



## Pembina Minor Hockey Association

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780-284-8531

We want to get back to playing hockey and having fun but the board's **NUMBER ONE PRIORITY IS PLAYER SAFETY**. Please follow the association guidelines stipulated below as well as those recommended by the facilities you will find yourselves in throughout the season. It is imperative that we all do our part in order for the kids to play a full season. It is understood that everyone has a different opinion on the matter at hand but we need to work together for our kids to play. If we as an association do not follow the Hockey Alberta guidelines our insurance will be in question and we could get shut down. Please help the executive and arena staff navigate through these uncharted waters. If anyone has any suggestions they believe will make the year better please email Brent McCracken at [brent\\_mccracken@yahoo.ca](mailto:brent_mccracken@yahoo.ca).

### **PMHA Guidelines to Return to Hockey**

- 1.** All parents/guardians must sign PMHA waiver prior to the start of the season.
- 2.** Self assessments must be done prior to every practice and game, athletes and all those entering the facility. If the athlete shows any symptoms listed on the Government of Alberta COVID-19 Screening Questionnaire, inform the coach that they will not be attending that day and stay home until clear of all symptoms. If non-athletes are showing symptoms please do not enter the facility.
- 3.** Sanitizer must be used upon entry to facility.
- 4.** Masks must be worn by all individuals inside the facility. Athletes may remove masks when their helmets go on.
- 5.** Please follow facility and AHS guidelines.
- 6.** If your athlete cannot dress themselves please have them come dressed. If needed, skates will be tied by helpers in the dressing rooms or at the south end of ice surface (at our arena).
- 7.** Only two adults, parents or coaches with masks, per dressing room at a time (if you are one of the two adults in the dressing room please be prepared to help tie skates for some of our younger athletes).

- 8.** Coaches and managers are required to keep track of attendance at all practices and games.
- 9.** Parent helpers must wear masks on the ice.
- 10.** Coaches are asked to social distance as much as possible on the ice. Coaches helping with only one team do not have to wear a mask on ice. Anyone involved with more than one team on ice must social distance with all teams and if/when that is not feasible a mask must be worn.
- 11.** Athletes can only practice with their respective teams, no exceptions.

Thank you for your cooperation. We know this isn't ideal for anyone but it is what we need to do to get, and keep, our kids on the ice. We look forward to a great season.

Sincerely,

Your PMHA Executive