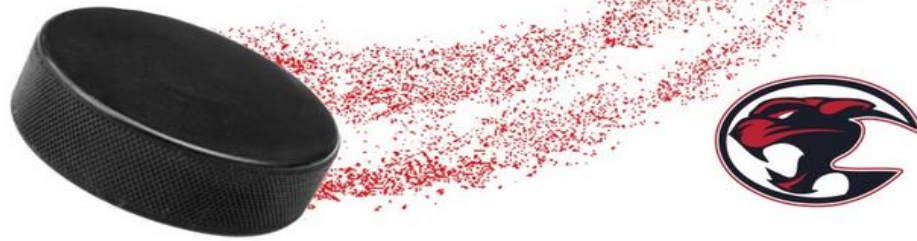


# The Southwest Slapshot



## Southwest Hockey Association

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Be sure to tag Southwest Hockey at: [#swcougarsroar](#)



## In this Issue for: September 13, 2021

The "**Southwest Slapshot**" is our informative newsletter, and is one of our main forms of communication, along with social media.

***Did you know that you can find prior Slapshot Newsletters on our website?***

Is finding past emails adding frustration to your life? [Click Here](#) and save for future reference. You will find previous newsletters that have been sent to our members.



Evening Southwest Families,

On behalf of our President and Director of Evaluations, please review the following important message!

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While we are all excited to see the kids back on the ice, we must ensure that we are able to continue moving forward in the safest manner possible.

With that said, we felt it was necessary to take a moment to review a few important reminders as we head into the busy weeks of evaluations.

## **ILLNESSES**

1. If your child is sick --- please keep them home, and contact your Evaluation Lead. Contact list can be found by [Clicking Here](#).
2. If your child becomes unwell during an ice time, and is asked to leave the ice by the on-ice coaches --- please remove your child from the hockey arena and keep your child home until they are symptom free.
3. If you are unsure if your child should attend a skate --- contact your Evaluation Lead and Evaluation Assistant. You can also call 811 for guidance. Or you can visit: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>
4. Included below is a list of all the signs and symptoms of illness that currently require staying at home; as per AHS.

**NOTE:** If your child misses an evaluated skate, we will work with families on a case-by-case basis.

## **GENERAL REMINDERS**

1. Masks **ARE** required by **ALL** spectators **AND ALL** players while inside the facility.
2. Please ensure you are masking at all times; **unless ON the ice**.
3. Ensure your child BRINGS a water bottle. Sharing of water bottles is NOT permitted.
4. **Respect ALL volunteers and ALL facility rules. Yelling and 'talking down' to volunteers, or staff will NOT be tolerated!**

## **AS PER AHS - CORE SYMPTOMS & ISOLATION REQUIREMENTS**

If your child has any of these core symptoms, they **NEED** to isolate for a least 10-days (from the start of symptoms) **OR** until symptoms are gone (whichever is longer). **OR unless the child tests negative.**

### **Core Symptoms --- Children Under-18**

- Cough
- Fever
- Shortness of breath
- Loss of sense of taste or smell

### **Other Symptoms --- Children Under-18**

For these symptoms, follow these guidelines.

1. If one (1) symptom --- Stay home for 24-hours. Get tested if symptoms don't improve.
2. If two (2) or more symptoms --- Get tested and stay home until well, **OR** test is negative.

Symptoms include:

- Runny / Stuffy Nose
- Painful Swallowing
- Chills
- Headache
- Muscle or Joint Aches
- Feeling Unwell or Fatigue
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Conjunctivitis (also known as pink eye).

**Let's continue to work together, and do everything that we can to keep everyone safe!**

**We REALLY want to keep the kids on the ice this season!**

Jeff Campbell | President

Dori-Ann Samadi | Director of Evaluations

 **Thank You**  
FOR YOUR KIND COOPERATION!

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Visit the Website**



**It is the member's responsibility to stay informed. Be sure to check out  
our AMAZING website and social media on a regular basis.**

