



**February 20, 2021**

Dear Goalie families,

Thank you for registering for our 2021 Winter Skills Program! We're so proud to be able to offer this to our families and hope to finish this season on a positive note. A few important points to cover before we hit the ice together for the first time in 100+ days (but who's counting):

**A. Groups and Schedules**

Rosters and training schedules will be entered in TeamSnap today. You should receive notification from TeamSnap once added. Training Groups and schedules are also attached.

**B. Top Prospects Goaltending (TPG)**

Sessions will be physically-distanced and have a maximum 3:1 goalie to instructor ratio. There will be no GHC coach on the ice. If you have any issues or questions, please reach out to me.

**C. Female Dressing Room Supervisors**

Each group (Red/White) **must** have 1 Female Dressing Room Supervisor at each ice session. Preferably these are the same individuals each time. Please note Great Plains and ECTAS capacity restrictions (attached). If you are available to volunteer as Supervisor, contact [jrinfernogoalies@gmail.com](mailto:jrinfernogoalies@gmail.com)

**D. Equipment Assistance & Dressing Rooms**

As no more than 20 individuals (goalies, TPG instructors, parents) are permitted in Great Plains, we must limit the number of parents assisting with equipment (more info below). ECTAS will permit one parent per player to enter the facility, but we must adhere to dressing room capacity rules.

**E. TeamSnap "Health Check" Screening Tool**

Players and dressing room supervisors must complete "Health Check" before each ice session. Female Dressing Room Supervisors will have access to monitor "Health Checks."

See you at the rink!

Sincerely,

**Shonn Hilliard**

Director of Operations / Goalie Development  
Girls Hockey Calgary Association (GHC)





## 2021 Winter Skills Goalie Groups

- Age Divisions will be split into two training groups for the duration of the program.
- Each group will have two TPG instructors and will train on their designated side of the ice.
- Please use the dressing room for your training group.
- Players do not have to wear Red or White jerseys!
- As per AHS and Hockey Alberta safety guidelines, groups and instructors may not mingle on the ice and must remain physically distant at all times.

Age Division	White "Home"	Red "Away"
U11	Joy Layla Paige Peighton Shaylea	Avery Ayla Carlin Macallister
U13	Cali Danica Kamryn Piper	Bryn Charlotte Jemma Madison
U15/U18	Addison Katelyn Olivia P. Olivia T.	Emily Keita Megan Zoe



<b>Division</b>	<b>Date</b>	<b>Start</b>	<b>End</b>	<b>Rink</b>
U-11 Goalies	Monday, February 22, 2021	7:30 PM	8:30 PM	Great Plains #2
U-11 Goalies	Monday, March 1, 2021	7:30 PM	8:30 PM	Great Plains #2
U-11 Goalies	Saturday, March 6, 2021	12:45 PM	1:45 PM	ECTAS Blue
U-11 Goalies	Monday, March 8, 2021	7:30 PM	8:30 PM	Great Plains #2
U-11 Goalies	Monday, March 15, 2021	7:30 PM	8:30 PM	Great Plains #2
U-11 Goalies	Saturday, March 20, 2021	12:45 PM	1:45 PM	ECTAS Blue
U-11 Goalies	Monday, March 22, 2021	7:30 PM	8:30 PM	Great Plains #2
U-11 Goalies	Monday, March 29, 2021	7:30 PM	8:30 PM	Great Plains #2

<b>Division</b>	<b>Date</b>	<b>Start</b>	<b>End</b>	<b>Rink</b>
U-13 Goalies	Wednesday, February 24, 2021	7:30 PM	8:30 PM	Great Plains #2
U-13 Goalies	Wednesday, March 3, 2021	7:30 PM	8:30 PM	Great Plains #2
U-13 Goalies	Saturday, March 6, 2021	2:00 PM	3:00 PM	ECTAS Blue
U-13 Goalies	Wednesday, March 10, 2021	7:30 PM	8:30 PM	Great Plains #2
U-13 Goalies	Wednesday, March 17, 2021	7:30 PM	8:30 PM	Great Plains #2
U-13 Goalies	Saturday, March 20, 2021	2:00 PM	3:00 PM	ECTAS Blue
U-13 Goalies	Wednesday, March 24, 2021	7:30 PM	8:30 PM	Great Plains #2
U-13 Goalies	Wednesday, March 31, 2021	7:30 PM	8:30 PM	Great Plains #2

<b>Division</b>	<b>Date</b>	<b>Start</b>	<b>End</b>	<b>Rink</b>
U-15/U-18 Goalies	Monday, February 22, 2021	8:30 PM	9:30 PM	Great Plains #2
U-15/U-18 Goalies	Saturday, February 27, 2021	12:45 PM	1:45 PM	ECTAS Blue
U-15/U-18 Goalies	Monday, March 1, 2021	8:30 PM	9:30 PM	Great Plains #2
U-15/U-18 Goalies	Monday, March 8, 2021	8:30 PM	9:30 PM	Great Plains #2
U-15/U-18 Goalies	Saturday, March 13, 2021	12:45 PM	1:45 PM	ECTAS Blue
U-15/U-18 Goalies	Monday, March 15, 2021	8:30 PM	9:30 PM	Great Plains #2
U-15/U-18 Goalies	Monday, March 22, 2021	8:30 PM	9:30 PM	Great Plains #2
U-15/U-18 Goalies	Monday, March 29, 2021	8:30 PM	9:30 PM	Great Plains #2





## Great Plains Spectator Protocols

In addition to the GHC Winter Skills Health & Safety Rules (attached), please note the following requirements from Great Plains:

### 1. EQUIPMENT ASSISTANCE (2 PER GROUP)

Two parents per group can assist with goalie equipment. TPG coach(es) and Female Dressing Room Supervisors will also assist the younger players with their gear. Masks and physical distancing protocol must be followed. Parents must leave the facility once the girls are on ice and can return 5 minutes before ice time ends to be in the dressing room post practice. **NO OTHER SPECTATORS OR PARENTS ARE ALLOWED IN THE FACILITY.**

### 2. FEMALE DRESSING ROOM SUPERVISOR (1 PER GROUP)

Each group (Red/White) **must** have 1 Female Dressing Room Supervisor at each ice session. Preferably this is the same individual each time. Both supervisors must stay in the facility while the participants are on the ice. Masks and physical distancing protocol must be followed. **NO OTHER SPECTATORS OR PARENTS ARE ALLOWED IN THE FACILITY.**

## ECTAS Spectator Protocols

In addition to the GHC Winter Skills Health & Safety Rules (attached), please note the following requirements from ECTAS:

### 1. EQUIPMENT ASSISTANCE (1 PER PLAYER)

One person per player can assist with goalie equipment. TPG coach(es) and Female Dressing Room Supervisors will also assist the younger players with their gear. This parent may stay in facility while the girls are on ice. Masks and physical distancing protocol must be followed.

### 2. FEMALE DRESSING ROOM SUPERVISOR (1 PER GROUP)

Each group (Red/White) **must** have one Female Dressing Room Supervisor at each ice session. Preferably this is the same individual each time. Both supervisors must stay in the facility while the participants are on the ice. Masks and physical distancing protocol must be followed.





## TeamSnap “Health Check” Screening Tool

Players, coaches and dressing room supervisors must complete “Health Check” before each ice session. The Association will monitor “Health Checks” and designate a parent to so.

Questions included on the Screening Tool:

1. Have you experienced a fever of 100.4°F or greater in the past 14 days?
2. Have you received a positive result from a COVID-19 test within the past 14 days or have you been in close contact with anyone that has or had symptoms of COVID-19 that required you to quarantine?
3. In the past 14 days, have you or someone with whom you have been in close contact traveled to an area that required quarantine upon return?
4. In the past 14 days, have you experienced or had a worsening any of these symptoms that are not attributed to another health condition: fever, cough, loss of smell or taste, or shortness of breath?
5. Does the player have any new onset or worsening of these other core symptoms: Chills, Sore Throat/Difficulty Swallowing, Runny Nose/Congestion, Feeling Unwell or Fatigue, Headache, Nausea or Vomiting, Pink Eye, Muscle and Joint Aches or general feeling of being unwell or fatigued?

### ***Please Note:***

- Players will not be allowed on the ice if the health check is not completed.
- If you answer yes to any of the “Health Check” questions or have any COVID-19 symptoms, you will not be cleared to participate.
- If your player is not attending, you should not fill out the Health Check.
- “Health Check” will open for input 8 hours before the scheduled event.
- Please Familiarize yourself with the symptoms of COVID-19 and follow AHS and Government guidelines.
- If your player becomes ill, is a “Close Contact” or is suspected of having COVID-19, you must email [ghchealthandsafety@gmail.com](mailto:ghchealthandsafety@gmail.com)
- **DO NOT ATTEND HOCKEY ACTIVITIES IF YOU ARE SICK.**





## **GHC JR INFERNO 2021 WINTER SKILLS PROGRAM HEALTH & SAFETY RULES**

**If you register for the 2021 Winter Skills Program from February 22-April 1, 2021, you do so with understanding and acceptance of the following:**

1. Members will adhere to Alberta's Public Health Orders under Stage 1 of Alberta's "A Path Forward." To protect the health and safety of Albertans, public health orders are legally-enforceable and fines can be issued for violations.
2. Members will follow all rules set out by our facility partners.
3. Participants will complete TeamSnap Health Check symptom screening before each ice time.
4. Participants will maintain 3-metres physical distance at all times.
  - a. Coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique).
  - b. There will be no mingling of development groups on the ice.
  - c. Games are not allowed.
5. Participants will be masked at all times, except during the on-ice training activity. (Players must be masked on the bench and while entering / exiting the ice surface.)
6. Coaches and trainers must remain masked at all times, including on-ice instruction.
7. Coaches will be responsible for ensuring players adhere to the following while on the ice:
  - a. No spitting and clearing nasal passage during ice session and within facility.
  - b. Ensure on ice participants are practicing physical distancing as much as possible.
  - c. Discourage cheering and yelling.
8. Participants will bring their own water bottle, labelled clearly with their name. There will be no sharing of water bottles.
9. Participants will follow the dressing room policy of our partner facilities, including accelerated arrival and departure, emergency use (for example, first aid) and washroom use.
  - a. Skaters will arrive fully dressed.
  - b. Goalies will arrive as dressed as possible.
10. Participants will follow the capacity and spectator policies of the arenas:
  - a. NO spectators will be allowed in Great Plains. An additional dressing room supervisor (identified by GHC) will be allowed in the case where there is no female Coach present.
  - b. ECTAS will allow one parent per player to enter the arena. However, ECTAS prefers that older players be dropped off at the rink.
11. In the event of a positive case of COVID-19 in the hockey environment, GHC will follow all AHS protocols.
12. Any member who commits an infraction will immediately be removed from the program and subject to disciplinary action by the Association.