



# SPRUCE GROVE MINOR HOCKEY ASSOCIATION

## Stay at Home Guide

### When should I keep my child away from hockey?

The new public health measures for COVID-19 mean athletes, coaches and officials who are showing signs of illness must stay away from hockey activities. We've created this document to help you understand how our organization is making decisions around managing player illness.

### My child is sick, how long do they need to stay away from the rink?

<p><b>Core Covid Symptoms</b> →</p> <ul style="list-style-type: none"><li>• Fever (above 38C or 100.4F)</li><li>• Cough (new cough or worsening chronic cough)</li><li>• Shortness of breath or difficulty breathing (new or worsening)</li><li>• Runny nose</li><li>• Sore throat</li></ul>	<ul style="list-style-type: none"><li>• If your child has one of the core COVID-19 symptoms <b>DO NOT COME TO THE RINK.</b></li><li>• Call Alberta Health Link at 811, they will give you further direction on isolation, testing and return to play.</li></ul>
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### What steps am I required to follow when coming to the rink.

- Screen your child(ren) for symptoms before each scheduled ice time. A link for the screening questionnaire is included below.
- Players must arrive at the arena dressed, less skates, helmets and gloves.
- Ensure your player has a water bottle clearly marked with their name, and filled at home, as the facilities may or may not have access to water filling stations.
- No equipment bags to be left in the dressing room.
- Please follow the entrance and exit protocols of the facilities.
- Masks must be worn in all City of Spruce Grove facilities at all times. Players must wear masks until they place their helmets on. Once their designated ice time is finished they must put their mask back on when exiting the facility.
- Due to facility spectator restrictions we are requesting only one family member per player.
- Arrive no more than 15 minutes before designated ice time, and exit facility no more than 15 minutes after.

### Important Links

- [SGMHA Return to Play](#)
- [Hockey Alberta Return to Play](#)
- [COVID-19 Screening Questionnaire](#)