



WETASKIWIN MINOR HOCKEY ASSOCIATION RETURN TO PLAY PLAN

November 23, 2020 Update



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1.0 Introduction

Under the direction of all governing bodies, including Alberta Health Services, Hockey Alberta, the City of Wetaskiwin and Wetaskiwin Minor Hockey, a return to play plan has been put together to ensure the safe return to play for all WMHA members and staff. The return to play document will change and adapt to the fluid situation that we face regarding COVID-19 and all restrictions that change by the governing bodies.

1. Skill Development and Evaluation Phase (Phase 1) – This phase will take place during the month of September and will continue to focus on skill development, training, and conditioning. Evaluations will happen as they have in previous seasons starting on Sunday, September 20th. Teams will be finalized at the end of evaluations and practices will begin for individual teams.
2. Development Season Phase (Phase 2) – Teams will continue to practice with their individual teams. ‘Cohort Groups’ will be established by age category for the purposes of playing inter- squad games on the weekend. These ‘Cohort Groups’ will be divided evenly keeping likeminded skill in mind. Some instances may require the joining of 2 or more age categories to balance out the numbers in order to have or remain under the maximum of 50 people allowed in a ‘Cohort Group’. As per Alberta Health Services and Hockey Alberta Cohort rules and regulations, players will not be permitted to play against teams or players outside of their ‘Cohort Group’ until Government Restrictions are lifted. Phase 2 would begin in early October.
3. Transitional Phase (Phase 3) - This phase will take place once some of the Alberta Health Services restrictions are lifted, and limited travel is allowed. Will consist of teams forming competitive cohorts with nearby Associations to begin regional competitive play.
4. Regular Season (Phase 4) - This would be a return to regular season play and is the final stage of our plan. Depending on the current rules in place by Alberta Health Services and Hockey Alberta, this stage could be pushed back or moved ahead during the fall period.

2.0 Program Objectives

The COVID-19 Pandemic has forced us to think differently about the way we operate for the 2020-2021 season and into the future. While there will be differences in some of the programming this season, it was developed to meet the needs of the players as we remain focused on the following key objectives:

1. Safety - Create a safe and healthy hockey environment for our players, coaches, officials, volunteers, and spectators. Safety is paramount, this plan was built in compliance with Alberta Health Services, Hockey Canada and Hockey Alberta guidelines to minimize the risk for all participants.
2. Fun - Maintain a culture of Fun! Ensure Participants can enjoy the game they love in a safe environment. Wetaskiwin Minor Hockey is returning to train and play in a way that allows kids to have fun and be kids.
3. Development - Facilitate a competitive environment that allows players to develop and grow both on and off the ice. Skill and team development is essential and can be accomplished in all phases of the Wetaskiwin Minor Hockey Return to Hockey Plan.
4. Game Play - Facilitate an environment where 'Game Play' exists beginning with limited small area games during phase 2 and 3 until phase 4 resumes with regular season game play. Games will operate in several different formats up to the point that the regular season phase may resume. Some of these formats will include the following, 5v5, 4v4, 3v3, etc.
5. Flexibility to Transition - These phases will provide us with the flexibility to transition our program as things evolve during the season by way of changes with Alberta Health Services and Hockey Alberta requirements and protocols. This will ensure we continue to adhere to all Alberta Health Services and Hockey Alberta guidelines and protocols while providing a safe and healthy environment for all our participants.

3.0 Requirements

Within the current Alberta Health Services Stage 2, there are two different formats that can be considered to operate our programs. Hockey Alberta and Wetaskiwin Minor Hockey will utilize both formats in facilitating our programs:

- A. Physical Distancing – All participants must always remain 2 meters apart including coaches and team personnel.
- B. Using Cohort Groups—A Cohort Group allows up to 50 participants to group together to participate in a program where physical distancing cannot be achieved for on ice activities. Cohort Groups must remain together for the duration of 'AHS Stage 2' unless participants enter a two-week (14 day) isolation period, after which an athlete may establish themselves as part of a new 'Cohort Group'.
- C. Programs should operate within a specified community, zone, or region where

travel is limited.

Wetaskiwin Minor Hockey, as part of routine operations during Phases 1, 2, and 3, will be required to track all participants and interactions while maintaining records of each session in a secured location for thirty days from the completion of the activity. This will be completed when players complete their daily check in to ensure they are symptom free (More detailed information is found in the Protocols and Safety section of this document).

There will be no competition or any interaction between other teams/cohorts during Phases 1, 2, and 3. Only skill development and conditioning, systems training, and mini games will be permitted within Phases 1, 2, and 3 and only within the same 'Cohort Group'.

All Wetaskiwin Minor Hockey participants must follow Facility Guidelines:

- Facilities are required to adopt standards as per Alberta Health Services.
- All participants must understand these standards and ensure they are followed.
- Facilities, not Wetaskiwin Minor Hockey Association, will determine spectator access, dressing room use and may have stronger requirements with regards to participation.

Personal Protective Equipment (PPE):

- Team Officials and Players are **required** to wear face masks in facilities and dressing rooms prior to on-ice activities
- Team Officials are encouraged to wear face masks on the bench **at all times**.

League Play:

- Traditional League Play is not permitted during Phases 1, 2, or 3. Mini games are only permitted within your 'Cohort Group' and can consist of 3v3, 4v4, or 5v5.

Travel Permits and Tournament Participation:

- Tournaments are not permitted during Phase 2 of Alberta Health Services relaunch during the Wetaskiwin Minor Hockey Development season.
- No exhibition games, travel, or tournament permits will be approved prior to the approval of Hockey Alberta sanctioning for member organizations.

4.0 Protocols and Safety

Prior to the Season, Scheduling Training or Development Sessions:

- All athletes must register with Wetaskiwin Minor Hockey

Responsibilities of Coaches or Event Leaders Prior to each training Session:

- Ensure all participants have completed the TeamSnap Health Check prior to arriving at the arena
- 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 Evaluation Session:

- Upon arrival, all athletes must complete and be recorded on the Hockey Alberta Contact Tracking Spreadsheet which will be administered by the individuals running the event and made available to Wetaskiwin Minor Hockey, Hockey Alberta or AHS within 12 hours of request.
- Set up all training equipment and sanitize as needed.
- Set up hand sanitizing stations for participant use before, during and after evaluation if not provided by the Arena facility.
- Consider wearing PPE. PPE must be worn if social distancing cannot be maintained (e.g. 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.
- Ensure only team pucks are used at the practice and that they are sanitized prior and after the practice.
*Note, athletes can share the team pucks, but this sharing should be limited with no direct hand contact
- Remind athletes not to touch their face during activity.

After Evaluation 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. locks.
- No post evaluation 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.

COVID Check – In/TeamSnap Health Check:

The TeamSnap Health Check is to be completed by each player and team official prior to the team event (ie. Practice, game, etc.). It is important for the Team Coach/Manager to:

- Ensure all participants are completing the TeamSnap Health Check prior to arriving at the arena.
- Ensure that no team members have been ordered to self-isolate or are living with someone who is self-isolating.
- Any person who develops symptoms while at a Wetaskiwin Minor Hockey\Hockey Alberta sanctioned event should leave immediately, seek medical attention and

inform the coach or manager within 2 hours of leaving.

What do I 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. Wetaskiwin Minor Hockey needs to be notified immediately following any participant being removed from any session. Wetaskiwin Minor Hockey will contact Hockey Alberta to facilitate the required AHS protocols under the contact tracing guidelines [Hockey Alberta Return to Hockey COVID Symptom Chart](#)

Follow all safety precautions and guidelines set on [AHS COVID19](#) website.

Practice/Evaluation Protocol for Physical Distancing:

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 evaluations/team practices:

- All participants will wash their hands before coming to training.
- All participants will use hand sanitizer.

General Stay Safe Measures:

- At the beginning of all events, during all breaks, prior to drinking water or touching any personal items, and/or prior to leaving the sessions all participants are required to maintain at least 2 meters distance from each other and avoid person to person contact unless they are participating in a practice within their designated 'Cohort Group'.
- Coaches will coach from a safe distance at least 2 meters from athletes when possible.
- NO SHARING OF ANY OF THE FOLLOWING:
 - Sticks, gloves, any other personal equipment, or water bottles.
- NO spitting.
- Participants will avoid touching the face.
- All participants will be expected to follow the social distancing rules put in place by the City of Wetaskiwin facilities.
- 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 or parent to help with sanitizing or ensuring physical distancing is occurring throughout the session.

Spectators of Wetaskiwin Minor Hockey and Hockey Alberta sanctioned 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
- 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.
- Please consult the following website for more information about COVID 19: [COVID 19 Info for Albertans](#)

5.0 Facilities

All Wetaskiwin Minor Hockey participants are required to follow the guidelines set forth by the facility they are utilizing.

General:

Communication of the User Group/Individual User Guidelines to all your participants is the responsibility of the Facility renter. Please be aware that as Public Health Officials update regulations and guidelines, the City of Wetaskiwin reserves the right to adjust/cancel rentals accordingly. These guidelines are subject to change. All User Groups/Individual Users will be notified. Ensure you read and understand all sections of these guidelines that pertain to your activity. Section 3 holds facilities/outdoor fields specific information.

Guidelines:

User Groups/Individual Users must meet all Public Health requirements; it is the User Group's/Individual User's responsibility to ensure they are compliant.

Along with following all Public Health guidelines, if your activity is sanctioned by or affiliated with, a provincial or national organization, you also need to ensure you are complying with your governing body's guidelines.

Health Check Requirement – The person in charge of the activity will be responsible to complete a Health Check (pre-screening questions) with all participants attending the scheduled booking.

Designated entrance and exit points are established for each Facility.

Access to the Facility will be 30 minutes prior to your scheduled time and you must exit within 30 minutes after your session has ended.

The person in charge of the activity (e.g. coaches, host, and instructors) are responsible to

ensure equipment specific to your activity that is brought to the Facility (e.g. balls, pylons, pucks, art supplies, entertaining supplies, etc.) have been sanitized prior to use.

Hand-sanitizers will be located throughout our facilities only for your use.

Please ensure that you wash your hands and that physical distancing is maintained at all times.

It is up to your group/individual user to assess the practicality of returning to sport/activity under these restrictions and assess the implications and potential risk in offering programming/activities in the City of Wetaskiwin Facilities.

Failure to comply with the above may result in enforcement action, including fines and penalties, cancellation of your rental by the City or the Province.

If a person is experiencing flu-like symptoms during their activity they must isolate and notify a City employee.

You must adhere to Facility Specific Guidelines as noted below.

Facility Specific Guidelines:

- Arena entrance – the main doors to Arena 1 will be used as an entrance only and Arena 2 doors will be used as the exit. There will be directional arrows to guide people.
- Washrooms – there will be hand sanitizer located outside of each washroom. There will be signs posted outside of the washrooms stating capacity.
- Dressing rooms:
 - Players are encouraged to come dressed and ready to play. There will be significantly less time and access to rooms.
 - Players will only be allowed in the rooms 30 minutes before their scheduled ice time and 30 minutes after their ice time.
 - The rooms will need to be disinfected between groups. Please be patient with the arena staff while they complete this work.
 - Masks are mandatory as per the City of Wetaskiwin [Mask Bylaw](#)
 - Showers are available at this time.
- Common Areas – No congregating in lobby areas. The tables will be removed and vending machines turned off.
- Bleachers – Certain sections of the bleachers are taped off to encourage social distancing. There will also be directional arrows to guide patrons. Bleachers are limited to 100 spectators per arena.

6.0 Refunds

This is an unprecedented time which makes predicting the future incredibly difficult. There are still many unanswered questions and uncertainty around what may lie ahead in the future which makes it difficult to have concrete answers about refund policies in the event of a lockdown, quarantine or other event that impacts the season.

It shall be the policy of the Wetaskiwin Minor Hockey Association that requests for registration refunds are to be in writing and shall be as follows:

- I. By October 15th of the Registration year 100% refund minus a \$ 75.00 processing fee
- II. By November 15th of the Registration year 50 % refund
- III. By December 15th of the Registration year 25% refund
- IV. After December 15th of the Registration year 0 % refund

Anything regarding an injury shall be dealt with on a case by case nature prior to the December 15th refund deadline.

7.0 Return to Hockey

Facilitating a safe return to Hockey that meets the guidelines of Alberta Health Services relaunch strategy for stage two is paramount. As we have mentioned previously, Hockey Alberta and Wetaskiwin Minor Hockey will be utilizing two distinct procedures in delivering programming, either Physically Distanced or using Cohorts. Hockey is a contact sport and while we can operate skill development sessions using physical distancing, we understand that in order to meet all of the key objectives of our program, we will need to use 'Cohort Groups' for various phases of our Return to Play.

Hockey Alberta Return to Play Plan of August 21, 2020 states that in order for players to change 'Cohort Groups', they must self-isolate for a 14-day period prior to joining a new 'Cohort Group'

[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 meters 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

Sport Team Specifics:

- [AHS Guidance for Sports Teams](#)
- 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 room

Skill Development and Evaluations:

The purpose of the Skill Development and Evaluations phase is to group players of similar skill. This process will be similar to the evaluation and tiering process that occurs each year. WMHA may use previous years playing experience to assist in forming ‘Cohort Groups’ through the evaluation phase. When participants have completed their initial evaluation sessions to determine skill rankings among their players, we will create ‘Cohort Groups’ of up to 50 players (age category and registration dependent). We will communicate further on numbers of coaches and team officials who should join the ‘Cohort Group’ and those that should remain Physically Distanced. It is the expectation that all Coaches and Team Officials will remain Physically Distanced during the initial evaluation sessions.

Evaluation Guidelines:

- All Evaluation skates will follow a similar plan
- U7 – U9: Minimum of two skates prior to assigning to teams and ‘Cohort Groups’ (only if registration numbers warrant it)
- U11 - U18: Minimum of three evaluation sessions prior to assigning to teams and ‘Cohort Groups’ (only if registration numbers warrant it)
 - Every effort should be made to offer all aspects of the U11 Player Pathway. However, Wetaskiwin Minor Hockey and Hockey Alberta understand the complexities around hockey for the upcoming season.
- Once the evaluation sessions have been completed, players and goalies will be placed on their team and “Cohort Group’.
- All coaches and members of the Player Selection committee must remain physically distanced during the evaluation sessions

Development Season:

During the Skill Development and Evaluation phase, associations will create similar sized 'Cohort Groups' of no more than 50 players and team officials based on results from tryout sessions. All players and team officials included in the registered 'Cohort Group' will need to ensure they remain in the same 'Cohort Group' during the Alberta Health Services phase two relaunch, or until a two week break can be facilitated in order to create new 'Cohort Groups' as per the Hockey Alberta return to hockey plan.

Cohorts:

- Up to 50 players and team officials (depending on age category and registration breakdown)
- Players will now have the opportunity to compete as a group (play together)
- Cohorts may choose to practice with the entire 'Cohort Group' on the ice, as long as the facility requirements are being followed, or, split them into smaller groups
- Within the 'Cohort Group' players do not need to be physically distanced
- Within this 'Cohort Group', 'Mini Teams' may be created to facilitate game play

Mini Teams:

- Cohort Groups are encouraged to create evenly balanced 'Mini Teams'
- Coaches have the ability to rebalance 'Mini Teams' if they are not competitive as long as players remain within their 'Cohort Group'
- WMHA has the ability to assign specific coaches to a 'Mini Team' or move them between teams to share resources and experience
- 'Mini Games' would be scheduled by Wetaskiwin Minor Hockey for ice availability
- Wetaskiwin Minor Hockey will provide guidelines for number of games, length, uses of officials, bench protocol, etc.

U7 (Formerly Initiation):

Regular programming

- Maintain Cross-Ice games for U7
- No changes to seasonal development program
- No Officials Cohort Groups
- Allows Coaches to be in contact with younger players to better assist with their development, injuries, etc.
- Teams will not change with transition to regular season and 'Cohort Groups'

U9 (Formerly Novice)

Regular Programming

- Maintain half-ice games
- Game play will be 4v4 or 3v3 if short players Cohort Groups:
- Allows coaches to be in contact with the younger players to better assist with their development and injuries, etc.

- Teams will not change with transition to regular season and 'Cohort Groups'
- Mini Teams within each 'Cohort Group' of 9-10 players to allow for three or four mini teams per 'Cohort Group'

U11 and U13 (formerly Atom and Peewee)

Regular Programming

- Maintain two-year age groups
- Maintain full ice game play
- Tiering structure and grid will remain the same (transition to regular season)
- Game Play will be 5v5, 4v4, 3v3 during the 'Development Season' phase Cohort Groups
- Ease of transition to teams of 15-17 players for 'Regular Season' play
- Practice with team selected after tryouts
- Play games within the 'Cohort Group'

U15 and U18 (formerly Bantam, Midget)

Regular Programming

- Maintain two-year age groups
- Maintain full ice game play
- Tiering structure and grid will remain the same (transition to regular season)
- Game Play will be 5v5, 4v4, 3v3 during the 'Development Season' phase Cohort Groups
- Ease of transition to teams of 15-17 players for 'Regular Season' play
- Practice with team selected after tryouts
- Play games within the 'Cohort Group'

Regular Season:

Wetaskiwin Minor Hockey will continue to follow the lead of Alberta Health Services and Hockey Alberta in order to determine an appropriate time to transition from the 'Development Season' to a normal return to hockey 'Regular Season'. We remain optimistic that we will be able to transition to a traditional 'Regular Season' in accordance with past season guidelines but will only do so once it is safe for all of our participants and we have received approval from Alberta Health Services and Hockey Alberta.

Selecting teams during the Skill Development and Tryout Phase, we are able to transition from the 'Development Season' to 'Regular Season' without any further tryouts of players. Formal teams will be created solely based on the tryouts.

8.0 Referees

[Hockey Alberta Return to Play](#) discusses team officials. Hockey Canada, Hockey Alberta and North Region Referee Committee Executives have determined the training and clinic protocols.

Officiating Assignments:

On-ice officials are not required until the Modified Competition Season. Assignment of officials will employ the following protocols whenever possible:

- Assign officials in small groups to the same set of teams/ leagues to limit exposure to other officials.
- Assign officials to a limited number of leagues to minimize exposure to team cohorts.
- Ensure any official who refuses any game for any reason is not subject to future assigning restrictions.
- Limit travel for officials where practical.

When using Officials for any type of game play there are two options:

- Officials may be assigned by their Regional Coordinator/ assigning team to a 50-participant Cohort and will be required to follow cohorting guidelines, or
- Where it is not possible to assign officials as part of a Cohort, officials will be required to physical distance during games. Officials participating using physical distancing must do the following:
 - Wear a mask when a minimum of 2 metres of physical distance cannot be maintained o For example, working on the players' bench side, faceoffs and gatherings after whistles.
 - Consider use of an electronic whistle to facilitate mask wearing
 - Limit touching your face/mask (in accordance with the Government of Alberta Masking Guidance)
 - Sanitize your hands regularly prior to, during and after the game. Officials may wish to bring a small bottle of hand sanitizer or disinfectant hand wipes to use while on the ice.
 - Direct coaches that on-ice officials will significantly limit or eliminate their physical presence around the players between whistles (at stoppages of play) and use their rulebook to ensure the game is played in a safe and fair manner;

9.0 Coaches, Team Officials and Off-Ice Officials

Hockey Canada and Hockey Alberta has determined clinic protocols and certification requirements for coaches and team officials.

10.0 FAQ's

General Questions

Are players allowed to opt out of the Skills and Tryout and Development Phases and rejoin their association for the Regular Season?

No, players must be registered with a Wetaskiwin Minor Hockey from the beginning of the season in order to participate in all phases of Return to Play including the Regular Season.

Can my child be a part of multiple 'Cohort Groups'? As an example, can they belong to a school based Cohort as well as a Hockey 'Cohort Group'?

Alberta Health Services Cohort guidelines state that "Athletes should not belong to multiple sport mini- leagues; they should select one sports cohort for the duration of Stage 2." They would be permitted to belong to another sports cohort that is operating under the 'Physical Distancing' guidelines. For example, a power skating or skills program that is utilizing 'Physical Distancing.'

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

When using 'Physical Distancing' procedures, it is imperative that all participants remain 2 meters apart during the tryout session when possible. When using 'Cohort Group' procedures, participants are reminded to minimize the amount of contact during off ice and dressing room situations.

Skill Development and Evaluation Questions

Would players released from Elite Clubs need to isolate for 14 days prior to participating in community evaluations?

No, technically they would be going from a 'Cohort Group' to 'Physically Distanced' evaluations at their home Association. However, for later releases and depending on the stage of the evaluations, the player may need to isolate before engaging with their assigned 'Cohort Group'

Contact Tracing and Screening Questions

How will Wetaskiwin Minor Hockey handle contact tracing and symptom screening?

Hockey Alberta has set guidelines to follow to ensure all interactions are tracked and that symptomatic players do not participate in any activities. We are actively considering different solutions to make this process as efficient as possible for athletes, parents and cohorts. However, regardless of the process, this will be a required step prior to participation in any session.

What happens if a player answers yes to any of the symptom screening questions?

Any player who answers YES to any of the questions may no longer participate in the program until a minimum 14-day quarantine period has elapsed or they have provided a negative Covid- 19 test and all symptoms have been resolved.

I have been notified of a positive COVID19 test for a person on our team. What steps should I take?

As per AHS, anyone in direct contact within 48 hours before or after the test was completed is legally required to self-isolate for 14 days. It is recommended that the person(s) in direct contact complete a COVID19 test. Please consult with 811, [AHS COVID-19 Website](#), or [Alberta.ca](#) for information on COVID19 or for booking a COVID19 test. [Close Contact COVID19 Information](#)

What time frame do they consider close contact to start and range from?

Anyone who was in contact with a case either prior to the 48 hours from the time the positive test was completed or the 48 hours prior to the onset of symptoms.

I have received a positive COVID19 test for myself or my child. Who should I inform?

If you test positive for COVID 19 you are required to self isolate for 10 days or until the symptoms have disappeared whichever is longer. We have asked that you inform your team manager to let them know that you are self isolating and to discuss a date of return. We also ask that you advised WMHA President Garth Rapson grapson.wmha@gmail.com or WMHA Vice President Jody Dickau vp.wmha@gmail.com

I have been identified as a close contact and have self isolated and had a negative COVID19 test result, can I return to hockey?

According to AHS, even if you have tested negative for COVID19 you are still required to self isolate for 14 days from the date of known exposure before you can return to any activities (ie. hockey, work, etc.)

What should I do if my husband/child or anyone else in my household is waiting for results from a COVID 19 test?

You are not permitted to participate in Wetaskiwin Minor Hockey activities until the test results are received. If the results are negative, resume play and monitor for symptoms. If the test results are positive, call AHS and follow their guidelines and you are not permitted to participate in Wetaskiwin Minor Hockey activities until cleared from AHS and your division coordinator.

If I am not feeling well today should I bring my child to the arena?

NO. If you are not feeling well please do not attend WMHA activities. If you are showing any COVID 19 symptoms we strongly encourage you to get a COVID 19 test. Please refer to question 2 if you receive a positive test.

If my child is not feeling well today should he/she attend their scheduled practice/game?

NO. If your child is not feeling well please keep your child at home and contact 811 or consult the [AHS COVID-19 website](#)

Do I have to wear a mask when on the bench as a coach?

Effective **immediately** all coaches on the bench are required to wear a mask.

Do I have to wear a mask in the Wetaskiwin Arena or in the stands as a spectator?

Yes. As per the City of Wetaskiwin Mask Bylaw, masks are mandatory in Wetaskiwin. Please refer to the following for more information [City of Wetaskiwin Mask Bylaw](#)

Do I have to wear a mask as a coach on the ice?

As a Coach on the ice you would not be required to wear a mask. As per the City of Wetaskiwin Mask Bylaw Section 4 (e) states “persons engaging in fitness or athletic activity” would not be required to wear a mask. Please refer to the following for more information [City of Wetaskiwin Mask Bylaw](#)

Do I have to wear a mask in the dressing room as a player? Parent? Coach?

Yes. As per previous communications that have been sent out to members of the WMHA and Wetaskiwin Arena Protocol document, masks are **MANDATORY** in the dressing rooms for everyone.

When is play to return for NAI/Edmonton League?

At this time NAI/Edmonton League are looking to have games commence November 28 & 29. This may be subject to change and will be based on recommendations from AHS.

Will House League U7/U9 continue with their weekly game schedules?

Yes, at this time we will continue to operate our U7 and U9 programs as we have been doing. It is important that all players, coaches, parents, etc. follow the guidelines that have been laid out in order to keep this activity going.

What happens if someone doesn't follow the expected AHS self isolation requirements? Or refuses to wear a mask?

It is important for all members of the WMHA to follow the required self isolation requirements and wear a mask as required. We are all to be concerned and practice due diligence to keep yourself, your child, and the children you are in a cohort group with safe. If you do not feel well, stay home. If your child is home, keep your child at home. If you have been notified of a direct contact, isolate and get a COVID test complete. WMHA board is currently in discussions about

further disciplinary measures that may have to be considered if these rules are not followed, such as team fines, suspensions, etc. Please be safe and help us keep our children safe.

Was I really in close contact as per AHS guidelines?

If you know you were not in the dressing room for the full (or more than) 15 minutes, we suggest you contact AHS at 811 and follow their guidance.

What does that mean for my work or children's school?

If you have been determined a close contact you should immediately self isolate from all activities outside of your home, contact 811 and follow their instructions. It is likely you will be advised to self isolate for 14 days from the date of exposure and to have a COVID-19 test completed. Continue to monitor for symptoms. For questions about resources to support you at this time check [211 Alberta](#)

When can we return to hockey?

You are permitted back on the ice after the 14-day period has concluded and there are no signs and symptoms.

What if I show sign or symptoms of COVID 19 during the 2-week period?

It is recommended that you contact AHS (811) and determine if an additional test is required, continue to isolate and follow AHS guidelines.