



HEALTH & SAFETY GUIDELINES

FOR RETURN TO PLAY 2020-21

JULY 31, 2020



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Introduction

For the past few months, members of the GHC Board of Directors have been following the ongoing developments and guidance set forth by the provincial government, provincial health authorities and hockey's governing bodies. It became our mission to ensure a safe and successful return to the game of hockey for the 2020-21 season. We understood that GHC would need to be pro-active in our planning, clear in our communications, and most importantly, keep the health and safety of all members at the core of all of our decisions.

These **Health and Safety Guidelines for Return to Play** consider the recommendations provided by Hockey Alberta, Hockey Calgary and Provincial Health Authorities, and will serve as the guidance for our association as we enter the upcoming season. These plans are very dynamic and rely on an ongoing assessment of the current COVID-19 situation.

Please Note: Information in this document is based on the current Stage 2 of Alberta's Relaunch Strategy, and is subject to change at a moment's notice. (July 27, 2020)

Health and Safety Checklist

GHC is committed to ensuring that all of its members can return to the game in a safe manner as we continue to deal with COVID-19. At this time, we can only assume that our province will remain in Stage 2 of Alberta's Relaunch Strategy well into the fall as health authorities assess the impacts of a gradual re-opening.

It is not our intent to reinvent the wheel and/or create measures so obtrusive and numerous that they make the experience of coming to the rink seem like a chore. Our goal is to introduce expectations and policies that are sound, easy to follow, and enable an enjoyable hockey season that lasts until spring.

To make this happen GHC will:

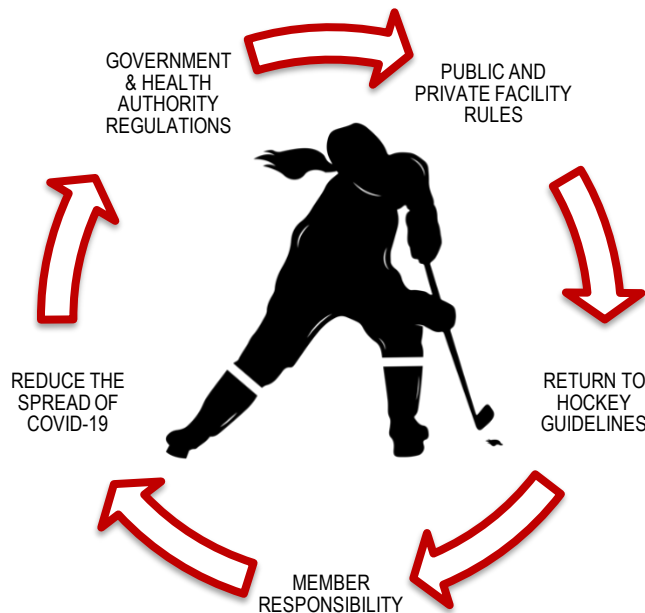
- ☑ Create an environment where all members realize that a safe return to hockey is a shared responsibility among all members of GHC.
- ☑ Make decisions based on the information and guidance set out by Alberta Health under the most recent stage of their relaunch strategy. This information will be constantly monitored and policies adjusted to mirror any changes.
- ☑ Communicate regularly with GHC members as updates and changes occur.
- ☑ Create the position of a Chief Safety Officer to oversee a safe Return to Play and to help coordinate GHC's activities in this area.
- ☑ Create a new credited volunteer position on each team that will be responsible for assisting the GHC Chief Safety Officer disseminate information at the team level, track player participation at all on ice activities as required by Alberta Health and report any possible COVID-19 exposures to the Health & Safety Coordinator, required stakeholders and their designated advisors for each age group.
- ☑ Outline the expectations surrounding the roles and responsibilities of all members of GHC engaged in hockey activities.

- ☑ Design an evaluation and team creation process that creates a competitive balance across all age groups while following current guidelines surrounding cohorts and on-ice activities.
- ☑ Follow best practices and provincial safety measures for youth sport pandemic planning, including the current “One Sport Only” rule. Alberta Health mandates that cohorts of 50 are allowed if physical distancing is not in place. Moving among cohorts is not allowed i.e. playing in a hockey and a basketball league. If moving between Cohorts occurs then a mandatory 14-day isolation period must occur. School-based cohorts will not restrict participation in minor hockey.
- ☑ Have coaches develop on-ice sessions that promote skill development in as safe as possible environment in alignment with guidelines for cohorts and on ice activities.
- ☑ Position GHC to be able to quickly respond to changes in the governments staged re-launch strategy or those outlined by our hockey governing bodies and adapt accordingly.

Shared Responsibility

COVID-19 represents an unpredictable and unique scenario that requires all Albertans to take measures to prevent the spread of the virus. We trust GHC members to understand that we all share a responsibility in creating and maintaining a safe hockey environment.

To facilitate a safe and sustainable season, it will be important that everyone follow the guidelines set out in this document, directives from government and health authorities, and protocols posted at the many facilities we use. It is important to accept that these protocols may evolve, and rules at the facilities may differ. Remaining aware and compliant will be a shared responsibility.



League Structure, Schedule & Safety Protocols

Girls Hockey Calgary Association (GHC) a member of the Minor Hockey Association of Calgary (Hockey Calgary), Hockey Alberta and Hockey Canada. **GHC Jr. Inferno** community teams compete in Hockey Calgary's Community Stream from U7 (Timbits) to U18. **GHC Calgary Fire AAA/AA** teams compete in the Alberta Female Hockey League (AFHL). Any new measures we introduce for the upcoming season must meet, at minimum, the Bylaws and Regulations of our governing bodies. Season structure, schedules and safety measures will be set and communicated by these leagues. If/when new measures and modifications are announced, GHC will update and adjust our plans immediately and as required.

Please Note: League structure and schedule for Jr. Inferno Community teams can be found in [Hockey Calgary Return to Hockey](#) document. (July 29, 2020).

Start of Hockey Activities

Community Evaluations and AAA/AA Tryouts

Community evaluations and AAA/AA tryout sessions will be entirely Physically Distanced while the players are on the ice and in the facility, to ensure the safety of the players and to help reduce the number of player-to-player contact. On-ice facilitators will be maintaining physical distancing while on the ice, and all GHC evaluation volunteers will wear masks in dressing rooms, on the bench and in public areas. As always, the goal of the evaluations and try-out phase is to provide all players the reasonable opportunity of being selected to a team appropriate to their skill levels. Nonessential visitors, spectators, volunteers, and external groups or organizations will be limited. More information on the evaluation and tryout process will be forthcoming as plans are finalized.

Before You Arrive:

- It is strongly suggested that all participants get tested for COVID-19 prior to start of hockey activities.
- All participants will sign a *GHC COVID-19 Release and Waiver* prior to the season beginning. This form will be distributed closer to the evaluation and tryout process.
- All players must complete a *GHC COVID-19 Screening Tool* prior to each ice session. This tool will be distributed closer to the evaluation and tryout process. Screening questions will reflect best practices in screening for COVID-19. DO NOT ATTEND A SESSION IF YOU ARE SICK. Hockey Calgary is currently analyzing options to track and organize this information online and/or via an app to allow for ease of compliance.
- Players in the Jr. Inferno Community stream must bring one (1) white jersey and one (1) black jersey to each evaluation session, as our usual Community evaluation jerseys will not be distributed this year.
- Players in the Calgary Fire AAA/AA stream will be provided Home and Away jerseys that they will wear throughout the evaluation process.
- Players must bring their own clearly labelled water bottle and are not permitted to share any equipment during the sessions. Water bottles should be filled at home as facilities may have turned off / limited use of fountains for hygiene reasons.
- Players will arrive fully dressed to the facility, as dressing room space (if available) will be at a minimum and will be needed for those players requiring extra space i.e. Goalies. The use of skate guards is highly recommended so that players may enter the rink and be ready to hit the ice.
- As evaluations near, timing on when to arrive and how to enter the facility will be provided.

During Evaluations and Tryouts:

- Upon arrival to your daughter's first Community evaluations session, GHC will issue a unique identification number to display on the player's helmet. These numbers must remain visible and unaltered on your daughter's helmet for the entirety of the evaluation sessions.
- One (1) parent of players in U7-U11 age divisions may attend the evaluation sessions to assist with equipment. (This will be contingent on the rules of the facility, ECTAS, which we have yet to receive at this time.)

- Parents of players in U13-U18 are asked to drop off their player and not enter the facility so that the appropriate health and safety measures can be met. (This will be contingent on the rules of the facility, ECTAS, which we have yet to receive at this time.)
- It is the expectation that those entering the facility, including all individuals involved in the evaluation process on behalf of GHC, will follow all guidelines and by-laws that have been put in place by the facility and/or local government in relation to COVID-19, including physical distancing, proper hand hygiene practices and face coverings.
- It is strongly suggested that those entering the facility wear a non-surgical mask in areas that do not allow for physical distancing. **“Physical distance”** is currently defined as 6 feet away or more from a non-household member. Research is ongoing on appropriate physical distance for bodies in motion.
- Once the session is over it is expected that all skaters will exit the facility as quickly as possible and not congregate in public areas so as to maintain physical distancing.

Cohorts and Mini Team Formation (Community)

Following the evaluation/sorting component, players will be grouped into Cohorts. Cohorts will consist of approximately 36-48 players, depending on the age category and registration breakdown. Within each Cohort, GHC will create 3 or 4 evenly balanced Mini Teams of 9-12 players (with goalies) to facilitate game play. Hockey Calgary allows Associations the ability to rebalance Mini Teams if they are not competitive. However, Cohorts will be locked for the either the entirety of the Alberta Phase 2 relaunch, or until the new year where Hockey Calgary will have the opportunity after the 2-week winter holidays to create new cohorts.

Our goal will be to create **Cohorts** and **Mini Teams** that allow players to maintain balanced and competitive play, to develop and participate equitably, and to have fun during the initial return and eventually the season. Player placement will be informed by evaluation ranking and, if necessary, player evaluation information collected from coaches at the end of the 2019-20 season. (These assessments are submitted by coaches at the end of each year and have been used in the past to assist in the placement of players who were unable to attend evaluation sessions due to injury, illness or other issues.)

For more information on Cohorts for particular age groups please refer to [Hockey Calgary Return to Hockey: Pages 17-20](#).

Cohorts and Team Selection (AAA/AA)

Calgary Fire AAA/AA tryouts will follow all Return to Play and safety guidelines. However, selection timelines will be determined by the Alberta Female Hockey League (AFHL) and will differ from the Community team formation process and structure. This information will be communicated to all players trying out for the Calgary Fire as soon as it is available.

Government of Alberta Cohorting Guidelines

Cohorting has been identified as an option for Sports teams. If an athlete is participating in a camp or program not using physical distancing, that group is considered a Cohort. A Cohort is a closed, small

group of no more than 50 individuals who participate in the same sport or activity and remain together for the duration of Stage 2 of the Government of Alberta's relaunch.

- Sports teams can play in region-only cohorts (mini-leagues) of up to 50 players and coaches.
- Cohorts include those individuals (participants, officials, coaches and trainers) who cannot maintain a 2-metre distance from others at all times.
- Sports cohort numbers do not include parents or spectators.
- Hockey Calgary requires U7 and U9 coaches to part of the Cohort. This allows coaches to be in contact with the younger players to better assist with their development, injuries, issues, etc.
- Hockey Calgary states that U11-U21 coaches will not be part of the Cohort and must physical distanced on and off the ice.
- All Team Officials can be part of one Cohort and remain with that group throughout the duration of this program, or they may maintain physical distancing from all other participants. If physical distancing is maintained, this not considered cohorting. Individuals can only be part of one sport Cohort.
- Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.
- Government of Alberta has indicated that: Cohorts are only to play within the same geographical region (for example, within a county, town or quadrant of a city). Activities should be restricted to local regional opportunities. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. Crossjurisdictional, or inter-regional, play should not occur at this stage.
- **An individual is only to be part of one Sport Cohort at any time.** If an individual wishes to move to a new Sport Cohort, s/he is to complete a 14-day non-participation period prior to joining the new Cohort. School-based cohorts will not restrict participation in minor hockey.
- NOTE: Even while using cohorting, physical distancing is mandatory in all aspects of hockey activity, except when close contact is necessary (in the place itself). All other efforts to distance must be taken (including on the bench, in dressing rooms, and public areas).
 - Options could include indicating physical distancing by using tape to mark areas on player benches or in dressing rooms.
 - When using Cohorting, it is recommended to try and utilize physical distancing on the ice whenever possible.

Starting the Season

Player Development

Once players have been sorted into appropriate Cohorts and Mini Teams, it's GAME ON! Skill development will include game play situations such as battle drills, breakouts, situational decision-making and creativity, etc. Coaches will be supported by GHC and players will be challenged to develop their individual and team skills.

Volunteer Roles

Once cohorts and/or teams are formed, coaches will make contact with parents and players via either email or phone call and advise when the first team practice will be. Families will also be asked for individuals to come forward to take on important team volunteer roles, including Team Manager and

the new role of **Team Health & Safety Coordinator**. It will be imperative to fill these roles as quickly as possible this year to assist with the increased responsibilities that will be required for on ice hockey activities to proceed. GHC will host meetings for Team Managers, Team Treasurers and Team Health & Safety Coordinators to outline responsibilities and distribute reference material.

Any team that does not have a Team Health & Safety Coordinator in place within one week of the teams being formed will not be permitted to continue with any hockey activities until a volunteer is in place. Should the position not be filled prior to the first practice, it will be the responsibility of the coaching staff to track this until the Team Health & Safety Coordinator is in place.

Parent / Team Meeting

It is strongly recommended that team meetings occur online by using Google Meet, Zoom or similar online platform. If this meeting can't be done online then the meeting must occur in an area where physical distancing procedures can be accomplished. GHC will provide a Participant Meeting Checklist template, which will include a review of facility and member protocols, review of the guidelines regarding the number of people / patrons that are permitted during hockey activities, participant arrival and departure procedures and hygiene & illness protocols.

Coming to the Rink

- Every athlete and coach should be prepared to complete pre-screening and report to their team's Team Health & Safety Coordinator before they are permitted to participate in any hockey activities. The designated volunteer records the first and last names of all participants, including coaches, and keeps the pre-screening information with the attendance record in case of the need for contact tracing.
- Players should be prepared to come dressed in as much hockey equipment as possible to reduce the time at the facility before and after on-ice sessions. Goalies will be expected to have as much gear on as reasonable prior to arrival at the rink. The availability of dressing room space will be facility-dependent and may change. IMPORTANT: Please follow manufacturers guidelines for car/booster seats should your player still use one.
- Teams entering / exiting the facility should do so at their designated (pre-determined) time to avoid teams entering and exiting the facility at the same time.
- Players will be ready to enter the ice surface at their designated ice time with their own labelled water bottle.
- If a participant does not feel well, has a fever or a cold (runny nose, sore throat, cough, etc.), or is unable to answer "No" to all questions on the *GHC COVID-19 Screening Tool*, they should stay home and advise the coach. DO NOT ATTEND A HOCKEY ACITIVITY IF YOU ARE SICK.

Reduce the Spread (Off-Ice)

- All members will follow government regulations and facility guidelines in relation to COVID-19. As guidelines may differ by facility, efforts will be made to provide this information to families prior to arrival where possible.
- Physical distancing is mandatory on the bench and in the dressing rooms, even for members within a cohort. This is a Government of Alberta guideline and a Hockey Alberta mandate.
- Spectators may attend games and practices *if allowed by the facility*, but must follow guidelines outlined by the facility or the provincial health authority. Please limit the number of attendees

where possible and allow two meters or six feet between non-household groups while in the stands or around the boards.

- Coaches will wear masks in dressing rooms, on the bench and in public areas.
- It is strongly suggested that members wear a non-surgical mask indoors and/or in areas that do not allow for physical distancing.
- Follow good hand hygiene and respiratory etiquette.
- Limit the number of people entering dressing rooms if made available by the facility. For age groups where players require assistance with equipment, the number of parents in the dressing room/change area is limited to 1-2 individuals who will practice hand hygiene and wear a mask. Where possible, coaches who are part of a Cohort should tie skates for these players.
- Exit the facility as quickly as possible at the end of the activity and do not linger in public areas
- Clean and disinfect all equipment after each session.

Reduce the Spread (On-Ice)

- Coaches will physically distance on the ice and design practices that promote skill development while having players physically distance where possible. Coaches are not required to wear a mask while on the ice. Physical distancing is mandatory on the bench and in the dressing rooms, even for members within a cohort. This is a Government of Alberta guideline and a Hockey Alberta mandate.
- Hockey Calgary will work with facilities to determine the appropriate usage of off-ice officials (timekeepers and scorekeepers). Players should practice good respiratory etiquette (i.e. cover coughs and sneezes, avoid spitting, avoid touching eyes, nose, mouth with unwashed hands)
- Players should have a labelled water bottle and use only that water bottle when participating in the activity. Parents/players should wash water bottles after each session.
- Celebration of goals on the ice will be done in a manner that promotes and maintains physical distancing requirements.
- No end of game handshakes will occur including with officials. Fist pumps between players with gloves on may occur. No handshakes between coaches.

Contact Tracing and COVID-19 Screening Tool

Hockey Calgary and its member associations must track all participants and interactions, maintaining records in a secure location for 30 days from completion of activity. This is to be done as part of a daily check-in procedure for participants. Hockey Calgary is analyzing options to track and organize this information online and/or via an app to allow for ease of compliance.

Anyone who is sick or has been in contact with someone who has COVID-19 — including players, family members, coaches, staff and spectators — should not attend practices or games. Familiarize yourself with the symptoms of COVID-19 and contact your doctor if you think you or a family member is sick. **DO NOT ATTEND HOCKEY ACTIVITIES IF YOU ARE SICK.**

When on-ice activities start the following will be expected of all GHC members:

1. Update your availability for every hockey related activity. This is imperative for tracking and possible tracing activities, as Hockey Alberta requires that attendance at all on ice activities is tracked and the records kept for a period of 30 days.
2. Complete the *GHC COVID-19 Screening Tool* prior to any on-ice activity. Screening questions will reflect best practices in screening for COVID-19. Work is underway to possibly have this done electronically but it may require a paper copy being sent or provided to the HSC as confirmation of the player's current health status.
 - a. Any player or member who arrives at a hockey activity and answers YES to any of the questions will be asked to leave the facility and will not be allowed to participate in the program until 1) An appropriate isolation period has elapsed and 2) Permission to return from a physician or health authority is received.
 - b. If this occurs on a second occasion, the player will not be allowed to return to hockey activities until a meeting with the Chief Safety Officer and the Vice President of Hockey Operations.
 - c. If the participant has an Influenza Like Illness (ILI) is strongly recommended the participant gets tested for COVID-19.

Mandatory Isolation (Government of Alberta)

For reference, Albertans are [legally required to isolate](#) for:

- 10 days if you have any symptoms that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat.
- 14 days if you returned to or entered Alberta from outside Canada.
 - If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional **10 days** from the beginning of symptoms or until you are feeling well, whichever takes longer.
- 14 days if you are a "close contact" of someone with COVID-19.
 - "Close contact" is defined as living with, providing care or having close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids.
 - If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional **10 days** from the beginning of symptoms or until you are feeling well, whichever takes longer.
- 14 days if moving between Sport Cohorts under the current "One Sport Only" rule.

Positive Case of COVID-19 in the Hockey Environment

In the event that a participant tests positive for COVID-19, GHC will be following all guidelines set out by Provincial Health Authorities, Hockey Canada and Hockey Alberta. Facilities may be required to have a rapid response plan in place to manage symptomatic participants, spectators and staff. A rapid response plan sets out a fast-action plan for operators when an attendee shows symptoms of COVID-19.

Plans will include:

- Immediate isolation of the symptomatic participant from others, including arrangement for safe travel home (e.g., no public transit).
- Consideration of suspension or temporary cancellation of the event.
- Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic participant.
- Performance of hand hygiene by remaining participants.

The following processes on Pages 12 & 13 have been created by Hockey Canada and will be followed in the event of a Positive or Possible Confirmed COVID-19 test.

Reporting

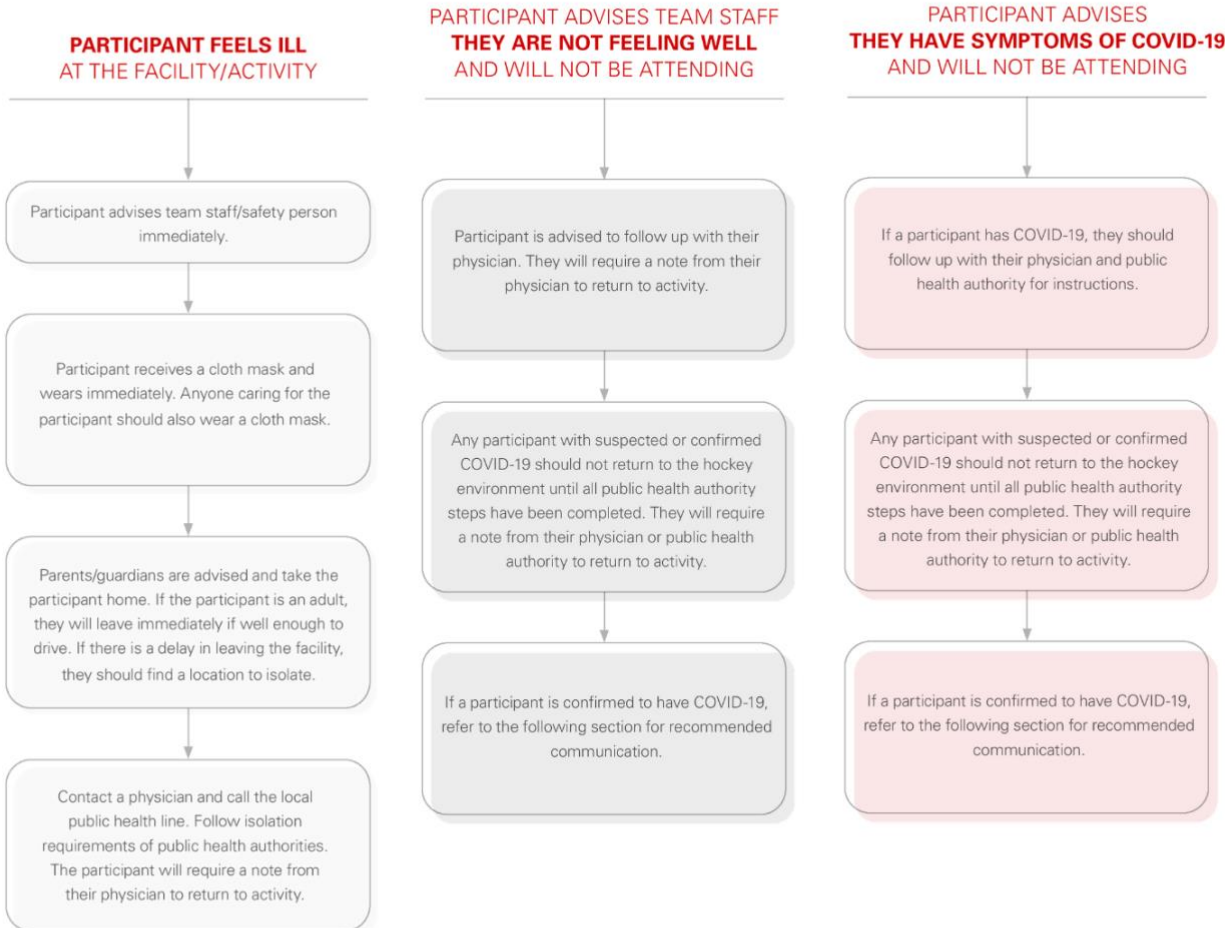
Members and sanctioned partners are to report any COVID-19 cases as required by Alberta Health Services, Member, hockey association, league and facility. Hockey Calgary must be notified immediately after Alberta Health has been notified.

Following the advice of provincial health authorities in regard to contact tracing and having the ability to be able to provide them with accurate information in a timely manner is why it is imperative that parents and players follow the required tracking procedures and completion of the screening tool.

Privacy

Team Health & Safety Coordinators will be supported by individuals within the organization who are familiar with health reporting and protecting personal health information. It is important to understand that no one's personal health information will be shared without their consent and will be in compliance with provincial privacy legislation.

Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.



Positive COVID-19 Test in Hockey Environment

Important!

If a sick participant (or their parent/guardian if the participant is a minor) elects to inform a team/hockey association/Member that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/their parent's/guardian's consent to contact public health authorities in order to obtain advice on communication with other potentially impacted participants. The sick participant (or their parent/guardian if the participant is a minor) should be asked to advise Public Health of this consent.

Explain the communication that will take place and **NEVER** disclose the sick person's name.

**PARTICIPANT
TESTS POSITIVE FOR COVID-19
AND CONTACTS THEIR PHYSICIAN**

FOLLOW PUBLIC HEALTH GUIDELINES

**IMMEDIATE REMOVAL FROM HOCKEY
ENVIRONMENT FOR ANYONE IN THE HOME**

**REPORT TO PUBLIC HEALTH AUTHORITIES,
FOLLOW GUIDELINES**

**PUBLIC HEALTH AUTHORITY DETERMINES
COMMUNICATION PROTOCOL AND
TRACING OF ALL CONTACTS**

**COOPERATE ON ANY NECESSARY
COMMUNICATION.**

**NOTE REQUIRED FROM A PHYSICIAN OR PUBLIC
HEALTH AUTHORITY TO RETURN TO PLAY**

In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the [privacy legislation](#) at the federal, provincial and territorial levels that govern the collection, use and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have [published their own statements](#) relevant to the matter of COVID-19.



Team Roles & Responsibilities

This document will define the health and safety roles and responsibilities of the Team Health & Safety Coordinator, Coaching Staff & Managers, players and parents throughout this next phase of Return to Play.

Team Health & Safety Coordinators

The Team Health & Safety Coordinator is a new team-level volunteer position created by GHC to assist Coaches, Managers, parents and players during the COVID-19 pandemic. The Team Health & Safety Coordinator does not require any formal health or medical training to fill this role. This volunteer will be assisting in collecting information required by Alberta Hockey and Alberta Health (participant tracking), creating a COVID-19 safety culture within their team, disseminating information to families from the GHC Chief Safety Officer, ensuring that GHC's expectations of its members in following all COVID-19 guidelines are being met and reporting any possible COVID-19 exposures to the required stakeholders. This volunteer will have the support of a qualified medical practitioner with whom they can contact for their age group. (NOTE: The Team Health & Safety Coordinator is not required to attend every event, but must assign duties to an individual in their absence.)

- Be familiar with AHS COVID-19 guidelines and adhere to them.
- Communicate with your team on requirements specific to the return to hockey for GHC.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19.
- Prior to starting hockey activities be aware of playing facilities guidelines with respect to:
 - Physical distancing.
 - Restrictions specific to the number of people allowed in public areas.
 - Areas that may not be accessible in the facility - main lobby, dressing rooms, observation areas, showers, washrooms, etc.
 - If dressing rooms are not available, have a common area to put on skates or remove skate guards with marked physical distanced seating.
 - Cleaning processes in the facility, including how often it is disinfected.
 - General facility rules specific to practicing good hygiene.
- Relay information to coaches, managers, players and parents.
- Work with the coaching staff and managers on any health-related issues with teams and be prepared to advise the safety advisor responsible for your age group.
- Ensure the health and safety of the players and help to create a safe and welcoming environment.
- Educate parents and players on the need for each player to have their own water bottle labelled with their names. Players should take their water bottles home and wash them before the next session.
- Emphasize to players the importance of washing their hands regularly with soap and water or hand sanitizer
- Emphasize to players the importance of keeping their equipment clean.
- Work with coaches to support physical distancing, hygiene and return to play after illness.
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly. Remind players and parents to follow physical distancing guidelines when leaving.

Coaching Staff & Managers

- Be familiar with public health authority guidelines, and adhere to them.
- Review the Return to Hockey plan from your Member (for GHC).
- Be familiar with and follow facility guidelines and requirements specific to the prevention of COVID-19.
- COVID-19 conditions are different across the country. It will be important to assess the current situation in the province/territory to help to build programming that fits.
- Host an initial meeting with parents/guardians/participants to review how programming will look and allow them to ask questions (can be done virtually if required). To minimize large groups in the facility as much as possible, players can meet family in vehicles (if their age permits) to follow physical distancing requirements of the public health authority and local facilities. Minimize congregation in areas of the facility, such as the lobby, as much as possible.
- If there are multiple entrances to the ice surface, split the players into groups and have them space appropriately to meet physical distancing standards at each entrance.
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes or skate guards so that they can leave quickly. Remind players and parents to follow physical distancing guidelines when leaving.
- Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
- When public health authority protocol and facility guidelines allow use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help).
- Players should not shower at the facility. Follow facility guidelines specific to the use of showers. If showers are used, physical distancing must be followed.
- For age groups where players require assistance with equipment, the number of parents in the dressing room/change area is limited to 1-2 individuals who will practice hand hygiene and wear a mask. Where possible, coaches who are part of a Cohort should tie skates for these players.
- Parent entry should be controlled to meet physical distancing requirements.
- Follow Hockey Canada guidelines for best practices related to on- and off-ice activities.
- Where possible have players practice physical distancing on the ice. This means standing 2 meters apart and limiting standing/sitting in large groups on the ice while waiting to do drills. When outlining drills at the glass try and have players as spread out as possible.
- All participants must adhere to public health authority guidelines. Remember to review guidelines for any province/territory that will be visited when and if travel resumes.

Players

- Always respect and listen to team staff as they create a safe environment.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19 (and follow them).
- Minimize going in and out of doors, including dressing room doors. Facility doors are considered high-risk touch points. Use the elbow to open.
- Absolutely no sharing of food or drinks.
- Assist the coach in establishing required guidelines during hockey activities while on or off the ice.

- Bring a kit bag filled with recommended items (Personal hygiene items, hand sanitizer, Kleenex etc.
- When coughing or sneezing: Cough or sneeze into a tissue or the bend of the arm, not the hand.
- Dispose of any used tissues as soon as possible in a waste basket and wash hands.
- No spitting or blowing nose directly onto the ice or any other surface.
- Avoid touching the eyes, nose or mouth with unwashed hands.
- Avoid contact with anyone who is sick.
- Follow the instruction of AHS if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Parents

- Be familiar with AHS guidelines and adhere to them.
- Be familiar with facility guidelines and requirements specific to the prevention of COVID-19 such as physical distancing and the use of masks.
- Learn and follow the guidelines and requirements put in place by GHC and team staff.
- Complete GHC COVID-19 Release and Waiver prior to the start of the evaluation process.
- Update Team Snap as to your players attendance at a hockey activity
- Complete COVID-19 Screening Tool before attending any hockey activity.
- Keep your child away from hockey activities if they are sick.
- Talk to kids about the importance of preventing COVID-19 in the hockey environment, including physical distancing guidelines.
- For age groups where players require assistance with equipment, the number of parents in the dressing room/change area is limited to 1-2 individuals who will practice hand hygiene and wear a mask. Where possible, coaches who are part of a Cohort should tie skates for these players.
- Stress washing of hands before leaving for hockey, before going into a facility, after using the washroom, after the hockey activity and after leaving the facility.
- Stress to kids not to touch their faces while at the hockey activity.
- Make sure kids let parents know if they are not feeling well.
- Make sure kids have their own clean water bottle, labelled clearly with their name and stress the importance of not sharing water bottles.
- Refrain from cheering and yelling as it creates high risk of spreading respiratory droplets
- Review public health authority guidelines for any province/territory that will be visited.
- Travel with only family to all hockey activities, including away events.
- Inform your teams Health & Safety Coordinator if your child tests positive for COVID-19. This information will be handled in complete privacy and in alignment with applicable health information legislation.
- Follow the instructions of AHS if you are notified that you have been in contact with a person who has tested positive for COVID-19.

Moving Forward

GHC will be evaluating the on-going environment related to COVID-19 and will adjust our guidelines and activities based on the most current information available to us. What we know today most likely will change as we move into the end of summer and the fall. As a membership, we are going to have to be patient, adaptable and understanding – all of our volunteers and members involved in getting hockey activities up and running are experiencing the same unknowns and challenges as you. When changes do occur, GHC will communicate them to our membership and make sure that any new guidelines presented to us by our health and hockey authorities are implemented and followed.

Please know that we will be looking out for the player's and family's best interests when coming to the rink. Our ultimate goal is to ensure the safety, fun and growth of our female hockey players in this new environment.

If you have any questions or concerns regarding these Health & Safety Guidelines, please contact GHCHealthandSafety@gmail.com.

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