

SWZ COVID-19 Guidelines-Coaches, Assistant Coaches and Mangers

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

The *SWZ COVID-19 Coaching Guidelines* are designed to support coaches in ensuring that all hockey related activities are done in a safe manner, limiting the potential exposure or spread of COVID-19. The guidelines are based on the current requirement set forth by AHS, Hockey Edmonton, the City of Edmonton and Hockey Alberta and may be subject to change. It is strongly encourage that coaches identify a volunteer (s) who will ensure the cohort is following and up to date with and following the latest COVID-19 guidelines.

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 during this phase of the re-launch.

Prior to a Practice or Game

1. All players, coaches and parents must be made aware of all safety protocols before arriving at the event (dryland, practice).
2. Encourage all players and coaching staff to wash their hands prior to leaving home.
3. All players are required to wear their masks at all times, including in the dressing room, until they put their helmets on to head out on the ice.
4. Coaches are required to wear a mask at all times.
5. Arrival times should be strictly adhered to in order to limit the potential interaction with other cohorts. City of Edmonton arenas require that participants arrive **no earlier than 15 minutes** before scheduled ice time. Private arenas (i.e. River Cree Arena) may have differing policies. Make sure you are aware of your facilities rules prior to the event so that all participants can adhere to the guidelines.
6. Access to dressing rooms will be limited during this phase of return to play. Players are required to dress at home. Dressing rooms will be provided for putting on skates and helmet at the rink, but players must maintain a 2m social distancing at all times. Goalies will have access to dressing room for a short period of time before and after practice.

¹<https://cloud.rampinteractive.com/hockeyedmonton/files/2020-21%20Season/Hockey%20Edmonton%20Return%20to%20Play%20Guidelines%20Elite%20Hockey%20September%208-2020.pdf>

²<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>

7. Sanitize all shared equipment before and after every training or practice, including the pucks. For a list of approved disinfectants or to see if a disinfectant is appropriate for the protection against COVID-19, go to <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>
8. Players are required to have their own personal equipment required for the game or practice, including a clean, filled water bottle.
9. Every athlete and coach has to fill out the “My Health Check” of Team Snap prior to arriving at the arena. Any player or coach who is not “cleared” to participate should phone or email the coach to inform them of their absence and to encourage that person to visit a medical facility immediately if necessary.
10. If splitting the players/coaches into two teams with a MAX of 10 people per side, ensure that you keep a record of which players are on which ice side in case there is need to contact trace a practice.

Before Practices at the Arena

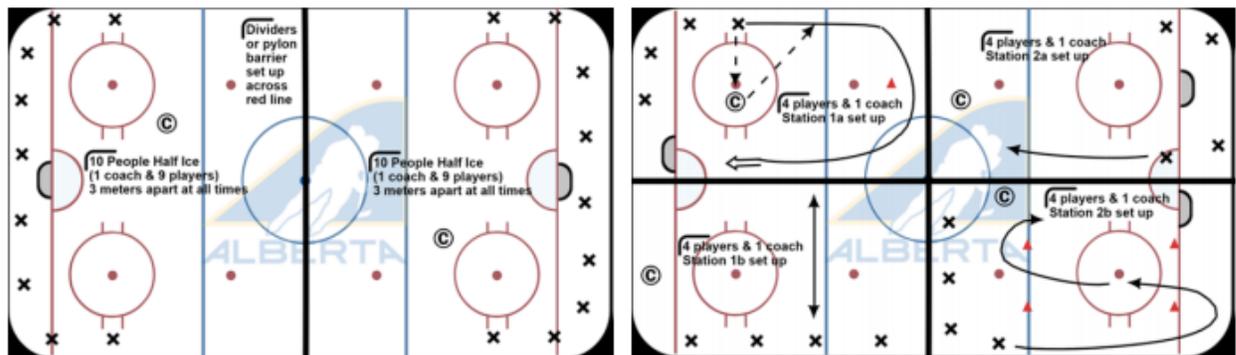
1. All participants must hand sanitize when coming into and leaving the dressing room.
2. All players are required to wear their masks until they put their helmets on to head out on the ice. Players are also required to put their mask back on after they return to the dressing room and remove their helmet.
3. Coaches are required to wear a mask at all times.
4. Ensure that the dressing room/bench area are clean and disinfected. In all City of Edmonton Arenas, the arena staff will be taking extra precautions and cleaning protocols for the dressing rooms and bench area. This is true for most of the private arenas as well, but not all of them. If the dressing room/bench is dirty, please either contact the arena staff to have it properly cleaned, or ensure that all hard surfaces that players/coaches may come in contact with have been wiped down with an approved disinfectant².
5. Access to dressing rooms will be limited during this phase. Players are encouraged to dress at home with the exception of their skates and helmet. Players must maintain a 3 m distancing and masks in dressing room at all times. This may require the use of more than one dressing room to accommodate.
6. All players and coaches must have their own, filled water bottle.
7. Players have their own personal equipment required for the practice
8. Encourage players NOT to touch their face.
9. No food or spitting of any kind are not allowed in the dressing room
10. Have a fully stocked first aid kit on the bench with a supply of personal protective equipment (including masks and gloves). Teams should have a designated medical person to attend to injuries or issues who has filled out the “My Health Check” of Team Snap prior to the start of the game/practice. It might be easier this year to have a coach/assistance coach or manager to assume this role to ensure the necessary screening has occurred prior to any injury. Volunteers to this position must meet the SWZ criteria for volunteering including a criminal background check.

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During the Practice

1. All players and coaches must use their own water bottle.
2. Chewing gum, spitting or spitting out water on the bench is not allowed.
3. No non-designated people on the bench or in the player/coaching areas.
4. Coaches are required to wear a mask at all times.
5. Players and Coaches are required to maintain a 3m social distance throughout the practice. Coaches may be closer than 3m for short periods of time, with a mask on, for instructional purposes.
6. A maximum of 10 people (includes players and coaches) are allowed on one half of the ice for a practice. Teams can be split into two groups of 10 if the team has been assigned a full ice sheet for a practice.



After the Practice

1. Players/coaches leave the dressing room and arena in a timely manner. For City of Edmonton Areas, this is within 15 minutes of the end of the time slot.
2. Players are required to put their mask back on after they return to the dressing room, immediately after they have removed their helmet
3. The bench and dressing room are to be left clean and tidy
4. Players/coaches must have a mask on when leaving the dressing room.
5. Players are not allowed to shower at the arena.
6. Hand sanitize before leaving the dressing room.
7. Shared equipment must be disinfected and stored appropriately.

¹<https://cloud.rampinteractive.com/hockeyedmonton/files/2020-21%20Season/Hockey%20Edmonton%20Return%20to%20Play%20Guidelines%20Elite%20Hockey%20September%208-2020.pdf>

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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 (Hockey Edmonton Guidelines):

Any player/coach who answers YES to any of the questions may no longer participate in the program until they have contacted AHS at 811 and follow all isolation or testing recommendations.

If a player/coach has been contacted by AHS to isolate for a 10 or 14 day period, regardless of where the COVID-19 contact occurred (school, work, hockey, etc) they are required to isolate for the entire time frame, regardless of a negative COVID-19 test or resolution of symptoms.

If a participant tests positive for COVID-19 (Hockey Edmonton Guidelines):

If a player or member of the coaching staff test positive for COVID-19, remind the player/participant that they are not allowed to return to practice or play until they are medically cleared to do so. If there is potential exposure to other players/coaching staff, please email health@swzhockey.ca of the team number and date of potential exposure.

- 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 should 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.

See attached “Primary Care COVID-19 Pediatric Management Pathway” which may help you when trying to understand if a player or coach is required to isolate and for how long. You can also email health@swzhockey.ca or text Wendy Beaudoin at 780-720-7826 if you have any additional questions.

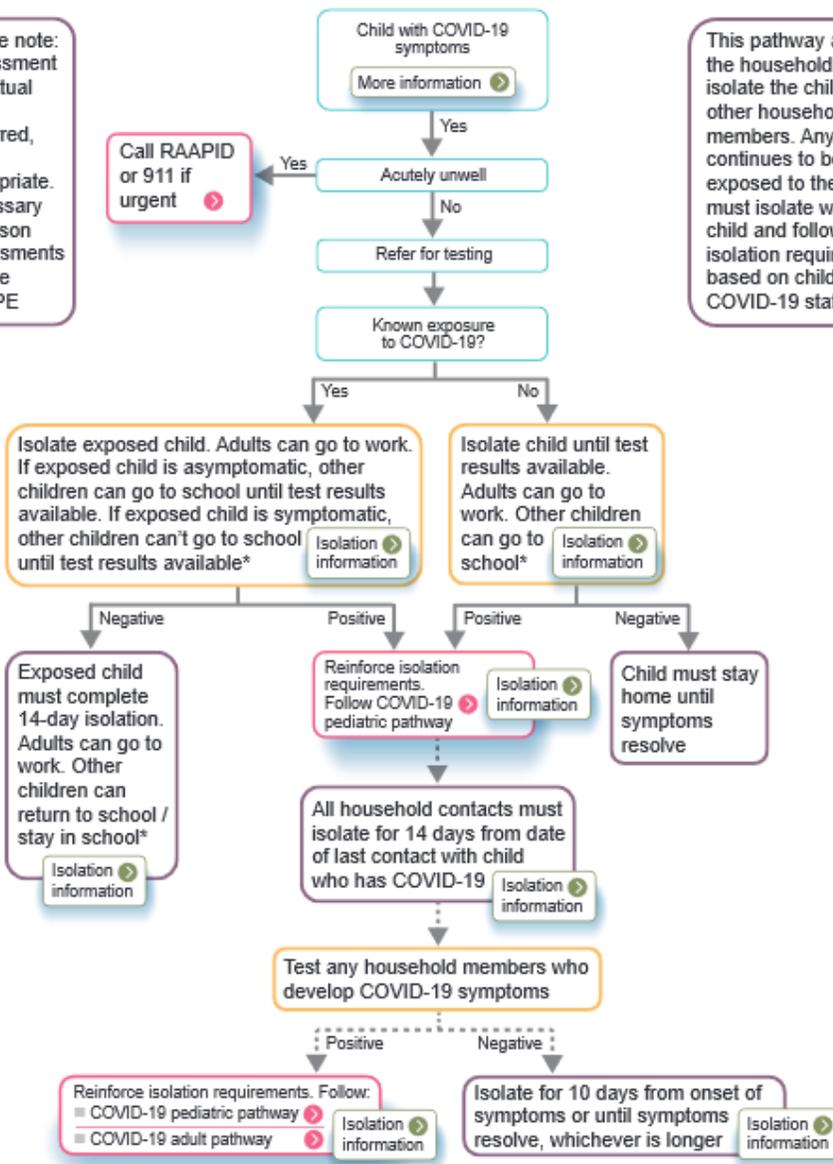
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Primary Care COVID-19 Pediatric Patient Management Pathway

Please note: Assessment via virtual care preferred, when appropriate. Necessary in-person assessments require full PPE

This pathway assumes the household can isolate the child from other household members. Anyone who continues to be exposed to the child must isolate with the child and follow isolation requirements based on child's COVID-19 status



*Subject to employment, education policies and procedures



Pediatric pathway

Adult pathway

ahs.ca/covidphc

Updated: Aug. 24, 2020
Page 1 of 1

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Additional Resources

City of Edmonton Facilities Guidelines:

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

Hockey Canada Return to Play Guidelines: https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

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