

**FEATURING
COVID-19 UPDATES
UNIFIED SPORTS**

ASAA

FALL 2020-21



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Updated September 29, 2020		
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12 September – Team & opt up	Fall ASAA Sports Deadlines are not being enforced at this time. However, please register all school teams; no late registration fees will apply at this time as fall championships are postponed.	If a spring season is implemented, fall registration deadlines will apply.
1 October – Team 15 October – opt up		
1 October – Team and opt-up		
5 October		
Various	Change at the discretion of the ASAA	Deadlines require ASAA approval

UPCOMING DEADLINES

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SCHOLARSHIP ANNOUNCEMENTS

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Platinum Partners



Funding Partners

Gold Partners



Official Suppliers



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MISSION STATEMENT

TO ADVOCATE
INVOLVEMENT IN
SCHOOL SPORT AS
AN INTEGRAL
PART OF
EDUCATION AND TO
PROVIDE
GOVERNANCE OF

INTER SCHOOL
SPORT ACTIVITIES
FOR HIGH SCHOOL
STUDENTS
THROUGH FAIR
PLAY AND EQUAL
OPPORTUNITY.





SPECIAL OLYMPICS UNIFIED SPORTS #CHOOSETOINCLUDE



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www.asaa.ca/sport-info/special-olympics-unified-sports



www.flickr.com/photos/160889388@N03/albums

Unified Sports brings together high school students with and without intellectual disabilities to train and compete on the same team. Giving students of all abilities the opportunity to play sports together creates pathways to friendship, physical activity, and social inclusion that often aren't otherwise available.

This program was started in Alberta as a partnership between the Alberta Schools' Athletic Association (ASAA) and Special Olympics Alberta in 2015. In the first year, 86 students from nine schools participated in a Unified Sports event. In the 2018/19 school year, approximately 890 students from 58 Alberta high schools participated in at least one Unified Sports event. Unified Sports has grown to include both competitive and recreational opportunities at the high school level.

Want to learn more? Contact Shanna Kurylo at shanna@asaa.ca or 780-422-8295.



Welcome Back

From the Executive Director – September 28, 2020

I have pondered for some time what to put into a message that is normally one of anticipation of the school sports year ahead, but I cannot do that this year. So much has happened since the global pandemic was declared on March 12, 2020 that to delve into the multitude of situations, meetings, decision making, legal advice sought and received, town halls, communications with more groups than I could have imagined and an increasing volume of questions from our membership about all things COVID-19 and sport related would fill volumes. So, let me keep my message directed to just a few areas.

Alberta's student athletes need sport in their lives, but nothing should override the obligation to keep our students and others involved in school athletics safe. This explains why every communicate coming from the ASAA includes a comment that Government of Alberta (GoA) and Alberta Health Services (AHS) Guidelines are the first required point of compliance. The second point of compliance is the local school jurisdiction led by their superintendent, followed by school by school decisions of principals and finally compliance with ASAA directions. Just because ASAA may have opened the door to multiple cohorts in sports because of GoA Guidelines, this does not mean that school jurisdictions, or provincial sport organizations for that matter, must follow suit. It also does not mean that the ASAA is encouraging multiple sport cohorts for student athletes. Student safety is the responsibility of many, but the final decision, when and where school sports are available, is that of the student and their parent/guardian, after they have weighed the risks to them and others of increasing the number of sport cohorts they choose to participate in.

Given that in addition to me, I have two immediate family members involved in the Alberta Education system, I have experienced through them the stress and challenges being faced in schools on a daily basis. I commend every administrator, teacher and support staff member for their ongoing commitment to students and especially those involved in school athletics in one form or another. I commend the students for the resilience they are showing at such a difficult time. For some students, school sport is what brings them to school and keeps them at their studies. For others, it is a wonderful adjunct to their active, busy school life. For others still, school athletics may be the only sport opportunity their family can afford. For so many students and 10,000 volunteer coaches in high schools, being in school athletics helps define them and bring special meaning to their life.

(con't next page)



John Paton
Executive Director

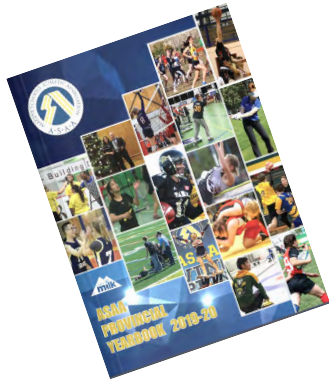
A June 2020 study of over 3,000 Wisconsin high school aged athletes, shows that rates of anxiety of student athletes who have lost school athletics during the COVID-19 pandemic at over 65% with 25% of those being at a moderate to severe level. The study also showed that while rates of mild depression increased from 21.7 to 31.8%, the level of moderate to severe depression of the same population has more than tripled from 9.7% to over 33.4%. Finally, physical activity levels of those student athletes is down by an average 50%. I believe it is reasonable to assume that Alberta student athletes may be impacted in a similar way to the Wisconsin students. To me, these negative impacts highlight the very important role that school athletics plays in the lives of students, and why continued support for co-curricular athletics is so important. Given the negative impact on student mental health as a result of losing athletics, I struggle to understand why there are some places where school athletics is not given robust support at all levels within a school to enhance the mental, physical, emotional and social health of student athletes. When we return to a post-COVID-19 environment, I truly hope that those who have not considered the positive impact of school athletics and other co-curricular activities on the lives of students and the positive impacts on school spirit might reconsider the benefits that can accrue.

Despite the pressures you as a person with an interest in school athletics, are feeling on a daily basis, I ask that you try and pay special attention to communicating with students who might normally be involved in school athletics at this time but are missing out. Be aware of the heightened potential for anxiety and depression among student athletes who are not only impacted by the stresses and limitations imposed by COVID-19 in their normal lives and day to day school experiences, but also the compounding effect of not having sports either.

The ASAA Executive and staff are doing everything they can to stay abreast of government updates and continue to communicate with multiple stakeholders. We are all committed to be ready to pivot to interschool activity when it is deemed safe to do so, with the hope that provincial championships will become a reality at some time during 2021. But how things will look two, four or six months from now in related to COVID-19 Guidelines GOA/AHS decisions and their impact on school athletics is anyone's guess.

I wish each of you a great fall and enduring patience during the pandemic as the regularly changing landscape in our schools and communities is our reality for now. As if you have not heard it before, please stay safe, social distance as much as is possible and when that is not possible, wear a mask. Wash or sanitize your hands frequently. Where possible, I encourage you to find the time if you can for a kind word to other staff members in your school who are struggling as much as you are, and to be especially understanding to those student athletes who are having such a hard time not being able to play the sport they love.

Also available online:



Full Event Calendar
2020-21 Policy Handbook
Past Newsletter Issues
2019-20 Yearbook

Registration/ Upcoming Deadlines

COVID-19 Memos

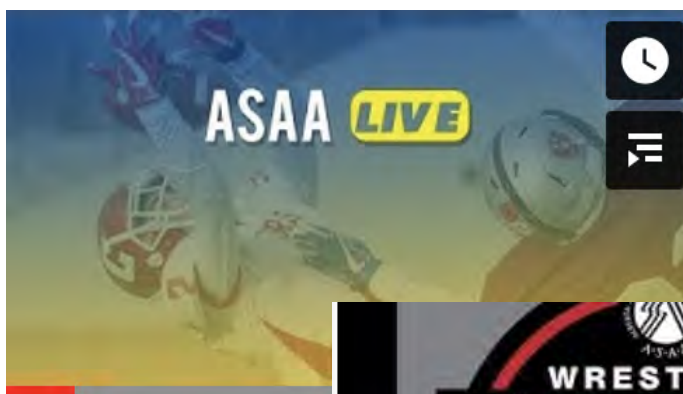
Return to Sports Guide

COVID-19 Town Halls FAQ's



Watch Live on Youtube

www.youtube.com/c/ASAALive





Welcome Back

Hello Unified Coaches, Volunteers, Participants, and Supporters!

Unified Sports is back, but will look a bit different in the 2020-21 school year.

Providing Unified Athletes with social connection and physical activity is more critical than ever, and we want to help make that a little easier. We'll be sharing virtual opportunities throughout the year, but please don't hesitate to contact us with your own ideas that we could support you in, or with a request for resources that would help foster inclusion in your Unified teams. We'll also be looking for hosts for virtual events, please contact Shanna if you're interested in this.

Whether your school is currently allowing sports or not, please take some time to review the Government of Alberta and Alberta Health Services guidelines, as well as the return to sport protocol from Special Olympics Alberta and the Alberta Schools' Athletic Association. Remember that your school jurisdiction may have more restrictive policies than any of the groups listed above, and always err on the side of safety for all participants.



Shanna Kurylo
Inclusive Sports Program Director
shanna@asaa.ca

Alberta Milk

Proud Partner of Alberta Schools' Athletic Association



PASS OFF CHALLENGE



Calling all Alberta high school athletes! We've teamed up with Alberta Milk and Medicine Hat High's own alumni athlete Sage Watson to bring you the Alberta Milk Pass Off Challenge.

\$5000 Cash Prize For your School Athletic Program

We want you to show us your best skills in the high school sport that you love most! From October 13 to 30, 2020, Alberta high school athletes can participate in the Pass Off Challenge for a chance to be selected as one (1) of four (4) recipients of \$5,000.00 in funding for their school's athletic program.

[CLICK HERE](#) to learn more about the Milk Pass Off Challenge



CIAAA MEMBERSHIP DETAILS

ATHLETIC DIRECTORS

The CIAAA has a lot of content that is great for coaches, but we are a professional development organization specifically for you.

We focus on adding to your **toolkit** and saving you **time**.

ACTIVATE YOUR MEMBERSHIP

- 1 Visit tinyurl.com/CIAAAmembers
- 2 Sign-up or login
- 3 Use coupon code **#alberta20** to reduce membership cost to \$0.⁰⁰

RESOURCES & TOOLS

Members have access to our new Resource Bank, a growing one-stop shop for your entire athletic department.
ciaaa.ca/adresources

MASTERS DEGREE

The CIAAA's partner Grace College offers an MSc in Athletic Administration that is great for Pro-D and your salary!
ciaaa.ca/msc-athletic-admin

OUR PRIORITY IS GETTING CONTENT TO YOU

- Contact us to arrange local course or workshop deliveries in your area!
- Check out our online deliveries at ciaaa.ca
- \$25 annual course credit

CERTIFICATION

Whether you are a new or aspiring Athletic Director or have a long history in the role, there is a level of certification ideal for you.

Certification highlights the **professionalism** of the Athletic Director role.

WORKSHOP OPTIONS

Our ready-made workshops can be presented where & when you want. Topics at ciaaa.ca/workshops include:

- NEW: Educating Against Racism in Your Athletic Program
- Developing Tough-Minded, Confident, Fearless Competitors
- Building Relationships with Parents for Positive Sport
- Coaching for Character, Life, Skills and Sportsmanship
- Creating Successful Teams
- Motivating Your Athletes
- Preparing for Success with Preseason Meetings

LTP COURSES

Find our complete course list with descriptions online at ciaaa.ca/ltpcourses. 4-hour courses include:

- LTP 501C/502C: The Basics for Athletic Administrators
- LTP 504C & 506C: Legal Issues I & II
- LTP 602C: Creating Your Athletic Handbook
- LTP 703C: Educational Athletics: Beyond the X's & O's
- LTP 705C: Coach Character & Leadership Development
- LTP 722C: Building a Positive School Culture through Sport
- LTP 726C: Student Leadership Development ... **and many more!**

**IN 2020-21, OUR FOCUS IS ON WEBINAR DELIVERIES THAT WORK FOR YOU!
EMAIL TO ARRANGE A WEBINAR FOR YOUR ATHLETIC ZONE OR SCHOOL BOARD**

ASK: info@ciaaa.ca

VISIT: ciaaa.ca




FOLLOW: @CanadianIAAA

A wide-angle photograph of an indoor sports facility, likely a soccer field. The field is covered in green artificial turf with white yard lines. The ceiling is a large, arched, translucent structure with numerous rectangular lights hanging from it. In the background, there are several soccer goals and a dark green safety net. In the foreground, a black bag and some equipment are lying on the turf.

**UPCOMING
DEADLINES**



ONLINE COACH

TYPE	NORMAL DEADLINE	
COACHING SCHOOL SPORT: REDEFINING WINNING 	One teacher coach per school by October 10	I
MAKING HEADWAY (CONCUSSION COURSE) 	Every member of coaching staff on every team by one month into Season of Play	R I
ASAA BYLAWS AND POLICIES COURSE 	One team official must complete prior to any interschool competition	R I

EDUCATION COURSES

2020/2021 DEADLINE	NOTES
One teacher coach per school by December 31 at this time and may be subject to further delay	Course to be launched Fall 2020. This is the replacement for Fundamentals of Coaching course and must be completed by at least one teacher in each school
Recommend completion if school is practicing or playing Mini-Leagues	If a spring season is implemented, a registration deadline will be determined
Recommend completion if school is practicing or playing Mini-Leagues	Completion of this course is strongly recommended but not being enforced at this time.



ASAA DEADLINES

Updated September 2023

SPORT	NORMAL DEADLINE FOR TEAM REGISTRATION	
GOLF 	12 September – Team & opt up	
 VOLLEYBALL	1 October – Team 15 October – opt up	I C a
FOOTBALL 	1 October – Team and opt-up	
 CROSS-COUNTRY	5 October	
ALL OTHER SPORTS 	Various deadlines	

DEADLINES 2020/2021

September 29, 2020

2020/2021 DEADLINE FOR TEAM REGISTRATION	NOTES
<p data-bbox="120 1018 565 1081">Fall ASAA Sports</p> <p data-bbox="0 1155 706 1417">Deadlines are not being enforced at this time. However, please register all school teams; no late registration fees will apply at this time as fall championships are postponed.</p>	<p data-bbox="771 1113 1404 1375">If a spring season/championship is implemented for one or more fall sports, a deadline for registration will be determined at that time.</p>
<p data-bbox="120 1732 565 1774">No change at this time</p>	<p data-bbox="763 1638 1429 1837">Deadlines will be modified as required based on direction from GoA/AHS and/or ASAA Executive Committee</p>



REGISTRATION

TYPE	NORMAL DEADLINE
SCHOOL REGISTRATION 	School count at September 30 Register by October 10
ASAA MEMBERSHIP FEES 	October 15

ON + FEES DEADLINES

2020/2021 DEADLINE	NOTES
No change – schools must still register by Oct 10. ASAA Fees payable to zone.	School count must include all learners who are attached to the school via online learning
Deadline delayed to Nov. 15 Member schools can request the opportunity to pay partial fees (50%) by the November 15 deadline and the remainder on a payment plan as outlined in the ASAA memo sent out September 29.	For further details, please view the ASAA Membership fees memo released September 29.



Special Olympics
Unified Sports[®]

Ready to #PlayUnified Again?

The ASAA and Special Olympics Alberta would like to get Unified Sports programs back up and running in high schools across Alberta, and we'd like your input so that we can choose activities and challenges that work best for your school team.

Whether your school has been part of Unified Sports in the past or not, please take 10 minutes to complete the survey below.

[Take the Survey!](#)



**OCTOBER 8
2020**

TOWN HALL FOLLOW-UP

**Frequently
Asked
Questions**

Alberta Schools' Athletic Association

*The Season of Play Committee is
regularly meeting and will
provide an update of the
changes for all sports affected
due to Covid19 in the upcoming
months.*



Special Olympics
Unified Sports[®]



SCOUTS
ALBERTA
SCOUTS

UNIFIED SPORTS LEADER IN INCLUSION SCHOLARSHIP RECIPIENTS



Danielle Roshko from Archbishop O'Leary High School in Edmonton

"I made friends through Unified sports who I may not have otherwise had the opportunity to build relationships with. It taught me how to include everyone and accept everyone. There is a way to include everyone and adapt the activity so that it becomes an inclusive sport and stays fun to play."



Derian Ward from Bellerose High School in St. Albert

"I am someone who puts a lot of pressure on myself to succeed in sports as well as academics, having the opportunity to spend time playing and working with my GOALS peers has allowed me to remove myself from the demands of high school and just enjoy what I am doing at the time. The interactions have taught me just as much as I hopefully have taught them."

ALBERTA MILK – ASAA SCHOLARSHIP RECIPIENTS



**Adrianna
Domingo**

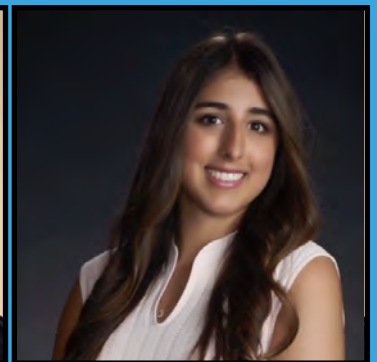
**Our Lady of the Snows Catholic
Academy**

William Baird

Eagle Butte High School



William Baird



Adrianna Domingo

Upcoming Events

October 2020						
S	M	T	W	T	F	S
				DEADLINE Zone Award of Merit Nominees Football & Volleyball Team Registration & Football Opting Up	SSC Meeting Virtual Meeting Oct 1-2	3
4	DEADLINE Cross Country Team Registration NE Zone Meeting, St. Paul Regional & South Zone Meeting, Taber	DEADLINE Cross Country Addition of Athletes	Calgary, NW, NE, Central, South Zone Cross Country Championship	8	9	DEADLINE School Registration (SRS)
11	Thanksgiving ASAA Office Closed	13	14	DEADLINE Volleyball Opting up & Addition of Athletes Football Addition of Athletes	16	Provincial Cross Country Championship Red Deer Central Zone
18	19	20	21	ASAA Executive Committee Meeting	23	24
25	26	27	28	29	30	31 Halloween

November 2020						
S	M	T	W	T	F	S
DEADLINE Ref Applications for Vacant Sevens 2021 Provincial Championships	2	3	4	5	6	7
8	9	10	Handicrafts Day Office Closed	12	13	Alberta Bowl Quarter Finals
15	16	17	Calgary Zone Volleyball Championship	ASAA Executive Committee Meeting	NW NE Zone Volleyball Championship	Central, South Zone Volleyball Championship Alberta Bowl Quarter Finals
22	23	24	25	Alberta Bowl Provincial Volleyball Championship 26-28 at New Cross Mall, Vermilion 10:00am-6:00pm. Sevens 2021 Ref & Referee Meeting, 10:00am-12:00pm at 4010 16 Street SE, South Zone 28 Nov, 10:00	26	27
29	30					

Please visit our website for the most current changes to the event calendars.

December 2020						
S	M	T	W	T	F	S
		1	ASAA Executive Committee Meeting	3 Annual Planning Meeting 3-4	4	5
6	7	8	9	10	11 ASAA/NWNC Conference Tempe, AZ 12-13	12
13	14	DEADLINE Football Team Registration	16	17	ASAA Office Closed (until Jan 4th)	19
20	21	22	23	24	25 Christmas	26 Boxing Day
27	28	29	30	31		

January 2021						
S	M	T	W	T	F	S
					1 New Year's Day	2
3	4 ASAA Office Open	5	6	7	8	9
10	Diploma Exams 11-13	12	ASAA Executive Committee Meeting	14	DEADLINE Basketball Team Registration (ongoing)	16
17	18	19 Diploma Exams 19-20	20	SSC Meeting Virtual Meeting Jan 21-22	21 DEADLINE Cross Country A Meeting Registration	23
24	25	26	27	28	29	30



***Special
Olympics***
Alberta

*2020 Champions
of Inclusion*

From Special Olympics Alberta:

In honour of Global Week of Inclusion, we're celebrating our homegrown Champions of Inclusion who were nominated by members of their community: Albertans who are leading the charge for respecting and embracing all abilities.

METRO EDMONTON HIGH SCHOOL ATHLETICS

Metro jumped on board with Unified Sports in Alberta high schools in 2018 with the Metro Unified Jamboree, combining three sports in one day for the ultimate inclusive Zone Championship. Spearheaded by Shawn Shepherd, Metro has expanded their offerings to include both an annual Unified Bocce and a Unified Jamboree event, bringing together hundreds of students from across the greater Edmonton area every year.

COLD LAKE HIGH SCHOOL

Cold Lake High School jumped on board with Unified Sports by hosting a Unified Bean Bag toss tournament, which is now an annual event hosted by teachers Kelly Eagles and Jared Nichol. Even though it's called a bean bag toss event, there's so much more going on to promote inclusion for every participant of every ability: students can make signs for their school between games, meet peers from surrounding schools, join the after-lunch cha-cha-slide, and go home with a special gift from CLHS.

BERT CHURCH HIGH SCHOOL

Led by Ian Ferguson and Cynthia Dahl, Bert Church High School was one of the first schools in Alberta to start playing Unified Sports back in 2016. They've made it a permanent part of their school community since then. BCHS has been both event participants and event hosts, most recently hosting a virtual Unified Bean Bag Toss event for athletes across Canada to learn a new activity while staying safe at home.

BELLEROSE HIGH SCHOOL

Bellerose High was excited to host the 2020 Metro Unified Jamboree and ready to show schools from across Edmonton what inclusion looks like for the Bellerose Bulldogs. The event was unfortunately cancelled due to COVID-19, but that didn't stop the Bulldogs Unified Team from staying connected and showing their dedication to their team by donning their jerseys and making a video to stay connected.

SHANNA KURYLO AND THE ASAA

Shanna Kurylo and the ASAA team have brought inclusion to high schools across Alberta. In less the five years the culture surrounding inclusion in high schools has shifted dramatically thanks to Unified Sports. The ASAA has been the driving force behind the Unified program and Shanna has done an incredible job connecting with teachers, schools, and making sure inclusion is ingrained in the hearts and minds of student athletes and partners here in Alberta.

To view the full article please [click here](#).



Subscribe Now for the Unified Sports Newsletter

Unified Sports Fall Newsletter Edition is Now Available Online

(please check your junk or spam folders after subscribing)



Dancing Dance to Address Bullying and Isolation in the Philippines



Increasing Post-School Opportunities for Youth in Thailand



Creating Job Opportunities for Youth in Indonesia



Community Engagement in Peru



The GOInclusive Project



Inclusive Day Camps in Canada



Mauritius



Macau



Argentina



**OCTOBER 8
2020**

THE SAFE RETURN TO HIGH SCHOOL ATHLETICS

PART 2

THE SAFE RETURN TO HIGH SCHOOL ATHLETICS **PART 2**

(UPDATED OCTOBER 9 2020)

NOTICE:



We are aware of and support the changes that Alberta Health Services (AHS) announced October 8th and we are currently awaiting any formal changes to be posted to the GoA's Return to Sport, Physical Activity and Recreation guidelines. We would like to make all our members in the Edmonton area including the communities noted below aware of the following changes:

1. Keep your family and social gatherings small - no more than 15 people.
2. Wear a mask in all indoor work/school settings, except when alone in a workspace like an office or cubicle where you are safely distanced from others, or an appropriate barrier is in place.
3. Limit your cohorts to no more than 3: your core household, your school, and one other sport or social cohort. For the communities noted this '3 cohort' limit supersedes anything in the following document.
4. Young children who attend child care could be part of 4 cohorts, given that child care settings have not been a high risk for spread.
5. Health officials are closely monitoring the Edmonton Zone.
Additional measures may be recommended if needed.

Please note that we take these measures very seriously and would like to remind our members outside of Edmonton that although these measures are only currently applicable to the Edmonton and surrounding communities noted below, things can and will change rapidly, so let's all stay safe and follow the suggestions and rules put forward.

Impacted Communities:

- | | | | |
|---------------------|--|--------------|---------------|
| - Beaumont | - Devon | - Edmonton | - Evansburg |
| - Fort Saskatchewan | - Gibbons | - Leduc | - Morinville |
| - Sherwood Park | - Spruce Grove | - St. Albert | - Stony Plain |
| - Thorsby | - Surrounding villages and businesses. | | |



GUIDELINES FOR THE SAFE RETURN OF HIGH SCHOOL ATHLETICS IN ALBERTA

This document is the second component of a series of guidelines developed by the Alberta Schools' Athletic Association (ASAA) for a safe return to high school athletics. These documents are intended to be a useful summary of information relating to Covid-19 guidelines for schools that are running their school athletics program.

Current Government of Alberta (GoA) documents allow for sport to occur under clear guidelines and restrictions. Regardless of whether or not your school jurisdiction will permit athletics to occur at this time, it is prudent for each school to prepare a plan of action to ensure a safe return to athletics when permitted by your school jurisdiction and Principal. Please review these guidelines to assist you with this preparation for a return to sport in the school setting, but please let teachers and students settle into their "new normal" educational environment before actively pursuing athletic opportunities in your school. A slow and steady start is recommended.

Currently the GoA is in Stage 2 of their relaunch plan. There is currently no timeline for when the GoA will move into Stage 3 or what Stage 3 would mean for high school athletics. ASAA would like to be able to provide a more definitive statement on what school sport will look like moving forward, but as there has been no written direction from GoA at this time on how sports will look in Stage 3, such a statement is not possible at this time. The ASAA has struck a Sports Season Committee to examine possible contingencies for school sport during the pandemic from January 2021 onwards and recommendations will be forwarded to the ASAA Executive committee and eventually the ASAA Board of Governors for a decision. Throughout all of this, ASAA Executive and staff will stay informed on all GoA decisions and modify its documents/decisions accordingly.

[Click here for the Alberta Government Relaunch Strategy](#)

SUMMARY OF GUIDELINES FROM THE ASAA

- Authority for approval of school athletic activities: In order, authority rests with Government of Alberta (GoA), Alberta Health Services (AHS), school superintendent and principal.
- The purpose of the guidelines is to assist athletic directors and coaches prepare for school athletic activities during the COVID-19 pandemic
- Spectators must adhere to the GoA restrictions on gatherings.
- Screening/Forms: Any participant that is exhibiting any symptoms cannot enter the facility or participate per AHS guidelines. Pre-Screening of participants is recommended.
- Any changes to ASAA Seasons of Play dates and/or provincial championship dates will be addressed in a timely manner by the ASAA Executive based on direction from the GoA and AHS.
- Coaches should adjust their expectations around fitness levels of student athletes as research shows it will be lower than it would be if there were no pandemic. This may require modifications to practices as insufficient fitness levels are an athlete health risk.
- Cohorts of up to 50 people (inclusive of student athletes and all team personnel unable to maintain 2 metres of distance) are permitted to participate in sports, but one cohort cannot interact with another.
- Competition is permitted in a mini-league/cohort format only. Check with your school and school division to ensure compliance with all relevant rules and regulations.
- General safety protocols being employed in schools and the general community should be observed at all times e.g. hand sanitizer, masks, physical distancing, etc.
- Masks are strongly recommended for all coaches, training staff, and attendees of events regardless of their ability to maintain physical distance. Cohort participants are recommended to wear masks when they are not engaging in physical activity.
- Participant Tracking: A "Responsible Person" (definition provided) should be appointed for each team to maintain attendance records for all gatherings of each sport cohort, including meetings, practices and, when permitted, competition.
- Rapid response plan: each school jurisdiction will likely have a rapid response plan
- In school guidelines/protocols around: equipment, scheduling, locker rooms, transportation, entry/exit points, spectators, etc.
- See Alberta Government policy regarding gathering restrictions and health regions
- Insurance related considerations must be a factor in return-to-sport planning



COHORT GUIDELINES

TAKEAWAYS

- Individuals may participate in more than one sport cohort at a time but are encouraged by the ASAA to limit their participation to one sport cohort at a time.
- Joint school teams may function if they are in accordance with all GoA guidelines. Cohorts can comprise of students from more than one school.
- The GoA SPAR document states "Individuals should limit the number of Cohorts/Mini-Leagues to which they belong". It must be the decision of each individual family whether or not to have their child involved in more than one sport cohort (school and/or community); ASAA does not prohibit student-athletes from being on a school team cohort and a non-school team cohort in a different sport or activity at the same time. However, school jurisdiction policies may be more restrictive and must be adhered to, and it is up to families to be aware of any such restrictions.

SUMMARY OF KEY POINTS

- Limit the total number of other cohort groups to which you and your core cohort belong. This might mean changing your daily routines or reducing the number of teams or groups you join.
- When interacting with people in other types of cohorts, do it safely, in ways that keep risks low. Minimize the amount of time you spend with them and limit the close physical contact you have with them.
- When participating in other types of cohort groups, you should:
 - interact outdoors if possible – it's safer than indoors
 - avoid closed spaces with poor ventilation, crowded places and close contact settings
 - keep the cohort in your local community or neighborhood to reduce geographic spread
- Sports teams can play in cohorts of up to 50 players and coaching staff (mini leagues)

COHORT GUIDELINES



Changing Cohorts

- If a person moves from one school sport or community sport Cohort or Mini-League to another, they must sit out 14 days before participating in any sporting activity as per current AHS Guidelines. For example: in a mini-league of Team A, Team B, and Team C, the 3 teams have played games against each other and are looking to move on to new competition. Before Team A can join a new mini league with Team D and Team E, all teams involved (A, D, and E) must go 14 days without engaging any other team in that sporting activity, but may continue to practice.
- Albertans might find themselves in more than one cohort at the same time. Limit the total number of other cohort groups to which you and your core cohort members belong. Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with. It is recommended if possible that households with sports cohorts consider having a smaller core cohort, given the total number of close contacts between all groups.

Team Cohorts

- The maximum number of individuals that can form a cohort is 50. The 50-person maximum includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.
- Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohort participants at a distance of less than 2 metres.



THE GUIDANCE FOR COHORTS DOCUMENT IS INFORMATION DIRECTLY DEVELOPED BY THE GOA AND AHS. PLEASE REVIEW THE DOCUMENT IN FULL DETAIL BY CLICKING [HERE](#)

INTERSCHOOL COMPETITION

As of Sept 9, 2020, the ASAA will permit students/schools to engage in competitions during the current season of play. All schools and Zones must follow ASAA "Seasons of Play" and the "Participation on a non-school team" policy, gain permission from their jurisdiction superintendent and school principal, and any competition must follow GOA Sport, Physical Activity and Recreation (SPAR) guidelines which are available [here](#)

Tournaments, races and competitive events are permitted for sport, physical activity and recreational activities where participants can maintain 2 metre physical distancing at all times, or they follow the mini-league model. If 2 metres distance or the mini-league model are not options, the tournament/event is not permitted.

Tournament/events that compel a new cohort team to be formed for a short period (e.g., a weekend) are not permitted at this time.





TRAVEL

Where 2 metre physical distancing between individuals is maintained or the Mini-League model is employed, travel for sport, physical and recreational activities is allowed. Travel policy will differ greatly by school jurisdiction. Ensure that all travel complies with relevant school district policy.

TRANSPORTATION

If transportation is permitted for the purposes of athletics, it is strongly recommended transportation to and from activities be only with members of the same household if possible.

SCHEDULING

It is recommended that athletics activities be scheduled with sufficient time between activities to avoid any overlap of players on the court or field or other sports facility.

Congestion during pick up and drop off should be avoided.



GOVERNMENT OF ALBERTA GUIDELINES REGARDING SPECTATORS

The ASAA supports the following GoA guidelines:

- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces).
- Physical distancing of minimum 2 metres should be maintained by spectators at all times, unless from the same household or cohort.
- It is strongly recommended that spectators wear masks.
- It is strongly recommended that activities occur without spectators at this time, and event hosts consider live-streaming competition where possible.
- If spectators are approved by the school jurisdiction and principal to be present, they must comply with the maximum gathering limits and must maintain physical distancing of at least two metres from other individuals or household groups.

200

MAXIMUM NUMBER
OF SPECTATORS
PERMITTED
OUTDOORS

100

MAXIMUM NUMBER
OF SPECTATORS
PERMITTED
INDOORS

2M

DISTANCE TO BE
MAINTAINED
BETWEEN MEMBERS
OF DIFFERENT
HOUSEHOLDS (WITH
THE EXCEPTION OF
COHORT FAMILIES)

0

RECOMMENDED
NUMBER OF
SPECTATORS

Click [here](#) for the Alberta Government restrictions on gatherings



GENERAL RETURN-TO-SPORT GUIDELINES

Group Equipment

- If any equipment is being used, it is strongly recommended at a minimum that equipment be sanitized before and after each session.
- It is recommended that equipment not be shared with other cohorts without proper sanitizing.
- It is recommended that the number of people setting up and putting away the equipment be kept to a minimum and respect social distancing guidelines
- It is strongly recommended that hand sanitizer and/or sanitizing wipes be made available to participants and those responsible for setting up and putting away of equipment.

Individual Equipment

- It is strongly recommended that participants not share their personal equipment with anyone. (e.g. cleats, pads, helmets, clubs, etc.)
- All participants should have their own labeled water bottles and water bottles should not be shared or stored in close proximity to one another.
- All equipment of individuals should be labeled with the participant's name.
- All equipment of individuals should be kept at least 2 metres from another participant's equipment whenever practical.



GENERAL RETURN-TO- SPORT GUIDELINES

ENTRY AND EXIT POINTS

- Entry and exit points such as doors are recommended to be propped open if possible. It is strongly recommended that entry and exit points be sanitized before and after each session.
- It is strongly recommended that hand sanitizer be supplied near entry and exit points.
- It is strongly recommended that if athletic facilities allow, different entry and exit points should be used.

LOCKER ROOMS, CHANGE ROOMS, AND SIDELINES

- It is strongly recommended that locker rooms or change rooms not be used at this time.
- If locker rooms or change rooms are used, all high-touch surfaces should be sanitized between uses (e.g. benches, door handles, etc.)
- All participants should come to activities fully dressed and ready to participate.
- AHS guidelines suggest physical distancing (2m) be followed on the sideline and when not in competition.

GENERAL RETURN-TO-SPORT GUIDELINES

SCREENING & FORMS



Screening

- Active screening of attendees at a meeting, practice or game should be considered to monitor for symptoms of fever, sore throat, cough, runny nose or difficulty breathing. As noted in the Alberta Government's [*Guidance for Sport, Physical Activity and Recreation – Stage 2 document*](#), "any participant that is exhibiting any symptoms (of COVID-19) cannot enter the (athletic) facility or participate".
- Schools may choose to use the [Alberta Health Daily Checklist](#).
- Schools may also recommend that all involved in school athletic activities complete the [AHS COVID-19 Self Assessment Tool](#) daily.
- Schools and those appointed to be the Responsible Persons for teams should consider making use of testing facilities in their communities in accordance with AHS guidelines (i.e. regular testing of random team members may offer reassurance that the cohort is virus free).

Forms



Since each of the 60+ school jurisdictions in Alberta may have different guidelines, waivers, forms and participant tracking procedures, the ASAA does not plan to provide an example for anything other than a participant tracking form which is located later in this document. The ASAA does, however, suggest each school jurisdiction give consideration to the creation of forms that address:

- Athletic Informed Consent
- Daily Athletic Screening Checklist or "Attestation of no COVID-19" symptoms
- Cohort List, which would ensure compliance for the requirement for no more than 50 individuals; this could be in the format of a participant tracking form.

Various PSO's have examples of a variety of forms in their return to play documents located [here](#)

RESOURCES & LINKS

Sport Specific PSO Resources

Use the links below to access the COVID-19 safety guidelines and/or return to sport protocol for each sport.

- [Athletics Alberta](#)
- [Badminton Alberta](#)
- [Alberta Basketball](#)
- [Alberta Cheerleading](#)
- [Cross Country Alberta](#)
- [Curling Alberta](#)
- [Football Alberta](#)
- [Alberta Golf](#)
- [Rugby Alberta](#)
- [Volleyball Alberta](#)
- [Alberta Amateur Wrestling](#)

Government of Alberta and Alberta Health Services Links:

- [Alberta Government Guidance for Sport and Recreation](#)
- [Cohort Guidelines](#)
- [Importance of Participant Tracking](#)
- [COVID-19 Self Assessment Tool](#)
- [Guidance for Parents of Children Attending School and/or Childcare](#)
- [Alberta Government Gathering Restrictions](#)
- [Alberta Government Health Region Information](#)

Schools and school jurisdictions may also have their own rules, regulations, and restrictions. It is important that families remain informed of the most recent policies and procedures within their school.





PARTICIPATION ON A NON-SCHOOL TEAM POLICY

With the support of the ASAA Zones, the ASAA Executive Committee is immediately suspending enforcement of the following ASAA Policy:

Section IV.5 Participation on a Non-school team:

- To be eligible for high school participation in the ASAA sports of basketball, volleyball, football, cheerleading, team handball and rugby, a high school student is not permitted to play on a nonschool team in the same sport during the same season. (Note: individual sports are not impacted by this policy). The purpose of suspending the enforcement of this policy is to support the dynamic changes to the traditional school athletic calendar.
- The ASAA wants to support students, parents, coaches and schools in all efforts to successfully return to sport under the guidelines imposed by the Government of Alberta, AHS and school superintendents.
- This limited time policy modification will enable student athletes, in consultation with their parents/guardians, to make choices during the very fluid nature of the 2020-2021 school athletics calendar.

Please see the [full September 29, 2020 memo](#) regarding COVID-19 related limited time flexibility regarding ASAA participation on a non-school team policy

CONTACT

For more information on the ASAA's Safe Return to Sport guidelines, please contact us at:

Phone: 780-427-8182

Email: info@asaa.ca

Website: www.asaa.ca

All updates to the COVID-19 Return to Sport guidance, including any information about provincial championships, will be sent out to principals and athletic directors listed in our registration system as well as posted on our website and social media. We encourage all schools to check that their contact information is up to date to ensure that they receive information in timely manner.



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[ASAA LIVE](https://www.youtube.com/ASAA_LIVE)

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