

SWZ COVID-19 Guidelines-Players

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 encourage that players and parents 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.

Prior to coming to the arena

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. 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 when 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 when possible.
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 Dryland/Practices/Games

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.
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. Hand sanitize before leaving the dressing room.

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

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