



Chestermere Minor Hockey Association COVID-19 Return to Hockey Stage 2 Summary

Dear Chestermere Minor Hockey Members,

As we all continue to monitor the novel Coronavirus (COVID-19) situation very closely, Chestermere Minor Hockey Association (CMHA) wanted to reach out and share the actions we are and will be taking to keep our hockey program safe and clean for you, our membership, and our great community. The health and safety of our membership and our community remains our first responsibility and top priority. The following document has been developed for the safety of all our players, parents, visitors and family of CMHA's membership. This information is pooled from the Alberta Government, Hockey Canada, Hockey Alberta and Chestermere Recreation Centre's COVID-19 Plans.

We are focused on everyone's safety. As the hockey program opens, we recognize that the situation is constantly changing. Rest assured, that we will always work to ensure that we keep you safe. As we continue to navigate through these unprecedented times, we ask for your continued support.

Additionally, the board is also considering the following for the upcoming season to account for COVID-19 related issues:

- Re-evaluating the budget to ensure all costs are accounted for based on the Return to Hockey Guidelines.
- Reviewing the refund policy based on Return to Hockey provisions.
- Appraising CMHA's approach to evaluations and team structures utilizing the cohort regulations for return to play.
- Documenting operations for players, coaches, managers and parents to ensure we have all processes required in place.

If you would like to better understand the requirements for return to play, we encourage you to read the following documents: [Return to Hockey Plan and its appendices](#) as well as the [CRCA indoor use policy](#). All references can be found on page 8 of this document.

Thank you for helping us all serve our community.

Sincerely,

The Chestermere Minor Hockey Board
Encl.

Date Prepared: 13 July 2020

Chestermere Minor Hockey



Chestermere Minor Hockey

RETURN TO HOCKEY

COVID-19 STAGE 2

SUMMARY

Chestermere Minor Hockey Association will be utilizing the **COHORT OPTION** for our return to play. According to Alberta Health Services, “a cohort is defined as a closed, small group of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 2”. This includes referees and coaches, but does not include spectators. Hockey Alberta instructs that individuals should be part of only one sports cohort at a time, (please refer to the Hockey Alberta “Return to Hockey” plan for details (pages 10 and 11)).

The summary below is a brief compilation of the various documents provided by Hockey Alberta, Hockey Canada, Alberta Health Services and Chestermere Recreation Centre Association as of the preparation date of this document (references on page 8).

EVERYONE

- Stay at home if experiencing any symptoms. Avoid contact with anyone who is sick.
- Where possible, practice physical distancing.
- Become educated on the safety protocols and procedures prior to attending a hockey session, and adhere to them while at the session.
- Wash hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based hand sanitizer if soap and water are not available.
- Wear a cloth mask when physical distancing cannot be followed.
- Please follow all directional signage when entering and exiting and throughout the facility.
- The bleachers at the Rec Centre will be closed for spectators until further notice.

PARENTS

- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.
- Parents/caregivers are encouraged to wait in their vehicles for their children.
- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical distancing guidelines.
- Stress to kids not to touch their faces while at the hockey activity.

PLAYERS

- All players must arrive no more than 10 minutes prior to their ice-time and they must come changed and ready for play except for skates.
- Each player needs to have a pre-filled marked/labelled water bottle, which is washed after each practice or game.
- Teams exiting the facility should do so immediately after their session.
- Pre-game and post-game handshakes are eliminated.
- Absolutely no sharing of drinks or food.
- Spitting and blowing the nose without tissue is absolutely forbidden.
- Some equipment should also be washed (jerseys, pant shells, socks) after each training session following manufacturer guidelines. It is important that players ensure equipment is kept clean.
- Always respect and listen to team staff as they create a safe environment.
- No showering at the facility.
- Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touchpoints. Use the elbow to open.

COACHES & MANAGERS

- Host an initial meeting with parents/guardians/ participants to review how programming will look and allow them to ask questions (can be done virtually if required).
- Emphasize to players the importance of keeping their equipment clean.
- The safety person/trainer should wear non-latex gloves on the bench for practices and games.
- Gloves should be worn when handling equipment and when treating a player and changed between each player contact.

If you would like to better understand the requirements for return to play, we encourage you to read the remainder of this document and the Return to Hockey Plan with its appendices.

Facility – Chestermere Recreation Centre

CRCA's COVID-19 Indoor Facility Use

Please see the below link: <https://www.chestermerecrca.com/wp-content/uploads/2020/06/Covid-19-Indoor-Facility-Terms-of-Use.pdf>

Health Assessment

Prior to participating or attending any CMHA activity, players, coaches, parents, visitors, etc. must ensure they are following the Alberta Government requirements for COVID-19.

CMHA must track all participants and interactions, maintaining records in a secure location for 30 days from completion of activity. This is to be done as part of a daily check-in procedure for participants. Information should be recorded using Hockey Alberta's Contact Tracing document.

Any participant who answers "YES" to any of the questions on the document will not be permitted attend activities held by CMHA including, but not limited to: Evaluations, Practices, Games, Dryland Training until a minimum 14-day quarantine period has elapsed.

The Government of Alberta Self-Assessment Tool can be found at: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

CMHA is required to report any COVID-19 cases as required by Alberta Health Services. Hockey Alberta must be notified once Alberta Health has been notified.

Communications

As Per Section 2 of the Hockey Canada Return to Hockey COVID-19 Response; Safety Guidelines:

- Positive and open communication will be an important part of returning safely to the rink. Members, hockey associations and leagues will want to ensure they understand what controls and guidelines are in place. This information must be passed along to administrators, officials, team staff, volunteers, parents and players in advance to ensure the return to hockey and facility use is enjoyable.

CMHA will assign a person who will be responsible to ensure all updated and relevant information is passed on to everyone within the association. This person(s) responsibilities may include monitoring all relevant updates from the public health authority, monitoring all relevant updates from their Member, communicating with local facilities on guidelines and updates, ensuring teams are following the prevention guidelines set by the Member/hockey association/league, and ensuring any COVID-19 cases are reported as required by the public health authority, Member, hockey association, league and facility.

CMHA will continue to send out relevant COVID-19 communications to our membership relating to the CMHA Hockey Association.

Return to Hockey - Information for Players, Coaches, Volunteers

Hygiene

- Hand hygiene should occur before and after each activity using soap and water for 20 seconds.
- Players should refrain from spitting or clearing their nasal passages during activity. Spitting and blowing the nose without tissue is absolutely forbidden.
- When coughing or sneezing:
 - Cough or sneeze into a tissue or the bend of the arm, not the hand.
 - Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.
 - Avoid touching the eyes, nose or mouth with unwashed hands.
- Paper towels/tissue can be on hand to wipe the face or blow the nose if on the bench. Ensure tissues are properly disposed of. Garbage cans or a plastic bag should be placed close to the bench.
- Absolutely no sharing of drinks or food.
- Towels should only be on the bench under the guidance of the trainer and for emergency use only. A towel should only be used once and then taken off the bench and washed.
- Coaches and team staff should wear cloth masks where physical distancing is not possible, such as in the dressing room or on the bench.
- Avoid contact with anyone who is sick.
- Follow the instructions of your public health authority if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Equipment

- Players must arrive no more than 10 minutes prior to their ice-time and they must come changed and ready for play except for skates. This allows for limited contact in the dressing rooms. Skates can be put on in the hallways of the player areas.
- When arriving at the facility, players should be instructed to leave their hockey bags in their cars if early and the dressing room/area is not available.
- For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.
- Players should have a prefilled, labelled water bottle. Use only that water bottle when participating in the activity. Parents/players should wash water bottles after each session
- Some equipment should also be washed (jerseys, pant shells, socks) after each training session following manufacturer guidelines. It is important that players ensure equipment is kept clean.

Facility

- All players must arrive no more than 10 minutes prior to their booking and they must come changed and ready for play except for skates.
- Teams exiting the facility should do so 10 minutes after their session. It is recommended to plan new arrival times to avoid teams entering and exiting the facility at the same time.
- Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints. Team staff should try and control the number of times players enter and exit dressing rooms, as this avoids contact with the door handles. Use the elbow to open.
- Groups will be assigned 2 side by side change rooms. If you have change rooms 1 and 2 you must enter and exit your change rooms through the blue area change rooms. If you are assigned dressing rooms 3 and 4 you will go through the change room hallway to enter and exit your change rooms. Please follow the marked directional signage in the facility.
- Once you find your room, get ready and stay there until notified by the coach or ORP. Please sit in the designated spots in the dressing room to maintain physical distancing.
- Players should not shower at the facility.
- The bleachers will be closed for spectators until further notice.

Return to Hockey - Information for Players, Coaches, Volunteers (continued)

Game Play

- Coaches and managers should host an initial meeting with parents/guardians/participants to review how programming will look and allow them to ask questions (can be done virtually if required).
- Pre-game and post-game handshakes should be eliminated.
- Coaches should notify and reinforce the message that players and coaches need to observe physical-distancing recommendations while on the ice.
- A coach should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity. Refer to public health authority guidelines with respect to wearing a mask.
- If a team is warming up, the coach should ensure physical-distancing is practiced and there is no sharing of warm-up equipment. Please observe facility rules regarding team warm-ups, including physical distancing requirements.

Travel

- Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.

Parent and Guardians

- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical distancing guidelines.
- Stress washing of hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility.
- Stress to kids not to touch their faces while at the hockey activity.

Trainers

- Gloves must be worn when handling equipment.
- Non-latex gloves should be worn when on the bench for each practice and game.
- Cloth masks should be worn if treating players, dealing with players' equipment or if physical distancing is not possible.
- Gloves must be changed when required and hands must be washed frequently.
- Ensure the health and safety of the players and help to create a safe and welcoming environment.
- Educate parents and players on the need for each player to have their own water bottle labelled with their names. Players should take their water bottles home and wash them before the next session.
- Emphasize to players the importance of washing their hands regularly with soap and water or hand sanitizer. Carry extra hand sanitizer and disinfectant wipes in the first-aid kit.
- Emphasize to players the importance of keeping their equipment clean.
- Work with coaches to support physical distancing, hygiene and return to play after illness.
- Gloves should be worn when handling equipment and when treating a player.

Off-Ice Officials / Volunteers

- Penalty-box attendants, scorekeepers and timekeepers are recommended to wear a cloth mask inside the building
- Off-ice officials are recommended to have personal hand sanitizer and disinfectant wipes to wipe down and disinfect the score clock equipment/penalty bench prior to each game. Handles to doors going to the ice are high-touch areas and proper hygiene and cleaning is important.
- Physical distancing must be practiced. No one other than the off-ice officials are permitted in the box.
- When opening and closing the door, ensure physical distance with the player.
- Tissues must be disposed of in a plastic bag and discarded after shift.

Officials

- Please refer to CIRA information if available.
- Referees should verbally greet coaches as they generally do, but should not shake hands.
- Come fully dressed in uniform, ready for play, except for skates.
- Personal towels only (officials should shower at home).
- If possible, hands should be washed prior to start of each period (officials can carry a small bottle of sanitizer with them on the ice).
- Wear a cloth mask when entering the arena when physical distancing cannot be followed such as in the dressing. The cloth mask can be removed when going on to the ice.
- Have personal hand sanitizer and disinfectant wipes. Have hand sanitizer in the penalty box for officials to use.
- Physical distancing is required in dressing rooms. If the dressing room is small, a rotation system should be considered. Only game officials should be in the dressing room – no visitors.
- It is prohibited for officials to drink from water bottles belonging to skaters or goaltenders. If officials require water during a game, they should have their own water bottle at the penalty bench.
- When reporting penalties, do not speak through the hole in the glass – work from a distance.
- Some equipment should also be washed (jerseys, pant shells, etc.) after each session, following manufacturer guidelines. It is important that officials ensure equipment is kept clean.

Hockey Canada FAQ

1: What do I do if my child tests positive for COVID-19?

Keep your child home and out of the hockey environment. It is also important to communicate with your physician and public health authority, ensuring you follow the steps identified.

2: What if a parent/family member tests positive for COVID-19? What protocols do we follow?

If a parent or family member tests positive for COVID-19, the player and their family will need to stay out of the hockey environment. They should contact their physician and public health authority for instructions. The player will need a note from their physician or public health authority to return to play.

3: If someone on my child's team tests positive for COVID-19, will the team be allowed to continue to play hockey?

If someone on your child's team tests positive, public health authority guidelines will determine contact tracing and isolation requirements. It is possible, therefore, that one diagnosis on a team could lead to that team being required to pause hockey activities until the public health authority determines it is safe to return.

4: What if my child is sick but does not have COVID-19?

The player should follow up with their physician and the public health line. They will require a note from their physician to return to play.

5: What should I do if my child is exhibiting signs of COVID-19 but has not been tested?

The player should remain out of the hockey environment and contact their physician or public health authority for required steps to be taken. The player will require a note from their physician or public health authority to return to play.

6: Should players/parents/coaches wear masks entering the facility and dressing room?

It is recommended anyone entering the facility should wear a cloth mask when physical distancing cannot be followed (it may also be required by the facility). Continue to monitor public health authority guidelines specific to wearing masks.

Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing.

Hockey Canada FAQ (continued)

7: Is it a requirement for all individuals, regardless of their age, to wear a mask in the facility?

It is important to check public health authority information on masks. Currently the Public Health Agency of Canada recommends cloth masks not being placed on children under two years of age, on anyone unable to remove them without assistance or anyone who has trouble breathing.

8: Are we going to be covered by insurance if a claim is made against our hockey association pertaining to a COVID-19-related illness?

There will be no exclusion in the General Liability policy for damages caused by COVID-19-related illnesses. Liability claims against Hockey Canada always need to be proven by the party making the claim, so continuing to update and enforce your risk-management guidelines as new risks emerge, such as COVID-19, are imperative. Please understand that Hockey Canada and its Members are actively working on updating risk-management protocols related to return-to-play guidelines post-COVID-19.

9: Will coaches be permitted to be within two metres to help and support the player?

It is recommended that public health authority guidelines are adhered to and that instruction be given practicing physical distancing. Review your public health authority recommendations and requirements on the wearing of masks. It is important to note that the safety person or coach may need to be within two metres of a player if the player suffers an injury, but the safety person or coach should wear a mask and, as recommended in the Hockey Canada Safety Program, non-latex gloves if treating a player for an injury.

10: Will teams be permitted to attend tournaments outside our province or territory?

The ability for any team to travel outside its geographic region to play hockey will depend on several factors, including public health authority guidelines, instructions and travel restrictions in your province/territory and the province/territory you will be visiting, and will require the approval of the governing hockey bodies in your region and the region you wish to travel to. Note that provincial/territorial guidelines and travel restrictions may also limit the ability to host local tournaments and your ability to accept tournament entries from teams outside your region.

11: Will parents be allowed in the stands to watch games?

This will be determined by public health authority and facility guidelines. Families should be prepared to minimize the number of parents/guardians/spectators that attend in order to limit the number of people in the facility.

12: Should I disinfect my child's hockey gear after each practice/game?

Some equipment should be washed (e.g. jerseys, pant shells, socks) after each practice/game, following manufacturer guidelines. It is important that players ensure all equipment is kept clean at all times.

13: Should I sanitize water bottles after each practice/game?

Bottles should be labelled and washed after each practice or game.

14: If a participant is currently isolating, can they come to the facility for hockey?

If a participant or person they are residing with is in isolation, neither the participant nor those they are residing with can be in the hockey environment until all public health authority requirements are met.

15: My son/daughter currently sits in a car seat, and it recommends that hockey equipment not be worn. How can we come to the facility fully dressed for hockey?

It is important to follow guidelines specific to car seats and seat belts, and it would be recommended to wear only equipment that can be worn safely under current laws or guidelines. Hockey Canada recommends that players enter the facility in as much hockey equipment as possible, rather than changing together in dressing rooms where social distancing may be difficult to maintain. When player safety might be compromised by riding in a car seat fully dressed in hockey equipment, the child should leave home partially dressed in their equipment, and should put on the remainder of the equipment after arriving at, but before entering, the facility.

REFERENCES

Hockey Alberta Return to Hockey

<https://www.hockeyalberta.ca/members/return-hockey/>

- Appendix 1: Hockey Canada Return to Hockey Safety Guidelines
- Appendix 2: Hockey Canada Safety Guidelines FAQ
- Appendix 3: Hockey Alberta Contact Tracing Template
- Appendix 4: COVID-19 Alberta Health Daily Checklist
- Appendix 5: Reporting a Positive COVID-19 Case
- Appendix 6: Roles and Responsibilities
- Appendix 7: Guidance on Cohorts (Government of Alberta)
- Appendix 8: Alberta Government Sports Relaunch - Stage 2
- Appendix 9: Hockey Canada Sanctioning Guidelines
- Appendix 10: Lane Formation Diagram
- Appendix 11: Station-Based Formation Diagram
- Appendix 12: Hockey Canada Guidelines For Officials
- Appendix 13: Player Selection Resource Guide

Chestermere Recreation Centre

<https://www.chestermerecrca.com/Covid-19-Indoor-Facility-Terms-of-Use.pdf>

Alberta Health Services

<https://www.alberta.ca/coronavirus-info-for-albertans>

Hockey Canada Return to Hockey

<https://www.hockeycanada.ca/return-to-hockey>