

SWZ COVID-19 Guidelines-Players

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. There are **NO spectators** allowed at this phase of the relaunch.

Prior to a Practice or a Game

1. Players and parents must be aware of safety protocols prior to arriving at the event (dryland, practice).
2. All players are required to wear their masks in the dressing room, 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 after they remove their helmet.
3. 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.
4. Players are required to have their own personal equipment required for the game or practice, including a clean, filled water bottle. The sharing of equipment is not permitted under any circumstances, this includes items such as neck protectors, elbow pads, helmets, etc. Players not having their own required equipment will not be permitted on the ice.

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>

5. Every athlete must fill out the “My Health Check” on Team Snap prior to arriving at the arena. Any player 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.

Before Practices at the Arena

1. Players should hand sanitize when coming into and leaving the dressing room.
2. Players must be wearing a mask in all areas of the arena outside of the dressing room.
3. Players will have limited access to the dressing room and should dress prior to coming to the arena. When in the dressing room, players must maintain a 3m distance.
4. All players should have their own, filled water bottle.
5. Players must have their own personal equipment required for the practice
6. Sunflower seeds, gum, chewing tobacco, candy or spitting of any kind are not allowed in the dressing room.

During the Practice

1. All players must use their own water bottles.
2. No gum, spitting or spitting out water on the bench.

After the Practice

1. Players must leave the dressing room/arena in a timely manner. For City of Edmonton arenas this is within 15 minutes of the end of the time slot.
2. The bench and dressing rooms are to be left clean and tidy
3. Players are required to wear their masks in the dressing room and when they are leaving the arena.
4. Players are not allowed to shower at the arena.
5. Hand sanitize before leaving the dressing room.

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

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 player tests positive for COVID-19, that player is 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.

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>

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

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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