

Hockey Alberta Player Wellness Pilot

Frequently Asked Questions | Delivered through the EAS platform

About the Pilot

What does the pilot include?

Participating teams will receive access to the EAS platform for the 2026-27 season. The pilot will include:

- confidential, non-clinical and age-appropriate self-assessment and wellness tools;
- digital education, resources and Hockey Alberta content;
- a Hockey Alberta-branded platform;
- onboarding and technical support;
- two live virtual onboarding sessions for coaches and association contacts, with a recording available for teams joining later;
- short how-to videos and resources for participants, available through the season;
- in-platform surveys and feedback opportunities; and
- aggregate, anonymized reporting to help Hockey Alberta evaluate the pilot.

The pilot is planned to launch in October 2026 and continue through the 2026-27 hockey season.

Who can participate and is there a cost?

The pilot will include up to 200 teams, with initial recruitment focused on U13-U18 teams.

Associations can identify individual teams without their entire association participating, and multiple teams from the same association are welcome to express interest.

There is no cost to participating associations, teams, players or families.

Submitting an Expression of Interest does not guarantee a pilot spot. Hockey Alberta will review overall interest and confirm participating teams based on available capacity.

What if our teams or coaches haven't been finalized yet?

We recognize associations are at different stages of team formation and coach selection. You don't need to have final team rosters or coaches confirmed to submit an Expression of Interest.

Where those details aren't available yet, we're asking you to identify the number and types of teams you anticipate may be interested in participating, and provide as much information as you reasonably can at this stage. Team and coach details can be confirmed as they become available.

What are we committing to if we participate?

We're asking teams to approach the pilot with an open mind, complete onboarding, make a reasonable effort to engage with the platform, stay connected throughout the season and participate in feedback opportunities.

We're not asking teams to guarantee a certain amount of use or provide positive feedback. If a team doesn't use EAS very much, stops using it or doesn't find it valuable, that's still useful pilot information — we simply ask that participants remain connected and help us understand why.

How much work is this for our coaches?

Not much. Coaches attend one virtual onboarding session or watch the recording, help their players and families get signed up using the resources provided, and stay connected for a few short feedback touchpoints during the season. Beyond that, coaches are participants like everyone else. The platform is designed to be used directly by players and families rather than administered by the coach.

We're already using another wellness, performance or player-support program. Can we still participate?

Absolutely. The pilot is not intended to replace programs or supports your association or teams are already using.

In fact, experience with another program may make your feedback particularly useful. This is a no-cost opportunity to experience another approach and consider where EAS adds value, overlaps with existing programming or may not meet the same needs.

Using EAS

How often will participants need to use EAS and provide feedback?

Check-ins are short and repeat on a set cadence through the season. The exact frequency will be confirmed with Hockey Alberta before launch, likely somewhere between every two weeks and monthly. We would welcome input from associations on what would work best for their teams. Between check-ins, participants can access the platform's tools, education and resources at any time.

There are no minimum participation requirements for individual participants. We will also ask participants to complete short in-platform surveys at a few points during the season.

What does a check-in actually involve?

Check-ins are short and self-directed. They ask straightforward questions about how a participant is feeling and how things are going in areas like confidence, stress, sleep, energy and their overall hockey experience. They are written to be age-appropriate and take a few minutes.

There are no right answers and no scores shared with anyone. Based on what a participant identifies, the platform surfaces relevant tools, education and strategies they can use.

How will players and parents participate?

Players will complete age-appropriate check-ins and use the tools and resources available through the platform.

For identified age groups, parents will provide consent and are encouraged to use the platform alongside their child, including completing check-ins together and using the experience as an opportunity for ongoing conversations throughout the season.

Who is responsible for onboarding and technical support?

EAS provides onboarding and technical support throughout the pilot. Onboarding includes two live virtual sessions for coaches and association contacts, one in the afternoon and one in the evening, with one session recorded so teams joining later can still access it. Short how-to videos covering sign-up, navigating the platform and completing check-ins are available on demand throughout the season, and associations are welcome to share the through their own channels.

Participants have self-serve help resources within the platform for everyday questions. Technical issues are raised through the team or association contact, who can reach EAS support directly during services hours.

Mental Wellness & Safety

Is EAS a mental health, counselling or crisis intervention service?

No. EAS is a non-clinical platform. It does not provide medical advice, diagnosis, counselling, psychotherapy, clinical assessment, treatment or crisis response.

Mental wellness is much broader than mental health crisis. Through the pilot, Hockey Alberta is exploring areas such as self-awareness, stress, confidence, sleep, resiliency, performance, healthy habits and overall wellness, alongside player education and coach support.

The assessment tools are intended to support awareness, education and access to relevant tools and resources. They do not replace qualified professional support when it is needed.

What happens if a safety concern is identified?

If a participant needs immediate or additional support, the platform will provide access to appropriate emergency services, professional and crisis resources.

EAS and Hockey Alberta do not provide clinical, counselling or crisis response services through the platform.

Privacy, Data & Access

How will participant information and privacy be protected?

EAS uses privacy and security safeguards to protect participant information. Individual participant responses are confidential and are not shared with Hockey Alberta, coaches or associations. Reporting to Hockey Alberta is aggregate and anonymized, and information available to coaches is limited to team-level themes once at least five players have completed a check-in.

For minor participants, age-appropriate content and appropriate parent/guardian consent will be part of the onboarding process.

Who will be able to see participant information?

Coaches will receive anonymous, team-level themes to help them understand what may be happening within their team, rather than individual player responses. Team-level information is only displayed once at least five players on that team have completed a check-in, so that responses cannot be linked back to an individual. Where fewer than five players have participated, no team-level information is shown.

Hockey Alberta will receive aggregate, anonymized information to help evaluate participation, engagement and broader trends across the pilot.

Participating associations do not receive reporting through the platform and are not responsible for monitoring individual participant information.

Hockey Alberta's Pilot Model

Can our association customize EAS or add its own content?

For this pilot, EAS will be implemented as a **Hockey Alberta provincial platform**, rather than separate association-specific hubs.

Hockey Alberta and EAS will provide the content and resources available through the pilot, and associations are not expected to manage or customize their own space within the platform.

We recognize that association-level customization may be of interest to some members, and that is useful feedback for Hockey Alberta to consider as part of the pilot evaluation.

What happens after the pilot?

At the end of the season, Hockey Alberta will review participation, engagement and feedback to understand what worked, what didn't and where participants saw value.

That evaluation will help inform whether EAS, or this type of platform, has a future role within Hockey Alberta's education, wellness and player-development work.

There is no expectation that participating associations or teams commit to future use as part of the pilot. Ongoing use and what that could look like will be considered as part of Hockey Alberta's evaluation and future discussions.