

## SWZ COVID-19 FAQ & Guidelines for Parents, Guardians and Spectators

### UPDATE: PHASE 1 RETURN TO PLAY BEGINNING FEBRUARY 8, 2021

The SWZ COVID-19 FAQ & Guidelines are designed to support parents, guardians and spectators as we all work together to ensure that all hockey related activities are done in a safe manner and help to limit the potential exposure or spread of COVID-19 to everyone involved.

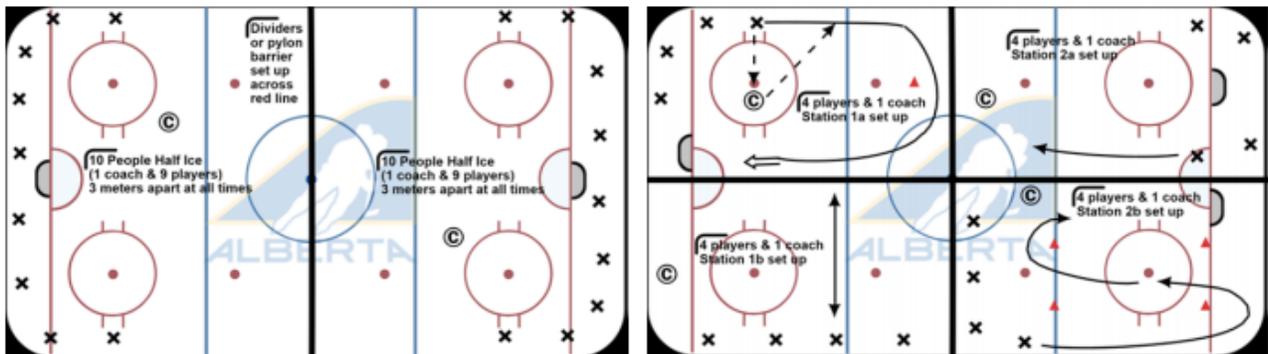
#### Guidelines are based on the following principles:

1. Player under the age of 18 are allowed to return to practicing in a modified manner.
2. There is a maximum of 10 people (players and coaches) on half an ice sheet. Teams that have been assigned a full ice sheet may split their players/coaches into two groups of 10. These two groups should not cross over either in the dressing room or on the ice.
3. Practicing physical distancing of 3m must be maintained while on indoor ice, 2m if the practice is held outdoors. Coaches may enter the 3m zone when required to correct or instruct player.
4. Coaches must wear masks at all times, including on the ice.
5. Players are required to wear a mask at all times, with the exception of when they are training on the ice.
6. Keeping up to date and accurate records of players, coaches and other participants who have direct contact with the cohort, to ensure that tracking exposure to the virus is readily available should the need arise.
7. Games are NOT allowed at this time.
8. Spectators are NOT allowed at this phase of re-entry.

#### FAQ RELATED TO PHASE 1 RE-ENTRY TO PLAY STARTING FEBRUARY 8, 2021

##### Can the ice surface be split in half to have two groups of 10 on one ice surface?

Yes, as long as all participants maintain three meters physical distancing from each other at all times, and the groups on each half of the ice surface maintain three meters physical distancing at all times. Please refer to the diagrams for two examples of how sessions could be held with the ice surface divided in half.



### **Can players and coaches from different teams participate on the same ice session?**

Yes. An ice session can include players and coaches from different teams and divisions. For instance, a player can participate in power skating and still practice with their team. Maximum number of participant on the ice would be 10 for each session, and players are required to maintain a social distance of 3 m for both on ice sessions (2m if outdoors).

### **Can coaches lead multiple ice session in a row?**

Yes. However, there can be no overlap between players (i.e. players can't warm up on the ice while the other players are finishing a practice).

### **What are the physical distancing requirements during Phase 1?**

Physical distancing must be maintained between players at all times: 3-metres physical distance for on ice activities and 2-metres physical distance for off ice indoor activities (i.e. change rooms) outdoor activities. Where possible, Coaches should use equipment to ensure physical distancing is maintained. (dividers, pylons, nets, bingo dabber, ice paint etc.). Coaches may enter physical distancing space for brief interactions with players (for example, to correct form or technique)

### **Can I come and watch my player practice?**

No. At this point in the relaunch strategy, there are no spectators allowed at any facilities.

## **GENERAL FAQ FOR 2020/2021 SEASON**

### **Is it going to be safe for my child to play hockey?**

Yes. SWZ hockey is working closely with AHS, the City of Edmonton and Hockey Edmonton to ensure that we are doing everything we can to reduce the risk to player, coaches and spectators. A number of initiatives, such as physical distancing, mask, limiting on ice persons to 10, and increased sanitation requirements to minimize the risk for everyone involved.

### **Will there be different protocols around the locker room and benches?**

Yes. Protocols to ensure social distancing and increased sanitation have been put in place for the season. Arena staff have increased their cleaning protocols as well.

### **When can we arrive at our practice?**

In order to prevent inadvertent interaction between cohorts, players are asked to arrive at the rink, no more than **15 minutes** before their scheduled ice slot.

### **Can players still get dressed at the arena?**

Access to dressing rooms will be limited during Phase 1. Players are asked to arrive with their required equipment on, with the exceptions of helmets, skates, as dressing room space will be limited to accommodate physical distancing. Goalies are the only exception and will be allowed to dress in the dressing room.

**Can players shower after their practice or game?**

No. Players are not allowed to shower at the area this season.

**Can my player share a water bottle with another player on the team?**

No. In order to reduce the potential transmission of COVID-19, players are not allowed, under any circumstances, to share water bottles. Additionally, players are encouraged to bring a pre-filled, labelled water bottle with them to all practices and games. Drinking fountains and bottle filling stations may not be available at arenas.

**Are players and coaches required to wear masks off the ice?**

Yes. All players and coaching staff are required to wear a mask entering and leaving the arena.

**Are players and coaches required to wear masks on the ice?**

Coaches are required to wear masks at all times. Players will be required to wear a mask up until the point they put their helmet on to head out to the ice, and then will be required to put their mask back on when they take their helmet off after their practice or game.

**Can parents/spectators watch practices?**

No. At this point in the relaunch strategy, there are no spectators allowed at any facilities.

**How will SWZ Hockey handle COVID-19 contact tracing and screening?**

Hockey Alberta has set guidelines to follow to ensure all interactions are tracked and that symptomatic players/coaches do not participate in any activities. Players/coaches are required to complete the "My Health" COVID-19 screening PRIOR to attending any team activity (Dry land training, practice, game, etc.)

**What happens if a participant checks "Yes" to any of the COVID-19 questions, has symptoms associated with COVID-19 or is being tested for COVID-19 due to a potential exposure?**

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 Covid19 test and all symptoms have been resolved.

**What if a participant tests positive for COVID-19?**

The individual must immediately remove themselves from the session and go home as safely as possible. If there is potential exposure to other players/coaching staff, one of the coaching staff is required to immediately email the Health Safety Coordinator at [health@swzhockey.ca](mailto:health@swzhockey.ca) with the team number and date of potential exposure. The Health Safety Coordinator will then notify Hockey Edmonton Discipline and they will contact Hockey Alberta to facilitate the required AHS protocols under the contact tracking guidelines.

If a player or member of the coaching staff tests positive for COVID-19, the player/participant is not allowed to return to practice or play until they are medically cleared to do so.

- AHS will only request information about the attendee’s participation in sport 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 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 representative or players, but only if necessary.
- An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:
  - The reason for missing a practice or game;
  - If they are pursuing COVID-19 testing, or
  - The results of the COVID-19 test.
- Organizations and team officials will be respectful of the privacy and sensitivity of every participant’s personal health information, and comply with relevant requirements set out in Alberta’s Health Information Act.

**Is COVID-19 coverage included as part of the Hockey Canada Insurance?**

Yes. Under Hockey Canada’s current General Liability policy, there is a specific definition for the term ‘bodily injury’ and that definition includes sickness and disease. Many insurance companies are implementing Communicable Disease/COVID-19 exclusions on policies, but Hockey Canada has successfully negotiated to leave that exclusion off until September 1, 2023 at the earliest.

**Can my child be a part of multiple ‘Cohort Groups’? As an example, can they belong to a Soccer ‘Cohort Group’ as well as a Hockey ‘Cohort Group’?**

SWZ hockey is asking all members to follow the recommendation of Alberta Health, which suggests that athletes should not belong to multiple sports mini-leagues; they should select one sports cohort for the duration of the season.

**Can my child play in the recreational hockey league and play another sport?**

No, the recreational hockey league will not be following the physical distancing guidelines and will be considered a sport cohort group.

**Please remember that these guidelines will likely evolve over the course of the season. Please check back frequently to ensure that you are following the most up to date recommendations. For further information, please consider reading the following resources:**

City of Edmonton Facilities Guidelines:

[https://www.edmonton.ca/activities\\_parks\\_recreation/documents/PDF/ArenasSafetyGuidelines.pdf](https://www.edmonton.ca/activities_parks_recreation/documents/PDF/ArenasSafetyGuidelines.pdf)

Health Canada Approved Disinfecting Products: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>

Hockey Edmonton Return to Play Guidelines:

<https://cloud.rampinteractive.com/hockeyedmonton/files/2020-21%20Season/Hockey%20Edmonton%20Return%20to%20Play%20Guidelines%20Elite%20Hockey%20September%208-2020.pdf>

Hockey Alberta Return to Play Guidelines:

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/RETURN\\_TO\\_HOCKEY -  
\\_September\\_3\\_update.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/RETURN_TO_HOCKEY_-_September_3_update.pdf)

Hockey Canada Return to Play Guidelines: [https://cdn.hockeycanada.ca/hockey-  
canada/Exclusive/return-to-hockey/downloads/HC\\_RTH\\_Safety-GUIDELINES\\_EN.pdf](https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf)

**References:**

<sup>1</sup>[https://cloud.rampinteractive.com/hockeyedmonton/files/Hockey%20Edmonton%20Return%20to%20  
Play%20Guidelines%20Community%20Hockey%20November%202-2020.pdf](https://cloud.rampinteractive.com/hockeyedmonton/files/Hockey%20Edmonton%20Return%20to%20Play%20Guidelines%20Community%20Hockey%20November%202-2020.pdf)

<sup>2</sup>[https://cloud.rampinteractive.com/hockeyedmonton/files/Edmonton%20and%20surrounding%20area  
%20arena%20capacities%20-%20November%209%202020.pdf](https://cloud.rampinteractive.com/hockeyedmonton/files/Edmonton%20and%20surrounding%20area%20arena%20capacities%20-%20November%209%202020.pdf)