

Reference Sheet for Ice Session Protocols

Before Practice:

1. All participants will **wash their hands, use the bathroom before coming to training.**
2. 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). Masks are not required but recommended.
3. Players must check in on Teamsnap Health.

Arrival at Arena

4. Players are to arrive no sooner than 10 minutes before ice time.
5. Players are permitted to bring their bag. Players must come dressed to the arena in all gear, (Skates/skate guards or all gear 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. Players are not permitted to dress in the dressing rooms.
 - a. Exception for Goalies in U11, U13, U15, U18. Goalies in these age divisions are encouraged to dress as much as possible before entering the arena. They will be permitted to finish dressing in the dressing room.
6. Players enter at the main entrance to the arena.
7. Players are to check in with manager that they have completed Teamsnap Health Check in
8. Spectators are to proceed to the designated bleacher area. (Must physically distant, throw garbage away, and exit out the west doors).
9. 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. (U7- 1 parent will be permitted in the dressing room to assist with skates but must wear a mask. No parents in U9 division and up will be allowed on the east end of the arena (i.e past CMHA equipment room and in dressing rooms)

During Session

10. NO SHARING OF ANY OF THE FOLLOWING: Sticks, gloves, water bottles or any other personal equipment.
11. NO SPITTING. **(There will be zero tolerance for any spitting, with discipline up to suspension from CMHA)**

Leaving Arena

12. The Players will exit the building on the east end of the arena (exit doors closest to the assigned dressing rooms) within 10 minutes of the ice session ending.
13. Parents will pick up their players on the east end of the arena. Park away from the building (along chain fence) and walk up to the designated exit door to pick up your player.

Reference Sheet for Covid Symptoms

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:

it essentially requires 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 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.