



## General

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1. Who is required to complete the daily health check?

All parents should review the [Daily Health Checklist](#) prior to leaving the house. These do not need to be physically collected and proof of completion does not need to be passed along. The daily health checklist applies to all Albertans for all activities outside of the home.

2. Are parents allowed in the dressing room to help with their child?

Yes. However, facility guidelines and procedures must be followed. If parents are allowed within the dressing room, they must wear masks and practice physical distancing

3. If someone within a Cohort shows symptoms, does the rest of the Cohort need to stop participation?

Provided that the AHS Guidance is followed, there is no need to cancel an activity, or postpone the undertaking of a Cohort, in the event that an individual becomes sick. It is important that all Cohorts keep daily program attendance to share with AHS if tracing is required.

4. If someone within a Cohort tests positive does the Cohort need to stop participation?

If an attendee tests positive, AHS will only request information about the attendee's participation in sport, physical activity or recreation 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 public health 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. It is important that all Cohorts keep daily program attendance to share with AHS if tracing is required.

5. How do players/coaches declare a pre-existing illness as a reason for COVID-19 symptoms?

Hockey Alberta has recommend that any parents wishing to declare a pre-existing condition, complete the Hockey Canada [Medical Information Sheet](#) . The completed copy can be sent to [documents@samha.ca](mailto:documents@samha.ca) to be kept confidentially in the SAMHA office. The office will notify Cohort leaders when a form has been submitted and that a pre-existing condition has been confirmed.

6. Can athletes participate in multiple Sport Cohorts?

AHS guidelines indicate that Individuals should limit the number of Cohorts to which they belong.

7. What if an athlete is moving from one cohort to another? For an individual to join a new Cohort, s/he should not participate in activity in the new Cohort for 14 days.

8. What should I do if a player tells me they are feeling ill?

This player must immediately leave the ice and isolate in a space which is at minimum 2 meters from any other players, volunteers, or patrons. Coaches should review the City of St. Albert [Rapid Response Plan](#) for additional instructions.

9. Can coaches help with multiple teams?

When using a Cohort, it is recommended that instructors, coaches and other team officials be a part of a cohort with only one team and that physical distancing measures be practiced at all times when engaging in activity with any other teams. A strategy for accomplishing this is to include a coach in the Cohort of a team that s/he is a registered Head Coach with and ensure the coach (or other Team Official) engages in physical distancing measures and proper use of masks when engaged in activity for any other teams s/he is registered with.

10. Are we able to bring outside groups in to work with our Cohort?

Any volunteers, parents or external providers that will be interacting with a Cohort, but not considered part of it, will be required to wear a mask when physical distancing is not possible.

## Isolation Requirements

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11. What are the isolation requirements for all Albertans with symptoms (without a covid-19 test)?

You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition. The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

12. What are the isolation requirements for anyone who has tested positive for COVID-19?

You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19. Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

13. What are the isolation requirements for anyone who has shown symptoms but tested negative for COVID-19?

If you tested negative and have known exposure to COVID-19, you are legally required to isolate for 14 days. If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

14. What are the isolation requirements for anyone who has been in close contact with someone who has had a confirmed case of Covid-19?

You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids). If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

15. What are the isolation requirements for travellers?

- You are legally required to isolate for 14 days if you return to or enter Alberta from outside Canada. If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

## **Important Links**

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[SAMHA COVID-19 PAGE](#)

[HOCKEY AB INFORMATION](#)

[RAPID RESPONSE PLAN](#)

[FACILITY RULES](#)