



SYLVAN LAKE MINOR HOCKEY ASSOCIATION

RETURN TO HOCKEY PLAN

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Message from the Board of Directors

In response to the Hockey Alberta's Return to Hockey Plan that was released on June 30, 2020 (and all subsequent revisions including the most recent release on October 2, 2020 and COVID-19 updates/FAQ up to November 20, 2020) that incorporates the current requirements outlined in stage two of the Government of Alberta's Relaunch Plan, Sylvan Lake Minor Hockey Association has prepared a return to hockey plan for all our members during the COVID-19 pandemic.

Sylvan Lake Minor Hockey Association, in consideration of rules set out by Hockey Canada, Hockey Alberta, Alberta Health Services, and the Town of Sylvan Lake, have created a plan to safely allow our players back on the ice as soon as possible. As we continue operating under the direction of Alberta Health Services and Hockey Alberta, our goal is to provide an experience as much as normal, and as is possible within the restrictions provided.

This plan is subject to change and will change based on orders from the Chief Medical Officer, the Province of Alberta, the Town of Sylvan Lake and Hockey Alberta.

This plan relies heavily on the honesty and integrity of our association, players and families, and a commitment by all participants to abide by the rules of the plan. If members do not respect these rules, SLMHA has the right to pursue disciplinary action and suspend or revoke an individuals' registration.

Sylvan Lake Minor Hockey Association encourages all participants to review the links to documents in the appendix of this document from the Hockey Alberta Return to Hockey Plan, specifically relating to Roles & Responsibilities, as well as Hockey Canada and Hockey Alberta sanctioning guidelines.

Board of Directors
Sylvan Lake Minor Hockey Association

Return to Hockey Plan

Rules	SLMHA Responsibilities and Response	Authority
PREVENTING SPREAD		
Monitoring relevant updates and communicating to members	<p>SLMHA will track, monitor and communicate information released by Alberta's Chief Medical Officer, AHS, Hockey Alberta and the Town of Sylvan Lake.</p> <p>Cohort monitoring will be conducted by the designate on each Cohort and overseen by the Division Director.</p> <p>The Return to Hockey Plan and subsequent revisions, along with practices/procedures to mitigate risk will be communicated to every family and stakeholder.</p> <p>Each player family, coach and participant are encouraged to download the Alberta & Federal contact-tracing App to assist in the event of an outbreak.</p>	AHS Hockey Alberta Town of Sylvan Lake
Minimizing contact to reduce spread	<p>Players, participants, coaches, and families have a responsibility to stay home if they are feeling unwell or experiencing any symptoms, and follow AHS guidelines for testing and isolation.</p> <p>Physical distancing of 2 metres or more remains an integral part of the Government of Alberta's Relaunch Plan.</p> <p>All players must have their own sanitized water bottle that is clearly labelled by the player for individual use. Access to water bottle fill stations remain throughout the NexSource Centre, but access to water fountains are closed.</p> <p>Pre/post game handshakes, high fives or any other celebratory activities are not permitted between participants or officials.</p> <p>All players and participants are to have their own equipment to minimize any sharing. Goalie equipment that is shared within a Cohort is required to be sanitized between individual use and sit for 72 hours between player use.</p> <p>Off-ice officials must maintain 2 metres of physical distancing or wear a mask. Timekeepers must wear a mask.</p> <p>On-ice officials are to stand 2 metres from players benches and Timekeeper's box/off-ice officials when reporting penalties, and significantly limit their physical presence around players between play. Contact will only be made</p>	AHS Hockey Alberta Town of Sylvan Lake

Rules	SLMHA Responsibilities and Response	Authority
	<p>with a player(s) when necessary, and sanitized after each contact. On-ice officials not in a Cohort or are unable to physically distance 2 metres are required to wear a mask.</p> <p>In the event SLMHA is notified by a participant within a Cohort of a positive COVID-19 testing result, SLMHA will temporarily suspend that Cohort's scheduled ice sessions until AHS provides additional guidance.</p>	
Sanitizing and Hygiene	<p>All players, participants, coaches and spectators are to utilize the sanitizing stations located at the north and south entrance doors upon entry and exit to the NexSource Centre.</p> <p>Everyone is encouraged to wash or disinfect their hands regularly and to avoid touching their eyes, nose or mouth.</p> <p>Equipment such as jerseys, socks, and pant shells should be washed after each ice session. Equipment that cannot be regularly laundered should be wiped down after each use. Goalie equipment that is shared within a Cohort is required to be sanitized between use and sit for 72 hours between player use. All equipment handled by hand during play will be cleaned between use.</p> <p>Off-ice officials are to wipe down Timekeepers box touch points, handles, equipment, score clocks and benches after each game.</p> <p>With the exception of individual water bottles, food and drink is not permitted in the dressing rooms.</p> <p>Spitting or release of any bodily fluid within the facility is NOT permitted.</p> <p>First aid kits that are readily available, will be equipped with masks and gloves.</p>	AHS Hockey Alberta Hockey Canada Town of Sylvan Lake
COHORT		
In stage two of Alberta's Relaunch Strategy, 50 person mini-leagues/Cohorts can be formed for sports that involve participant interaction at less than 2 metres. Each Cohort can be comprised of groups of teams consisting of a maximum of 50 total people.	<p>Th 50-person maximum includes any coach/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.</p> <p>Coaches, staff and officials who interact at a distance of 2 metres or greater do not need to be counted as part of the Cohort. These individuals are required to wear a mask and practice hygiene if it becomes necessary to temporarily interact with Cohort participants at a distance of less than 2 metres.</p>	AHS Hockey Alberta Hockey Canada

Rules	SLMHA Responsibilities and Response	Authority
	<p>SLMHA will create Cohorts within each division, and may vary depending on age, registration and skill level. Each division director will provide guidance on the formation of Cohorts.</p> <p>Cohorts should always include only the same people. If an individual or team member changes Cohorts, they should not participate in a new Cohort activity for 14-days.</p> <p>If a Cohort comes to completion during this stage, a new Cohort may be formed if there is a 14-day period between the completion of the old Cohort, and the start of a new Cohort.</p> <p>If a player participates in a tryout/camp that whereby physical distancing was not maintained, the player must wait 14-days before joining a Cohort with SLMHA; however are permitted to participate in physical distancing activities during that time.</p> <p>Groups of players/teams in different Cohorts cannot play with or against each other.</p>	
A screening checklist must be completed for all players. Cohorts must maintain a contact tracing log	<p>Designates within each Cohort will be identified by SLMHA to oversee appropriate participant records for contact tracing is conducted and maintained for each ice session.</p> <p>Participants are required to complete the screening questions through the 'My Health Check' add-on via TeamSnap up to 8 hours prior to each ice session. Players will not be permitted access to the field of play if a screening checklist has not been completed for that session. If a participant can answer 'yes' to any of the questions, they are not to attend and should follow AHS guidelines for testing and isolation requirements.</p> <p>SLMHA will retain all participant roster records for a period no less than 30 days should AHS identify a positive test result and contact tracing is necessary.</p>	AHS Hockey Alberta Town of Sylvan Lake
DEVELOPMENT SEASON		
Sorting players into similar skill level groupings	<p>SLMHA will offer prep skates and utilize physical distancing skates to identify a group of players to bring into a Cohort.</p> <p>Skill development sessions and skills sorting/evaluations where physical distancing is required will have a maximum of 30 individuals total on the ice at any one time to accommodate physical distancing requirements.</p>	AHS Hockey Alberta

Rules	SLMHA Responsibilities and Response	Authority
Activities during the developmental season will be divided to focus on four components that play an important part to ensure a player has a successful season. These components include physical, technical, mental and life skills	Programming permitted by SLMHA in the development season include skills sessions, on-ice practices, off-ice training, intra-squad game play. Physical distancing programming will be used if an activity involves players/instructors or official from more than one group or team or if a Cohort has not yet been established.	AHS Hockey Alberta
Exhibition Play (Minor Hockey U11-U18)	Exhibition games series will be starting October 17. Exhibition game sanctions and travel permits will be issued. Exhibition series play can include pairs or groups of teams, to a maximum of 50 total people, playing only each other over the defined timeframe. Exhibition game play will be scheduled in series ensuring teams have the 14-day break from Cohort activity to reset. Intro to Hockey (U7-U9) is not permitted to change Cohorts during this phase.	AHS Hockey Alberta
No tournaments	Tournaments are prohibited during this phase of play and development, and sanctions will not be approved.	Hockey Alberta
MODIFIED COMPETITION SEASON		
Tiering Play (Minor Hockey U11-U18)	Tiering play within the league will start November 6 through to December 20, 2020. All teams will be engaged in 'Competition Cohorts' and exhibition games will not be permitted. Tiering play will be scheduled in series, including a pair/group of teams (Competition Cohort), playing each other multiple times over a defined timeframe. Travel permits and sanctions will be permitted and issued. Out of Province travel will not be permitted at this time. Teams are to have a 14-day break from Cohort activity prior to the start of tiering play. When new Competition Cohorts are assigned, teams will adhere to the mandatory 14-day break when scheduling to new pairs/groups. All visiting teams to the NexSource Centre are to be provided the 'Game Consideration Checklist' outlining facility guidelines when scheduling. Competition Cohorts cannot exceed 50 participants at any time, and no more than 50 persons are permitted on the field of play at a time.	AHS Hockey Alberta

Rules	SLMHA Responsibilities and Response	Authority
League Series Play (Minor Hockey U11-U18)	<p>League play is anticipated to start January 2021.</p> <p>Game play will be scheduled in series (Pods), assigning pairs or groups of teams to a 'Competition Cohort' and having them play each other multiple times over a defined timeframe to provide meaningful competition within a tiered division to play.</p> <p>Cohorts can be changed by taking a 14-day break from Cohort activity prior to new pairs or groups of teams being put in place to continue league play.</p> <p>All visiting teams to the NexSource Centre are to be provided the 'Game Consideration Checklist' outlining facility guidelines when scheduling.</p> <p>Travel permits and sanctions will be permitted and issued.</p> <p>Competition Cohorts cannot exceed 50 participants at any time, and no more than 50 persons are permitted on the field of play at a time.</p>	AHS Hockey Alberta
Modified Season (Intro to Hockey)	<p>Game play can begin on November 1, 2020 and will continue through for the remainder of the season to March 31, 2021.</p> <p>Teams will be paired or grouped to create competition Cohorts and the pairs or groups of teams will be scheduled to participate against each other for a defined timeframe.</p> <p>A 14-day break from Cohort activity is required prior to scheduling and playing games against any other group.</p> <p>All visiting teams to the NexSource Centre are to be provided the 'Game Consideration Checklist' outlining facility guidelines when scheduling.</p> <p>Travel permits and sanctions will be permitted and issued. Competition Cohorts cannot exceed 50 participants at any time, and no more than 50 persons are permitted on the field of play at a time.</p>	AHS Hockey Alberta
No tournaments	Tournaments are prohibited at this time and sanctions will not be approved.	
NEXSOURCE CENTRE		
Limiting over-crowding and physical distancing	<p>Players, participants and spectators are not to congregate, specifically around the arena glass and in main lobby. Barriers, signage and directives have been placed throughout the facility to discourage contact between persons.</p> <p>Players and spectators are to maintain a distance of 2 metres in all facility areas or mask use is required, with the exception of those in the same family or Cohort.</p>	AHS Town of Sylvan Lake

Rules	SLMHA Responsibilities and Response	Authority
	<p>SLMHA players are to enter their designated dressing room upon arrival to the NexSource Centre and wait there until directed access to the ice by a coach. Immediately after their ice session is over, players are to return to their dressing room to eliminate any congregation with the next group accessing dressing room/ice surface.</p> <p>The designated players entrance to Arena 2 is through the far south doors. Participants must adhere to capacity limits for each dressing room if physically distancing.</p> <p>Participants are not permitted to have early ice access from their assigned ice session.</p> <p>Access to NexSource Centre's Multipurpose rooms 2 & 3 will be made available to teams at a reduced rate for warm-ups based on availability.</p> <p>Paladin Security will be present throughout the NexSource Centre weekday from 5:00pm—9:00pm and weekends 2:00pm-6:00pm to remind participants, spectators and visitors about facility guideline/restrictions.</p> <p>SMLHA may post signage throughout the facility regarding provisions from our Return to Hockey Plan (and subsequent edits).</p> <p>Coaches are permitted to access equipment stored off Arena 1 for use on Arena 2 by using the back hallway.</p> <p>Parents/families waiting for a player to exit the arena are requested not to block the main throughfare and give plenty of clearance to other players/visitors at the NexSource Centre.</p>	
Access to Dressing/Change Rooms	<p>Players will be permitted access to their designated dressing room up to 30 minutes prior to their session. Players are expected to arrive dressed for their ice session as is reasonably acceptable for the duration of travel (minimum of base layer).</p> <p>Posted dressing room capacity restrictions are not applicable for Cohort groups or teams.</p> <p>If a participant in the dressing room is not part of a Cohort, physical distancing is required of 2 metres or more, or mask use is required.</p> <p>Dressing rooms are for players and coaches only. If younger players require assistance with equipment, one adult is permitted to accompany the player into the dressing room, however is requested to leave immediately after the</p>	AHS Hockey Alberta Town of Sylvan Lake

Rules	SLMHA Responsibilities and Response	Authority
	<p>player is ready. If 2 metre physical distancing is not attainable for a person assisting a player that is outside of the Cohort, mask use is required.</p> <p>Players are to wait in their dressing room until directed access to the ice by a coach.</p> <p>The public skating area in Arena 1 may be utilized for families to assist a younger player with tying skates/equipment adjustments if necessary. Mask use is required if a physical distance of 2 metres cannot be maintained from persons outside your immediate family.</p> <p>Players are encouraged to utilize washroom facilities prior to arriving at the NexSource Centre.</p> <p>Showers are available after a scheduled ice session for U11 divisions and higher.</p> <p>Hockey bags are encouraged to be left in the vehicle if possible, or immediately placed in their designated dressing room. Hockey bags are not permitted to be in any common area within the NexSource Centre.</p> <p>Occupancy capacity in dressing rooms if physically distancing is required are as follows (capacity limits do not apply to Cohorts):</p> <ul style="list-style-type: none"> • Arena 1: each dressing room has a maximum capacity of 12 persons • Arena 2: Dressing rooms 1 & 2 are limited to 10 persons; Dressing room 3 is limited to 12 persons; and Dressing rooms 4, 5 & 6 are limited to 14 people each. 	
Spectator access is limited	<p>Spectators includes parents, siblings, supervising adults, and general public.</p> <p>For Arena 2, spectators are required to use the designated entrance through the doors opposite the reception desk, and a maximum of 100 people are permitted in the upper viewing area.</p> <p>In Arena 1, seating is only permitted in the identified zones in the upper viewing area.</p> <p>The Viewpoint Lounge that overlooks Arena 2 & the Curling Rink has a maximum capacity of 50 people.</p> <p>Participants and spectators are not permitted to stand around the arena glass.</p> <p>Spectators are to be mindful of physically distancing with any persons travelling on the stairs.</p>	AHS Town of Sylvan Lake

Rules	SLMHA Responsibilities and Response	Authority
	<p>Spectators are not permitted access in any area deemed field of play- this includes dressing rooms, benches, ice surfaces and facility courts/equipment. Spectators are required to physical distance unless they are from the same household or Cohort.</p> <p>Spectators are encouraged to wear masks and discouraged from cheering and yelling.</p> <p>Paladin Security will be present throughout the NexSource Centre weekday from 5:00pm—9:00pm and weekends 2:00pm-6:00pm to remind attendees about facility guideline/restrictions and discouraging both congregating and unnecessary movements.</p> <p>All ice sessions within the NexSource Centre are live video streamed through 'Live Barn' and extended family/friends are invited to view game play and practices sessions remotely.</p> <p>When game play commences, consideration for the visiting team must be given. SLMHA expects that half the permitted capacity for spectators (50 people) be allocated for each the home team and visiting team as not to exceed 100 total spectators.</p>	

Rapid Response Plan

If a player/participant begins to feel unwell, they are required to advise a coach/senior member of the team or safety person immediately. The individual caring for the unwell player/participant is to immediately perform proper hand hygiene and put on a mask. The unwell individual is then to receive a mask to wear, as well as any persons directly caring for the unwell player/participant and be directed 2 metres or more from others. Parents or adult guardians are to leave the facility immediately with the unwell player/participant (or the individual is to drive themselves home if well enough to drive and properly licensed). If the player/participant is unable to immediately leave the facility, a location they can isolate 2 metres or more from others will be identified and they will remain there until safe transportation has arrived. Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic player/participant will be done by the facility staff.

The unwell player/participant is to stay home to self-isolate for 14-days after the onset of symptoms or until symptoms have resolved. Players exhibiting symptoms of COVID-19 are encouraged to be tested and self-isolate. SLMHA will require documentation from either the player/participant's family physician or AHS before being permitted to return to play.

Frequently Asked Questions

COVID-19

What do I do if my child is identified as a Close-Contact of someone testing positive to COVID-19?

If you have been identified as a close-contact by someone that has tested positive to COVID-19, refer to AHS guidelines <https://www.albertahealthservices.ca/topics/Page17221.aspx> or 8-1-1 for isolation requirements, symptoms, testing and what measures should be taken at that time.

What do I do if my child tests positive for COVID-19?

Keep your child home and isolate. AHS guidelines indicate that you are to complete the Contact Tracing Notification Process from their website <https://www.albertahealthservices.ca/topics/Page17199.aspx>. It is imperative to maintain ongoing communication with AHS and your physician. Refer to the Hockey Canada Flowchart and AHS guidelines for isolation requirements.

What if a member of our household tests positive for COVID-19?

The player and those in their household will be required to isolate and follow all AHS guidelines as indicated on their website <https://www.albertahealthservices.ca/topics/Page17199.aspx>. It is imperative to maintain communication with AHS and your physician. Refer to the Hockey Canada Flowchart and AHS guidelines for isolation requirements.

If an individual tests positive for COVID-19 on a player's team, will the team be permitted to continue to play?

If there is a positive test result for COVID-19 on a team or within a Cohort, 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. SLMHA will work collaboratively with AHS when necessary to provide participation records only when required to determine contact tracing and potential isolation requirements.

In circumstances where SLMHA is notified directly by a participant from a Cohort of a positive COVID-19 testing result, SLMHA may temporarily suspend scheduled ice sessions for that player's Cohort until further guidance is obtained by AHS. SLMHA maintains all members privacy and specifics will only be shared with AHS.

What if a player is sick, but does not have COVID-19?

In accordance with AHS guidelines, if a participant is feeling unwell, they are to stay home. If a player has secondary symptoms as defined by AHS, they are permitted to return to hockey once they no longer have symptoms. If a player has COVID-19 symptoms (fever, cough, shortness of breath/difficulty breathing, runny nose or sore throat), they are required to isolate and be tested. If testing is negative for COVID-19, they are permitted to return to hockey once they no longer have symptoms.

What if a player, participant or coach feels ill while on the ice or at the NexSource Centre?

If a player/participant begins to feel unwell, they are required to advise a coach/senior member of the team or safety person immediately. The individual caring for the unwell player/participant is to immediately perform proper hand hygiene and put on a mask. The unwell individual is then to receive a mask to wear, as well as any persons directly caring for the unwell player/participant and be directed 2 metres or more from others. Parents or adult guardians are to leave the facility immediately with the

unwell player/participant (or the individual is to drive themselves home if well enough to drive and properly licensed). If the player/participant is unable to immediately leave the facility, a location they can isolate 2 metres or more from others will be identified and they will remain there until safe transportation has arrived. Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic player/participant will be done by the facility staff.

Provided the Rapid Response Plan is followed, there is no need to cancel or post-pone the activity/session in the event an individual becomes sick. Each Cohort will be maintaining appropriate tracing records should SLMHA be required to assist public health officials if the sick individual later tests positive for COVID-19.

What if we don't complete the Health Check via TeamSnap before the start of every ice session?

A player may be denied access to the ice surface by a Coach or team official until the Health Check via TeamSnap is conducted and they are cleared to participate.

Cohorts

Can I be part of a Cohort for tryouts and then join another Cohort before the 14-day period lapses?

If a player participated in a tryout or skate that maintained physical distancing, there is no requirement to wait 14-days prior to joining a Cohort with SLMHA. If a player participated in a tryout with another team where physical distancing was not maintained, the player must wait 14-days before joining a Cohort with SLMHA. Physically distanced activities with the team are permitted during these 14 days.

Will a Cohort operate as a team?

Cohorts are intended to act as a temporary grouping until AHS restrictions are loosened. However, in some divisions, the Cohorts may make up a team(s), group of teams or combination of similar skilled players.

Can a player be on two separate Cohort teams?

AHS guidelines indicate that individuals should limit the number of Cohorts to which they belong.

How can we leave our Cohort to join a new one?

For an individual or team to join a new Cohort, s/he should not participate in activity in the new Cohort for 14-days.

Can a coach be part of more than one Cohort?

Instructors, coaches and parent helper that are part of an established Cohort, are recommended to maintain physical distancing of 2 metres or wear a mask when engaging with any other team. Mask use in the dressing rooms will be required if they are not part of the Cohort.

Can two separate Cohorts participate in half ice practices simultaneously?

Yes, as long as a physical barrier (hard boards or dividers) are used to separate the two Cohorts and processes are in place to ensure no interactions between the two Cohorts while entering/exiting the surface. The total amount of participants on the ice cannot exceed 50 people.

Hockey Season

How long is the development season? When will it be anticipated for the regular season to start?

The timing for our regular season is subject to Hockey Alberta's timelines and AHS public health orders. Hockey Alberta has designated the development season through to November 5 for Minor Hockey and October 31 for Intro to Hockey. A modified competition season with restricted Cohort game play will then start. When the Government of Alberta guidelines allow, the traditional hockey season model will be eligible return.

Will there be placement skates or evaluations?

Prep skates and placement skates are now concluding and Cohorts are being created for all divisions. SLMHA will operate the development season (up to 50-person Cohort) as an in preparation for an anticipated modified competition season.

When will a full schedule be available?

With the fragmented allotted play in the upcoming months, anticipate that a Cohort's schedule will be released in short segments. The Intro to Hockey divisions' schedule will remain relatively consistent through to November when the modified competition season commences. Scheduling considering for exhibition games and tiering play must take into consideration 14-day breaks between Cohort activity.

When will games outside our association start?

For Minor Hockey divisions, exhibition games during the development season will begin on October 17 through to October 22. Team training will continue thereafter to November 6 and tiering play within leagues will start on November 6.

Are teams or Cohorts permitted to take buses to games?

Bus use is permitted, and any passengers on a bus that is not part of the Cohort must maintain 2 metre physical distancing from members of the Cohort and wear a mask when they are temporarily unable to do physically distance.

Other

Do we have to wear a mask at the NexSource Centre?

Although masks are not currently required in the Town of Sylvan Lake; participants and spectators are encouraged to wear masks when they are unable to maintain 2 metres of physical distancing. Spectators are encouraged to wear masks. Any person in a dressing room that is not part of a Cohort is required to wear a mask.

What actions may be taken if a member, player, coach, or family member contravenes any portion of the Return to Hockey Plan?

Due to the ability to inadvertently spread the virus and cause a full shut-down of our hockey season and the NexSource Centre, SLMHA has the right to pursue disciplinary actions depending on the severity and nature of the infraction. A specific infraction of the facility guidelines may result in the revocation of ability to attend the NexSource Centre.

The NexSource Centre will have security in the facility Monday-Friday from 5:00pm to 9:00pm and both Saturday/Sunday from 2:00pm – 5:00pm to ensure that all visitors, players and spectators are following the facility guidelines/restrictions.

This is a Zero-Tolerance Policy in order to protect the health and well-being of our players, coaches and spectators.

Game Consideration Checklist



SLMHA
SYLVAN LAKE MINOR HOCKEY ASSOCIATION

Facility Guidelines and Regulations while visiting the NexSource Centre in Sylvan Lake

November 4, 2020

Teams:

- Do not have to wear a mask into the facility where physical distancing can be maintained.
- Please keep loitering in the lobby to a minimum.
- No congregating on the arena floor outside the dressing rooms.
- There is no on-site therapy table or skate sharpening.
- Showers are available to use after an ice session for U11 divisions and higher.
- Players are expected to arrive dressed for their ice session as much as is reasonably acceptable for the duration of travel (minimum of base layer).
- Players and coaches are permitted access to dressing room 30 minutes before the scheduled ice time.
- For cohort groups, the dressing room limits do not apply.
- Dressing rooms are for players and coaches only.
- Parents are only allowed to access the dressing rooms to tie skates, however must physically distance or wear a mask.
- Players must remain in dressing rooms until directed access to the ice by a coach.
- Warmup space can be arranged at a reduce rate (based on availability) with the NexSource Centre in Multipurpose Room 2 or 3. Please contact the NexSource Centre in advance for booking arrangements 403-887-2199.
- We do have live video streaming through Live Barn.
- Bus drop off, loading and parking is located at the north entrance to our facility.

Spectators:

- Capacity is 100 people. Seating is available in arena 2 from the doors opposite the reception desk, Arena 1 seating is accessible through the sliding doors opposite the fireplace and seniors center.
- Arena 2 has a lounge that has a 50-person capacity.
- Masks are not mandatory unless physical distancing cannot be adhered to.
- Please keep loitering to a minimum.
- Concession is available from 9am – 9pm

Timekeepers:

- Must wear a mask.
- Must sanitize the time clock and microphone (if using it) before and after use.

Referees:

- Must have a mask for when physical distancing is not able to be done.
- Flex room and referee room is open for use.
- Penalty box is also open for use.

COVID-19 Alberta Health Daily Checklist

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

Overview

This tool has been developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should complete this checklist prior to participating in the activity or program. Children and youth may need a parent to assist them to complete this screening tool.

If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. *Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days per [CMOH Order 05-2020](#) unless they receive a negative COVID-19 test and are feeling better. Use the [AHS Online Assessment Tool](#) to determine if testing is recommended and follow information on [isolation requirements](#).

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

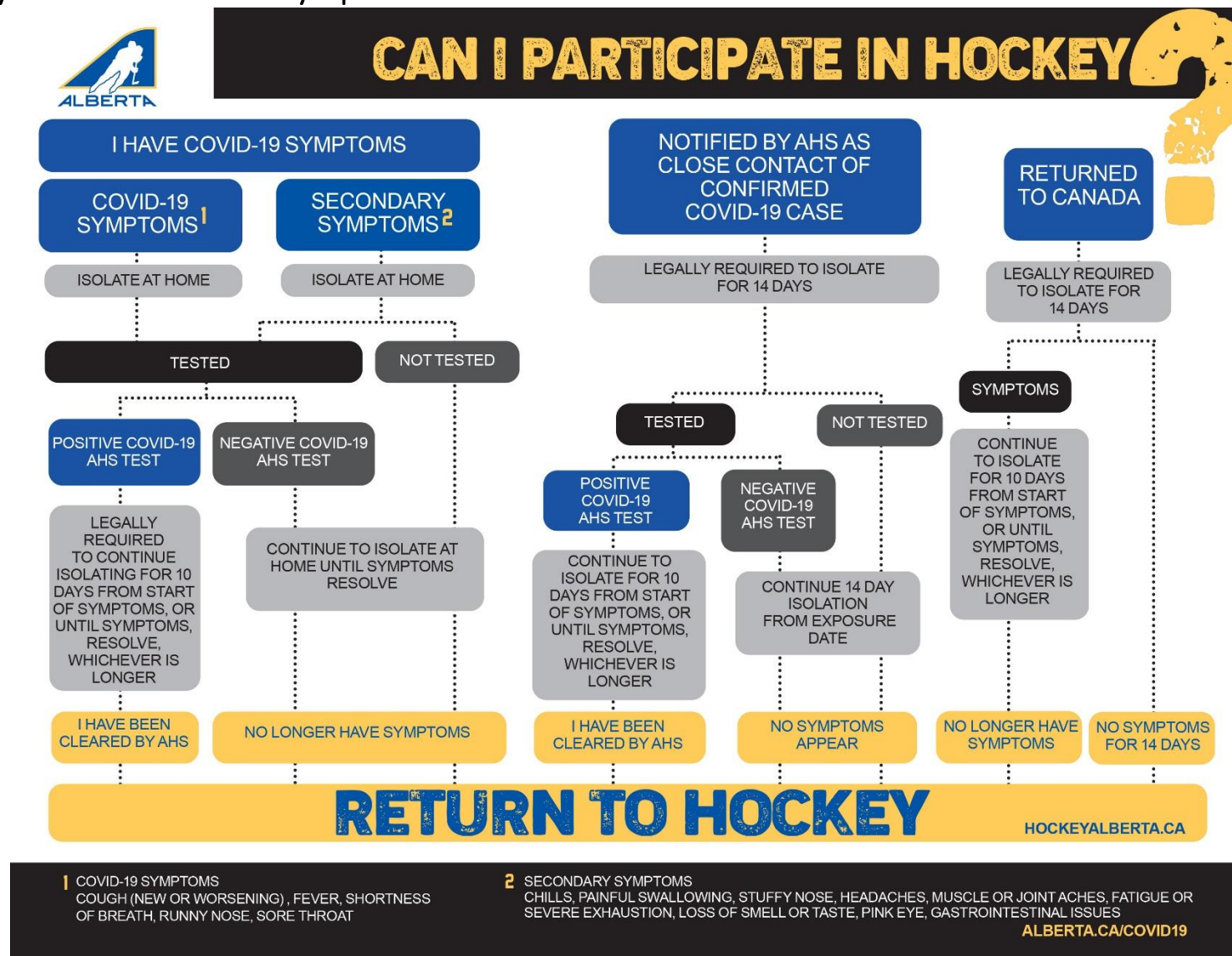
Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
	• <i>Fever*</i>	YES	NO
	• <i>Cough*</i>	YES	NO
	• <i>Shortness of breath / difficulty breathing*</i>	YES	NO
	• <i>Runny nose*</i>	YES	NO
	• <i>Sore throat*</i>	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days ¹ ?	YES	NO
3.	Has the attendee had close contact ² with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with an individual who has any one of the first 5 symptoms on this list (shaded) AND who is a close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

¹ Individuals legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada

² Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.

Hockey Alberta COVID-19 Symptom Chart



Appendix: References / Important Links

Hockey Alberta Return to Hockey Plan – UPDATED October 2, 2020 and subsequent updates

<https://www.hockeyalberta.ca/members/return-hockey/>

Hockey Canada Return to Hockey Information & Updates

<https://www.hockeycanada.ca/en-ca/exclusive/return-to-hockey>

Alberta Health Services COVID-19 Information for Albertans

https://www.alberta.ca/coronavirus-info-for-albertans.aspx?utm_source=google&utm_medium=sem&utm_campaign=Covid19&utm_term=beinformed&utm_content=v3&gclid=EAIaIQobChMI4eOBpa7R6wIVFRvnCh0xqQyYEAAYASAAEgLnVd_BwE

Canadian Government COVID-19 Updates

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Government of Alberta Guidance for Sport, Phase Two

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

AB Trace Together App

<https://www.alberta.ca/ab-trace-together.aspx>

COVID-19 Alberta Health Daily Checklist

<https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf>

Information for Close-Contacts of a COVID-19 Positive Case

<https://www.albertahealthservices.ca/topics/Page17221.aspx>

Town of Sylvan Lake COVID-19 Updates

<https://www.sylvanlake.ca/Modules/News/index.aspx?newsId=ace0255f-e128-4e4f-b908-427d174179b5>

Health Check – TeamSnap

<https://helpme.teamsnap.com/article/1501-health-check>

Live Barn (Live stream of NexSource Centre Ice surfaces)

<https://livebarn.com/>

Document Revision Log

Revision #	Date	Reason
Initial – 01	August 26, 2020	Initial Version
02	August 30, 2020	Authority for Cohort Guidelines, Rapid Response Plan, FAQ: Cohort, Player falling ill
03	September 5, 2020	Cohort Guidelines, Dressing Room/Capacity Restrictions, Physical Distancing for Pre/Skill Sorting Evaluations, Daily Screening Requirements, FAQ, Appendix Links
04	October 12, 2020	Modified Competitive Season, Cohort Guidelines for Exhibition and Tiering Play, Dressing room Requirements, FAQ, Game Consideration Checklist, Appendix Links
05	October 22, 2020	Town of Sylvan Lake Guidelines, Hockey Alberta Symptom Chart, COVID-19 Screening Questions, FAQ
06	November 4, 2020	Shower usage at NexSource, Facility Guidelines, Preventing Spread, FAQ
07	November 22, 2020	FAQ, References/Links, NesSource Centre Rules
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