



Information Bulletin

October 5, 2020

As we move from physically distanced sessions to “cohort” groups Hockey Calgary has made the careful decision to adjust their process **eliminating** the need for players and families to fill out the TeamSnap Health Check and replace that process with the following (attached letter from HC).

The New Protocols will be as follows:

Symptom Screening – every participant will be sent the Alberta Health Daily Checklist ([Alberta Daily Checklist](#)). Members are required to go through the checklist at home prior to coming to a scheduled activity. You will not be required to prove completion but if anyone answers YES to the questions, they are not able to attend.

Contact Tracing – all participants will be required to update their availability on Team Snap (going or not going). Managers and Coaches will be responsible to ensure this is completed. We need this information to perform Contact Tracing should we have a positive case.

Hand Sanitization - Upon entering the rink, all coaches will have their own bottle of hand sanitizer/spray that will be required for all participants (entering the dressing room and leaving the dressing room).

As we move into the ‘Development’ phase of the Hockey Calgary plan please adhere to the following ‘Reminders’:

- If you or your child is sick or showing any symptoms do NOT attend hockey
- Please ensure you are diligent in following all Covid-19 Procedures as outlined by Hockey Calgary and your member Association
- Please respect facility guidelines and spectator restrictions
- Please adhere to all PPE requirements
- Wash your hands often and avoid touching your face.

Please remember the following:

Albertans with symptoms

- You are legally required to isolate for a minimum of **10 days** if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.



- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Have symptoms but tested negative for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to isolate for **14 days**.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

FAQ

1. If someone within a Cohort shows symptoms, does the rest of the Cohort need to stop participation?

Provided that the AHS Guidance is followed, there is no need to cancel an activity, or postpone the undertaking of a Cohort, in the event that an individual becomes sick. It is important that all Cohorts keep daily program attendance to share with AHS if tracing is required.

2. If someone within a Cohort tests positive does the Cohort need to stop participation?

If an attendee tests positive, AHS will only request information about the attendee's participation in sport, physical activity or recreation if it is deemed that a potential exposure is likely to have occurred during such activity. When interviewing a person who has tested positive, AHS public health investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization's compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary. It is important that all Cohorts keep daily program attendance to share with AHS if tracing is required.

3. What is AHS' process following a confirmed case of COVID-19?

When a case of COVID-19 is confirmed by lab testing, AHS' Public Health team contacts the individual and provides them with direction to isolate. Public Health also works with the individual to determine who they have been in contact with since their symptoms started.

AHS then directly contacts any individual considered exposed to confirmed cases. These individuals are asked to self-isolate and be tested for COVID-19. This is called contact tracing, and is done in response to each case of COVID-19 we confirm by lab testing.



Only those individuals contacted directly by AHS are considered exposed to any case. If you are not contacted directly by AHS, you are not considered exposed.

To protect patient privacy, no patient details are provided about the patient with a confirmed case of COVID-19.

If you are known to have been exposed to a confirmed case of COVID-19, you will be contacted directly by AHS.

We implore parents and players alike to exercise common sense and good judgement. If your player is showing any COVID like symptoms, please ensure the player stays home until symptom free. Our ability to keep kids playing hockey depends on our collective effort.

For more information or if you have questions, please contact Laura at lauraniers@gmail.com or John at first.vp@springbankhockey.com.

Thank you, play safe and have fun!