

Hockey Alberta Player Wellness Pilot

2026-27 Pilot Overview | Delivered through the EAS platform

About the Hockey Alberta EAS Pilot

What is EAS?

EAS is an online platform that brings together education, mental wellness check-ins, performance and wellness resources, and support tools for players, coaches and parents.

For Hockey Alberta, the opportunity is to explore whether one platform can bring together areas of work that have often been delivered separately — including player education, mental wellness, player development, coach support and Hockey Alberta resources and programming.

Why is Hockey Alberta piloting EAS?

We've consistently heard that mental wellness, player education, support for coaches and access to consistent resources are important across our membership.

EAS gives us an opportunity to explore these areas together and test both the platform and the content with participants before making any decisions about what comes next.

This is an evaluation pilot, not a commitment to future implementation.

What is Hockey Alberta hoping to learn?

We want to understand how players, coaches and parents engage with the platform throughout a hockey season — what they use, what they value, what they don't use, and what gets in the way.

We also want to understand whether bringing player education, mental wellness, performance, coach support and Hockey Alberta resources together provides value across different hockey environments.

We aren't asking participants to prove the platform works. We're asking them to help us understand whether it works, for whom, and where it fits.

How Does EAS Work?

EAS uses short, non-clinical self-assessments to help players, coaches and teams regularly check in on areas related to wellness, performance and their overall hockey experience. From those check-ins, the platform provides tools, education, resources and strategies to support participants throughout the season.

Players & Parents

Players complete age-appropriate check-ins, with parent involvement where applicable. Participants can access tools, resources and strategies to help build self-awareness and navigate areas identified through their check-ins.

Coaches & Teams

Coaches participate in the platform themselves and, where at least five players have completed a check-in, can see anonymous team-level themes to better understand what may be happening within their team.

The goal is to make that information actionable — providing practical resources and strategies coaches can bring into practices, conversations and the overall team environment.

Hockey Alberta

Hockey Alberta can provide timely education, resources and content through the platform that align with provincial initiatives and participant needs.

Aggregate, anonymized reporting will also help Hockey Alberta evaluate engagement, identify broader trends and understand where additional education or support may be valuable.

Regular Check-ins, Ongoing Support

The intent isn't to complete one assessment at the beginning of the season and forget about it. Regular check-ins allow the experience and resources to evolve as needs change throughout the hockey season.

EAS is a non-clinical platform. It does not provide medical advice, diagnosis, counselling, clinical assessment or treatment, and does not replace qualified professional support.

What Participation Looks Like

Participation is intended to be straightforward. Hockey Alberta and EAS will support the platform, onboarding and pilot process, while associations and teams help connect the opportunity to their members and stay engaged throughout the season.

Associations

Associations will help identify participating teams, provide a primary contact, support communication and stay connected with Hockey Alberta throughout the pilot.

Teams & Coaches

Teams and coaches will support onboarding and communication with players and families, encourage reasonable engagement, and participate in feedback about how the platform fits within their team environment.

Players & Parents

Players and parents will have the opportunity to explore and use the platform throughout the season and provide feedback about their experience.

What We're Asking From Everyone

Approach the pilot with an open mind, make a reasonable effort to engage, stay connected and help us learn from the experience.

There is no expectation that participants need to love the platform or use every feature. Honest feedback — including limited or discontinued use — is valuable when we can understand why.

Key Messages for Preliminary Team Conversations

If you're talking with coaches or team staff about whether their team may be interested, some key points to share are:

- This is a **one-season Hockey Alberta pilot** of the EAS platform for the 2026-27 season.
- There is **no cost** to participating associations, teams, players or families.
- EAS brings together wellness and performance check-ins, education, resources and practical tools for players, coaches and parents.
- **For players:** EAS provides regular check-ins and personalized tools and resources around areas that can impact both their hockey experience and overall wellness, including mental wellness, performance, confidence, focus, sleep, stress, recovery and healthy habits.
- **For coaches:** EAS provides practical tools, tips and strategies they can bring into practices, conversations and the team environment. Anonymous team-level assessment information can help coaches understand how their team is doing and provide relevant strategies for engaging and supporting players based on what is emerging through their check-ins.
- Participating teams will be asked to **give the platform a genuine try**, stay connected throughout the season and provide honest feedback about their experience.
- Teams don't need to commit to a specific amount of use or promise they'll find the platform valuable — **learning what doesn't work or isn't used is part of the pilot too.**
- Participation does **not replace** other wellness, performance, education or player-support programs a team is already using.
- At this stage, we're only looking to understand **whether there is genuine interest**. Teams identified through the Expression of Interest process will be contacted to confirm participation and expectations before onboarding.
- If a coach or team has questions before deciding whether they're interested, they can connect with their association or Hockey Alberta for more information.