

SWZ COVID-19 Guidelines-Coaches, Assistant Coaches and Managers

The *SWZ COVID-19 Coaching Guidelines* are designed to support coaches in ensuring that all hockey related activities are done in a safe manner, limiting the potential exposure or spread of COVID-19. The guidelines are based on the current requirement set forth by AHS, Hockey Edmonton, the City of Edmonton and Hockey Canada and may be subject to change. It is strongly encourage that coaches, assistant coaches and managers keep up to date on the latest COVID-19 guidelines.

Guidelines are based on the following principles:

- There will be players, coaches and volunteers who are not fully vaccinated yet.
- Hockey requires attendance in crowded indoor spaces.
- Practice physical distancing of 3m when possible.

Masking Requirements at ALL hockey related activities

Please note these requirements and recommendations are in effect regardless of vaccination status. The following requirements are for Hockey Edmonton players, coaches, officials and volunteers in any arena inside or outside Edmonton:

Mandatory mask requirements were lifted on June 14, 2022. If a person chooses to wear one, masks should fit well and be of high quality. People at risk of severe outcomes should wear medical masks when in settings with people outside of their household².

What do I do if a player is sick/symptomatic or tests positive for COVID-19?

That player should be kept home and out of the hockey environment. In Alberta, isolation and quarantine recommendations have been simplified as of July 1, 2022 to the following²:

Tested positive with symptoms: If they have COVID-19 symptoms and test positive that player should isolate at home for 5 days from the start of symptoms wear a mask for the next 5 days while in indoor spaces with other people.

Tested positive without symptoms If a player test positive but don't have symptoms, they should isolate and take a second test 24 hours later. If the second test is negative - isolation can end unless they develop symptoms. If the second test is positive-isolate for at least 5 days or until symptoms have improved, if present, and they have been free of fever for 24 hours without the use of medication, whichever is longer wear a mask for the next 5 days while in indoor spaces with other people

Tested negative with symptoms: If the player has symptoms and tests negative, they should stay home and repeat the test after 24 hours. If both tests are negative, they should stay home until symptoms have improved and they have been free of fever (without use of medication) for 24 hours as they may have another virus that could be transmitted to others

Do not have a test: If the player does not have a test, or choose not to be tested, the player should stay home until their symptoms have improved and they feel well enough to resume normal activities.

How can I reduce the potential spread of COVID to my team?

While there is no fool proof way to prevent players and coaching staff from contracting COVID-19, here are some simple measures you can do to reduce the transmission risk among your team:

1. All players, coaches and parents should be made aware of all safety protocols before arriving at any hockey related event.
2. Encourage all players and coaching staff to wash their hands prior to leaving home.
3. Sanitize all shared equipment before and after every training or practice, including the pucks. For a list of approved disinfectants or to see if a disinfectant is appropriate for the protection against COVID-19, go to <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>
4. Players should have their own personal equipment required for the game or practice, including a clean, filled water bottle.

Before Dryland/Practices/Games at the Arena

1. Encourage all participants to hand sanitize when coming into and leaving the dressing room.
2. All players and coaches should have their own, filled water bottle.
3. Players should have their own personal equipment required for the practice
4. Encourage players NOT to touch their face.
5. No food or spitting of any kind should be allowed in the dressing room
6. Have a fully stocked first aid kit on the bench with a supply of personal protective equipment (including masks and gloves).

During Dryland/Practice/Game

1. All players and coaches should use their own water bottle.
2. Discourage Chewing gum, spitting or spitting out water on the bench.
3. No non-designated people on the bench or in the player/coaching areas.

After the Practice

1. The bench and dressing room are to be left clean and tidy
2. Encourage players/coaches to hand sanitize before leaving the dressing room.
3. Shared equipment should be disinfected and stored appropriately.

For additional information on guidelines related to COVID-19 and hockey please read:

Hockey Canada: [Return to Hockey | Safety & Protocols \(hockeycanada.ca\)](#)

Hockey Edmonton: [Hockey Edmonton : Website by RAMP InterActive](#)

Government of Alberta: [COVID-19 public health actions | Alberta.ca](#)

Health Canada Approved Disinfecting Products: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html#tbl1>

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