



HOCKEY CALGARY

**UPDATED**

October 29, 2020

**COMMUNITY,  
HOUSE, &  
REC HOCKEY  
STREAMS**

# RETURN TO HOCKEY

**OCTOBER 29 UPDATE**

## ***The Return to Hockey Plan is current as of October 29, 2020.***

The current edition of the Plan reflects the most recent information published by the Government of Alberta in its [Guidance for Sport, Physical Activity and Recreation – Stage 2](#) document, and aligns with Hockey Canada’s Return to Hockey Safety Guidelines in focusing on the safety and wellbeing of all participants.

All timelines within this plan are subject to change based on Hockey Calgary’s evaluation of environmental factors and changes to the Government of Alberta’s Relaunch Plan. Updated versions of the Plan will be published and posted to the Hockey Calgary website.

The information in this document is not a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and Hockey Alberta recommends that the [Government of Alberta COVID-19 site](#) be accessed for the most up to date information.

## **WHAT HAS BEEN UPDATED?**

1. Updated information on [Contact Tracing and Symptom Screening](#)
  - a. Hockey Calgary will be using the ‘Availability Feature’ on TeamSnap for contact tracing and the Alberta Health Daily Checklist for symptom screening.
2. Updated/Added Community Hockey sections
  - a. [Team Training](#) – transition to traditional team sizes and engage in a 14-day isolation and physically distanced practice period to reset the cohorts
  - b. [Regular Season](#) – League play will begin with traditional team sizes and ‘competition cohorts’. Teams will participate in four 3-week cycles which include a game week against a partner team followed by a 14-day isolation/practice period prior to forming a new ‘competition cohort’
  - c. [Playoffs](#) – teams will form a final ‘competition cohort’ to play a playoff series
  - d. [U7 Timbits](#) – U7 will remain the same for the course of the year with permittance of games starting January 1, 2020
3. Updated information on [Referees/On-Ice Officials](#)
  - a. Beginning in the Regular Season, referees will be permitted to officiate games without being part of the cohort provided they adhere to strict PPE protocols
4. Updated information on [Coaches and Off-Ice Officials](#)
  - a. All coaches, regardless of their designation as a ‘Cohort’ or ‘Physical Distanced’ coach must wear a mask when in the dressing room and on the players’ bench.
  - b. Protocols for off-ice officials
5. Updated information on [Spectators](#)
6. [Appendices](#)
  - a. Addition of several resources in the appendices

**Please click on the various links for further detail related to each update/addition.**

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# 1

## EXECUTIVE DIRECTOR UPDATE

Over the next month we will begin to transition from the Development Phase of the Hockey Calgary 'Return to Hockey' plan to the 'Modified Competition' phase. To date we are extremely proud of how our Member Associations have operated in this difficult time. The volunteers in those programs have been absolutely amazing, they have put in countless hours to ensure that all requirements are met and that the players remain safe. If you have the opportunity, please thank those individuals for their commitment to the game.

As you can imagine, planning and coordinating hockey in this very difficult time is a challenge. Safety has been, and will continue to be one of the key focuses of the Hockey Calgary program. I want to be clear with this next phase, we are not relaxing the rules, the rules in place will remain strict and will be in line with all AHS guidelines, and Hockey Alberta's direction. We are only changing the structure of play so that players will be provided a more structured game play process beginning in December.

The guidelines and protocols surrounding what is permitted and what is not permitted continue to change, while we are comfortable with the program we are offering, the change is to better align with the direction that Hockey Alberta provided in their announcement of Oct. 2.

[https://www.hockeyalberta.ca/uploads/source/Return\\_To\\_Hockey/RTHUpdate-October2.pdf](https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/RTHUpdate-October2.pdf)

To be clear in the Hockey Calgary Game Play structure the players will still remain within a cohort of less than 50 players, in fact for 2 of the 3 weeks within a cycle they will practice only with their team of between 15 – 20 players (at one end of the ice). Then they will play 3 games versus one other team in a 1-week period to keep the cohorts tight. This will then be repeated with a new partner team every 3 weeks (see details later in document). We are confident that this will be safe model and provide the players a solid developmental and game play experience. It is currently being operated within the elite levels of both the Hockey Calgary and the Hockey Alberta programs at this time.

In closing, Hockey Calgary and our Board of Directors would like to thank all families for their commitment to following the safety protocols. We are aware this is not easy, but protocols have been developed for athlete safety, and to ensure that we continue to operate for the remainder of the season. To date we have had some isolated cases which have forced specific cohorts to be shut down for 14 days, but for the most part the processes we have are working.

We thank you for your continued support.

Kevin Kobelka – Executive Director

## 2 PROGRAM OBJECTIVES

The guidelines in place have forced us to think differently on how we operate. While the program may look different it was developed to meet the needs of the players and focused on achieving the following key objectives:

1. **Safety!** Create a safe, healthy hockey environment for our players, coaches and volunteers
  - Safety is paramount, this plan was built in compliance with the Alberta Government Guidelines, and to minimize the risk of all participants
2. **FUN!** Maintain a culture of Fun!! Where participants can enjoy the game they love
  - Hockey Calgary is excited to resume operations that allows kids to be kids
3. **Development!** Create competitive hockey environment that allows players to develop and grow
  - Development is essential and can be accomplished in both the practice and game play environment
4. **Tiering!** Provide an environment where players are grouped in appropriate skill levels
  - Tiering ranges may look slightly different than in the past. However, they will be close, and we believe they will be within an appropriate range for skill development.
5. **Game-Play!** Create an environment where some 'Game Play' exists
  - Games may operate in a variety of creative formats (5v5, 4v4, 3v3, etc.)
6. **Flexible Transition!** Allow for flexible transition within our program between government phases/stages as information and protocols change

# 3 OVERVIEW (Alberta Gov't, AHS, HA, Hockey Canada)

1. Within the current Alberta Government Phase 2, there are 2 formats Hockey Calgary can use to operate our programs. Hockey Calgary and our Member Associations will utilize both of these formats in achieving the goals of our program:

- **With Physical Distancing** – all participants must remain 2 metres apart at all times, including coaches - Skill based programming, focus on development
- **Using Cohort Groups (Mini-Leagues)** – up to 50 participants grouped together to participate in a program – no physical distancing required on the ice surface, however, it is recommended to maintain a 2-metre distance whenever possible.
  - Cohort Groups must remain together for duration of 'Stage 2' unless participants enter into a 2-week (14 day) isolation period, after which they can move to a new cohort group

***The Government of Alberta cohorting guidelines state "Individuals should limit the number of cohorts/mini-leagues they belong to."***

***Within the Hockey Calgary program, we will follow these guidelines. Players, coaches, and referees will only be assigned to 1 cohort at a time.***

***Families have choices. When making decisions, we ask families consider the health of all participants as it relates to their cohort involvement outside the Hockey Calgary program.***

## [AHS Guidance for Sport, Physical Activity and Recreation](#)

2. Masks/PPE (Personal Protective Equipment)

- On August 1, 2020 the City of Calgary Face Coverings Bylaw will be in effect.
- The Bylaw mandates that face coverings (masks) be worn in the following places that will impact minor hockey:
  - i. Public indoor spaces (malls, grocery stores, retail businesses, churches)
  - ii. City of Calgary facilities (Recreation centres, City Hall, City of Calgary buildings)

## [Hockey Alberta – Return to Hockey - UPDATED](#)



# 4 RETURN TO HOCKEY

A safe return to hockey that meets the guidelines of Stage 2 of the Government of Alberta's Relaunch strategy is paramount. As mentioned earlier in this document there are two ways Hockey Calgary can operate programs, either **Physically Distanced** or using **Cohorts (Mini-Leagues)**. Hockey is a contact sport and while we can operate skill development sessions that keep players physical distanced, we understand that in order to meet all of the key objectives of our program, we will need to use a cohort model for various phases of our return to play.

## Government of Alberta Guidance for Sport, Physical Activity and Recreation – Stage 2:

### Cohorts

- *When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort.*
- *The cohort should always include only the same people.*
  - *Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.*
- *More information on cohorts is available here.*
- *The maximum number of individuals that can form a cohort is 50.*
  - *The 50-person maximum includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.*
  - *Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.*
- *Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.*

### Mini-Leagues can serve as good examples of cohorts

- *50-person mini-leagues can be formed for sports, physical activity and recreation that involve physical interaction of participants at a distance of less than 2 metres.*
- *A mini-league can be comprised of multiple teams, up to a maximum of 50 individuals.*
  - *Game play should be limited to teams in the same mini-league.*
  - *Teams that belong to other mini-leagues should not play each other.*
  - *For Football only: to ensure play is not prohibited, two teams are allowed to cohort together under this guidance with no maximum number of players.*
- *Leagues, teams, associations and organizations should encourage participants to limit the number of close-contact cohorts that their members or players are part of at one time.*
  - *Close-contact activities are those where cohorts are necessary because participation requires being within 2 metres of other individuals.*
  - *These activities can include sports, but can also include dance and other non-sport cohort activities such as theatrical performance.*
- *Leagues, teams, associations and organizations may choose to limit their players to one cohort, or they may set a maximum number of cohorts that their members can belong to.*
  - *These decisions should be based on risk tolerance and conversations with players, coaches, and parents where applicable.*
- *If an individual or team member wishes to change cohorts/mini-leagues, they should not participate in a new cohort activity for 14 days.*
- *If a mini-league comes to completion, a new mini-league comprised of new cohort teams may be formed, provided that there is a 14 day period between completion of play in the old mini-league and the beginning of the new mini-league.*
- *It is recommended that mini-leagues appoint a responsible person whose role is to ensure cohort rules and other public health guidance are followed.*

[Click here for the full document](#)

# COMMUNITY HOCKEY

## HOCKEY CALGARY PHASES OVERVIEW

Phase	Timing	Types of Programs	Details
Prep	Aug 14-30, 2020	Physical Distancing: <ul style="list-style-type: none"> <li>Off-ice sessions</li> <li>Skills camps</li> <li>Development programs</li> </ul>	
Sorting/Evaluations	Aug 31, 2020	Physical distancing	On-ice skills-based sorting sessions designed to group like skilled players into cohorts for the 'Development Season'
Development Season	After cohort/team formation  Approximately End of Sept/Beginning of October  Ends Nov 15, 2020	Cohorting: <ul style="list-style-type: none"> <li>On-Ice Practices</li> <li>Off-Ice Training</li> <li>Regional' Game Play (3v3, 4v4 or 5v5)</li> </ul>	Following the 'Sorting/Evaluations' component, players will be grouped into cohorts of 36-48 players (depending on the age category).  Within these cohorts, 3-4 evenly balanced 'mini-teams' of 9-12 players will be created. Cohorts and 'Mini-Teams' can practice and play mini-games against each other.
Team Training	Nov 16-30, 2020	Physical Distancing: <ul style="list-style-type: none"> <li>On-Ice Practices</li> <li>Off-Ice Training</li> </ul>	Traditional sized teams will be formed.  Teams will begin a 2-week team training phase prior to the start of the regular season. <ul style="list-style-type: none"> <li>If the team is made up members from the same 'Development Season' they can immediately practice as a team</li> <li>If the team is made up of members from multiple cohorts from the 'Development Season', the team will be required to have <b>physical distancing practices</b> during the 'Team Training' phase</li> </ul>
Regular Season (U9-U18)	Dec 1, 2020	Cohorting: <ul style="list-style-type: none"> <li>Games</li> <li>On-Ice Practices</li> <li>Off-Ice Training</li> </ul>	Teams will take part in a four 3-week cycles to. Each cycle will include 1 game play week with 3 games (2 for U9) against the same partner team creating a cohort, followed by 2 weeks of team practicing. After the 2-week practice isolation, teams will partner with a new team for another 3 games (2 for U9)
Playoffs (U11-U18)	Mar 8-28, 2020	Cohorting: <ul style="list-style-type: none"> <li>Games</li> <li>On-Ice Practices</li> <li>Off-Ice Training</li> </ul>	Teams will take part in one final modified playoff cycle



## TEAM TRAINING PHASE

**NOTE: U7 Timbits are excluded from this phase. [See U7 Timbits Section.](#)**

### Overview

As per AHS guidelines, a 14-day isolation period is required prior to forming a new cohort.

As a continuation of the 'Development Season', the 'Team Training' phase will give newly formed teams an opportunity to practice and continue to develop while completing the 14-day isolation requirement and effectively resetting the cohort.

Depending on the make-up of the team, they may be required to run physically distanced practices during the 'Team Training' phase. See below.

### Team Placement – from now until November 15

Associations will be responsible for identifying players for team placements for the regular season. Each association will be responsible for their own process for team placement which may or may not include additional formal evaluation sessions.

Hockey Calgary does not believe additional 'Formal' evaluations are required. The bulk of evaluating has been completed, and only fine tuning should be needed to finalize teams.

### Team Formation Transition - to be completed by November 16

Identification of teams can be finalized at any point at the discretion of the association. Official transition to regular season teams must not be completed prior to **November 14**.

### Practice Structure - Ice Sharing

Starting November 16, teams from multiple cohorts can share an ice surface for practices provided a physical barrier or physical buffer zone is used to separate the two cohorts. Additionally, individuals must remain on their half of the ice at all times, the total number of participants on ice cannot exceed 50, and there is to be no interaction between cohorts while entering or exiting the ice surface.

[Practice Set-up when 2 different cohort teams share the ice](#)

### Practice Structure During 'Team Training'

PRACTICE STRUCTURE	Scenario 1	Scenario 2	
<b>Team Membership</b>	Made up of players entirely from the same 'Development Season' cohort	Made up of players from more than one 'Development Season' cohort	
<b>Practice Options</b>	Team DOES NOT need to isolate and can continue to practice as normal with newly formed team	Option 1: <ul style="list-style-type: none"> <li>• 1 team is assigned</li> <li>• Physically distanced practices</li> <li>• As per HA, maximum 30 on-ice participants for a physically distanced session</li> </ul>	Option 2: <ul style="list-style-type: none"> <li>• 1 team is assigned</li> <li>• Players from 'Development Season' Cohort A practice on one half and players from 'Development Season' Cohort B practice on the other half</li> <li>• Adhere to proper protocols found in the Appendix for <a href="#">Practice Set-up when 2 different cohort teams share the ice</a></li> </ul>

# 11

## REGULAR SEASON

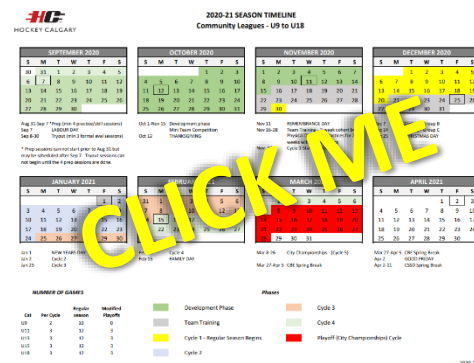
Hockey Alberta's 'Return to Hockey' announcement on October 2, 2020 communicated plans for Community Hockey to transition into formal team formation and game play earlier than originally planned. Following this decision, Hockey Calgary in partnership with our 'Member Associations', reviewed the information to determine what was the best plan forward. The structure of our 'Development Season' has allowed for safe transition to a modified 'Regular Season' while strictly adhering to AHS guidelines.

### Details

- December 1, 2020 start
- Full sized teams
  - NOTE: Team sizes may be slightly larger this season to account for potential absences related to players being sick. Affiliation is not permitted this season.
- Teams will form 'competition cohorts' to play four 3-week regular season cycles
- One 3-week playoff cycle (U11 and up)
- U11-U18 will play 12 games plus playoffs – U9 will play 10 games

### Cohort Cycles

- Teams will partner to form a 'competition cohort'
- 'Competition cohorts' will play a 3 game (2 for U9) series over a 1-week period
- Following the game week, the 'competition cohort' will begin dissolution and each team will practice on their own for 2 weeks (14-days) to reset the cohort.
- Teams will then partner with a different team forming a new 'competition cohort' to play another series followed by a 2-week practice/isolation period.
- This process will continue. Teams will play 4 different teams during the 'Regular Season'
- This process meets AHS guidelines ensuring a 14-day isolation period is required prior to forming a new cohort.



Sample Cycle	Cycle 1			Cohort Dissolved. New cohort can be formed	Cycle 2		
	Week 1	Week 2	Week 3		Week 4	Week 5	Week 6
Cohort Action	'Competition Cohort' formed	'Competition Cohort' teams isolating from each other			'Competition Cohort' formed	'Competition Cohort' teams isolating from each other	
Teams	Team A vs. Team B	Team A and Team B Separately			Team A vs. Team C	Team A and Team C Separately	
Activity	Gameplay	Team Practices			Gameplay	Team Practices	

### **Gameplay Structure (further detail to follow)**

- All games will be sanctioned and played in accordance with Hockey Canada playing rules
- All game and period lengths will be played in accordance with [Hockey Calgary Community Hockey Regulations – 16 Length of Games \(page 28\)](#)
- Referees will be used with the exception of U7/U9 which will remain coach officiated
- Handshakes prior to or after the game are not permitted
- Minimum Suspension Guidelines will be followed
- Affiliation is not permitted
- All carryover suspensions from the previous season will be applied to players and team officials for this stage and must be served in full prior to participating in games

### **Practice Structure - Ice Sharing**

Starting November 16, teams from multiple cohorts can share an ice surface for practices provided a physical barrier or physical buffer zone is used to separate the two cohorts. Additionally, individuals must remain on their half of the ice at all times, the total number of participants on ice cannot exceed 50, and there is to be no interaction between cohorts while entering or exiting the ice surface.

This format should be used during the 2-week (14-day) practice/isolation period between 'competition cohorts'.

Hockey Calgary strongly recommends that associations limit the number of teams each team shares the ice with to 2-3 teams (ex. U11 Team 3 and U13 Team only share with each other). These groupings of teams will be referred to as a 'Practice Partner Teams'.

### **Practice Set-up when 2 different cohort teams share the ice**

### **Additional Team Activity Restrictions**

- Exhibition Games are not permitted as teams will be engage in 'Competition Cohorts'
- Travel is not permitted outside of the city of Calgary unless the ice is booked by the Association and approved by Hockey Calgary
- Tournaments are not permitted
- Off-ice training within the team is permitted and insured when in accordance with Hockey Canada guidelines

## III PLAYOFFS

### U9

- As in previous seasons, U9 will not participate in playoffs. Rather, they will form a 'competition cohort' for a 5<sup>th</sup> and final regular season cycle

### U11-U18

- This will not be a traditional playoff format.
- Following the four 'Regular Season' cycles, teams will form a final 'competition cohort' for the purposes of a 3-game Playoff series versus 1 team only
- Playoff cohort matchups will be determined using winning percentage
  - Ex. the 2 teams with the best 'Regular Season' winning percentage will form 'competition cohort' for the purposes of playing 1 playoff series
- All teams will receive a playoff matchup
- More information to follow

## IV U7 TIMBITS

U7 Timbits will remain in their current teams and cohorts for the entirety of the 2020-21 hockey season. Associations are permitted to change cohorts at the winter break provided they adhere to the 14-day isolation period before forming a new cohort.

### Games:

- Starting December 1, 2020 teams are permitted to schedule more 'formal' games using their entire ice time and current cohort
- Games do not need to be sanctioned
- Maximum of 10 games per team
- Games must be played cross-ice and follow all gameplay guidelines as outlined in the Hockey Calgary Intro to Hockey Resource Guide for U7.

[Intro to Hockey Resource Guide](#)

## HOUSE LEAGUE

Hockey Calgary and its member associations work together to operate 4 regional House Leagues across the city:

- SCHHL (South Calgary House Hockey League)
- NCHL (North Calgary House League)
- WCHL (West Calgary House League)
- NWHL (North West House League)

Each league faces different challenges as it relates to ice, registration, and scheduling. For the 2020-21 season, the different House Leagues may have slightly different structures.

**The following will be maintained at a minimum:**

- Maintaining current age categories
- Maintaining ½ ice games in U9 and full ice games in U11 and U13
- 2 ice times per week on consistent days – 1 practice and 1 ‘game-like’ ice time
- Cohorts/teams will remain evenly balanced
- Same number of ice times as in previous seasons
  - Minimum 28 ice times (excluding evaluations)

**Hockey Calgary House Leagues will remain in their current structure and unless cohorting restrictions are completely lifted.**

## RECREATIONAL HOCKEY LEAGUE (RHC)

**The following will be maintained**

- Maintaining current age categories
- Maintain a full game play program (6 development sessions for U13)
- 2 game ice times per week on consistent days
- Cohorts/teams will remain evenly balanced – same process
- Same number of ice times as in previous seasons
- Game play will typically be 5v5, however, if required, a 4v4 or 3v3 format may be used

**RHC will remain in their current structure and unless cohorting restrictions are completely lifted.**



# 5

## REFEREES

### Certification, Training and Registration

The structure of certification and training clinics and seminars for On-Ice Officials has been confirmed by Hockey Canada and Hockey Alberta for the 2020-21 season.

- For new officials, and returning Level I and II officials, certification clinics will start after Thanksgiving weekend. The current targeted start date is the weekend of October 17-18.
- Levels III-VI officials are to sign up for a video conference session to obtain their certification for 2020-21. These clinics are underway.

Check the Hockey Alberta Officials website ([officials.hockeyalberta.ca](http://officials.hockeyalberta.ca)) for updates, clinic registration information, and current information pertaining to officiating and the 2020-21 season.

### Officiating Assignments

- Hockey Calgary and Central Region will work together to assign officials to all U11-U18 games.
- U9 games will continue to be officiated and managed by coaches
- Some games will be officiated using less than the normal number of officials due to issues relating to supply and demand and potential isolation requirements
  - Coaches should always bring their equipment to games in the event they need to step in to officiate the game
- Central Region will attempt to assign officials in small groups to the same set of teams/leagues to limit exposure to other officials
- Central Region will attempt to assign officials to a limited number of leagues to minimize exposure to team cohorts.

### Structure for Gameplay

- Where it is not possible to assign officials as part of a Cohort, officials will be required to physical distance during games. Officials participating using physical distancing must do the following:
  - Wear a mask when a minimum of 2 metres of physical distance cannot be maintained
    - For example, working on the players' bench side, faceoffs and gatherings after whistles.

- Consider use of an electronic whistle to facilitate mask wearing
- Limit touching your face/mask (in accordance with the Government of Alberta Masking Guidance)
- Sanitize your hands regularly prior to, during and after the game. Officials may wish to bring a small bottle of hand sanitizer or disinfectant hand wipes to use while on the ice.
- Direct coaches that on-ice officials will significantly limit or eliminate their physical presence around the players between whistles (at stoppages of play) and use their rulebook to ensure the game is played in a safe and fair manner;

Full details and an FAQ can be found in the Hockey Alberta On-Ice Officials Plan.

[Hockey Alberta On-Ice Officials](#)

# 6

## COACHES, TEAM OFFICIALS AND OFF-ICE OFFICIALS

### Coaching:

Coaches can be designated in 1 of 2 ways:

1. 'Cohort' Coach
  - a. A coach who is part of the cohort and does not need to maintain distance from players
  - b. *NOTE: a coach can only be a 'Cohort Coach' in 1 cohort at a time*
2. 'Physical Distanced' Coach
  - a. A coach who must remain 2 metres apart at all times from all participants. This includes in the dressing rooms and on the players' bench

### Important Notes:

- Coaches can only belong to one cohort and therefore, they can only be a 'Cohort' coach in one cohort. However, they are permitted to be a 'Physical Distanced' coach for multiple cohorts. Furthermore, a coach can be a 'Cohort' coach in one cohort and a 'Physical Distanced' coach in another cohort.
  - Ex. A coach can be a 'Cohort' coach with a U7 team, and a 'Physical Distanced' coach with a U13 team (or vice versa)
- Coaches are permitted to be 'Cohort' coaches at the U11 and older levels, provided the total cohort size remains 50 or less. Please consult with your association if interested.
- Coaches are permitted to be 'Physical Distanced' coaches in U7 and U9

### Masks/PPE (Personal Protective Equipment):

When participating via Cohorting:

- Team officials are required to wear masks in the dressing room and on the player's bench.
- Team officials are not required to maintain physical distancing and are not required to wear masks while on the ice and

When participating via Physical Distancing:

- Team officials must maintain two-metre physical distancing
- Team officials are required to wear masks in the dressing room and on the player's bench.
- Team officials are not required to wear masks while on the ice

**ALL COACHES are  
required to wear  
masks when in  
the dressing room  
and on the bench.**

### **Certification and Training:**

Hockey Alberta will maintain the same requirements for all Coaches and Team Officials for the 2020-21 season (November 15 deadline), with the addition of an online Hockey Canada Return to Hockey Safety Guidelines module for all head coaches. The module is now available.

### **[RETURN TO HOCKEY SAFETY MODULE](#)**

The list of current coaching requirements is available: [COACH EDUCATION](#)

### **Off-Ice Officials (timekeepers and scorekeepers):**

A scorekeeper and timekeeper will be required for all games during the 'Regular Season' and 'Playoffs'. To limit potential contact, the following protocols will take place:

- 1 Scorekeeper – Provided by the Home Team
- 1 Timekeeper – Provided by the Home Team
- Off-Ice Officials are required to:
  - Wear a mask at all time
  - Physically distance from all players, coaches, spectators, and do their best to distance from the other off-ice official
  - Remain out of the 'field of play' which includes the ice surface, dressing rooms, players' benches, and penalty boxes
- Penalty box volunteers are not required. The Scorekeeper and Timekeeper can assist in opening the penalty box gate only if the athlete requires assistance
- It is recommended that if possible, both volunteers are from the same household or 'core cohort' (different from sport cohort)
- It is recommended that only 1 off-ice official acting as both Scorekeeper and Timekeeper be used if they are comfortable performing both tasks simultaneously

# 7 PROTOCOLS AND SAFETY

We cannot stress enough that the safety and well-being of our players, coaches, volunteers, and families is of utmost importance. This section details several Hockey Canada, Hockey Alberta, and AHS guidelines and resources and should give confidence that Hockey Calgary will have a focused effort working with all stakeholders to ensure a healthy and safe environment for hockey.

## Involvement

The Government of Alberta cohorting guidelines state “Individuals should limit the number of cohorts/mini-leagues they belong to.”

Within the Hockey Calgary program, we will follow these guidelines. Players, coaches, and referees will only be assigned to 1 cohort at a time.

Families have choices. When making decisions, we ask families consider the health of all participants as it relates to their cohort involvement outside the Hockey Calgary program.

## [Government of Alberta - Symptoms](#) [Isolation Requirements](#)

## Symptom Screening - [Alberta Health Daily Checklist](#)

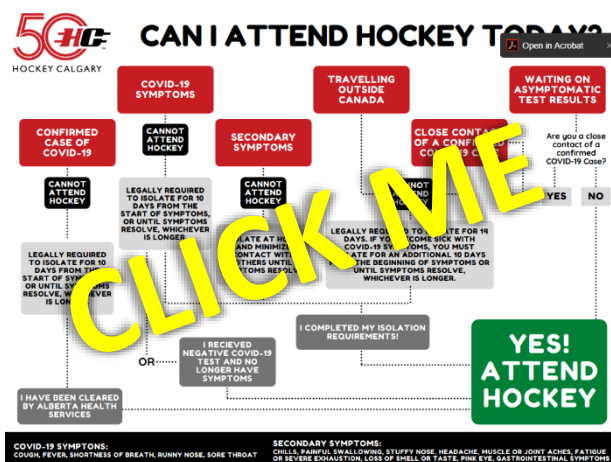
All participants are required to go through the above daily checklist on their own to ensure they are fit to participate in a scheduled activity. Proof of completion is not required. If a participant answers YES to any of the questions, they are not to attend, and must complete all AHS and Government of Alberta Isolation Requirements prior to returning to hockey.

Note: Associations are permitted to continue using the TeamSnap ‘Health Check’

## Contact Tracing - [Parent Guide](#)

Hockey Calgary and its member associations must track all participants and interactions and will be utilizing ‘Availability Feature’ on **TeamSnap** to track all interactions.

Anyone who is sick or has been in contact with someone who has COVID-19 is not permitted to attend practices or games. Familiarize yourself with the symptoms of COVID-19 and follow AHS and Government guidelines if you are not feeling well. **DO NOT ATTEND HOCKEY ACTIVITIES IF YOU ARE SICK**



## 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.

## Hockey Canada Guidelines/Resources

[Hockey Canada Safety Guidelines.](#)

[Hockey Canada Safety Guidelines FAQ's](#)

[Hockey Canada Roles and Responsibilities.](#)

## Masks/PPE (Personal Protective Equipment)

All programs and activities are expected to follow the guidelines put in place by the Government of Alberta, the municipality and facility with respect to the wearing of masks in public areas. During all Hockey Alberta sanctioned activity it is recommended that coaches, team officials, instructors, players, volunteers and parents that will be interacting with a Team (for example, assisting with equipment in the dressing room), wear masks when they are not separated by a physical barrier or are unable to keep a two-metre distance from all other participants. Other personal protective equipment may be appropriate depending on the task as well (e.g. First Aid).

When participating via Cohorting:

- **Players** are not required to wear masks in the dressing room, on the player's bench or in the penalty box area, or on the ice.
- **These areas are considered within the "field of play" for the sport.**
- **Coaches** are required to wear masks in the dressing room and on the players' bench but can remove them while instructing on the ice.

When participating via Physical Distancing:

- **Players** must maintain two-metre physical distancing, and wear masks within the dressing room.
- Players may only remove their mask immediately prior to placing their helmet on and leaving the dressing room to go to the ice.
- **Coaches** are required to wear masks in the dressing room and on the players' bench but can remove them while instructing on the ice.



## 8 FACILITIES

Hockey Calgary does not own or manage any of the arena facilities within the Calgary area. The individual facilities have implemented protocols to meet the requirements of Alberta Health. They also have the ability to strengthen these guidelines if they feel it is important to the safe operations of the facility.

As user groups it is our responsibility to follow the requirements as outlined by each individual facility and ensure that we are respecting the premises. The facility management has the ability to cancel any and all bookings and stop the Hockey Calgary program from operating in their building. **Not respecting the facilities protocols and procedures jeopardizes the entire Hockey Calgary program.**

Please note that each facility may have slightly different protocols in place. Areas that may be different within each facility include the following:

- **Entry & Exit time** – generally varies between 15-30 minutes before/after each session
- **Dressing Room Usage** – some are permitting with limited #'s, some are not permitting at all
- **Showers** – for the most part facilities are not offering this option
- **Fountains** – most facilities have closed their fountains, so it is important that players fill their water bottles before arriving at the arena
- **On Ice Capacity** – some are allowing up to 50 (maximum size), but some have limited on ice #'s to 25, this is an important one to understand before going to the rink
- **Spectators** – some are permitting spectators, some are not, some have maximums

Please be aware that these guidelines can be modified or changed as we move through the season, we will do our best to provide updates.

Please see the Hockey Calgary Website for an up-to-date [Facility Protocol Guide](#)

## 9 SPECTATOR MAXIMUMS

**All private and City of Calgary Facilities have the authority to further limit spectators at their discretion. We must do our part to stay underneath the maximum spectator limits as defined by the Government of Alberta.**

The Government of Alberta has the following restrictions in place for indoor events:

- **A maximum of 100 spectators are permitted for indoor events/settings.**
- Spectators should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces).
- There should be 2 metres maintained between members of different households or core cohorts
- Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.
- Masks are mandatory

**Please view the following guide for spectator maximums at each facility: [Facility Protocol Guide](#)**

- **The home team will be responsible for communicating facility and spectator guidelines at the facility to the away team prior to each game**
- **More information to follow...**

# 10 APPENDICES

- Appendix 1 – [AHS Guidance for Sport, Physical Activity and Recreation](#)
- Appendix 2 – [Hockey Alberta Return to Hockey – Updated](#)
- Appendix 3 – [Can I Attend Hockey Today? Cheat Sheet](#)
- Appendix 4 – [AHS Symptoms and Testing](#)
- Appendix 5 – [AHS Isolation Requirements](#)
- Appendix 6 – [Alberta Health Daily Checklist](#)
- Appendix 7 – [Contact Tracing and Symptom Screening Parent Guide](#)
- Appendix 8 – [Hockey Canada Safety Guidelines](#)
- Appendix 9 – [Hockey Canada Safety Guidelines FAQ's](#)
- Appendix 10 – [Hockey Canada Roles and Responsibilities](#)
- Appendix 11 – [Facility Protocols](#)
- Appendix 12 – [Gameplay Guidelines - Development Season](#)
- Appendix 13 – [Coach Requirements - Development Season](#)
- Appendix 14 – [Practice Sharing Multiple Cohorts Protocols](#)
- Appendix 15 – [Hockey Calgary 2020-21 Regulations Handbook](#)
- Appendix 16 – [Regular Season Timeline](#)
- Appendix 17 – [Intro to Hockey Resource Guide](#)
- Appendix 18 – [Hockey Alberta On-Ice Officials](#)
- Appendix 19 – [FAQs](#)