



SYLVAN LAKE MINOR HOCKEY ASSOCIATION

GUIDELINES FOR WINTER 2021 DEVELOPMENT SESSIONS

RELEASED FEBRUARY 14, 2021

Table of Contents

Message from the Board of Directors	2
Guidelines for Winter 2021 Development Sessions	3
Rapid Response Plan	6
References / Important Links	7
Document Revision Log	8

Message from the Board of Directors

In response to Hockey Alberta's Information Bulletin released on February 6, 2021 (and all subsequent revisions, including Hockey's Path Forward released on February 12, 2021) that incorporates the current requirements outlined in A Path Forward by the Government of Alberta, Sylvan Lake Minor Hockey Association has prepared these guidelines for all participants in our Development Sessions offered in February & March of 2021 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 the Government of Alberta 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 Government 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 adhere to these rules and guidelines, it will result in a participant being removed from the program without warning.

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

Guidelines for Winter 2021 Development Sessions

Guidelines	
PREVENTING SPREAD	
Communication	SLMHA will track, monitor and communicate information released by all governing bodies. These guidelines and subsequent revisions, along with practices/procedures to mitigate risk will be communicated to every participant and stakeholder.
A COVID-19 screening checklist must be completed for all players	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. SLMHA will retain all participant roster records for 30 days should AHS request SLMHA provide contract tracing records.
Minimizing contact and maintaining physical distancing	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. Physical distancing of 2 metres or more is required around the arena and 3 metres or more both in the dressing room and on the ice surface for every person within the facility. All players must have their own sanitized water bottle that is clearly labelled by the player for individual use. Access is open to the water bottle fill station located on the west side of the ice surface for participant use. All players and participants are to have their own equipment to minimize any sharing.
Sanitizing and Hygiene	All participants, players and coaches are to utilize the sanitizing stations upon entry at the NexSource Centre. Everyone is encouraged to wash or disinfect their hands regularly and to avoid touching their eyes, nose or mouth. Any equipment handled by hand by coaches or participants will be cleaned between use. With the exception of individual water bottles, food and drink is not permitted in the dressing rooms. Spitting or release of any bodily fluid within the facility is NOT permitted. First aid kits that are readily available, will be equipped with masks and gloves.

Guidelines

NEXSOURCE CENTRE

Facility Rules

The NexSource Centre is currently closed to the public.
Spectators are not permitted in the facility or arena.
Every person entering the arena must wear a face covering.
All participants accessing Arena 2 are to enter the arena through the South East main entry door. The designated exit is one of the doors on the south side of Arena 2 under the bleachers. Participants are expected to arrive mostly dressed in gear within reason no more than 10 minutes prior to their scheduled ice session, and are to immediately access their designated dressing room. There will be one designated parent per group who will monitor the arena and assist with a player's equipment needs.
U9/U11 – If you have skate guards, enter the arena with your skates tied.
Hand sanitizer is provided, and all participants are to utilize upon arrival.
Coaches are permitted to access equipment stored off Arena 1 for use on Arena 2 by using the back hallway.
Parents/Guardians are not permitted access within the arena, they are to wait outdoors the NexSource Centre for their player/participant(s). Persons waiting outside are not to congregate and maintain a physically distancing of 2 metres or more.

Access to Dressing/Change Rooms

Players will be permitted access to their designated dressing room 10 minutes prior to their session. Players are expected to arrive dressed for their ice session as is reasonably acceptable. Dressing rooms will have a maximum of 9 players at any time.
Physically distancing of 3 metres is required at all times within the dressing rooms.
All participants must wear a face covering in the dressing room, players are only permitted to remove their face covering when placing on their helmet to access the ice surface. Immediately after removing a helmet, a face covering must be reapplied.
Players will be directed out of the dressing room by the coach and lined up a minimum of 2 metres apart in an area that will give adequate space for the group leaving the ice surface. Coaches will advise when players may access the ice surface.
Participants are encouraged to utilize washroom facilities prior to arriving at the NexSource Centre, however the washrooms located along the west side of the ice surface are available for use.
Shower use is not permitted.

Guidelines

DEVELOPMENT SESSIONS

A maximum of 9 players will be grouped in similar skill groups

The development sessions scheduled for February & March of 2021 require that physical distancing of 3 metres or more is to be maintained by every participant on the ice. A maximum of two groups will be permitted onto the ice surface for any session and will have a physically barrier separating the groups' on-ice activities.

A maximum of 10 total participants, including all coaches and players are permitted in a group. Groups must remain at least 3 metres apart from any other group that is access the same ice surface.

Coaches are permitted to enter physical distancing space only for brief interactions with players (instruction or correction).

Coaches are encouraged to use equipment (pylons, markings, etc.) to ensure physical distancing is maintained.

Rapid Response Plan

If a player/participant begins to feel unwell, they are required to advise a coach immediately. The individual caring for the unwell player/participant is to immediately perform proper hand hygiene and put on a face covering. The unwell individual is then to receive a face covering to wear, as well as any persons directly caring for the unwell player/participant and be directed 3 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 3 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 follow all AHS guidance for isolating and testing.

References / Important Links

Hockey Alberta – Hockey’s Path Forward released February 12, 2021 (and subsequent updates)
[https://www.hockeyalberta.ca/uploads/source/Return To Hockey/RTH - Hockeys Path Forward - Feb12.pdf](https://www.hockeyalberta.ca/uploads/source/Return%20To%20Hockey/RTH%20-%20Hockey's%20Path%20Forward%20-%20Feb12.pdf)

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>

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

Government of Alberta – A Path Forward
https://www.alberta.ca/enhanced-public-health-measures.aspx?utm_source=google&utm_medium=sem&utm_campaign=Covid19&utm_term=newmeasures&utm_content=dec8v2&gclid=CjwKCAiAjp6BBhAIEiwAkO9Wutt1jTUi22cmR7Ps3w39ozLZPEh_i7KIGKXrgtgnsn-y9zqiFZrrGxoC0QcQAvD_BwE#PathForward

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/9000840d-63c4-41b4-9ec1-db5c09b9051e/download/covid-19-information-alberta-health-daily-checklist-2020-12.pdf>

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	February 14, 2021	Initial Version
02		
03		
04		
05		
06		
07		
08		
09		
10		
11		
12		
13		