

**TOFIELD**



**TITANS**

# TOFIELD MINOR HOCKEY COVID RESPONSE RETURN TO HOCKEY GUIDELINES

(Effective August 27, 2020)



Amended: September 28, 2020

Coaches/Administrators/Players/Parent Information Package

[www.tofieldminorhockey.com](http://www.tofieldminorhockey.com)

Health and safety have been at the forefront for Tofield Minor Hockey's Executive Board 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 our 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, Hockey Canada, Hockey Alberta, NAI, the Town of Tofield and the Agricultural Society, therefore this will be a working document that will be continually updated throughout the pre-season and season.

We encourage all participants to review the following documents from the Hockey Alberta Return to Play Hockey Plan specifically relating to roles and responsibilities of the association as a whole.

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_6-Roles\\_and\\_Responsibilities.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_6-Roles_and_Responsibilities.pdf)

## **Procedures and Protocols**

### **Responsibilities of Coaches or Director/ Managers Prior to each training Session:**

- Communicate with athletes a minimum of 24 hours prior the sessions to provide the session plan so players can review and be aware for social distancing purposes.
- Communicate to see if athletes are feeling unwell or showing signs of COVID- 19 symptoms and if so, a player is required to isolate due to symptoms (fever, cough, shortness of breath, runny nose or sore throat) or due to having COVID-19 can return to hockey after a minimum of 10 days pass from when symptoms started or after their symptoms resolve, whichever is longer. A player who is required to isolate due to the above symptoms may also return to hockey if they test negative for COVID-19, as long as they have not been identified as a close contact of a case of COVID-19.
- 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 the parking lot.
- Send practice plan outline (if applicable).
- Disinfect all training equipment.
- Instruct players to eat and use the washroom before they leave home.

### **During the training Session:**

- Upon arrival, all athletes and coaches must complete and pass the Team Snap health check in.
- Set up all training equipment and sanitize as needed.
- Hand sanitizing stations are located in each dressing room and the hallway for participant use before, during and after training, provided by the Arena.
- Consider wearing PPE. PPE must be worn if social distancing cannot be maintained (eg. looking after an injured player). PPE is only acceptable if in a situation in which social distancing cannot

be maintained. Do not use PPE to allow participants to break social distancing rules during the sessions. U7 is exempt from this and will be able to assist the players with proper PPE on.

- Ensure only team pucks are used at the practice and that they are sanitized prior, during and after the practice.  
\*Note, athletes can share the team pucks, but this sharing should be limited with no direct hand contact .
- Ensure athletes are not touching their face during activity.

#### **After Training Session:**

- Ensure athletes have retrieved all their personal equipment. (Water bottles, etc)
- 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 team pucks and all commonly touched surfaces e.g. doors.
- No post training meeting communication on the ice, in the arena or in the parking lot. Please communicate virtually using email, text, team snap or another form of electronic communication.
- Ensure all athletes and families have vacated the building within 15 minutes of getting off the ice.
- Directors/ Managers must ensure that all players and coaches have checked in on Team Snap. If there is a missing player due to sickness, please email the players name and sickness to [tracing@tofieldminorhockey.com](mailto:tracing@tofieldminorhockey.com) .
- <https://www.hockeyalberta.ca/members/return-hockey/> - Please see Appendix 3 for the Hockey Alberta Contact Tracing Template- UPDATED

#### **COVID Check –In**

- 8 hours prior to each session, or when arriving at the session, please log into Team Snap and complete the health check in. A player or coach is required to isolate due to symptoms (fever, cough, shortness of breath, runny nose or sore throat) or due to having COVID-19 can return to hockey after a minimum of 10 days pass from when symptoms started or after their symptoms resolve, whichever is longer. A player who is required to isolate due to the above symptoms may also return to hockey if they test negative for COVID-19, as long as they have not been identified as a close contact of a case of COVID-19.
- A player or coach is required to isolate if they have been in close contact with a person who has seen a doctor and has been diagnosed with COVID-19.
- If a player or coach have travelled outside of Canada in the past 14 days or has been ordered to self-isolate since returning from travel.
- Any person who develops symptoms while at a Tofield Minor Hockey event should leave immediately, seek medical attention and inform the coach or manager within 2 hours of leaving.

- [https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_5-Positive\\_Test.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_5-Positive_Test.pdf)

**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 is immediately removed from the session and sent home as safely as possible
- TMHA VP Off Ice and On Ice need to be notified immediately following any participant being removed from any session via the email, [tracing@tofieldminorhockey.com](mailto:tracing@tofieldminorhockey.com).
- TMHA will contact Hockey Alberta to facilitate the required AHS protocols under the contact tracking guidelines

**General Stay Safe Measures:**

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

- Staggered approach to the arena 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.
- Come fully dressed, leave fully dressed. You may put skates, helmet and gloves on in the dressing room assigned. If the player can dress in 15 minutes or less and undress in 15 minutes or less, they may do so. We prefer that players come dressed if they are able to.
- Arriving at the arena no earlier than 15 minutes before ice time, leaving no later than 15 minutes after practice.
- 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/ training, using the washroom, after handling equipment.
  - Sanitize your phones and devices often, leave them in the car or at home when possible.
  - Help each other with helpful reminders, this is new to everyone.

**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 training/ practice:

- All participants will sanitize their hands before coming to training.
- All participants are required to maintain at least 2 meters distance from each other and avoid person to person contact.
- All players will come fully dressed. Players will go to their assigned dressing room to put on helmet, skates and gloves. . If the player can dress in 15 minutes or less and undress in 15 minutes or less, they may do so. We prefer that players come dressed if they are able to.
- Players will arrive no earlier than 15 minutes before practice and leave no later than 15 minutes after practice.
- Coaches will coach from a safe distance at least 2 meters from athletes, excluding U7 Coaches.
- 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 OR CLEARING OF NASAL PASSAGES AT ANY TIME
- Participants will avoid touching the face.
- All participants will be expected to follow the social distancing rules put in place by TMHA, the Town of Tofield and the Agricultural Society.
- Parents are not permitted in the dressing rooms unless they are there to tie skates, help with helmets and gloves. One parent per player will be permitted into the dressing room, masked, and will leave immediately after skates are tied, helmet and gloves are on.
- Player equipment and clothing must be cleaned with disinfectant where appropriate and or washed prior to each session.
- 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, manager or designated parent to help with sanitizing or ensuring physical distancing is occurring throughout the session.

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

- Staggered approach to the facility
- No yelling or cheering.
- No SPITTING or clearing nasal passage at any time.
- 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.
- Mask wearing is required in all areas of the arena, at all times.
- One parent per child is allowed in the dressing room to tie skates, put on helmets and gloves.

- Siblings are not permitted in dressing rooms, hallways, lobby unless their team is playing on the ice or they are accompanied by a parent. Siblings will remain seated with their parents throughout the session. If children are continually found unaccompanied in the arena, the family may be asked to leave.
- Please consult the following website for more information about COVID 19:  
<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

## **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 metres apart.

A person in a cohort should have little to no close contact with people outside of the cohort. Keeping the same people together, rather than mixing and mingling, helps reduce the chance of getting sick, and makes it easier to track exposure if someone does get sick.

Under Stage 2, cohort types and sizes include:

- core cohorts (families and households) – up to 15 people
- childcare programs – up to 30 children and staff
- sports teams – up to 50 players and coaching staff
- performing groups – up to 50 cast members or performers

You should only belong to one core cohort. It is safest to limit the number of other cohorts you belong to reducing the risk of getting sick or spreading COVID-19.

**Sport Team Specifics:** With modifications, team sports are permitted under Stage 2, including contact sports. Sports teams can play in region-only cohort groups of up to 50 players or “mini leagues”. If participating in or organizing a sports activity as part of a cohort group:

- avoid travel outside of regions
- tournaments and large events are prohibited
- clean shared equipment regularly
- maintain physical distancing when not in play (for example, players on the bench)
- decrease/eliminate use of shared locker rooms

## **Tofield Minor Hockey Return to Hockey FAQ's**

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

Yes, the Covid-19 check in with each athlete must be completed 8 hours prior and as they arrive at practice. ie. Check in can be completed up to the point of arrival or upon arrival to ensure the participant is symptom free. This will be done via the App Team Snap.

2. Do athletes and coaches have to wear a mask and sanitize hands prior to entering or leaving the Arena?

Yes, athletes and coaches must sanitize their hands prior to entering or exiting the Arena. They will also wear a mask to the dressing room, where they can remove it once in their cohort. They will put their mask back on once practice is over and leaving the arena

3. Do athletes and coaches have to maintain social distancing at all times, or can it just be minimized?

Coaches and athletes must always maintain a 2-meter distance from each other. This includes athlete - athlete, coach - athlete and coach - coach. If an emergency occurs and social distancing rules must be broken, PPE (masks, gloves, etc.) must be worn. ie. An injury occurs.

U7 will be excluded from the 2- meter distance, coaches will have PPE on for up close coaching.

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. What if our team does not follow the rules set out by Alberta Health Services, Hockey Alberta , Town of Tofield, Agricultural Society, NAI and TMHA?

Tofield Minor Hockey Executive Board, the Town of Tofield and the Agricultural Society will be doing check-ins during training activities to ensure that all Return to Hockey Rules and Procedures are followed by each individual group. If a team is caught not following the rules, TMHA may choose to suspend the activities of that team for a duration of time or for the remainder of the phase of the season. This is a **Zero-Tolerance Policy** in order to protect the health and well-being of our players, coaches and spectators.