

## SWZ COVID-19 Guidelines-Coaches, Assistant Coaches and Managers

**Updated: September 5, 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 encouraged that coaches, assistant coaches and managers keep up to date on the latest COVID-19 guidelines.

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

- There will be players, coaches and volunteers who are not fully vaccinated yet.
- Hockey requires attendance in crowded indoor spaces.
- Hockey Alberta, Hockey Edmonton and the City of Edmonton have mandated that masks be worn in the arena and in certain situations, on the ice (see Masking Guidelines).
- Practice physical distancing of 3m when possible.

### **Masking Requirements at ALL hockey related activities**

Please note these requirements and recommendations are in effect regardless of vaccination status. The following requirements are for Hockey Edmonton players, coaches, officials and volunteers in any arena inside or outside Edmonton:

**PLAYERS** – Players are required to wear masks upon entering any arena and in the dressing room area. Players should remove their masks only immediately prior to putting on their helmets and entering onto the ice surface.

**COACHES & BENCH STAFF** – Coaches and team staff are required to wear masks entering those facilities and in the dressing room areas and on the players' benches. Coaches are permitted on the ice without a mask when distancing from players but must wear a mask on the ice when in close contact (inside 2 meters) of a player, coach and/or official.

**VOLUNTEERS** – Volunteers and minor officials are required to wear a mask when entering the facility and around the playing area, such as the timekeeper/penalty box area, and when in close contact with any player, coach or official.

**OFFICIALS** – Officials are required to wear a mask upon entering the arenas and in the dressing room areas. Officials should remove their masks only immediately prior to putting on their helmet and entering onto the ice surface.

**PARENTS/FANS** – Masks are required in the dressing room areas, players' benches, penalty boxes and timekeeper's box. In other areas of the facility, spectators must follow the protocols laid out in the individual facility.

**OUT OF TOWN TRAVEL** – If bus travel is required to a game outside of Edmonton, all people on the bus are required to wear masks.

### **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. Arrival times should be strictly adhered to in order to limit the potential interaction with other cohorts. 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. 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>
5. Players are required to have their own personal equipment required for the game or practice, including a clean, filled water bottle.

### **Before Dryland/Practices/Games at the Arena**

1. All participants must hand sanitize when coming into and leaving the dressing room.
2. Access to dressing rooms will be limited during this phase. Players are encouraged to dress at
3. All players and coaches must have their own, filled water bottle.
4. Players have their own personal equipment required for the practice
5. Encourage players NOT to touch their face.
6. No food or spitting of any kind are not allowed in the dressing room
7. Have a fully stocked first aid kit on the bench with a supply of personal protective equipment (including masks and gloves).

### **During Dryland/Practice/Game**

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.

## **After the Practice**

1. Players/coaches leave the dressing room and arena in a timely manner.
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. Hand sanitize before leaving the dressing room.
5. Shared equipment must be disinfected and stored appropriately.

## **For additional information on guidelines related to COVID-19 and hockey please read:**

Hockey Canada: [Return to Hockey | Safety & Protocols \(hockeycanada.ca\)](#)

Hockey Alberta: [Return to Hockey | Hockey Alberta](#)

Hockey Edmonton: [Hockey Edmonton : Website by RAMP InterActive](#)

Government of Alberta: [COVID-19 public health actions | Alberta.ca](#)

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>