



# Carstairs Minor Hockey Association (CMHA) COVID-19 Plan – Updated September 2, 2020

## Return to Hockey

CMHA will be following the recommendations from Hockey Alberta's Return to Hockey Plan. We are hopeful that this plan will continue to develop our athletes as people, teammates, community members, athletes, and hockey players. This document is subject to change based on Hockey Alberta's and Alberta Health's recommendations.

The Return to Hockey Components include:

1. Development Season (Conditioning Camp Phase) - Focus is on development and conditioning in preparation for the upcoming season.
2. Development Season (Evaluation Phase) – This phase will be for the sole purpose of creating teams. Pre-Hockey, Pond Hockey, U9 and U11 will operate as the 'Cohort Groups'.
3. Development Season (Cohort phase) - Once athletes are sorted into teams, they will now be able to practice and compete in development and mini-game activities with other members of the cohort. Players will not be permitted to play against teams or players outside of their cohort until applicable restrictions are lifted.
4. Modified Competition Season - Teams will be grouped with other neighbouring association teams to create regional 'Pods' for competition purposes. A Pod includes 3-5 teams, depending on Government of Alberta guidelines. Teams play within their Pod for the duration of the Modified Competition Season.
5. Regular Season – If restrictions are lifted CMHA will return to our traditional hockey program as recommended by Hockey Canada, Hockey Alberta, CAHL, 2 & 27 U7 division, Alberta Health Services, and Rocky Mountain Female Hockey League.

Phase	Timing	Activity
Development Season - Conditioning	September	Conditioning camp.
Development Season - Evaluations	September/October	Evaluations to group players by skill level.
Development Season - Cohorts	October/November	Create cohorts to complete skill sessions, on-ice practices and inter-squad game play.
Modified Competition Season	TBD – Not before Nov 16th	We will try to group with other neighbouring association teams to create regional 'Pods' for competition purposes.
Regular Season	TBD	League Play – Tournaments TBD



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## Conditioning/Evaluations

We are dealing with a very fluid situation regarding COVID-19 and CAHL, Hockey Alberta, Hockey Canada, and Alberta Health Services restrictions, which limits what we can and cannot do during Stage 2 in order to keep everyone safe. Please understand things are changing daily and we are committed to the safety of all of our families.

At the conclusion of the evaluation process, players will be placed into teams (as per normal). These teams will form the U9 , U11 and Female (U9/U11/U13) cohort groups and they will practice and play mini-games within these cohorts until the Province of Alberta reaches Stage 3.

We will allow one adult spectator per child during conditioning camps and evaluations. If siblings must attend, they are required to sit with their parent **at all times** – they are **not allowed** to run and play in the arena building under any circumstances. Players should arrive dressed INCLUDING skates. Goalies will be permitted to dress inside the arena. There will be no access to locker rooms or showers at this time. Hockey bags should be left in vehicles. Players must bring their own filled, labelled water bottle to each session.

Please review the expectations of physical distancing with your player before attending the arena. Masks are recommended, however if they become mandatory your player will be required to wear a mask in the arena, but not on the ice. You are required to complete the COVID-19 screening survey as you arrive at the arena prior to each ice time.

## Health and Safety Protocols

The current guidance, under the Alberta Government Phase 2 stage, has two formats we will be using to operate our programs:

- Physical Distancing - all athletes, coaches, etc. must remain 2 meters apart at all times. This will be skill-based programming, focusing on development.
- Cohorts - up to 50 participants grouped together to participate in a cohort. No physical distancing required on the ice surface (being on the bench will be considered the 'playing field' and physical distancing will not be required), however physical distancing will be required when not on the 'playing field' (i.e. in the dressing room for goalies only). If physical distancing cannot be maintained, the use of masks will be required.
  - Cohorts must remain together for the duration of Stage 2, unless participants enter into a 14-day isolation period, after which they can be moved to a new cohort group.
  - Note: Per the Government of Alberta: "**An individual is only to be part of one sport cohort at any time**". This ensures that school-based cohorts will not restrict participation in minor hockey.



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## Health and Safety Protocols (continued)

- Programs should operate within a specified, community, zone, region, where travel is limited.
- Inter-squad game play will be allowed but only within the team/cohort group. Interaction with others from other cohorts will be permitted for development only and only when physical distancing can be maintained (i.e. additional development for goalies or players).
- CMHA is required to track attendance of all participants and interactions, maintaining these records for a period of time upon completion of the activity. We ask that you review the COVID-19 screening survey daily. Any participant answering YES to any of the questions will NOT be permitted to attend or participate in the program and may not return until after a minimum 14-day isolation from the activity. **It is imperative that families comply.**
- CMHA expects all members to follow all guidelines for the sports facility we operate our program out of: [Carstairs Memorial Arena Guidelines](#), a link to the guidelines for Cremona Arena will be published on our website when they are provided by the facility.
- Personal Protective Equipment (PPE) may be required. It will be the responsibility of the participant, coaches, and parents etc. to abide by and supply all applicable requirements. PPE will not be supplied by CMHA.
- Masks are currently recommended, however if they become mandatory your player will be required to wear a mask in the arena, but not on the ice.
- Players must bring their own filled, labelled water bottle to each session. There is no water available at the arenas. The water bottle should be sanitized between each session.
- Under the current Hockey Alberta Development Phase, traditional league play is NOT permitted, only mini games are permitted within the cohort.
- Tournaments & Travel Permits are NOT permitted during the Development Phase of Hockey Alberta's Return to Play Plan.
- There will be consequences if the athlete and/or family member attends CMHA events when they are unwell or are required to isolate as per federal and/or provincial requirements, these may include suspensions. It is critical that athletes and families adhere to all guidance as to not jeopardize the health of our athletes and families, or CMHA's ability to bring hockey to our members.
- Anyone who has traveled internationally, is sick or has been in contact with someone who has COVID-19 is not permitted to attend practices or games. Participants must adhere to provincial and federal requirements. Follow AHS and government guidelines if you are not feeling well. Please acquaint yourself with the COVID-19 signs and symptoms.



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## Parent/Player Responsibilities

- Stay home if participant or a family member is experiencing any COVID-19 symptoms.
- Ensure each player has their own filled water bottle which is sanitized prior to each session, own hand sanitizer for use prior to arriving at each session.
- Ensure equipment is dried, cleaned and/or sanitized following each session.
- If/when spectators are permitted, refrain from cheering and yelling as it presents a high risk of spreading droplets.
- Do not spit, blow nose freely or release any bodily fluid anywhere in any facility due to an extremely high risk of virus transfer.

A detailed outline of responsibilities of Administrators, Coaches and Managers, Safety Persons and Trainer, Players and Parents can be found in the Hockey Canada Safety Guidelines – Roles and Responsibilities.

## Resources

[Hockey Alberta Return to Hockey Plan](#)

[Hockey Canada Return to Hockey Safety Guidelines](#)

[Hockey Canada Safety Guidelines FAQ](#)

[Reporting a Positive COVID-19 Case](#)

[Roles and Responsibilities](#)

[Hockey Alberta Member FAQ](#)

[Alberta Government Guidance on Cohorts](#)

[Alberta Government Sports Relaunch - Stage 2](#)