

CÉLÉBRATION

HOCKEY FÉMININ

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Health Instructions

Considering the number of positive cases that are increasing daily, the arrival of the new Variant Omicron, as well as a concern from provincial public health regarding hockey activities of young people aged 5-11, Hockey Québec would like to remind the importance of the application of health instructions for all its members. In addition, we take this opportunity to recall the importance and recommend to all our members and their families vaccination among young people aged 5 to 12 years.

It is essential for us that all minor hockey organizations and associations apply these health instructions, and this, for all their activities, especially during tournaments. These events bring together several teams (players, coaches, and parents) from different associations and regions. Therefore, it is very important to share this message and remind all our members (coaches, players, officials, and volunteers) of the different rules and health measures.

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As a *leader* in our sport, it is essential to lead by example and apply these health recommendations.

BREIFLY – Main health directives:

Rules applicable to all:

- Monitoring of symptoms associated with COVID **and non-attendance at practice sites when symptoms are present.**
- **Compliance with isolation instructions from public health** (return from travel, under investigation or awaiting a test result, confirmed case of COVID-19 direct contact with a confirmed case of COVID-19).
- **Coaches:**
 - Must wear a procedure mask or face covering AT ALL TIMES in the buildings and behind the bench.
 - Must wear a procedure mask on the ice or respect a distance of 3 feet with the players.

- **Players:**
 - Must wear a procedure mask or face covering AT ALL TIMES in the buildings and in the locker rooms (mandatory for players 10 years and older – highly recommended for players 9 years and under)
 - Mandatory vaccination passport for players aged 13 and over
 - As much as possible, they must keep a distance of 3 feet from other players (for unvaccinated young people – under 13 years old)
 - Everyone must have their own water bottle and towel. No sharing of equipment (water bottle, towel) accepted.
 - Cough and sneeze into your elbow, DO NOT spit, etc.

- **Officials :**
 - Must wear a procedure mask or face covering in the infrastructures and, as most as possible, keep a distance of 3 feet from players on the ice.

- **Volunteers and administrators:**
 - Must wear a procedure mask or face covering AT ALL TIMES in the buildings.
 - Must keep a distance of 3 feet with other participants and speakers.

- **Parents and spectators – even though these belong to the different buildings, here are a few quick reminders:**
 - Must wear a procedure mask or face covering AT ALL TIMES in the buildings.
 - Mandatory vaccination passport for players aged 13 and over
 - There is no longer restriction on the maximum number of spectators accepted
 - A coach, volunteer or official who wishes to access the stands is then considered a spectator and must present their vaccination passport.

Thank you for your cooperation for the health and safety of all!



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