



August 26, 2021

Greetings GHC parents and players,

As we begin the 2021-2022 season, I'd like to remind everyone of our shared responsibility in keeping the hockey community as safe as possible this season. COVID-19 continues to pose a serious health risk and the situation is evolving daily. This letter is intended to address any concerns you may have for your player's health and to introduce our strategy for a safe return to hockey.

The health and safety of our players, coaches, and parents remains our top priority.

GHC will be following, and expanding, on the guidance set forth by Hockey Calgary. The following strategies helped us achieve zero player-to-player transmission last season, and reflect the current guidelines in place by the Chief Medical Officer of Health, Alberta Health Services, and our facility partners.

- 1. Coaches, players, volunteers and parents must wear masks in all indoor spaces** when not participating in physical exercise (on-ice activities, warm-up exercises).
 - Wearing a non-medical or cloth face mask is an important and effective public health measure to help reduce community spread of COVID-19.
 - This requirement is in effect regardless of vaccination status. Please remember that a large number of GHC players are under the age of 11 and are not eligible for vaccine protection. Wearing a mask is doing your part in managing the pandemic for our most vulnerable members.
 - We will review this requirement on an ongoing basis.
- 2. All facility guidelines must be followed, including any capacity limits and masking mandates.** Failure to comply with these measures put our ice permits at risk.
- 3. Members must self-screen for COVID-19 symptoms using the appropriate daily checklist** before participating in any hockey activity.
 - [Alberta Health Daily Checklist \(For Adults 18 Years and Older\)](#)
 - [Alberta Health Daily Checklist \(For Children Under 18\)](#)
- 4. Individuals experiencing COVID-19 symptoms must not attend hockey activities and are expected to stay at home until symptoms resolve.**
- 5. Members must continue to practice:**
 - Physical distancing;
 - Respiratory etiquette;
 - Proper hand hygiene;
 - Cleaning and disinfecting measures where necessary. (Water bottles and personal items must not be shared.)

Girls Hockey Calgary Association (GHC)

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At the direction of the Chief Medical Officer of Health, **GHC is not required to inform close contacts of positive cases.** However, out of an abundance of caution, if there is an instance where GHC is made aware of a potential exposure, the team(s) will be notified. Hockey activities will resume as normal.

We are all excited to return to play for this upcoming season, but we must play our part in ensuring that return is as safe as possible. GHC strongly encourages all eligible players, coaches and parents to get vaccinated to limit the spread and allow our kids to play the game we all love.

If you have any questions, I can be reached at ghchealthandsafety@gmail.com

On behalf of the Board of Directors, we wish everyone a safe, exciting, and fun return to Hockey this season!

Jeff Walker

Chief Health & Safety Officer
Girls Hockey Calgary Association (GHC)

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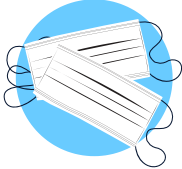
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Your **safety matters** most.

GHC will take a risk-balanced approach to reduce the risk of transmission of COVID-19. These strategies helped us achieve **ZERO TRANSMISSIONS** last season.



Coaches, players, volunteers and parents must wear a mask in all indoor spaces. This requirement is in effect regardless of vaccination status.



Members must self-screen for COVID-19 symptoms using Alberta's Daily Checklist before participating in any hockey activity.



Individuals experiencing COVID-19 symptoms must not attend hockey activities.



All facility guidelines must be followed, including any capacity limits and masking mandates.



Members must practice physical distancing, respiratory etiquette and hand hygiene. Water bottles and personal items must not be shared.

Please remember that a large number of GHC players are under the age of 11 and not eligible for vaccine protection. The safety of our members is a shared responsibility!

GIRLS HOCKEY CALGARY

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Adults 18 Years and Older:

1.	Do you have any new onset (or worsening) of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	YES	NO
	• Runny nose	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle / joint aches	YES	NO
• Headache	YES	NO	
• Conjunctivitis (commonly known as pink eye)	YES	NO	
<p>If you answered "YES" to any symptom:</p> <ul style="list-style-type: none"> Stay home. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. Individuals with fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell are required to isolate for 10 days as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities. <p>If you answered "NO":</p> <ul style="list-style-type: none"> You may attend work, school, and/or other activities. 			

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Children under 18:

1.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered “YES” to any symptom in question 1:</p> <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <p>If the child answered “NO” to all of the symptoms in question 1, proceed to question 2.</p>			

2.	Does the child have any new onset (or worsening) of the following other symptoms:		
	Chills Without fever, not related to being outside in cold weather	YES	NO
	Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
	Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 2:

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 2:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

If the child answered “NO” to all questions:

- Your child may attend school, childcare and/or other activities.

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.