



RETURN TO HOCKEY - COHORT EXAMPLES

Included in this document are examples to guide in the creation of Cohorts and program options that could align with each. The number of coaches identified in each example are those who would be considered part of the Cohort. Additional coaches and volunteers, who are outside of the identified Cohort, must wear masks and practice physical distancing.

Practices

Depending on the division of hockey, and how players are grouped within a cohort, practices can be delivered in any variation of half ice, full ice or shared ice.

Internal Competition

Depending on division of hockey and how players are grouped within a Cohort, competition can include 3-on-3, 4-on-4 or 5-on-5. Players can be moved within a Cohort to allow for a variety of competition. Example: 4 teams of 10 players could be split into two teams to compete 5-on-5. Three teams of 14 players can be split into two teams to compete 5-on-5.

Example 1: 50-Person Cohort

Cohort Group	Players	Coaches
1	10	2
2	10	2
3	10	3
4	10	3

Cohort Group	Players	Coaches
1	15	2
2	15	2
3	14	2

Cohort Group	Players	Coaches
1	20	5
2	20	5

Example 2: 40-Person Cohort

Cohort Group	Players	Coaches
1	12	2
2	11	2
3	11	2

Cohort Group	Players	Coaches
1	17	3
2	17	3

Example 3: 30-Person Cohort

Cohort Group	Players	Coaches
1	13	2
2	13	2