

# Coaldale Minor Hockey Association

## Covid-19 Response



Return To Play Guidelines  
2020-2021  
(updated September 17, 2020)



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# Mission Statement and Core Values

## Mission Statement

The purpose of the Coaldale Minor Hockey Association is to organize and promote the game of hockey for the youth of Coaldale and surrounding areas. Through our membership and volunteers, we promote fair play and opportunity, teamwork, skill development and positive life skills in a safe and healthy environment.

## Core Values

- Commitment – to the game, teammates, and coaches
- Development – of both individual and team skills, of coaches, and officials
- Fun – hockey is a game, and first and foremost should be Fun
- Passion – to improve, for fair play and healthy and safe competition
- Respect – for the game, it's officials, and opponents

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# Purpose and Objective

Health and safety is the number one priority of the Coaldale Minor Hockey Associations Board of Directors as they have been thoughtfully planning what a return to hockey participation will look like.

This plan relies heavily on the honesty and integrity of associations, athletes and their families and a commitment by all participants to abide by the rules of the plan. Our return to play process has 3 Phases.

1. Sorting/Evaluation Phase– Cohorts will be formed based on the division your player is registered in.
2. Development Season Phase- Once players are sorted into 'Cohorts' they will now be able to practice and compete in 'Mini Games' with the other members of this Cohort. Players will not be permitted to play against teams or players outside of their cohort until government restrictions are lifted. This phase will begin when cohorts are formed in late September/early October for Division U9 up and November for U7.
3. Regular Season/Competition Season Phase – This is the final phase of our plan, and basically has 2 options, if all restrictions are lifted we will return to the 'traditional' Hockey program. If the restrictions are not removed, then following the winter holiday break (14-day isolation) CMHA will look at revising the cohorts and developing some inter-association play.

*Note - there may be a "transitional stage" between Phase 2 and 3, dependant on Hockey Alberta guidelines.*

We encourage all participants to review the following documents from the Hockey Alberta Return to Play Hockey Plan specifically relating to Roles and Responsibilities as well as Hockey Canada and Hockey Alberta sanctioning for events.

[Roles & Responsibilities](#)

[Hockey Canada Sanctioning Guidelines](#)

**Please note that this plan is subject to change at any time based on orders from the Chief Medical Officer, the Province of Alberta, the Town of Coaldale, Hockey Alberta, and The Central Alberta Hockey League.**

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# Protocols and Procedure

## CMHA's Responsibilities

Following are the requirements of CMHA as Facility User in these Modified Sports Program Rules:

1. To communicate to all participants regularly about the risk of COVID-19 and procedures that should be undertaken to mitigate risk. This will be done through Teamsnap by CMHA Administration.
2. To communicate the process of COVID check-in and tracing to all participants outlined in this document.
3. To maintain contact tracing history as outlined by Hockey Alberta
4. To liaise with the Town of Coaldale, CAHL, Hockey Alberta, Hockey Canada and Alberta Health Services with the priority of player and community safety.
5. Establish policies and protocols for CMHA Return to Play for all participants.

## Coaches and Managers Responsibilities

**Prior to each training session:**

1. All participants are expected to review the Town of Coaldale Arena Guidelines as they pertain to arrival times, dressing rooms, facility access, spectator recommendations, hygiene and capacity. Some key points to note...
  - a. No more than 50 individuals on the ice surface at a time
  - b. Spectators are permitted for all divisions. There is to be only 1 spectator per participant. Siblings are not welcome, however if a parent's only option is to bring siblings then they will be permitted and will need to stay with their parent in the spectator area. Siblings are not to be playing throughout the building and must remain in the bleacher area, this is non-negotiable.
  - c. Only players and coaches are permitted on the east side of the arena. In age division U7 a parent is permitted in the dressing room to assist with skates and helmet and then must return immediately to the bleacher area. The parent MUST wear a mask while assisting in the dressing room, unless they are a coach or manager of the team.
2. 8 hours prior to each session using Teamsnap Health, players and families are to complete the COVID-19 Alberta Health Daily Checklist ([COVID-19 Alberta Health](#)

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Daily Checklist). If any athlete or family member of the athlete is experiencing, or has experienced, any of the listed symptoms in the previous 14 days, they will not be permitted to participate in any events, training, etc. for the next 14 days, or until 14 days after the last symptom, whichever is longer. This information will be held in confidence by the coach and communicated to the Association.

3. Remind athletes and their families of social distancing guidelines; the need to label all equipment; and gathering restrictions both on the ice, in the arena and the parking lot.
4. Disinfect all training equipment.
5. Instruct players to eat and use the washroom before they leave home.
6. Coaches should arrive at the rink no sooner than 15 minutes before all ice slots with players arriving no sooner than 10 minutes prior to their ice slots.
7. CMHA will ensure that all coaches, players and spectators are aware of the Town of Coaldale requirements to maintain appropriate physical distance from one another and recommend wearing a mask.
8. Only coaches and players are to be in the dressing room. For age divisions U9 to U18 NO parents or siblings will be permitted. Should a player need assistance with equipment a coach will be available to assist. For U7 only 1 parent will be permitted to assist with skates only. Then immediately leave the arena or go to the designated spectating area (bleachers).
9. Ice sessions and cohorts will be assigned dressing rooms to tie skates only. Participants must maintain physical distancing while not on the playing field. Goaltenders Exception- Goalies in the U11, U13, U15 and U18 must come as dressed as they possibly can and are permitted to use the dressing rooms to finish dressing in their gear.
10. Two coaches shall remain in each dressing room to ensure that all players follow the dressing room rules, including:
  - a. Players shall not move around the dressing room, or the facility, and shall remain in their designated spot in the dressing room.
  - b. Washrooms in the dressing rooms will be available. There will be no showering as the showers will remain closed.
  - c. Ensure players remain seated in the dressing room until the ice is ready for the players to move directly from the dressing room to the ice surface. Coaches shall have players leave the dressing room in an organized and socially-distanced manner, and proceed directly from the dressing room to the ice surface. There is to be no gathering outside the door to the rink prior to the zamboni leaving the ice surface.

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- d. To ensure all water bottles will be filled at home and be properly marked with the player's name so that they are easily identifiable. At no point will any personal equipment, including water bottles, be shared between players.
  - e. For divisions U7 and U9 player's helmets should include the name of the player on the front and back so that coaches can easily identify them. This increases the ability to communicate with the players all while maintaining proper physical distancing.

**During the training session:**

1. Upon arrival, all participants (players, coaches, officials, volunteers) must complete, and be recorded on, the Hockey Alberta Contact Tracing Form ( [https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_3-Contact\\_Tracing\\_Form.xlsx](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_3-Contact_Tracing_Form.xlsx) ) This will be done on Teamsnap Health. As of today, this will be the responsibility of the coach/event leader or designated volunteer to ensure players have completed this before being permitted into the arena. This is of paramount importance and will need to be made available to CMHA, Hockey Alberta or AHS within 12 hours of request. If this is not completed through teamsnap then the coach/event leader or designated volunteer must email completed form the night the session took place.
2. Set up all training equipment and sanitize as needed.
3. Set up hand sanitizing stations for participant use before, during and after training if not provided by the Arena facility. The town of Coaldale will provide hand sanitizing stations.
4. Any person not part of the cohort will be asked to wear a mask while in the same area of the cohort (i.e dressing rooms, surface of play). This is the case for any parent/coach/volunteer that is not part of the cohort. If a coach/parent/volunteer is part of the cohort they are not required to wear a mask. PPE must be worn if social distancing cannot be maintained (eg. looking after an injured player). PPE is only acceptable if in a situation in which social distancing cannot be maintained. Do not use PPE to allow participants to break social distancing rules during the sessions.
5. Each cohort will have their own equipment to be used (pucks, pylons, etc..). This should be sanitized before and after each session. For shared equipment between cohorts the coach/event leader or designated volunteer must sanitize any and all equipment before and after use.
6. Ensure athletes are not touching their face during activity.
7. During ice sessions, coaches will:

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- a. Ensure that instructional “board time” is minimized and done in a physically distanced manner.
  - b. Ensure players do not remove gloves to touch or pick up pucks.
  - c. Ensure players do not participate in any close contact celebrations.
  - d. Ensure that players use the designated spots on the boards for water bottles and maintain proper distancing while sitting or standing in the player bench area.
  - e. Absolutely no spitting or clearing of nasal passages at ANY time.

#### **After the training session:**

1. Coaches should ensure that players remove their skates if required (i.e. snow and ice outside) and helmet and leave the facility within 10 minutes following the end of their session.
2. Ensure athletes have retrieved all their personal equipment. (Water bottles, etc.)
3. Do not touch another participant’s equipment unless you are in the same household.
4. Ensure athletes and coaches wash or sanitize hands again.
5. Sanitize all training equipment, including team pucks and all commonly touched surfaces (e.g. locks). Sanitation equipment will be provided by CMHA.
6. No post-training meeting communication on the ice, in the arena or in the parking lot. Please communicate virtually using email, text, Team Snap or another form of electronic communication.
7. Coaches, or Event Managers, are to email a copy of the completed Hockey Alberta Contact Tracing Form to CMHA Administrator at cmhacobra@gmail.com. The subject line is to follow the format of “Tracing Form-Date(MM/DD/YY)-Time(24:00)-Facility”. For example, “Tracing Form-08/04/20-15:00-Arena”. This is required as soon as the event has been completed. CMHA will ensure that this record is maintained for a minimum of 30 days after the completion of the event before it is destroyed.

#### **Spectator Responsibilities:**

**As of September 17, 2020 Spectator will be permitted for all divisions. It is still required that there only be 1 spectator per participant. Siblings are discouraged from coming however if there is no other option siblings will be permitted. Siblings must be with their parents in the spectator area at all times, no exceptions.**

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1. All spectators and observers are recommended to wear masks when inside the Town of Coaldale facilities, and required to sit physically distanced from one another, (spread out 2 m apart across the entire bleacher area).
  2. Spectators are required to exit through the west end of the arena (old lobby area) and pick up their player outside at the east end of the arena.
  3. Out of respect for facility capacity limits, we encourage minimal spectators subject to family requirements. Spectators of CMHA and Hockey Alberta sanctioned events must maintain physical distancing with people who are not from the same household and adhere to the following:
    - a. Staggered approach to the facility
    - b. No yelling or cheering as this increases the risk of droplet transfer
    - c. No spitting (**There will be zero tolerance for any spitting, with discipline up to suspension from CMHA**)
    - d. Avoid touching your face.
    - e. Wash your hands frequently and/or use hand sanitizer often.
    - f. Disinfect clothes and equipment following attendance at a session.
    - g. Wipe frequently touched surfaces including cell phones, tablets etc.

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# Player Health and Safety

## COVID Check-In:

8 hours before each Ice Sessions Parents and Players are required to check in with Teamsnap Health and complete Health Screening questions. If any athlete or family member of the athlete is or has experienced any of the following symptoms in the previous 14 days, they will not be permitted to participate in any events, training etc. for the next 14 days or until 14 days after the last symptom, whichever is longer. This information will be held in confidence by the coach and manager:

Anyone exhibiting the following symptoms:

- Cough
- Fever
- Shortness of breath
- Runny nose
- Sore throat

\*not related to a pre-existing illness or health condition, are required to isolate for a minimum of 10 days (from start of symptoms) or until the symptoms resolve, whichever is longer.

If you choose to get a swab and your results are COVID-19 negative, (assuming you have not been in close contact with a COVID positive case), you are no longer required to isolate for the full 10 days, just stay home (as you have some other infection that can still be passed to others) until you are symptoms have resolved.

## What to do if a participant answers YES to any of the mandatory check in questions or begins to show symptoms during the training session?

The participant is immediately removed from the session and sent home as safely as possible. CMHA needs to be notified immediately (within 2 hours) following any participant being removed from any session. To do this, email both

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**cmhacobrapresident@gmail.com** and **cmhacobrasecretary@gmail.com**. The subject line is to follow the format of:

**"YES to COVID Questions-Name-Date(MM/DD/YY)-Time(24:00)-Facility"**. For example, **"YES to COVID Questions-John Smith-08/04/20-15:00-Arena"**.

**\*CMHA encourages participants to get a Covid test however this is not mandatory. The Participant will be not allowed to return to hockey until after a negative covid test and/or symptoms subside. If required CMHA will contact Hockey Alberta to facilitate the required AHS protocols under the contact tracing guidelines.**

**Please see the following workflow for a positive COVID-19 test in a hockey environment in regards to reporting to authorities and returning to play. [Positive COVID-19 Test in Hockey Environment](#)**

**\*Special Note for Players with Pre Existing Conditions\***

If your player suffers from any pre existing condition (i.e. asthma, allergies, etc..) your player will be required to provide a negative Covid-19 baseline test and a letter from your Doctor stating their symptoms, so as not to be removed from participating in sessions. If a player (with Doctor letter and negative Covid 19 baseline test) is experiencing any new or worsening symptoms from their baseline normal, they will NOT attend and follow the above protocol for Covid Check in.

If your player suffers from any pre existing condition (i.e. asthma, allergies, etc..) and does not have required paperwork and are experiencing any symptoms they will NOT be allowed to participate and will be asked to follow the above protocol for COVID 19-Check in.

**General Guidelines:**

Please follow the current measures as outlined in the COVID-19 info for Albertans website [COVID-19 info for Albertans | Alberta.ca](#), as well as the following:

1. Driving alone or with people they are living with (no carpooling).

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2. Staggered approach to the site e.g. physical distancing of 2 meters.
  3. Avoiding touching common surfaces while in public.
  4. Come straight to the Arena from home and go straight home.
  5. Practice good hygiene by:
    - a. Coughing into a sleeve.
    - b. Sneezing into a tissue.
    - c. Avoid touching your face.
    - d. Washing hands thoroughly and frequently with soap and water.
      - i. When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol.
    - e. Wash hands prior to and immediately following practice/ training, using the washroom, after handling equipment.
    - f. Sanitize your phones and devices often, leave them in the car or at home when possible.
    - g. Help each other with helpful reminders, this is new to everyone.

## Cohort Info from AHS for Sports Teams

### **Definition of Cohorts:**

A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 metres apart. A person in a cohort should have little to no close contact with people outside of the cohort. Keeping the same people together, rather than mixing and mingling, helps reduce the chance of getting sick, and makes it easier to track exposure if someone does get sick.

Under Stage 2, cohort types and sizes include:

1. core cohorts (families and households) – up to 15 people
2. childcare programs – up to 30 children and staff
3. sports teams – up to 50 players and coaching staff
4. performing groups – up to 50 cast members or performers

You should only belong to one core cohort. It is safest to limit the number of other cohorts you belong to reducing the risk of getting sick or spreading COVID-19.

### **Sport Team Specifics:**

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With modifications, team sports are permitted under Stage 2, including contact sports. Sports teams can play in region-only cohort groups of up to 50 players (including coaches). At this time for tiered hockey this means CMHA will be allowed to play within our own boundary/association.

If participating in, or organizing, a sports activity as part of a cohort group:

1. avoid travel outside of regions
2. tournaments and large events are prohibited
3. clean shared equipment regularly
4. maintain physical distancing when not in play (for example, players on the bench)
5. decrease/eliminate use of shared locker rooms

## Tournaments

Tournaments & Travel Permits (Hockey Alberta page 16)

1. Tournaments are NOT permitted during Phase 2 of the Alberta Government relaunch (Development Season)
2. No travel permits or tournament sanctions will be approved during this phase

## Game Play

League Play (Hockey Alberta page 17)

1. Traditional league play is NOT permitted
2. Mini Games are only permitted within your Cohort

## Refund Policy

The following is the Refund Policy for the 2020-2021 season as per the amendment from Aug 11, 2020 Board Meeting.

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A full refund (- \$30 Administrative fee) will be issued up until 11:59pm of September 10, 2020. If a player withdraws from CMHA between September 11, 2020 and midnight of December 31, 2020 they will receive 40% of their registration fees (-\$30 Administrative fee). If a player withdraws from CMHA anytime after January 1, 2021 no refund will be issued.

If the season is disrupted by AHS Guidelines due to the pandemic CMHA Board will revisit the refund policy.

## CMHA Specific Procedures

### **Practices Training Protocol:**

Physical distancing has been identified as one of the most effective strategies to prevent the spread of COVID-19. With that in mind the following are the minimum protocols that **MUST** be adhered to for team training/ practice:

#### **1. General Procedure**

##### **a. Before Practice:**

- i. All participants will wash their hands, use the bathroom before coming to training.
- ii. Players are to check in using the Teamsnap Health App.
- iii. Player equipment and clothing must be cleaned with disinfectant where appropriate and or washed prior to each session.
- iv. All participants will use hand sanitizer:
  1. At the beginning of all events.
  2. During all breaks prior to drinking water or touching any personal items.
  3. Prior to leaving the sessions.
- v. All participants are required to maintain at least 2 meters distance from each other and avoid person to person contact while not on the field of play (ice and bench).
- vi. Coaches may request the support of an assistant coach or parent to help with sanitizing or ensuring physical distancing is occurring throughout the session.

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**b. Arrival at Arena**

- i. Players are to arrive no sooner than 10 minutes before ice time
- ii. Players are permitted to bring a bag but must come dressed in their gear. Players are not permitted to dress in the dressing rooms. Exception for Goalies in U13, U15, U18.
- iii. Come dressed to the arena in all gear, (Skates/skate guards or in runners with all gear on minus skates). If skates with skate guards cannot be worn safely (i.e. snow on the ground) then come with everything on but skates and coaches will assist players with this.
- iv. Players enter at the main entrance to the arena and check in with the Manager at the door. Spectators are to proceed to the bleacher area and sit in the specified bleacher section, Spectators will not be permitted on the East side of the arena (i.e. dressing rooms) for divisions U9 and Up. U7 will be permitted one adult to escort them to the dressing room and help with skates but must wear a mask if part of the cohort.
- v. Players are to proceed directly to the assigned dressing room while maintaining physical distancing and sit in marked areas until ice is ready. Coaches will escort players to the ice surface.

**c. During Session**

- i. NO SHARING OF ANY OF THE FOLLOWING:
  - 1. Sticks, gloves, water bottles or any other personal equipment.
- ii. NO SPITTING. **(There will be zero tolerance for any spitting, with discipline up to suspension from CMHA)**
- iii. Participants will avoid touching the face.
- iv. All participants will be expected to follow the social distancing rules put in place by the Town of Coaldale.
- v. No unnecessary physical contact e.g. high fives.
- vi. Nonessential activities that require close contact between individuals will not be permitted.
- vii. Gear, equipment etc. must be sanitized prior to each use. This will be the responsibility of the Coach/Event Leader or a designated volunteer.

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#### **d. Leaving Arena**

- i. The Players will exit the building on the east end of the arena (exit doors closets to the assigned dressing rooms). This will be the designated pick up area.
- ii. Coaches will escort players to dressing rooms. Players will remove skates, helmet and gloves only.
- iii. Players will exit the closest exit door to their dressing room. Parents are to come to the exit door and pick up their child.
- iv. Participants will be released to their parent/approved pick up person.
- v. All commonly touched surfaces will be disinfected after each session by Arena Staff.

#### **2. Spectators**

- a. All divisions will be allowed spectators. It is required that each participant have 1 spectator. Siblings are discouraged from coming however if there is no alternative siblings can attend but must be with their parent and sitting in the spectator area.
- b. All spectators and observers are required to sit physically distanced from one another, (spread out 2 m apart across the entire bleacher area) and are recommended to wear a mask.
- c. Spectator are required to throw any garbage they bring in (i.e Coffee cups) into the trash
- d. Spectators are required to exit through the west doors (Old lobby doors). Then they can proceed to the east end of the arena outside to pick up their player.

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## Appendix

1. Town of Coaldale Expectations
2. Covid 19- Alberta Health Daily Checklist
  - a. [COVID-19 Alberta Health Daily Checklist](#)
3. Positive Test in Hockey Environment
  - a. [Positive COVID-19 Test in Hockey Environment](#)
4. Hockey Alberta Contacting Tracing Form
  - a. [https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/Appendix\\_3-Contact\\_Tracing\\_Form.xlsx](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/Appendix_3-Contact_Tracing_Form.xlsx)
5. Hockey Canada Return to Play Guidelines
  - a. [Revised June 4, 2020](#)
6. Hockey Alberta Return to Play Guidelines
  - a. [Return to Hockey](#)