



ST. ALBERT MINOR HOCKEY ASSOCIATION RETURN TO HOCKEY PLAN

July 24, 2020

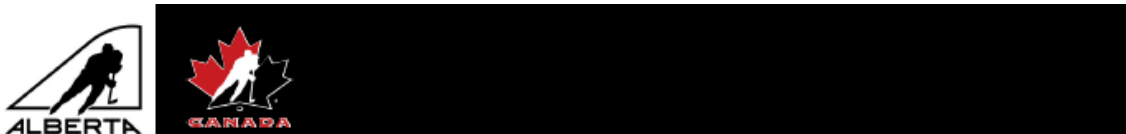
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HOCKEY ALBERTA'S RETURN TO HOCKEY PROGRAM SUMMARY

In response to the Hockey Alberta three season approach (see chart below) communicated on June 30, 2020, SAMHA has formed a committee to review and execute an association-specific plan for all member players to return to hockey during the COVID 19 pandemic. As we continue operating under the direction of our public health authority, and provincial governing body, our goal is to provide a high-quality, enjoyable, and safe program for our membership.



RETURN TO HOCKEY COMPONENTS

The province remains in a restricted state, and the primary concern for Hockey Alberta is that any programs offered as part of its Return to Play plan focus on the health and safety of all participants. The intent is not to re-create the regular season structure, but to offer local/ regional training and development opportunities before proceeding to the regular season. Safety, not competition, is paramount.

COMPONENT	START DATE	PARTICIPANT ELIGIBILITY CRITERIA	TRAVEL RECOMMENDATIONS	ACTIVITY
Off-Season Skill Development	June 1- August 31	<ol style="list-style-type: none"> Participants from the local community area; OR For a program with Physical Distancing in place, participants that reside within a 200 km radius of the host community; OR For a program using Cohorting, participants that reside within a 100 km radius of the host community. 	<p>Non-essential travel should be limited as much as possible.</p> <p>Players should access programs in their immediate area where possible.</p> <p>Travel outside the Alberta Health Region where the participant resides is not recommended.</p>	<ul style="list-style-type: none"> Off-ice sessions Skills camps Development programs Hockey schools <p>Programs may be delivered using:</p> <ul style="list-style-type: none"> Physical distancing; or Cohorting.
Development Season	TBD (no earlier than August 1)	<ol style="list-style-type: none"> Participants from the local community area; OR Participants from the established registration area (for example, MHA boundary, AA recruitment area, AAA draw zone). 	<p>Non-essential travel should be limited as much as possible.</p>	<ul style="list-style-type: none"> Skills Sessions On-Ice Practices Off-Ice Training 'Regional' Game Play (3v3, 4v4 or 5v5) <p>Players can be grouped by age and/or skill level.</p> <p>Programs may be delivered using:</p> <ul style="list-style-type: none"> Physical Distancing; or Cohorting <p>Programming can assist associations to determine skill levels of players.</p>
Regular Season	TBD	<ol style="list-style-type: none"> Participants from the local community area; OR Participants from the established registration area (for example, MHA boundary, AA recruitment area, AAA draw zone). 	<p>Potential restrictions on travel could still be in place.</p> <p>Scheduling play within regions / conferences would be considered.</p>	<ul style="list-style-type: none"> Skills Sessions On-Ice Practices Off-Ice Training League Play <p>This is the finalization of a tryout, evaluations and then entry into the regular season.</p>

NOTE: The building of programming in the Off-Season Skill Development and Development Season is the responsibility of the Member organization. Hockey Alberta is available to answer questions or provide clarification as required.

Representatives from SAMHA and the Raiders met on July 9th to review restrictions and develop a plan under the assumption that we will be operating within the "Development Season" model by late August. In consideration of rules set forth by Hockey Canada/AB, Alberta Health Services, and the City of St. Albert, we have created a blueprint to safely allow our player back on the ice as soon as possible.

SAMHA'S RETURN TO HOCKEY PROGRAM DETAILS

Authority	Rule	SAMHA's response plan
Alberta Health Services (AHS)	<ul style="list-style-type: none"> - In stage 2, 50-person mini-leagues can be formed for sports that involve participant interaction at less than 2 meters. - Each mini-league can be comprised of multiple teams, with a total of 50 individuals. - Mini-leagues should remain together during Stage 2 of relaunch and only play within the same geographical region (e.g. town/municipality, AHS Zone). <p>Source: https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf</p>	<ul style="list-style-type: none"> - Hockey AB states that participants from the established registration area would be a preferred geographical region. - All SAMHA players registered for U21, U18, U15, U13, U11, U9, U7 and Intro-to-Hockey will be divided into a SAMHA Cohort with players of similar skill/abilities based on the previous year's data. - Once cohorts are established, groups will be created within each cohort. - A game/practice schedule will be created for each cohort so that the three groups within that cohort can play one another - Cohorts will be comprised of approximately 36 players, 9 coaches, 2 or 3 on-ice officials. Each group would therefore have approximately 12 players and 3 bench staff.
AHS & Hockey AB	<ul style="list-style-type: none"> - It is recommended that mini-leagues be supervised by a responsible person whose role is oversight over maintenance of the group and other public health guidance (AHS) - Cohorts must maintain a contact tracing log (Hockey AB) 	<ul style="list-style-type: none"> - Each cohort will have a volunteer "Cohort Coordinator" responsible for communicating all COVID protocol information to their cohort. This information will originate from the SAMHA office. - The Cohort Coordinator will also maintain and report the contact tracing log as directed.
Hockey AB	<ul style="list-style-type: none"> - Activities during this phase should be divided to focus on the four components that play an important part in helping a player have a successful season. The four areas of focus: <ol style="list-style-type: none"> 1. Physical – warm up/cool down, performance (hydration, nutrition, sleep) 2. Mental – team identity, goal setting 3. Life Skills – team building, citizenship 4. Technical/Tactical/Team Skills – on-ice, off-ice, development <p>Source: https://www.hockeyalberta.ca/uploads/source/Return_To_Hockey/RETURNTOHOCKEYJUNE30.pdf</p>	<ul style="list-style-type: none"> - Our Development Director will be looking at opportunities for enrichment to offer our cohorts at each divisional level. These programs may be offered by external providers and/or our volunteer coaches with support from SAMHA.
Hockey AB	<ul style="list-style-type: none"> - No travel permits or tournament sanctions will be approved during the Development Season 	<ul style="list-style-type: none"> - We must ensure that all members adhere to these rules. Tournaments and exhibition games will be prohibited during this phase of play.

Hockey AB	<ul style="list-style-type: none"> - All associations must monitor relevant updates from AHS and communicate all updates to members 	<ul style="list-style-type: none"> - SAMHA has appointed a Cohort Contact (Admin Assistant, Shannon Maisano) for tracking and communicating information released by the Chief Medical Officer of Health Orders and Hockey Alberta. - Cohort level monitoring will be managed by each Cohort Coordinator. Questions and concerns voiced by teams will be filtered through the respective Cohort Coordinator to the SAMHA Cohort Contact.
Hockey Canada/ AB	<ul style="list-style-type: none"> - All members must do their part to reduce spread. This includes labelled water bottles, physical distancing whenever possible, eliminating pre/post game handshakes and sharing of equipment. 	<ul style="list-style-type: none"> - Information will be communicated to all members with regards to expectations for game arrival, departure, and on-ice activities such as handshaking - Our Equipment Administrator is reviewing options for equipment sanitization. A protocol will be put in place for shared goalie equipment.
City of St. Albert *	<ul style="list-style-type: none"> - Facilities will promote physical distancing by indicating one-way traffic flow to avoid individuals from inadvertently interacting. - Players must arrive at the facility no earlier than 30 minutes prior to the booked time and go directly to the booked surface. - Change rooms will be available – participants are encouraged to come dressed for their activity. - Participants must leave the facility no later than 15 minutes after the booked time. Showers will not be in operation. - Change rooms restricted to participants and coaches - Participants must stay in the room until ice is ready. No waiting in walkway. - Dryland training is not permitted. - Spectators are not allowed to enter participant spaces. 	<ul style="list-style-type: none"> - Cohort Coordinators and Bench Staff will be responsible to ensure our members are following all facility rules. - Parents will not be permitted to enter the dressing room area and dressing rooms. Dressing at home will be required. Players will be encouraged to come and go wearing skate guards. - The Association will address all reported facility violations and will reserve the right to suspend membership privileges if facility rules are not followed.

* if members do not respect these rules, booking privileges will be revoked



FREQUENTLY ASKED QUESTIONS

HOCKEY SEASON

Will there be evaluations?

- Evaluations for cohort assignment will be completed using alternative means, including (but not limited to) previous evaluation scores, input from previous coaches, and methods that are compliant with social distancing protocols.
- Our plan is to also operate the development phase (50-person cohort) as an evaluation period in preparation for a regular season. In addition to the data obtained during the development phase, we will hope to run condensed evaluations prior to the start of any regular season. There may be movement from cohorts to regular teams if the medical environment changes.
- Information on all Elite team program tryouts will be released when we receive clear guidance from Hockey Alberta in August.

How long is the development phase? When can we expect the regular season to start?

- The timing for our regular season is subject to Hockey Alberta's timelines and AHS public health orders and has not yet been determined.

Will I receive a schedule?

- SAMHA is looking to schedule cohort play/training spanning through to December. The schedule would remain in place until restrictions are loosened or regular league play resumes.

What if the restrictions are not lifted or change before the end of the schedule?

- We will follow the direction of our governing body.
- We are currently creating a schedule to the Christmas break.

What do the timelines look like for the fall?

- We will be scheduling cohorts to start by division during the time period that players would normally be participating in evaluations. This means that all players from U9 to U21 will receive a cohort assignment and schedule to start in September; U7 in October; and Intro-to-Hockey in November.

Will we play in EFHL this season?

- The development/cohort phase does not include interlocking with associations outside of St. Albert. We are unable to determine the regular season structure until we know our restrictions/limitations for the regular season phase.

What would be considered a "geographic region" for creating cohorts? Does this include players outside of St. Albert?

- We are encouraged to maintain as many players within our draw zone as possible for the cohort phase of play but will consider small cohorts with other geographic regions if necessary.

COHORTS

What happens if someone in my cohort is sick or tests positive for COVID 19?

- Hockey Canada has established a protocol for addressing illness. Anyone present who is feeling unwell will be required to leave the facility immediately upon detection/reporting. The detailed protocol, including return-to-play requirements, will be communicated to all members. For more information, visit the Hockey Canada return to hockey document - https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf

Can I leave my cohort and join a new one?

- Movement among cohorts requires a 14-day isolation period before joining a new cohort.

Can I belong to more than one sports cohort?

- Players, coaches, and officials must belong to only one sport cohort. A sport cohort is defined as a small group of the same people who can interact regularly without staying 2 metres apart. In choosing to coach/play/officiate within your hockey cohort, you are not able to elect to any other sport/performance cohorts while in phase two of Alberta's relaunch plan.
- If members do not respect these rules, registration will be revoked.
- Additional cohort information: <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Can I participate in a pre-season camp and join a cohort before the 2-week period lapses?

- If you participated in a camp that maintained physical distancing, you do not need to wait 2 weeks before joining a cohort.
- If you participated in a cohort-camp whereby physical distancing was not maintained, you must wait two weeks before joining a cohort with SAMHA

Will my cohort operate as a team?

- Cohorts are intended to act as a temporary grouping until AHS restrictions are loosened; at which time, we hope to form teams.

FACILITY REQUIREMENTS

What are the rules around spectating?

- All spectators must maintain a minimum of two meters from anyone not belonging to their immediate family or core cohort.
- A maximum of 100 spectators are permitted for indoor events.
- We are currently waiting for the City of St. Albert's finalized rules around facility capacity.

Do I have to wear a mask?

- Although not currently required, participants can wear masks when they are not engaging in intense physical activity. As per Alberta Health regulations, masks should not be worn during intense physical activity.
- Spectators are encouraged to wear masks and are discouraged from cheering and yelling.

Can I go into the dressing room with my child?

- Unless you are a designated coach, you will not be permitted to enter the dressing room. During this phase, players will be required to dress at home. Players unable to tie their own laces will need to show up in skate guards or have a coach assist.

OTHER

What is your refund policy?

- Registrations after July 31st will be subject to late fees.
- Anyone wishing to withdraw prior to the start of the first on-ice session will receive a full refund less a \$50.00 service charge fee.
- After the first on-ice session, refunds will equal the registration fee less a \$50.00 service charge fee, less 15% of the regular registration fee for each month you are still registered with SAMHA

Can I make a request to be in the same cohort as my friend?

- Friend requests will be considered but cannot be guaranteed

Can I register mid-season after the cohort phase is over?

- We cannot guarantee space at that time but would do our best to accommodate

IMPORTANT LINKS

[Hockey Alberta Return to Hockey Plan](#)

[Alberta Health Services Covid-19 Info for Albertans](#)

[Hockey Canada Return to Hockey Information & Updates](#)

[Government of AB Guidance for Sport Phase 2](#)

[Canadian Government Covid-19 Updates](#)

[Covid-19 Alberta Health Daily Checklist](#)

CONTACT INFORMATION

Additional questions regarding SAMHA's Return to Hockey Plan:

Shannon Maisano, Administrative Assistant/SAMHA Covid-19 Contact
780-459-4052 or adminassistant@samha.ca

Updates from SAMHA/Raiders



Website



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