** gather in the lobby. If you are in the facility, you are expected to be seated in the arena seats or at a table in the lobby. If tables are not available you are asked to stay in the arena seating or in your vehicle.
- b. While using arena seating, it is mandatory that you follow physical distancing of minimum 6 ft between you and others. Exception for families.
- c. Along with the players, you too are subject to the 15 minute maximum departure time. It is encouraged to stay in your vehicle to minimize contacts within the facility.
- d. If your child has been kept out of school, they should not come to the facility for hockey activities.
- e. As of Sept 30, 2020** There will be no concession available.

Mask Use

When preparing this document and the rules/protocols therein, we weighed many different rules and ideas regarding mask use. We are doing our very best to accommodate everyone, regardless of their level of concern or non-concern about the pandemic. We want to be inclusive to all, while remaining vigilant and socially acceptable. Therefore, we have come up with the **Mask-In-Motion** protocol.

We feel that this will best ensure the safety of our athletes, coaches, volunteers and facility patrons. We will follow the model established in schools where **masks for players and children at the U9 level or younger, are optional but still recommended.** Cont'd on next page.



MASKS-IN-MOTION POLICY

- a. Masks will be mandatory for all SLMH families, including children 9+ while moving around the facility, where physical distancing cannot be guaranteed. This excludes any facility employees.
- b. Parents/guardians in the dressing room **MUST BE WEARING A MASK** at all times.
- c. Masks are mandatory upon entry and exit for players and coaches from the U11 to U18 levels.
- d. Player masks can be removed once players are in the dressing room and properly seated.
- e. Family members' masks can be removed once they are seated in arena seating or at tables.
- f. **NO PLAYER/COACH MASKS REQUIRED** in dressing rooms or on the ice.
- g. Medical exemptions will be honoured.

This is a SLMH rule. **NOT** a facility rule.

Please remember that we are doing the very best we can, given current uncertainty. These rules and protocols were not easy to draft, but we hope they are clear in their purpose and that everyone understands the reasoning behind every single one. We want to do our best to ensure that spread not occur, should someone within the facility be unknowingly infected. We do these things to protect the most vulnerable.

Should you have any questions or concerns (this is not a direct complaint line to the COVID police), please feel free to contact anyone on our **Return to Play committee** with questions or clarification.

Thank you

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