



St. Matthew Conditioning Camp

St. Matthew Hockey will adhere to all guidelines set by the Chief Medical Officer of Alberta, Hockey Edmonton Sanctioning Guidelines, Hockey Alberta Guidelines and the City of Edmonton Facility Guidelines. Below is a list of rules that must be followed while attending an event at all facilities.

Arrival:

1. Upon arrival, the player will be greeted by the volunteer lead who will record the player name, ask the [Hockey Alberta required health questions](#) and check temperature. Use the provided hand sanitizer immediately upon entering the arena
2. Players can arrive at the arena no earlier than 15 minutes prior to the ice start time ***(Although players will be able to check in 30 minutes prior at a designated location prior to entry).***
3. Players are to be dressed in hockey equipment prior to arrival
4. Dressing rooms will be available to tie skates only.
5. **One parent or guardian per player is allowed in the arena**

During ice time:

1. No sharing of water bottles is allowed
2. Water bottle should be clearly marked with the players name
3. Please pre-fill your water bottles at home prior to arriving at the arena
4. No spitting or cleaning of nasal passages within the facility
5. Parent or guardian that are in the stands are to practice two-meter social distancing

Other information:

1. Masks are to be worn while in the building, except when on the ice
2. The physical distancing of two meters must still be maintained off the ice and when possible on the ice.



If a child answers yes to any of the following questions we ask that said child remain at home.

Do you/your child have any new onset (or worsening) of any of the following symptoms:

1. Fever
2. Cough
3. Shortness of Breath / Difficulty Breathing
4. Sore throat
5. Chills
6. Painful swallowing
7. Runny Nose / Nasal Congestion
8. Feeling unwell / Fatigued
9. Nausea / Vomiting / Diarrhea
10. Unexplained loss of appetite
11. Loss of sense of taste or smell
12. Muscle/ Joint aches
13. Headache
14. Conjunctivitis (commonly known as pink eye)
15. Has the person attending the activity/facility travelled outside of Canada in the last 14 days?
16. Have you/your child had close unprotected* contact (face-to-face contact within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?
17. Have you/your child attending the program or activity had close unprotected* contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**?
18. Have you/your child or anyone in your household been in close unprotected* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?

* *“unprotected” means close contact without appropriate personal protective equipment*

** *“ill” means someone with COVID-19 symptoms on the list above.*