

Parent and Participation Guide

Why?

Hockey Alberta requires all members (Hockey Calgary and its member associations) to track all participants and their interactions, maintaining records in a secure location for 14 days from completion of activity. This is to be done as part of a daily check-in procedure for participants.

In the unfortunate event that a participant contracts the COVID-19, Alberta Health will require detailed information on timing and interactions of the participant. If the information is well organized and easy to access, it will be easier for AHS to keep everyone safe and stop any potential spread, all while keeping our programs running across the city. It is paramount that we have an effective tool for contact tracing and symptom screening. Together we must take this seriously for the safety and well-being of our participants and our program.

Sick?

PLAYERS AND COACHES ARE NOT PERMITTED TO ATTEND TEAM ACTIVITIES IF THEY ARE SICK.

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.

[Symptoms](#)

[Isolation Requirements](#)

Members who deliberately choose not to comply with the necessary safety precautions put every participant at risk of the virus as well as risk a program shutdown.

Getting Started

1. Accessing TeamSnap – All parents or players will need to have access to TeamSnap via their smart phone. We strongly recommend using a smart phone, however, in the event you do not have one, the TeamSnap website can be used.
 - a. Phone App – Instructions on downloading the TeamSnap App - <https://www.teamsnap.com/mobile>
2. Joining your team (cohort) on TeamSnap
 - a. Your Association will add you to your team (cohort) on TeamSnap. You should receive an email notification informing you that you have been added.

NOTE: Check to see if your TeamSnap app is updated. The 'Health Check' will not appear unless you have the latest update

What is 'Health Check'?

'Health Check' is new feature added to TeamSnap that allows organizations to symptom screen their participants and trace all interactions. 'Health Check' has been approved by Hockey Alberta as an appropriate method for executing their requirements. Before every on-ice or off-ice activity, players and coaches will be **required** to fill out a 4-question symptom screen to ensure they are fit for participation. The questionnaire is linked to every event scheduled for a team in TeamSnap. If a participant does not complete and 'Clear' the 'Health Check', they are NOT PERMITTED to participate in the activity.

What are the 4 questions?

1. Have you experienced a fever of 38.0 degrees Celsius or greater in the past 10 days?
2. Have you received a positive result from a COVID-19 test within the past 14 days?
3. Have you been in contact with anyone while they had COVID-19 or symptoms of COVID-19 in the past 14 days?
4. In the past 14 days, have you experienced any of the following new symptoms not attributed to another health condition? Select all that apply. (Cough, Loss of smell or taste, Runny nose, Shortness of breath, Sore throat)

Important Notes

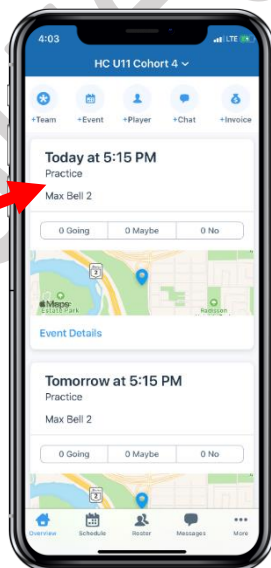
- All participants are required to complete the 'Health Check' before every hockey related activity
- The 'Health Check'
 - Will only be open for completion **8 hours prior** to the start of the scheduled activity
 - Must be completed at least **1 hour prior** to the start of the scheduled activity

How do I fill out your 'Health Check'?

Please see the steps below with visuals on how to fill out the 'Health Check'.

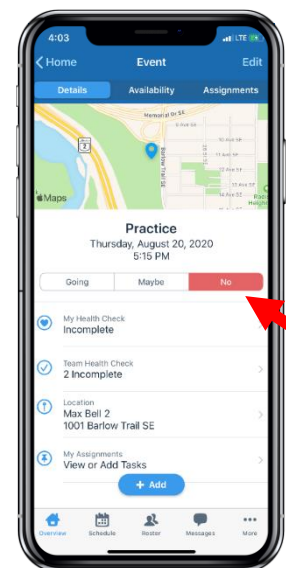
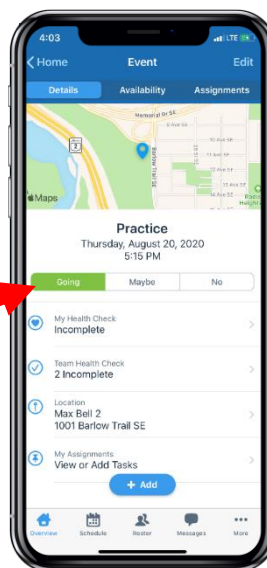
Step 1: Select the Scheduled Event

NOTE: This must be completed no more than 8 hours before, and at least 1 hour prior to the start of the scheduled event.



Step 2: Update Availability

Going? Proceed to Step 3

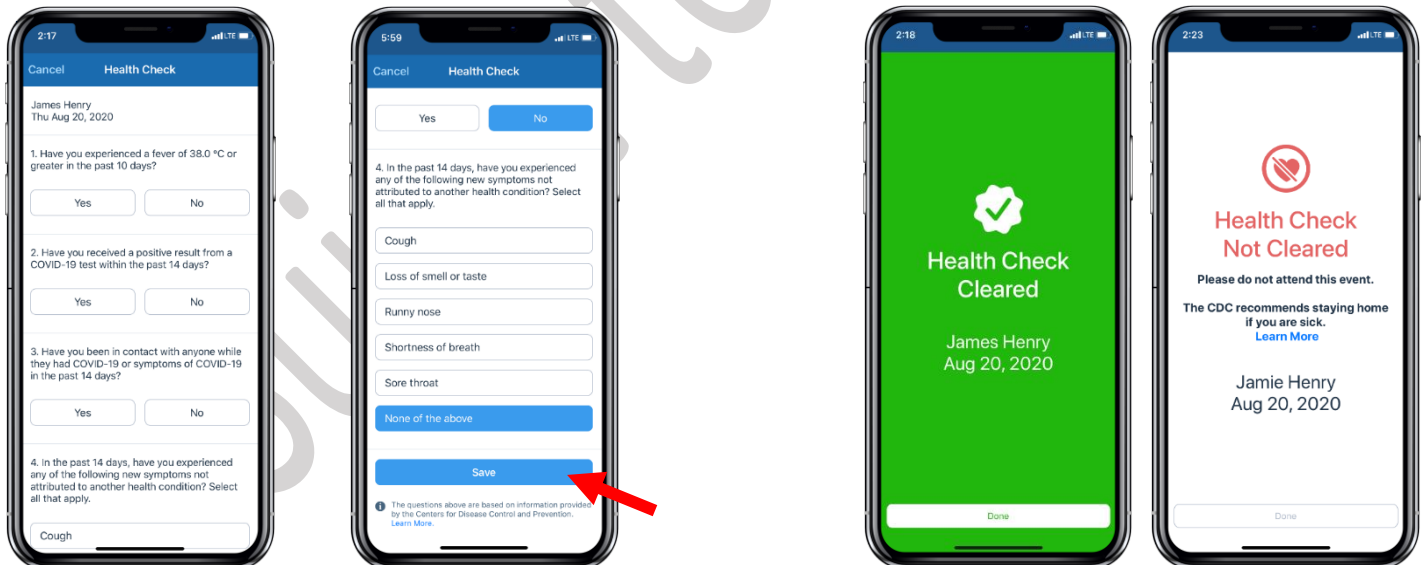


No? You are all done! DO NOT proceed to Step 3.

Step 3: Select 'My Health Check' and 'Start'



Step 4: Answer All Questions and Select 'Save'



**Cleared to
Participate**

**Not Cleared to
Participate. Please
see instructions
below.**

Not Cleared?

If you answer yes to any of the 'Health Check' questions or have any COVID-19 symptoms, you will not be cleared to participate. If you are 'Not Cleared' and answered YES to any of the questions, you are not permitted to participate in hockey activities until you have completed the Government of Alberta Isolation requirements pertaining to each question:

1. **Have you experienced a fever of 38.0 degrees Celsius or greater in the past 10 days?**
 - a. 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.
 - b. The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
2. **Have you received a positive result from a COVID-19 test within the past 14 days?**
 - a. You are **legally required** to isolate for a minimum of 10 days if you have tested positive for COVID-19.
 - b. Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
3. **Have you been in contact with anyone while they had COVID-19 or symptoms of COVID-19 in the past 14 days?**
 - a. You are **legally required** to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)
 - b. If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.
4. **In the past 14 days, have you experienced any of the following new symptoms not attributed to another health condition? Select all that apply. (Cough, Loss of smell or taste, Runny nose, Shortness of breath, Sore throat)**
 - a. 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.
 - b. The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Additionally, if you have any of the following symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Please visit the Government website for more detailed information on [Isolation Requirements](#)

Hard Copies and Error Correction:

No Smart Phone?

- Paper copies of the will need to be submitted to the coach/manager/association prior to every hockey activity
- If this needs to be done on a regular basis for a participant/family, they should print copies and bring to the activity each day
- Coaches, managers, and associations should have several printed copies on hand as a back up
- Coaches/managers/associations need to keep each paper copy for a minimum of 14 days from the date of each activity

[Click here for a hard/printable copy](#)

Error while filling out the form?

- The 'Health Check' is not editable by the participant, coach, manager, or association
- In the even a participant accidentally makes and error while submitting their 'Health Check' they will need to submit an '**Error Correction Form**' to the coach/manager/association prior to participating in the activity
- Coaches, managers, and associations should have several printed copies on hand as a back up
- Coaches/managers/associations need to keep each paper copy for a minimum of 14 days from the date of each activity
- There will be an online option for this, but for now a hard/printable copy can be found below

[Click here for a hard/printable copy](#)

Monitoring:

- Coaches and Managers, in conjunction with Associations, will monitor all 'Health Check' results on a daily basis.
- If a participant ever receives a 'Not Cleared' result, there will be severe punishment if they participate in a hockey related activity prior to having completed the necessary isolation requirements
- If a participant ever receives a 'Not Cleared' result, there will be severe punishment for any coach or manager who knowingly allows that individual to participate in a hockey related activity prior to having completed the necessary isolation requirements

More detail and guidance to follow.

MORE TO COME...