

FLOOR HOCKEY PROTOCOL

General	All athletes, coaches, and Local Committees members must follow municipal and provincial mandates for all facilities. Where there is a discrepancy between the facility and SOBC protocols, follow the directive with a higher level of protection and safety for your context.
General	All members of the group must practice physical distancing – 3 metres at all times.
General	No loitering in venue or parking lots before/after practice. Following practice, exit the training venue as promptly as possible and avoid excess socializing in the lobby and/or parking lot after your practice.
General	Do not assume that dressing rooms will be open. If dressing rooms are open, limit numbers of people in each, and limit to only necessary uses. Individual spaces can be taped off to ensure everyone practices physical distancing while changing.
General	Participants must wash their hands or use hand sanitizer prior to entering the program area, and after any trips to the washroom.
General	Where permitted or able, doors and windows must be left open to allow adequate air flow. Ventilation systems – if in place – must be on for the duration of the practice.
Local Expectation	<p>Maximum number of athletes per program in Level 1:</p> <p>OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people in a training group. One of these 10 individuals needs to take on the Program Safety Volunteer role.</p> <p>INDOOR – If one or more athletes is 22 years of age or older, there can be a maximum of 1 athlete for a total group size of 2. If all athletes are under the age of 22, must have a ratio of 1 coach to up to 3 athletes, up to a maximum of 12 people in a training group. One of these individuals needs to take on the Program Safety Volunteer role.</p> <p>The program must be able to give each participant their own 6x6-metre area to ensure space for physical distancing. If there is a discrepancy between the facility's maximum group size and SOBC's requirements, the smaller of the two group sizes must be the required cap for that program.</p>
Coach	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell and the coach ratios cannot be maintained, they will need to inform the athletes that that particular practice has been cancelled.
Coach	Use tape, chalk, floor markers, hula hoops, cones, or other equipment to help create a physical space for each individual athlete.

Coach	Inquire about facility protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone follows them.
Coach	Consider introducing the goalie position at a later stage of the Return to Sport.
Athlete	Athletes must arrive no earlier than 5 minutes before the start of practice and be dressed ready to train.– i.e. put on all practice wear before arriving.
Athlete	It is recommended that athletes wash gear weekly.
Equipment	Floor stretching and conditioning exercises must be done in the athlete's individual space.
Equipment	All participants are to use their own equipment or be assigned program equipment (helmets, gloves, shin pads, stick, etc.) for the entire duration of practice. No sharing of personal allowed. If equipment is stored by the program, it must be sanitized after every practice.
Equipment	Goalie equipment must not be shared; if the goalie does not have their own equipment, then the assigned goalie for that practice is the only one that can wear the equipment. Goalies may dress/undress in a designated space upon arrival; if assistance is required with pads, a coach may assist but MUST wear a mask and gloves when doing so. Goalie pads must be sanitized immediately at the end of practice and stored away.
Equipment	Gloves must be sanitized with a disinfectant spray after practice by a coach. Coach must wear gloves and mask when doing so. Please use a disinfectant as listed in the Standard Program Protocol or a sanitizing gear spray.
Equipment	All personal apparel and equipment should be stored in a personal equipment bag in a designated personal space while not in use.
Equipment	General program equipment (cones, pucks etc.) must only be handled by coaches/volunteers.
Equipment	All team equipment bags must only be accessed by coaches.
Equipment	Each athlete must be provided their own stick, which is not to be shared with other athletes. If possible, athletes should transport their own stick to/from practice each week. Sticks should be labelled with identifying vinyl tape or a permanent marker near the grip end of the stick. Sticks must also be sanitized before and after practice, prior to being taken home or stored in the team equipment bag.
Equipment	No team benches will be utilized at this time.
Sport-Specific	Athletes may pair up with another athlete or coach to do passing drills. At least 3 metres physical distancing must be maintained while doing so and any contact with the ring must be done with the stick only. The same partners must be used for the duration of a practice.
Sport-Specific	Where possible and when weather permits, running, jogging, sprinting, and agility-type exercises should be done outside while

	maintaining physical distancing. If outdoor conditions do not permit, then athletes may engage in low-intensity jogging or agility-type movement drills as long as they all move facing in the same direction (no circles or facing each other permitted).
Sport-Specific	Run individual grid pattern drills to provide adequate room for movement with the puck. The floor must be marked with cones or floor marking tape, and each cell within the grid must be at least a 2.5-metre square. Sample drills include: <ul style="list-style-type: none"> • Stationary puck-handling drills • Passing drills • Fundamental movement skills
Sport-Specific	Run shooting drills from a stationary position. Athletes shooting must be positioned at least 4 metres from a goalie and 3 metres from one another. All athletes shooting on a common goalie must face the same direction. Puck retrieval must be handled by a volunteer or coach only.
Sport-Specific	Stick handling through cones is allowed as long as all athletes are facing the same direction and can maintain at least 3 metres of separation while engaged in low-intensity jogging.