**Legacy Academy FHC**

**Covid Protocols and Return to Play Guidelines**

Disclaimer

The information included in this document has been prepared by Legacy Academy based on the latest information available to date from third-party sources, including but not limited to, Field Hockey Canada, Field Hockey Alberta, and the Federal and Provincial Government guidelines. This document is a fluid and living document that will require revisions as information becomes available and we move throughout this pandemic. However, recommendations may change depending on local, provincial and national circumstances; local resources should also be consulted for up to date information. Where anything within this document conflicts (i.e.: is less restrictive) with Public Health requirements, including regulations, members must comply with Public Health requirements and adapt as required. Currently Alberta is in Stage 2 phase of the relaunch, if Alberta enters into Stage 3 relaunch, some of these rules may not apply.

Return to field hockey is not without risks, including potential exposure to COVID-19. While Legacy is making all reasonable efforts to minimize the risk of exposure to the disease through the development and implementation of this Return to Play and with guidance from health authorities, we do not and cannot guarantee that there will be no risk of exposure and transmission to those who participate in the sport.

As information changes, this document will be amended as necessary.

This document is not a legal document and for reference only and is not a substitute for actual legislation or public health orders.

# Return to Play Guidelines

## Spectators

* **Limited spectators may only be permitted under the following circumstances**:
  + If young players have a parent who needs to drive them to the match (this is limited to ONE parent) OR
  + If players are not able to find childcare and need to bring their children
* In either of the above circumstances, spectators (parent-drivers, children without childcare options) must wear masks and remain seated at the back of the stands and, where possible, remain 2 metres from other spectators that are not part of their family cohort.
* Spectators are not permitted to be standing up near the fence or moving around.

## General

* For those not participating in physical activity and are unable to maintain safe physical distancing masks should be worn; in Calgary, **masks or face coverings are required in all indoor public spaces, except while performing physical activity**.
* Anyone exhibiting any of the following symptoms MUST NOT attend or take part in any return to play activity and it is further recommended that a referral to a health care provider be made:
  + COVID-19 -like symptoms
  + Common cold symptoms
  + Influenza (flu) symptoms
  + Symptoms of any other infectious respiratory disease
* COVID-19 enters the body through the eyes, nose, or mouth when an individual touches their faces. Players should refrain (to the extent possible) from touching their eyes, nose, mouth and face during field hockey.
* Since field hockey has shared equipment, it is important to practice regular hand hygiene and cleaning of high touch surfaces.
* Hand hygiene should occur before and after each activity - whether that is through hand washing or using hand sanitizer.
* Respiratory etiquette is important to prevent the spread of droplets that may contain the COVID-19 virus. Players should refrain from spitting and clearing their nasal passages during activities.
* Respiratory etiquette includes the following:
  + Sneezing into your shoulder/elbow,
  + Coughing into your shoulder/elbow,
  + No spitting/clearing of throat (unless into a tissue/napkin that is properly disposed of in a secure container and proper hand hygiene performed after),
  + Avoid clearing of nasal passages (unless into a tissue/napkin that is properly disposed of in a secure container and proper hand hygiene performed after),
  + Washing your hands/using hand sanitizer after a respiratory incident (sneeze/cough/nose-blowing).
* Avoid physical contact celebrations. Refrain from handshakes, hugs, and high-fives. Instead, utilize stick-taps to show your excitement and sportsmanship.

## Equipment

* **Players must bring and only use their own equipment.** (Stick, glove, mouthguard, shin pads, PC mask, goalkeeping kit, uniform, tape etc.). This includes no sharing of tape for your stick. It is recommended that defenders at penalty corners have their own clearly identified equipment (e.g. coloured marking).
* Players are recommended to bring their own hand sanitizer.
* **Each team is responsible to bring/having their own match ball.** The match ball should be sanitized before and after each match. Players should refrain from handling the ball with their hands.
* Players must bring their own water bottles (name on them encouraged) and be prepared to have extra water on hand. Depending on the venue, there may not be a way to refill water bottles (i.e. water foundations closed). Sharing of water bottles is strongly discouraged.
* **Come prepared and dressed**, as dressing rooms may not be available.
  + Where access is available, individuals should minimize time spent in dressing/locker/change rooms and maintain physical distance in lobbies and common spaces.
* **Avoid removing/adjusting your mouthguard** 
  + Use hand-sanitizer before and after touching your mouthguard.
  + Do not store your mouthguard in your sock, sports bra, pocket, or anywhere else on your body. It must be in your mouth during training activities and matches.
  + Store your mouthguard in a closed container when you are not using it.
  + Wash your mouthguard (according to manufacturer instructions and guidelines) upon returning home.
* No sharing of food or snacks.
* Upon return home, equipment should be properly sanitized or cleaned.
* **Players can wear masks when they are not engaging in intense physical activity.**
* **Masks should be not worn during intense physical activity.**

## Cohorts

* To clarify some ambiguity when the concept of cohorts was introduced – people should limit their cohorts to three groups at most: their household, their school and no more than one sport or social group.
* When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort.
* The cohort should always include only the same people and include a maximum of 50 people.
* **As part of the Phase 2 Relaunch, athletes may only participate in ONE SPORT as part of the 50-person cohort AND in ONLY ONE COHORT (mini-league or program) WITHIN THAT SPORT. Should athletes choose to participate in a non-cohort program whether as a coach, player, or umpire, they must maintain a 2m physical distance from all other participants.**
* Ideally, umpires should be playing members of the same cohort. Non-cohort umpires should maintain 2 meters distance from athletes and use electronic whistles and wear masks and/or face shields.
* Coaches may be part of other cohorts if they wear masks for the duration that they are coaching and/or maintain 2 meters from athletes that are not part of their cohort
* Coaches, staff and officials who primarily interact with individuals or teams are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.
* Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.

# Action Plan

* All cohort members must have a current FHA membership, which includes insurance (and COVID-19 insurance).
* Injury and blood protocol: No rule changes, however, to minimize contact the following protocols are recommended:
  + Where practical, any injured players should be treated by their own COVID-19 Officers or medical professional.
  + We understand the practice of team members approaching an injured player to check on their well-being after an injury occurs, however, due to COVID-19 we would recommend that this practice be amended to promote physical distancing measures.
  + If the injured player equipment needs to be removed off the field, the COVID-19 Officer will facilitate the removal and sanitization process.

## If Participant or Player Stars Feeling Symptoms During a Match

* The participant/player must immediately be isolated from others.
* While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
* The individual should arrange, with assistance from team officials or COVID-19 Officer, for immediate transportation to their home/residence to begin isolation. Public transportation should be avoided.
* The participant/player must isolate as soon as possible.
* Once the participant/player has left the facility, all surfaces that they have come in contact with the participant/player must be cleaned and disinfected immediately.

## Record Keeping, Public Health Contact Tracing and Privacy

* Team officials should record the names of all individuals in each cohort to assist Alberta Health Services (AHS) should an individual test positive for COVID-19 and contact tracing is necessary.
  + AHS recommends that rosters be kept for each event/activity so there is a record of which individuals were present.
* If an attendee/player tests positive, AHS will only request information about the attendee’s participation in the activity if it is deemed that a potential exposure is likely occurred during such activity.
* When interviewing a person who has tested positive, AHS public health investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization’s compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary.
* An individual participant is not obligated to inform sport organizations or other participants, coaches, officials, or volunteers of
  + The reason for missing a match
  + If they are pursuing COVID-19 testing, or
  + The results of a COVID-19 test.
* *Individuals may notify Legacy of the above so that an action plan can be made to minimize infection from spreading while maintaining privacy and confidentiality of personal health information.*
  + *An individual pursuing a COVID-19 test may opt to notify Legacy, who may notify members of the impacted cohort of this and provide further information when results are confirmed. The name of the individual will NOT be disclosed.*
  + *An individual may notify legacy only if they receive a positive test. Legacy would, in turn, notify members of the impacted cohort that someone in the cohort has tested positive and recommend that members of the cohort pursue a COVID-19 test. The name of the individual will NOT be disclosed.*
* Organizations and team/league officials will be respectful of the privacy and sensitivity of every participants personal health information at all times and come with the relevant requirements set out in *Alberta’s Health Information Act.*

## Entering and Exiting Facilities

* Please see the Genesis Centre website for up to date information – <https://www.genesis-centre.ca>

# Covid Officer Duties

* Each athlete will have their temperature checked prior to each training session.
* Ensure players/coaches are registered with **Field Hockey Alberta.**
* Ensure players submit a completed and signed COVID-19 Event Waiver
* Ensure that athletes/coaches/staff hand sanitize when they enter the playing area.
* COVID-19 Daily attestation form. Athletes will be required to be complete this form match.
* Ensure in **Non-Cohort** sessions, all coaches and athletes stay a minimum of 2m away from each other at all times.
* Check in athletes to ensure they have filled out the COVID daily attestation form and that he/she is clear of any health concerns:
  + If they haven’t filled it in they athlete cannot enter until he/she/parent has completed this
  + Ensure parents/outsiders do not enter the facility or sit in a socially distant manner away from athletes.
  + Direct traffic, as required
* Ensure that each cohort is situated in a separate area (apart from other cohorts).
* Escort athletes to their designated locations.
* Ensure traffic among the cohorts is fluid and athletes don’t mix when entering/exiting the facility.
* Ensure that athletes enter and exit from the proper locations.
* Ensure that athletes place their gear in designated areas to keep the cohorts separate.
* Ensure that athletes wear masks upon completion of their matches and upon exit of the playing area and facility.

# Resources and Links

**WHO Guidelines**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**Government of Canada**

[https://www.canada.ca/en/public- health/services/diseases/coronavirus-disease-COVID-19.html](https://www.canada.ca/en/public-%20health/services/diseases/coronavirus-disease-covid-19.html)

**Government of Alberta**

<http://www.alberta.ca/covid19>

**Infection and Prevention Control Canada**

<https://ipac-canada.org/coronavirus-resources.php>

**International Hockey Federation**

<http://fih.ch/media/13350104/fih_safetyguidelines_covid19_190520-02-compressed.pdf>

**Field Hockey Alberta**

<https://cloud.rampinteractive.com/fieldhockeyab/files/Field%20Hockey%20Alberta%20Return%20to%20Sport%202.pdf>

**Field Hockey Canada**

<http://www.fieldhockey.ca/covid-19-return-to-play/>