



SOA Return to Play Coach Toolkit

Updated October 16, 2020

Special Olympics
Alberta





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Toolkit Updates

The SOA Return to Play Coach Toolkit was updated on October 16, 2020. Updates to the toolkit from the September 16, 2020 version are in **blue** and include:

- Return following a negative test for COVID-19
- Updates to the sport-specific guidelines

Some formatting changes were also made.

Risk Management

Health officials advise of two variables that reduce the risk of transmission:

1. Contact intensity – how close you are to someone and for how long
2. Number of contacts – how many people are in the same setting at the same time.

The following levels of protection are listed from highest level of protection to lowest. Use the highest level of protection possible or appropriate for each situation.

- Physical distancing measures – reduce density of group (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other Personal Protective Equipment)

Participant Safety

SOA is committed to the ongoing safety of athletes, coaches, volunteers, and other members of our community. Prior to returning to activity, SOA will require all programs to agree to abide by the requirements for safety and sanitation, which are built on the following criteria:

- Ensuring participant safety/health
- Practicing physical distancing
- Reducing shared equipment and touching of shared surfaces
- Education on protocols and procedures, and required cooperation of athletes and volunteers
- Providing information to volunteers on enhanced cleaning and sanitizing procedures.



These requirements include general measures, as well as expectations that apply specifically to Affiliate Management Committees, coaches, athletes, and caregivers.

Participants must abide by the protocols. If a program is found to not be in compliance with safety protocols, the program will be cancelled until remediation is undertaken and SOA approval is granted. Sport-specific protocols are also in development to address practices, equipment, and etiquette unique to each sport.

Participants with Higher Risk Conditions

Having an intellectual disability alone may not put someone at a higher risk for getting COVID-19 or having a severe illness if they do get COVID-19. However, some people with intellectual disabilities might be at a higher risk of infection or severe illness because of their age or underlying medical conditions, which could put them at greater risk of being exposed and acquiring the infection.

The known underlying health conditions that put one at greater risk for COVID-19 include:

- Endocrine disorder (like diabetes)
- Metabolic disorders
- Brain and spinal cord disorders (ie. cerebral palsy, epilepsy, stroke)
- hypertension
- asthma
- chronic lung disease
- severe heart conditions
- chronic kidney disease
- obesity
- weakened immune system

Safe Sport

SOA believes that everyone has the right to enjoy the sport at whatever level or position they participate. Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

The focus of these guidelines is the safe return to play while continuing to focus on the Safe Sport movement and ensuring that our athletes, volunteers, coaches and other stakeholders are all protected. Although the overall Safe Sport movement covers a number of topics and issues (Canadian SafeSport Hotline, concussion policy and protocol, training, etc.) in the context of this resource, the focus is on supervision and responsible coaching during all contexts of a phased return to sport and programs.



All programs, coaches, volunteers and staff should visit <https://safesport.coach.ca/participants-training> for additional information. As taken from Coaching Association of Canada (CAC):

Rule of Two: To be considered and followed in all phases of program delivery

The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations.

Phase 1 - Rule of Two in a Virtual Setting:

These specifics have been included in the guidelines as there is a change to implementation based on the delivery of programs in Phase 1.

- The Rule of Two should continue to apply to all minor athletes in the virtual environment during the COVID-19 pandemic (additionally, for those athletes under age 16, a parent or guardian should be present during the session where possible);
- We recommend applying the Rule of Two to non-minor athletes, as well, in the current circumstances;
- For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, program administrator) – one-on-one sessions should be prohibited;
- Parents/guardians should be fully informed beforehand about the activities undertaken during the sessions, as well as the process of the virtual session;
- Parents/guardians should be required to consent to virtual sessions prior to each session, if irregularly scheduled, or prior to the first session if there is a series of regularly scheduled sessions;
- Communication during each session should be in an open and observable environment (i.e., avoid bedrooms) in the athlete's home (athlete's parents'/guardians' home), and the coach must initiate the session from an appropriate location (i.e., avoid bedrooms or "overly personal"/unprofessional settings);
- It is recommended to record sessions where that capacity exists;
- Prohibit one-on-one texting, emailing or online contact between coach and athlete – any texting, emailing or online contact should be limited to group text/email that includes at least two adults (two coaches or one coach and one adult (parent, guardian, volunteer, program administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails;
- Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.);
- Encourage parents/guardians to debrief with U-16 athletes about virtual training on a weekly basis.

In addition, care should also be taken to ensure that appropriate security settings have been set for virtual, videoconferencing arrangements, including password protected videoconference invitations.



Phase 2 and 3: Additional information related to current practices for implementing the Rule of Two

The phased return to play should not impact the required training and screening for all coaches and volunteers. There remains an importance and focus on the three key areas (Rule of Two, Background Screening, Ethics Trainings) within the responsible coaching movement. For more details please access resources at <https://coach.ca/three-steps-responsible-coaching>.

Appropriate and responsible quotas of athletes and coaches must be maintained. As Alberta Health restricts group sizes, it is essential to ensure that the Rule of Two remains in place and that a coach/volunteer position is not sacrificed for an athlete opportunity.

Program Safety Volunteers

This volunteer position will support the Head Coach in ensuring that all COVID-19 safety protocols and processes for the sport program are in place and adhered to by all participants. Several Program Safety Volunteers may support a program, depending on program size.

This volunteer will participate in the necessary COVID-19 related learning sessions prior to the program starting so that they understand the expectations in place to provide a safe and positive return to sport for all involved (coaches and other volunteers are still required to participate in learning sessions).

Duties include:

- Ensures program has sufficient amount of hand sanitizer and cleaning supplies prior to start
- Assists coaches in ensuring physical distancing rules are followed upon arrival, during, and departing the program
- Ensures signage and physical distancing barriers are in place prior to athletes arriving
- Ensures that the Attendance Protocol and Tracker for Special Olympics Canada Activities is completed as each participant enters the program
- Ensures screening and attendance is recorded at each program, that all attending are registered with Special Olympics Alberta, and that emergency contact information is on hand at every program
- Ensures all health protocols are followed during the program
- Ensures coaches have gloves and masks available for situations requiring first aid or medical attention until first responders arrive
- Ensures participants know where hand sanitizer/hand washing station is located and that each participant washes their hands prior to and during the program
- Supports athletes in recognizing if washroom facilities are available, and ensures that only one person is using the facilities at a time (this may differ based on facility protocols)
- Assists coaches in making sure athletes are not sharing equipment or personal items such as water bottles
- Ensures all athletes have been picked up or left the program area at the end of each session
- Ensures that all equipment used is cleaned at the end of each session



Cohorts

SOA cohorts are a closed, small group of no more than 50 individuals consisting of athletes, coaches, and volunteers who participate in the same sport or activity and remain together for the duration of the program. Participants may participate in only one sport cohort per program cycle with a minimum of 14 days between programs.

It is preferred that family members or participants residing at the same address be placed within the same cohort whenever reasonable; however, the levels of the athletes must be considered to ensure a positive experience. Cohorts only participate in their own Affiliate and will not engage in events or leagues with other cohorts.

Participant Resources and Checklists

Athletes

SOC has prepared [National Guidelines for Return to Sport & Programs for Athletes](#) and [What to know before you return](#)

On each program day, athletes should review the checklist below to help make sure they are ready for their program. When training begins:

DO

- Recommend masks be worn as much as possible. This includes when you arrive and depart from your program.
- Recommend showering at home before and after training
- Keep 2m (or 6ft) from other athletes and volunteers
- Arrive to training on time (no more than 5 minutes before practice starts)
- Leave straight after training is finished
- Bring and use your own water bottle
- Use hand sanitizer when you arrive and before you leave
- Use this form if you need to go to a doctor or medical professional

DON'T

- Don't go to training if you don't feel well
- Don't share your water bottle with anyone
- Don't share your uniform or personal items with anyone
- Don't shower or use the change room at training
- Don't sneeze or cough into your hands
- Don't hug, huddle, shake hands or high-five



- Don't spit
- Don't touch your eyes, nose, mouth
- Don't be at training too early
- Don't hang around after training is finished

In SOC's National Guidelines for Return to Sport & Programs, there are many resources available for athletes. Some of these resources include:

Coaches

SOC has prepared [National Guidelines for Return to Sport & Programs for Coaches](#), which includes the information below. It is recommended that these athlete-focused guidelines be shared with coaches.

SOC COACHING REQUIREMENTS

Each coach should review and undertake the following actions to allow a return to training at SOC's Phase 2 and Phase 3.

Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
Off-field Preparation	<ul style="list-style-type: none"> • Complete COVID-19 specific coaching training as outlined by your Chapter. • Contact your athletes to ensure they are preparing for sport to return with the activities listed in this plan. • Inform the Program coordinators of the plans for training to recommence. Ensure that plan aligns with all Provincial/Territorial Health guidelines and P/T Sport guidelines. • Understand the restrictions for each localized sport and training venue. • Ensure athletes are prepared to "Get in, train, get out". • Advise players, coaches, and volunteers not to attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). 	<ul style="list-style-type: none"> • Inform the Program coordinator of plans to continue to train.
On-field Preparation	<ul style="list-style-type: none"> • Modify training conditions to support physical distancing. • Ensure you have equipment to comply with the guidelines and restrictions such as hand sanitizer, tissues, antibacterial wipes and signage. 	<ul style="list-style-type: none"> • Modify training conditions to support expanded sporting activity that can be conducted in groups of any size including full contact.



Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
	<ul style="list-style-type: none"> Retain personal protective equipment (PPE) supplies for use if an attendee at an activity becomes unwell. Group athletes into smaller groups over a greater number of sessions to comply with Provincial/Territorial guidelines. See sport-specific recommendations for modifications 	
Emergency Action Plan	<ul style="list-style-type: none"> Update EAP to ensure alignment with any new venue/facility guidelines or restrictions. Ensure First Aid Kit is equipped with PPE in the event of an emergency where contact would be required. Avoid sharing cell phone/facility phone in the event of an emergency. Assign roles to each volunteer to limit unnecessary contact or sharing. 	<ul style="list-style-type: none"> Continue to update EAP in alignment with venue/facility operations.
Communication	<ul style="list-style-type: none"> Remind athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols. 	<ul style="list-style-type: none"> Requirements continue from Phase 2.
Training	<ul style="list-style-type: none"> “Get in, train, get out.” Maximum participants as advised by your Provincial/Territorial health authority. No contact including high fives/hand shaking, no socializing or group meals. Use defined training areas for each training group. Avoid high injury risk activity. Ensure correct conduct of personal hygiene principles such as sanitizing requirements, hand washing and treatment of shared equipment. No sharing of personal equipment. Complete attendance protocol and tracker at each session. 	<ul style="list-style-type: none"> For larger team sports, consider maintaining some small group separation at training. Limit unnecessary social gatherings. Sanitizing requirements continue from Phase 2. Continue to encourage personal hygiene E.g. wash hands prior to training, no spitting or coughing, sharing of uniforms. Continue to complete attendance protocol and tracker.
Personal Health	<ul style="list-style-type: none"> Implement a graded return to sport to avoid injury. Remind players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). 	<ul style="list-style-type: none"> Requirements continue from Phase 2.



Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
	<ul style="list-style-type: none"> • Avoid physical greetings such as hand shaking and high fives. • Avoid coughing, clearing nose, spitting and sharing of uniforms. • Remind athletes to launder own training uniform and wash personal equipment. 	
Hygiene	<ul style="list-style-type: none"> • Adopt safe hygiene protocols. • Distribute information and posters for safe hygiene. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Facilities	<ul style="list-style-type: none"> • Understand and inform athletes which parts of facilities are available during Phase 2 restrictions. 	<ul style="list-style-type: none"> • Understand and inform athletes which parts of the facilities are available during Phase 3 restrictions.
Management of unwell participants	<ul style="list-style-type: none"> • Understand and comply with guidelines for management of COVID-19 and communication protocol for positive tests. • Advise players, coaches, volunteers to not attend if unwell. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.

SOC COACHING CHECKLIST

The following checklist should be used by coaches in preparation for returning to programs and prior to each program date:

- Familiarize yourself and other volunteers with your venue, including any new policies or restrictions that may impact training.
- Ask athletes to arrive ready to train. Avoid socializing prior to and after training.
- Attendance protocol and tracker completed at each training session.
- Review length and scheduling of training sessions to reduce overlap. Consider lighter training sessions upon return to play.
- Maximum number of persons (including yourself) as advised by your Provincial/Territorial health authority. Limit unnecessary non-athletes.
- No contact including high fives/hand shaking, socializing or group meals.
- Use all necessary precautions when assisting with equipment, etc. Consider assigning this role to one volunteer for the entire training.
- Advise athletes to bring own water bottles and avoid grouping them together to prevent close contact during water breaks.
- Defined training areas for each training group while maintaining physical distancing of at least 2m (or 6ft).
- Assign roles to volunteers that will limit movement of participants and volunteers throughout the training.
- Use of sanitizing stations.
- Limit use of equipment. Ask participants to bring own if possible. No sharing of personal equipment for both athletes and volunteers



- Sanitize equipment before, during, after sessions.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Advise all participants to not attend if unwell. In the event of a known or reported illness, please refer to the Communication Protocol section of these guidelines.
- Advise all participants to launder their own uniforms after each use.
- Update [EAP](#) to align with any new policies and procedures that have been put in place at the venue. Ensure cell phones do not need to be shared.

SOA COACHING REQUIREMENTS

In addition to reviewing all SOC requirements and checklists, SOA requires that ALL Head Coaches participate in the general sport-specific training and discussion forums prior to resuming any coaching duties. Assistant coaches and program volunteers are also strongly encouraged to participate.

First Aid

SOA requires that all Head Coaches and 50% of additional coaches have Standard first aid training. If first aid is required during a program, all persons attending to the injured individual must first put on a mask and gloves prior to assisting that individual. Affiliates/community programs must provide masks for coaches to support participants who need first aid or urgent health support. If Affiliates/community programs encounter any issues sourcing appropriate masks, please contact SOA for assistance.

If it is deemed that the athlete is not able to participate but could safely leave with their parent/caregiver, assist them to do so. If the injury is such that further medical attention is required, follow the Emergency Action Plan and call 911.

First aid kits should be checked to ensure that no items have expired and there are an adequate number of face masks and gloves in the event that first aid is needed. Disinfectant must also be onsite for sanitizing. Face barriers should be included in the event that CPR is required. If there are deaf or hard of hearing participants in the program, Affiliates/community programs are encouraged to have masks with clear inserts available. Coaches are encouraged to carry gloves and a face mask so that first aid can be quickly provided.

Red Cross first aid protocols for an unresponsive person during COVID-19:

Providing first aid during the COVID-19 pandemic can raise questions around safety and transmission. Outlined below are the first aid protocols that should be followed when attending to an unresponsive person.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency



medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the center of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.

[Click here for more information from Red Cross.](#)

Communication Protocol for ALL Confirmed Cases of COVID-19 (Active participants only)

Early detection of symptoms will facilitate the immediate implementation of these control measures. A "case" is a single case of COVID-19, and an "outbreak" is two or more cases.

To reduce the risk of spreading the COVID-19 virus, Affiliates/community programs should put an immediate pause on any program or activity where a participant has been diagnosed with the virus.

All coaches and volunteers should receive information and training on the Positive Case Protocols prior to the initial start of their program. Each program will be required to keep attendance records for each training session, event, etc. for contact tracing should there be a positive test.

Any individual experiencing COVID-19 symptoms, or who has been advised to self-isolate, is not permitted to attend program venues. Please consult Alberta Health for the most up-to-date information on symptoms and recommendations.

COVID-19 Positive Test Protocol and Timelines

Early detection of symptoms will facilitate the immediate implementation of these control measures. A "case" is a single case of COVID-19, and an "outbreak" is two or more cases.

To reduce the risk of spreading the COVID-19 virus, SOA will put an immediate pause on any program or activity where a participant has been diagnosed with the virus. All volunteers will receive information



and training on the Positive Case Protocols prior to the initial start of their program. Each program will keep attendance records for each practice and each meeting will keep minutes of the meeting for contact tracing should there be a positive test.

If someone tests positive for COVID-19

When an Affiliate representative (athlete or volunteer) is notified of a positive COVID-19 case, they must:

- Immediately inform their Affiliate Chair or Head Coach*
- Respect privacy laws and reveal the name of the individual testing positive only to the Affiliate Chair or Head Coach
- Follow Alberta Health guidelines for self-isolation and remain self-isolated until your doctor or health authority advises that it is safe to return to normal activities.

When the Affiliate is notified:

- They will notify Rochelle Chamczuk, Community & Volunteer Manager at SOA at the following:
 - Phone: 780-238-6149
 - Email: covid@specialolympics.ab.ca
- The Affiliate with support from SOA as required, will work together to notify the impacted facility, all participants (coaches, athletes, staff and 1-1's) who attended the program over the past 21 days of the positive test. When notifying individuals, they must obey privacy laws and not use the individuals name and only indicate that someone at the program tested positive.

When the SOA is notified of a positive COVID-19 case, they must:

- Respect privacy laws and only reveal the name to the CEO of SOA.
- If not already informed they will notify the Chair of the Affiliate Management Committee for that program that there has been a positive test.
- Ensure all participants have been notified there has been a positive test and advise them to watch for signs of illness. They are to be informed that they can access further information on the Alberta Health Services' website.
- Suspend the program for a minimum of 14 days from time of last program.
- Advise the SOA Board of Directors of the case and the action taken.
- Provide key messaging for staff and Affiliate Management Committee members to ensure that all are providing a consistent message.

When the SOA Communications Manager is notified of a positive COVID-19 case, they must:

- Provide key messaging for staff and Local Committee members to ensure that all are providing a consistent message.

Throughout the 14-day quarantine period, the Affiliate (either Affiliate Chair or Head Coach) will:

- Check in with the individual who tested positive to ensure they have the support they require.
- Check in with the program participants to ensure all are healthy, following quarantine protocols, and have the support they require.
- Request support from SOA as required.



These steps are summarized in the Positive Case Timeline:

Who	1-2 Hours after notification	Within 24 hours after notification	Within 14-21 days after notification
Head Coach or Participant	Whoever is notified or aware of a positive test must contact the Affiliate Chair and/or Head Coach		
Head Coach	Contact the Affiliate Chair or designate* (see notes below for Edmonton and Calgary offices) to advise of confirmed case		
Affiliate Chair or designate	Notify SOA's Community & Volunteer Coordinator of the confirmed case		
SOA C&V Manager	Notify CEO of SOA of confirmed case		
SOA CEO	Notify CEO of SOC of the case		
SOA CEO	Notify SOA Board of Directors of the case		
SOA C&V Manager and Affiliate		Initiate plan to notify program participants and facility of the case and that the program is paused	
CEO & Communications Manager		Develop key messaging	
SOA CEO & SOA C&V Manager		Circulate key messaging to staff and the Chair of AMC	
Head Coach or Affiliate Chair			Follow up with the participant regarding their recovery
Head Coach			Follow up with other participants to ensure there are no additional positive tests
SOA C&V Manager			Notify Chair of AMC of their ability to resume the program

Edmonton: Contact Celina Comeau, General Manager, at 780-448-2780 or Ccomeau@specialolympicsedmonton.ca

Calgary: Contact Kathy Urquhart, Executive Director, at 403-862-8020 or kathy@specialolympicscalgary.ca



Return Following a Negative Test for COVID-19

If a participant displays symptoms and is tested for COVID-19, the participant is expected to self-isolate and refrain from participating in any in-person Special Olympics activities for a minimum of 10 days from the time that the symptoms appeared. If they receive a negative COVID-19 test, they will be permitted to return once all symptoms have cleared.

Emergency Action Plans

Each Head Coach must review and update their Emergency Action Plans (EAP). Head Coaches or Affiliates/community programs should contact the facility to ensure that any changes in protocols within the facility are included within the updated [EAP](#).



POTENTIAL COVID-19 CASE PROCEDURES

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED UPON CHECK-IN WITH SAFETY PROTOCOL VOLUNTEER:

Role of Safety Protocol Volunteer:

- Immediately rings handbell or (other signalling device) to notify Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptoms and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants, maintaining physical distancing, until their transportation arrives.
- Participants and parents/caregivers advised to contact 8-1-1 and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.

Role of Head Coach:

- Upon being notified of potential concern by Safety Protocol Volunteer, immediately ceases all activity.
- Appoints assistant coach or other volunteer to support participant check-in processes.
- Resumes activity provided that a minimum of two coaches are still available to continue with the program.
- Once all have departed, Head Coach notifies AMC Chair or designate of concern.

IF SYMPTOMS OF COVID-19 ARE IDENTIFIED DURING PROGRAM:

Role of Head Coach:

- Immediately ceases all activity.
- Notifies Safety Protocol Volunteer of concern.
- Appoints assistant coach or other volunteer to support participant check-in processes. Support for check-in processes advises arriving participants that the remainder of the session is cancelled and ensures that the participant has safe transportation to depart from the venue. If the participant does not have transportation, they will be instructed to enter the venue, but not prepare for training.
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Head Coach instructs assistant coaches and volunteers to provide support in contacting parents/caregivers of each participant for pick-up.
- Once all have departed, Head Coach notifies AMC Chair or designate of concern.

Role of Safety Protocol Volunteer:

- Immediately notifies Head Coach Head Coach of potential issue.
- Identifies any participants who travelled or resides with the participant declaring symptoms.
- Isolates participant declaring symptom and those who may have been exposed to participant declaring symptoms the in designated area(s) (include description of designated areas).
- Instructs each participant to maintain physical distancing, sanitize their hands, and wear a mask when it is safe to do so.
- Contacts parent/caregivers of participants and remains with participants until their transportation arrives.
- Participants and parents/caregivers advised to contact 8-1-1 and arrange for COVID-19 screening.
- Performs all required sanitization and self-care.



FIRE AND EVACUATION PROCEDURES

Emergency Contacts:

Security Dispatch (24 hours): XXX-XXX-XXXX (Security Dispatch will call 9-1-1 * Depends on venue)

Emergency Services: 9-1-1 (if Security Dispatch cannot be reached or does not exist within venue)

AMC contact 1: XXX-XXX-XXXX (may not be onsite)

AMC contact 2: XXX-XXX-XXXX (may not be onsite)

FULL VENUE ADDRESS: XXXXXXXXXXX (Gymnasium/Pool/Entrance #, etc.)

FIRST CONTACT IN ALL EMERGENCIES IS SECURITY DISPATCH: XXX-XXX-XXXX OR 9-1-1

EXAMPLE ONLY – CUSTOMIZE TO REFLECT VENUE’S RESPONSE PLAN: STAGE 1 - ALERT ONLY: SLOW-PACED INTERMITTENT AUDIO TONE & FLASHING STROBE LIGHTS

- A slow-paced intermittent audio tone accompanied by flashing strobe lights will be seen and heard throughout the venue. This alarm signals that the alarm system has been activated either through a pull station or a smoke or fire detector. Evacuation is not necessary unless fire is obvious. This will last approximately 5 minutes and/or less dependent on the nature of the situation.
- All activity should immediately cease.
- Head Coach retrieves closest EAP package and direct participants to prepare for evacuation. Evacuation not required, but preparations to leave the building should be made.

EXAMPLE ONLY – CUSTOMIZE TO REFLECT VENUE’S RESPONSE PLAN: STAGE 2 - EVACUATE: FAST-PACED INTERMITTENT AUDIO TONE & FLASHING STROBE LIGHTS

- A fast-paced intermittent audio tone accompanied by flashing strobe lights will be seen and heard throughout the venue.
- Head Coach retrieves closest EAP package and directs participants to immediately evacuate.
- Immediately evacuate. Leave the building via the nearest exit proceed to Muster Point 1.
- Follow specific evacuation instructions from loudspeakers or from trained venue staff.
- Never put yourself in danger. Do not return until declared safe to do so by venue staff.
- Head Coach to perform roll call and communicate any missing individuals to venue’s fire marshal.
- Assistant Coaches will confirm that the Head Coach has successfully evacuated.

FIRE EMERGENCY

If you see a fire or smoke:

- Leave the fire area immediately and close the door behind you.
- Activate the nearest fire alarm.
- Leave the building by the nearest exit and proceed to the Muster Point 1.

MEETING/MUSTER LOCATIONS

1. Include detailed description of Muster Point 1.
2. Include detailed description of Muster Point 2.
3. Include detailed description of Muster Point 3.

VENUE LOCKDOWN

- Follow all directions of venue security, administration, or other emergency personnel.
- Head Coach retrieves closest EAP package.
- Head Coach conducts a roll call of their participants and reports any missing individuals to officials.



MEDICAL EMERGENCY

Emergency Contacts:

Security Dispatch (24 hours): XXX-XXX-XXXX (Security Dispatch will call 9-1-1 * Depends on venue)

Emergency Services: 9-1-1 (if Security Dispatch cannot be reached or does not exist within venue)

AMC contact 1: XXX-XXX-XXXX (may not be onsite)

AMC contact 2: XXX-XXX-XXXX (may not be onsite)

FULL VENUE ADDRESS: XXXXXXXXXXXX (Gymnasium/Pool/Entrance #, etc.)

FIRST CONTACT IN ALL EMERGENCIES IS SECURITY DISPATCH-XXX-XXX-XXXX OR 9-1-1

MINOR MEDICAL ISSUE

- Masks and gloves must be donned by any coach or volunteers performing or assisting with assessment. A mask should be available for the injured to wear if safe for the injured to do so.
- Initial assessment done by Head Coach or designate. If parent/caregiver in attendance, it is preferred that they conduct assessment and any follow-up required.
- First aid supplies accessed from team's first aid kit.

SERIOUS INJURY

- Masks and gloves must be donned by any coach or volunteers performing or assisting with assessment. A mask should be available for the injured to wear if safe for the injured to do so.
- Initial assessment done by Head Coach or individual designated by Head Coach. Head Coach remains with athlete.
- If ambulance, AED, or other medical support is needed, team's designated call person (assistant coach or volunteer) **calls venue's Security Dispatch at XXX-XXX-XXXX.**
- **Team's call person provides exact location and detailed information to Security Dispatch.**
- **Security Dispatch contacts 9-1-1.** If Security Dispatch cannot be reached, call person calls 9-1-1.
- Safety Protocol Volunteer or individual(s) directed by Safety Protocol Volunteer ensures safe area around injured athlete and clear paths to injured athlete for emergency services.
- Uninvolved coaches and volunteers remain with the athletes and keep all participants calm, providing support to affected team's volunteers as needed.

Hospital	Address	Phone	24h Emergency
Hospital Name	Full address	XXX-XXX-XXXX	XXX-XXX-XXXX
Hospital Name	Full address	XXX-XXX-XXXX	XXX-XXX-XXXX

Red Cross first aid protocols for an unresponsive person during COVID-19:

Outlined below are the first aid protocols that should be followed when attending to an unresponsive person. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.



VENUE DIAGRAM

Include a diagram of your venue with the following clearly labelled:

- All areas accessed by participants (practice areas, foyers, changerooms, etc.)
- All emergency exits, identifying the preferred exit if accessible
- All muster points and flows to the muster points
- Location of venue services including first aid stations, security offices, etc.
- Location of AEDs and emergency alarms in areas where participants may be located
- Location of full EAP kits (in addition to the copies held by coaches)
- Location of isolation areas for participants with COVID-19 symptoms or exposure

Be mindful that venue layouts and flows may have changed from previous programs as a result of COVID-19.

Reminders

- All participants should be reminded that they **MUST** stay home, if they are sick or showing signs and symptoms of COVID-19 or have been exposed to someone who has had COVID-19. They should be encouraged to contact their healthcare provider if they are feeling unwell.
- Before the start of any Special Olympics event/practice/training/competition (during Phases 1 and 2), all participants will be asked a series of questions to assess if anyone is showing signs or symptoms of COVID-19. All participants at an event, training, or practice, must be documented in case someone in attendance is diagnosed with COVID-19 and contract tracing is needed.



Attendance Protocol

1. Programs should designate a location to complete the attendance protocol that maintains physical distancing (6ft/2m). Chapters should designate who will be asking the questions/taking attendance at each session. If an athlete is unable to answer the questions below themselves then they will need to have a family member/caregiver/support worker there at the beginning to help with this.
2. Coach, volunteer or designate must ask the following questions (reinforced through visuals and verbally, such as a poster/paper with icons):
 - a. Do you have COVID-19?
 - b. Are you experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or feeling unwell?
 - c. Have you travelled internationally during the past 14 days?
 - d. Have you, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada?
 - e. Have you been following government recommended guidelines for COVID-19 including practicing physical distancing?
3. Coach, volunteer or designate must record all names, results and contact information and keep in case needed for contact tracing or reporting. Here is a link to an [Attendance Tracker](#) that can be used.
 - a. If yes to any questions, participants MUST be isolated from the group (at minimum, kept 2m/6ft apart from others and with mask on), be sent home, and instructed to contact their healthcare provider for evaluation.
 - b. Participants who are found to have COVID-19 symptoms must wait 10 days after symptoms resolve to return to activity OR must provide written proof of physician clearance to Special Olympics to return earlier.
 - c. Participants who test positive for/have COVID-19 must provide written medical clearance before returning to sport and fitness activities.
4. Throughout the event/practice/training/competition remind participants of infection prevention protocols (e.g. facemasks, physical distancing, hygiene, and disinfection/sanitation).



Standard Program Protocols

General	All athletes, coaches, volunteers and Affiliate Management Committee members must follow municipal and provincial mandates for all facilities. These directives will supersede all SOA directives.
General	Athletes, coaches, and Affiliate Management Committee members are to be familiar with and follow protocols prior to starting programs.
General	If a program is found to be ignoring any safety protocol, that program will be cancelled until further notice/remediation.
General	At any one time, size of individual training groups is limited to the maximum of participants as noted in the Program Progressions chart per training venue.
General	Total size of gatherings, inclusive of all athletes, volunteers, coaches, parents, club personnel, and contracted services, will be limited.
General	If an individual responds “yes” to any of the screening questions in Attendance Protocol and Tracker for Special Olympics Canada Activities (Appendix C) they are not be permitted to attend the practice or training venues.
General	Individuals that belong to a higher risk demographic for COVID-19 related symptoms are recommended to consult with their health care provider before participation.
General	Practice social/physical distancing by keeping two metres (six feet) away from others always.
General	Participants should not carpool together unless in the same family or same home. Group transportation should be avoided.
General	Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, alcohol-based hand rubs (ABHR) can be used to clean your hands if they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean your hands.
General	Do not touch your face, eyes, nose, or mouth.
General	Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
General	Do not share food, drinks, utensils, water bottles, etc.
General	Restrict personal items to only what is needed for practice. Each participant’s personal belongings need to be kept 2 metres apart.



General	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off area to be used for training.)
General	If equipment is kept and stored by the coach or Local, it must be cleaned and disinfected after each practice.
General	Do not assume that washroom facilities will be open at any training facility. You are encouraged to use a washroom before you arrive. If washrooms are open for use, limit occupancy to one person at a time.
General	Regularly clean and disinfect frequently touched surfaces.
Affiliate Expectation	Compliance with the Affiliate/Community Program Minimum Standards Checklist (Appendix E) must be agreed to prior to starting any program. Completion of screening must be documented, and records sent to SOA Provincial Office.
Affiliate Expectation	Provide programs with Personal Protective Equipment kit including, but not limited to: <ul style="list-style-type: none"> • Disinfectant wipes and/or disinfectant spray as listed by Health Canada • Hand sanitizer as listed by Health Canada • Gloves • Non-medical masks • Clear face shields or masks with clear inserts as needed for programs with participants who are hard of hearing or deaf
Affiliate Expectation	Set training schedules that will allow programs to meet all limits imposed on group size and to avoid congregation of athletes and coaches (i.e. stagger training start times and/or training group locations within facilities). If you have multiple training groups on the same day, there needs to be at least 30 minutes between groups to ensure everyone can arrive and depart safely and that there is enough time for cleaning of equipment.
Head Coach Expectation	Ensure a Program Safety Volunteer is present at every practice.
Coach Expectation	At training venue, ensure there can be a self-isolation containment area for participants showing symptoms of illness while they wait for transportation to a medical centre or home.
Coach Expectation	Review safety protocols/education for the first month of practices.
Coach Expectation	At training venue, post signage for physical distancing and hand hygiene.
Coach Expectation	Review your EAP and update to ensure it meets all COVID-19 safety measures and procedures prior to the first practice.
Coach Expectation	If athletes require additional or 1-1 support, modifications must be made while still maintaining the maximum group size and ratios as listed on the Program Progressions chart.
Athlete Expectation	No handshaking, high fives, hugging, etc. from arrival of program until departure.
Athlete Expectation	Do not loiter at the facility or in the parking lot before or after training sessions.



Athlete Expectation	Bring your own pre-filled water bottle and snacks to training. Do not assume that there will be any food/drinks available for purchase at practice venues.
Athlete and Coach Expectation	Failure to observe physical distancing risks the closure of the facility and all programs. If you do not keep your distance from others you will be asked to leave practice and may be suspended from future participation.
Parent/Caregiver Expectations	Be aware of any safety procedures set by your athlete's program. Prepare your athlete for training to look different when they return to sport. Help educate them on these new processes and expectations.
Parent/Caregiver Expectations	Abide by barriers coaches have put in place to separate athletes from the public. Do not loiter at facilities, including parking lots, unless working directly with your athlete. Exception: 1-to-1 support

*Sport specific guidelines follow for SOA's winter sport programs. More sport specific guidelines closer to the spring and summer seasons.



5-pin/10-pin Bowling

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear.](#)

Facility

- Check with facility for their protocol. No spectators permitted. Only every second lane is to be used, with 5 athletes and 1 coach assigned per lane. 1-1 supports are to be counted in total number allowed in facility.
- Seating to be arranged to make physical distancing work. [Where seating is fixed, seating is to be assigned with 2m separation between participants being preferred.](#)

Equipment

- Lane or own bowling balls are permitted. [Lane or own shoes](#) are permitted.
- [Masks to be worn at all times by athletes, coaches and volunteers.](#)
- [Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.](#)

Athletes

- Athletes are to arrive ready to bowl, just needing to put shoes on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Hand sanitizer must be used before and after touching the balls each frame.



Curling

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Facility

- Check with facility for their protocol. 1-1 counted in total number allowed in facility. No spectators permitted. Every ice sheet can be used with 4 athletes and 1 coach assigned to each sheet. [If permissible by the facility, more than four curlers can be assigned to a sheet for practicing provided that physical distancing strategies are implemented](#).
- Only one sweeper, one skip and one rock thrower on the ice at a time. Specific spots will be marked for others on sheet. [The skip of the non-delivering team must remain in the hack area until all stones come to rest](#).

Equipment

- Athletes, when possible, should have their own brooms, sliders, [grips](#) and crutches. If not, they need to be labeled with the athlete's name to be used at each practice. [If equipment sharing is required, it must be sanitized between each use by a designated coach or volunteer](#).
- Masks to be worn to and from rink area by athletes, coaches and volunteers.
- Use of scoreboards is discouraged. [If scorekeeping is needed, it can be done by a designated coach using a personal electronic device or other recording system](#).
- Stones must be sanitized at the start of each draw. Players must select their stones and not touch any stones other than their own. No interchanging of stones during a game.
- Use of measuring devices is discouraged. [If measuring is necessary, sanitize hands before and after using the measuring device. Sanitize any parts of the measuring device that is touched](#).
- Coaches should not share handheld equipment such as clipboards, white board markers, etc. [It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching](#).

Athletes

- Athletes are to arrive ready to curl, just needing to put shoes on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.



- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Bring small bottle of hand sanitizer to be used before and after touching the rocks or any shared equipment.
- Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.



Snowshoeing

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Program Requirements

- Passing and relays are not permitted.
- Ensure there is a shelter with appropriate physical distancing for warm-up and/or if weather conditions worsen.
- Try keeping one lane apart when training on a track (i.e. use lanes 1, 3, 5, 7). [Curved tracks are permissible as a component of a safe course layout](#).
- Use staggered starts when doing intervals/repeats.

Facility

- Check with facility for their protocol. No spectators permitted.
- [Consideration should be given to access to warming areas or lodges in the event of inclement weather. It is recommended that this be incorporated into the program's Emergency Action Plan.](#)

Equipment

- Athletes should have own equipment, but if equipment is borrowed or rented, the athlete must use the given snowshoes for the entire period of training. Please label with name.
- Athletes needing help with their snowshoes should do so with help from someone in their own household. [If support is required from a coach or volunteer, both the athlete and the coach/volunteer must be wearing masks. The coach should wear disposable gloves and/or sanitize hands before and after touching equipment, and sanitize any areas of the equipment touched.](#)
- [Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.](#)
- Electronic devices such as a walkie-talkies and cell phones need to be cleaned before and after sharing.
- [Coaches should consider use of megaphones or other voice projection systems if there is the need to provide group instruction so that participants maintain 2m of physical distance at all times.](#)



Athletes

- Athletes are to arrive ready to snowshoe, just needing to put snowshoes on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- **Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.**
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Follow traffic flow signs if they are present at your location, to your assigned lane.



Speed Skating

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Facility

Check with facility for their protocol. No spectators permitted.

Equipment

- Athletes should have own equipment (skates, neck guard, wrist and ankle guards). If equipment is borrowed or rented, the athlete must use the given equipment for the entire period of training. Please label with name.
- Athletes may be required to use neck type of mask when skating to avoid transmission while skating.
- [Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.](#)

Athletes

- Athletes are to arrive ready to snowshoe, just needing to put skates on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- [Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.](#)
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.



Figure Skating

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear.](#)

Facility

- Check with facility for their protocol. No spectators permitted.
- Check with facility to see if there will be change rooms available for putting on skates.

Equipment

- Athletes should have own equipment (skates, skate guards), but if equipment is borrowed or rented, the athlete must use the given equipment for the entire period of training. Please label with name.
- [Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.](#)
- [Athletes needing help with their skates should do so with help from someone in their own household. If support is required from a coach or volunteer, both the athlete and the coach/volunteer must be wearing masks. The coach should wear disposable gloves and/or sanitize hands before and after touching equipment, and sanitize any areas of the equipment touched.](#)

Athletes

- Come ready to skate just need to put skates on. Do not arrive more than 10 minutes before you are to start. If you need help with tying of skates and parent/caregiver may come in to do this but cannot stay.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- Follow traffic flow signs if they are present at your location, to the designated meeting spot.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- [Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.](#)



Swimming

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Facility

- Check with facility for any additional protocol. No spectators permitted.

Equipment

- Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.
- If equipment is used for programs (flutterboards, lifejackets, etc.), it should be confirmed that they have been sanitized prior to use by athletes. Equipment must be assigned to an athlete for the duration of practice and may not be shared amongst athletes during practice.
- Athletes needing help with their equipment should do so with help from someone in their own household. If support is required from a coach or volunteer, both the athlete and the coach/volunteer must be wearing masks. The coach should wear disposable gloves and/or sanitize hands before and after touching equipment, and sanitize any areas of the equipment touched.

Athletes

- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Follow traffic flow signs at your location to the change room. Follow all facility requirements for change room.
- [Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.](#)



Floor Hockey

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Program Requirements

- No drills involving a challenge between two athletes in close proximity. The focus should be on skills and drills, rules of floor hockey, passing, receiving and shooting skills.
- No scrimmaging is allowed.
- [If drills requiring running are being conducted, it is recommended that the physical distance be increased to 3m during these drills.](#)

Facility

- Check with facility for their protocols. No spectators in gym will be permitted.
- Staggered starts are required if too many athletes will be in one area and physical distancing of 2m cannot be attained.

Equipment

- When possible, athletes must provide their own equipment.
- When using Affiliate equipment, the name/initials of the athletes (or any other identifiers such as colored tape) must be used to identify the equipment for the use by only one player for the duration of the session.
- Only one goalie may use the goalie equipment in a practice. It cannot be shared.
- It is strongly suggested that the goalie have their own equipment if not equipment dries for 48-72 hours before another goalie can use it. The same rule applies for club helmets, shin pads and gloves.
- Any equipment provided by the facility must be cleaned before and after the practice.
- Ideally, equipment (especially gloves) are disinfected in between practice with sport equipment disinfectant.
- [Athletes needing help with their equipment should do so with help from someone in their own household. If support is required from a coach or volunteer, both the athlete and the coach/volunteer must be wearing masks. The coach should wear disposable gloves and/or sanitize hands before and after touching equipment, and sanitize any areas of the equipment touched. If it is not possible for the athlete to be wearing a mask \(i.e. support with helmet\), the coach/volunteer must still wear a mask and approach the athlete from behind or the side to assist. The athlete should be assisted by the same coach/volunteer each time assistance is required.](#)
- [Waterbottles with long straws are preferred so that athletes can drink without requiring support with their helmets.](#)



- Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.

Athletes

- Come dressed and ready to practice. Change into indoor shoes when arrive at facility. **Goalies may put on goalie pads at practice.** Change rooms may be closed.
- Bring filled water bottle. No sharing of water bottles. No eating food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- **Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.**
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Follow traffic flow signs if they are present at your location, to the designated meeting spot.
- Bring small bottle of sanitizer with you.



Alpine Skiing

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Facility

- Check with facility for their protocol. No spectators permitted.
- [Consideration should be given to access to warming areas or lodges in the event of inclement weather. It is recommended that this be incorporated into the program's Emergency Action Plan.](#)

Equipment

- Athletes should have own equipment, but if equipment is borrowed or rented, the athlete must use the given equipment for the entire period of training. Please label with name.
- [Athletes needing help with their equipment should do so with help from someone in their own household. If support is required from a coach or volunteer, both the athlete and the coach/volunteer must be wearing masks. The coach should wear disposable gloves and/or sanitize hands before and after touching equipment, and sanitize any areas of the equipment touched. If it is not possible for the athlete to be wearing a mask \(i.e. support with helmet\), the coach/volunteer must still wear a mask and approach the athlete from behind or the side to assist. The athlete should be assisted by the same coach/volunteer each time assistance is required.](#)
- Electronic devices such as a walkie-talkies and cell phones need to be cleaned before and after sharing.
- [Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.](#)

Athletes

- Come ready to practice so they only need to put their boots and skis on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.



- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Bring small bottle of sanitizer with you.
- **Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.**



Cross Country Skiing

General

Practice proper hygiene: wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice. Physical distancing of 6 feet/ 2 metres to be followed by all participants. There must be 2 metres between their gear and other participants' gear, [unless physical barriers are in place to separate gear](#).

Facility

- Check with facility for their protocol. No spectators permitted.
- [Consideration should be given to access to warming areas or lodges in the event of inclement weather. It is recommended that this be incorporated into the program's Emergency Action Plan.](#)

Equipment

- Athletes should have own equipment, but if equipment is borrowed or rented, the athlete must use the given equipment for the entire period of training. Please label with name.
- [Athletes needing help with their equipment should do so with help from someone in their own household. If support is required from a coach or volunteer, both the athlete and the coach/volunteer must be wearing masks. The coach should wear disposable gloves and/or sanitize hands before and after touching equipment, and sanitize any areas of the equipment touched. The athlete should be assisted by the same coach/volunteer each time assistance is required.](#)
- Electronic devices such as a walkie-talkies and cell phones need to be cleaned before and after sharing.
- [Coaches should not share handheld equipment such as clipboards, white board markers, etc. It is recommended coaches each have their own personal whiteboard kit to use as a visual aid for coaching.](#)

Athletes

- Come ready to practice so they only need to put their boots and skis on. Do not arrive more than 10 minutes before you are to start.
- Bring filled water bottle. No sharing of water bottles. No outside food unless you have a medical reason. Limited use of washrooms so please use washroom before coming to practice.
- Meet at the designated location to register your attendance with the Program Safety Volunteer while maintaining physical distancing measures.
- Follow traffic flow signs if they are present at your location, to your assigned lane.
- Follow coaches' and volunteers' instructions at all times. Keep your distance from athletes and coaches.
- When done practice, no hanging around to visit. Leave facility while maintaining distancing requirements.
- Bring small bottle of sanitizer with you.
- [Wear mask to and from the facility, and until you are instructed to remove your mask. Do not wear during practice unless instructed by a coach or the Program Safety Volunteer.](#)