

Thorsby Facility and TMHA Arena Guidelines

For more information regarding COVID-19 from Alberta Health Services, please visit novel coronavirus (COVID-19) Information for Albertans. Here you will find information regarding symptoms, prevention, good hygiene, as well as links to additional Alberta Health Services information.

Stay at home if exhibiting symptoms of COVID-19 that are not related to a pre-existing illness/health condition.

Before leaving home, all members coming into the facility must self-screen for symptoms each day before they leave for school using the Alberta Health Daily Checklist.

<https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf>

Under public health order, you are legally required to isolate for:

- **14 days** if you returned to or entered Alberta from outside Canada or are a close contact of a person with COVID-19, plus an additional 10 days from the onset of symptoms, should they occur
- **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

Specific Guidelines for Players and Coaches

- Please refer to current Hockey Alberta Guidelines set out by AHS for additional information. <https://www.hockeyalberta.ca/members/return-hockey/>
- Health check on team snap must be completed prior to arrival at arena. Temperature will be checked by team representative upon arrival. Mandatory to be on ice.
- Masks are not required in the dressing room hallway but are recommended. Required if social distancing outside your cohort cannot be maintained.
- Arrive partially dressed no earlier than 15 minutes prior to ice time. Put skates, helmet and gloves on in the dressing room.
- Do not line up in the hallway waiting to get on the ice prior to practice starting. Wait in the dressing room only and a coach will let you know when it is clear to get on the ice.
- Once in cohort, masks are not required on ice, in benches, in dressing room or during dryland.
- Do not share equipment or water bottles.
- Must vacate the dressing room within 15 minutes of getting off the ice.
- Dressing room must be sprayed down with supplied sanitizer after players leave, by a parent volunteer.

- Coaches are allowed to volunteer on more than one team however, a mask must be worn on the non-cohort team. See bullets below.
 - When participating via Cohorting: Coaches 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 participating via physical distancing: Coaches must maintain two-metre physical distancing from all other participants, and wear masks within the dressing room. Coaches are to wear masks while on the bench but can remove them while coaching/instructing on the ice.
- A 14-day waiting period is required when switching cohorts.

Specific Guidelines for Parents and Spectators

- Spectators should be kept out of participant spaces (ice surface, dressing rooms, benches). Parents/spectators are not permitted in dressing room hallway or dressing room. If a parent is required to tie skates, this must be done with a mask on. Please no visiting in the dressing room.
- NO siblings or extra family members allowed in the dressing room or dressing room hallway.
- Spectators must wear masks in the stands.
- Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.
- Social distancing will be followed while sitting in the stands. Families can sit together.

Facility Notifications

- Lobby is currently closed.
- Washrooms are available near the hockey entrance, at the start of the dressing room hallway.
- Showers are closed.
- Bottle fill station will be available but no fountains.
- The craft room will be set up as an emergency response room.
- Sanitizer will be provided throughout the facility.
- Spectators must bring their own masks. The facility will have some available for purchase.