

Return to Short Track Skating Plan

2020-2021 Season

The Edmonton Speed Skating Association (ESSA) has prepared this document based on the latest information available to date from third-party sources, including Speed Skating Canada (SSC), Alberta Amateur Speed Skating Association (AASSA), Alberta Health Services (AHS), and the City of Edmonton (CoE). The document will be updated periodically as the situation around the COVID-19 pandemic evolves and more information comes available.

Disclaimer

It is important to note that the *ESSA Return to Short Track Speed Skating* document is not a legal document and is to be used as a guide only. Nothing in this document is intended to provide legal advice. It is not a substitute for actual legislation or orders of the Chief Medical Officer of Health (CMOH). In the event of an ambiguity or conflict between the **Return to Short Track Speed Skating** and CMOH Orders, regulations, or orders thereunder, the CMOH Orders, regulations and orders prevail.

This document is meant to provide a set of protocols for all members of ESSA with respect to training with the club during the COVID-19 pandemic. It is the responsibility of each individual member to be knowledgeable regarding these protocols and to adhere by them. Additionally, it is an individual's responsibility for assessing their personal risks in consultation with medical professionals and for the outcome of their decisions and actions.

As the COVID-19 pandemic is an evolving situation, government-imposed restrictions and guidance are subject to change. While ESSA aims to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the ESSA **Return to Short Track Speed Skating** document.

Anyone using the ESSA **Return to Short Track Speed Skating** document does so at their own risk. ESSA shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the ESSA **Return to Short Track Speed Skating** document including, without limitation, reliance on the completeness or accuracy of the information provided.

ESSA's **Return to Long Track Speed Skating** document will be released by Autumn 2020

Our Approach – Safety First

The COVID-19 pandemic has been a difficult period for everyone. AASSA has committed to a safe return to speed skating in Alberta. As the representative club for the capital region, ESSA supports this commitment and is determined to provide a safe return for all our athletes, coaches, and volunteers.

This document outlines and describes each of ESSA's protocols for operating during the pandemic. Each of these protocols has been implemented with "safety first" front and center. ESSA is bound to abide by all directions provided by the province of Alberta's CMOH, AASSA, and CoE. ESSA is responsible for assessing risk in each of our training environments, and we may implement restrictions that exceed those required by other bodies.

Objectives:

1. Safety
2. Fun
3. Development
4. Flexibility to change programs with changing requirements (e.g. by the CMOH, GoA, CoE).

AASSA has identified five (5) phases for safe return to speed skating in Alberta:

Phase 1 – Individual Dryland training

Phase 2 – Group Dryland training

Phase 3 – On-ice group training with restrictions

Phase 4 – Competitions with restrictions

Phase 5 - TBD

Currently we are in Phase 3 "On-ice training (with restrictions)".

All ESSA requirements and protocols meet or exceed requirements of this phase.

ESSA requires that all members familiarize themselves with these protocols and agree to abide by them. ESSA has a history of working together to achieve successes beyond what might be expected of our organization. Our return to speed skating is no different. A firm commitment by each of our members gives us the greatest chance to succeed.

The ESSA Board of Directors has approved these protocols and believe they provide the club with an opportunity to experience "normal" as best we can. Speed skating will be different than in seasons past, but different does not have to imply worse. Rather, it may mean we learn to appreciate everything we have to gain from this sport even more than before.

Requirements and Protocols – Return to On Ice Training with restrictions

PARTICIPATION

REQUIREMENT / PROTOCOL	DESCRIPTION
Membership	<ul style="list-style-type: none"> All athletes, coaches, and volunteers must register as members of ESSA to participate in club activities.
Waiver / Parental Release	<ul style="list-style-type: none"> Every member will be required to agree to and sign ESSA's waiver / parental release form before they are permitted to participate in club activities
Cohorts	<ul style="list-style-type: none"> Cohorts are intended to limit the number of participants in close contact Each ESSA program (except the Affiliate program) is considered a mini-league sports cohort as defined by the Government of Alberta (https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf) ESSA will aim to limit each cohort to approximately 20-25 members. Any members of an ESSA cohort may NOT also be a member of another sport/performance mini-league cohort (see info in the link regarding sport cohorts). Members of a cohort will be kept separate from all members of another cohort. Each cohort will be supervised by responsible persons (Cohort Captains) whose role is to maintain the Contact Tracing Log, ensure members are following guidelines, ensure sanitizing supplies are available, and assist with mat sanitizing. Cohort Captains are considered members of the cohort.
Travel	<ul style="list-style-type: none"> Speed skating (and related) activities should be restricted to regional facilities, and travel outside the region and province is not recommended. Quoted from the AASSA Return to Speed Skating document.

TRAINING

REQUIREMENT / PROTOCOL	DESCRIPTION
GENERAL	
Attendance	<ul style="list-style-type: none"> All individuals (athletes, coaches, volunteers, spectators) should not attend a training session if they have any illness symptoms (see APPENDIX A - Wellness Questionnaire) https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist). There shall be no disincentive for individuals refraining from a training session due to illness or for isolation. All individuals will adhere to any requirements specific to the training facility. ESSA will make these known as they apply. (See APPENDIX B – City of Edmonton Arena User Guidelines)
Gathering	<ul style="list-style-type: none"> A maximum of one cohort may be in the player box, or on the ice surface at any time. When ESSA has consecutive sessions, the second training group will use the second changeroom listed. They will remain in the changeroom until the first group is back in their changeroom and a coach tells them to come into the player box and onto the ice.
Contact Tracing	<ul style="list-style-type: none"> ESSA will maintain contact tracing logs for each session as required by the Government of Alberta. Skaters, Cohort Captains, and parent mat helpers will be listed on the log. An example of the Contact Tracing Log is found in the APPENDIX C – Contact Tracing Log.
Transportation	<ul style="list-style-type: none"> Transporting or carpooling across cohorts is discouraged (unless members of the same household are in different cohorts). If carpooling is necessary, all vehicle occupants must wear face coverings.

Spectators	<ul style="list-style-type: none"> • Spectators are permitted only in the arena designated spectator viewing area. See APPENDIX D – Spectator Entry/Exit Clareview and Kinsmen Arenas. • Spectators must maintain physical distance (minimum 2m) from other spectators not in the same household. • The number of spectators should be kept to a minimum. • All spectators must wear a non-medical mask in accordance with the CoE directive for public spaces (exceptions for some individuals as approved by CoE).
Hygiene	<ul style="list-style-type: none"> • Face coverings and gloves should be appropriately sanitized before each training session. Skaters should consider having two pairs of gloves to facilitate sanitizing between sessions. • Protective eyewear, helmets, skates, guards, and water bottles should be sanitized with at least a soap and hot water wipe down before and after each training session. • Racing suits should be laundered regularly. TIP: Use a mesh bag to reduce excessive wear on the suit from frequent washings.
ARRIVAL	
Time	<ul style="list-style-type: none"> • Skaters should arrive no more than 15 minutes ahead of their scheduled session start time. • Mat helper parents should arrive no more than 10 minutes before the scheduled session start or finish time. • Spectators should arrive at scheduled session start time. • If you arrive earlier, please remain in your vehicle or parking lot until the appropriate time.

<p>Check-in / Health Check</p>	<ul style="list-style-type: none"> • Skaters, Coaches, Cohort Captains, and parent mat helpers are to complete the Wellness Questionnaire (see Appendices) before arriving at the Arena. Any participant that answers 'Yes' to any of the questions on the questionnaire must stay home. • Every athlete, coach, and volunteer are required to check-in with their Cohort Captain before each session. • At both Clareview Arena and at Kinsmen Arena, the Cohort Captain will be stationed in the lobby. • The cohort captain will record participant first and last name, and confirm they have completed the Wellness Questionnaire. • Participants will be informed by the cohort captain to proceed to a specific locker room. • Parents are not permitted in the locker room. • The lobby area will be used for parents to tie skates, then skaters proceed to locker room and parents to spectator area.
<p>Dress</p>	<ul style="list-style-type: none"> • Athletes should arrive dressed for skating as much as possible. Only skates, helmet, gloves, and eye protection should be put on at the facility. • All athletes are required to bring their own hand sanitizer and sanitize hands immediately before putting on their gloves.
<p>Preparation for Skating</p>	<ul style="list-style-type: none"> • Non-medical masks must be worn by all participants within CoE facilities before they take the ice. • Only use the locker room assigned to your cohort. • Stay in the locker room until a coach lets you on to the ice. • The Lobby area will be used for skaters needing assistance tying skates. Skater will then proceed to designated locker room.

SHORT TRACK TRAINING	
Safety Mat Setup / Teardown	<ul style="list-style-type: none"> • All individuals participating in safety mat setup and/or teardown must check in with the Cohort Captain. • Individuals are to proceed to the mat storage area according to the Arena guidelines (see APPENDIX E – Access to Mat Storage Areas Clareview and Kinsmen Arenas) • Individuals are to sanitize their hands immediately before and after setup/teardown activities. • Face coverings must always be worn during setup/teardown. • People should work in pairs (two people per cart) and maintain physical distance as much as possible. Carts should not be handed off from one person/pair to another. • Athletes should remain in the locker room during setup/teardown unless participating actively in these activities (mask rule applies to athletes if there are non-athletes also participating). • Squeegee handles, buckets, and track markers to be sanitized after sessions. • Mats involved in a crash will be sanitized. • Mat tops will be sanitized between groups if needed.
Personal Equipment	<ul style="list-style-type: none"> • Personal equipment cannot be shared between any individuals on the ice.
Personal Hydration	<ul style="list-style-type: none"> • Water bottles must be labeled with an individual's name and may not be shared among individuals. • Everyone can bring one prefilled water bottle onto the ice.
Skate Guards / Water Bottle Placement	<ul style="list-style-type: none"> • An individual's hard skate guards and water bottle should be stored together a reasonable distance from those of any other individual. • Older skaters will place them on ledge behind mats. • Younger skaters will place them in the changeroom or on the benches.
Track Markers / Squeegees / Water Buckets	<ul style="list-style-type: none"> • Only the coaches on the ice or a designated skater are permitted to touch the track markers, squeegees, and water buckets. • The responsibility for each item will be determined by the coaches before the session.
Non Medical Face Coverings	<ul style="list-style-type: none"> • Skaters may wear a non-medical face covering during training. Face coverings must be secured so they do not fall to the ice surface during training. • Coaches and volunteers must wear a non-medical face mask on the ice.

Physical Distancing	<ul style="list-style-type: none"> • Individuals should maintain physical distance during rest periods.
Restricted Activities	<ul style="list-style-type: none"> • Activities with physical contact are to be limited. This currently includes but is not limited to: <ul style="list-style-type: none"> ○ Relays ○ Mass start racing ○ Any games involving direct contact
On Ice Hygiene	<ul style="list-style-type: none"> • All on-ice individuals must always follow hygiene best practices, including but not limited to <ul style="list-style-type: none"> ○ No spitting ○ Cough or sneeze into elbows ○ No unnecessary contact. <p>All individuals must be able to understand and adhere to hygiene requirements.</p>
DEPARTURE	
After Training	<ul style="list-style-type: none"> • All participants will proceed directly from the ice surface to the designated change room after training. • Participants must put on a non-medical mask as soon as possible once in the change room. • Participants are to remove a minimum of equipment (skates, helmets, eye protection) and depart the change room, and facility without delay. • Participants should meet parents/guardians at the designated location. At Clareview and Kinsmen, independent skaters and parents/guardians will meet in the parking lot. At Clareview and Kinsmen, skaters needing help to remove skates will meet their parent/guardian in the lobby.

COMPETITION

Competitions are not approved at this time.

COHORT CAPTAIN

REQUIREMENT / PROTOCOL	DESCRIPTION
Arrival	<ul style="list-style-type: none">• Cohort captains should be ready to process athletes, coaches, and volunteers 15 minutes before the start of training.
Group Training Checklist	<ul style="list-style-type: none">• Cohort captains must be familiar with the Wellness Questionnaire (APPENDIX A - Wellness Questionnaire).• Cohort captains must be familiar with the Group Training Checklist as prescribed by AASSA (APPENDIX F – Group Training Checklist).• The Group Training Checklist must be completed for each session.
Cohorts	<ul style="list-style-type: none">• A cohort captain will be a member of at most one cohort.• There may be multiple cohort captains per cohort.
Contact Tracing	<ul style="list-style-type: none">• Cohort captains will maintain a contact tracing log for each session recording each athlete, staff, coach, volunteer, and parent/guardian (even if only dropping off and picking up) at the session.• Cohort captains will keep the paper contact tracing logs in a secure location. They will also submit a picture of each page by email to the Secretary.• Cohort captains will not use the information from the contact tracing log for any purposes other than contact tracing in the event of a positive COVID-19 diagnosis.• Cohort captains will destroy the contact tracing logs after two weeks.

COACHING

The following are coaching requirements/protocols beyond those listed in the Participation and Training sections.

REQUIREMENT / PROTOCOL	DESCRIPTION
Personal Protective Equipment	<ul style="list-style-type: none">• ESSA will provide each coach with 2 reusable masks, and lead coaches will be loaned an electronic whistle.
Training Plan Recommendations	<ul style="list-style-type: none">• Even though each cohort is considered a mini-league, training activities should be designed to limit close contact as much as possible, keeping in mind that short track speed skating naturally requires some activity that is not physically distanced.<ul style="list-style-type: none">○ Focus on technical activities that permit physical distancing.○ Consider using the length of the ice where applicable.○ Consider splitting the ice in half, especially for larger cohorts or where ability within a cohort varies more widely.○ Send weekly training plan to athletes so they know ahead of time what they will be doing to help minimize stand and listen time.

GENERAL PROCEDURE (ATHLETES / COACHES / VOLUNTEERS)

The following is the general procedure that an athlete, coach, or volunteer can expect to experience during an ESSA training session.

NOTE: For skates who require assistance putting on and removing skates and other final safety equipment, more detailed information to come.

1. Complete the COVID Wellness Questionnaire at home. If you answer 'yes' to any of the questions, stay home.
2. Arrive at the training facility no more than 15 minutes before your scheduled training start time.
3. Athletes should be wearing all safety equipment with the exception of helmets, skates, eye protection and gloves.
4. Ensure you are wearing your non-medical mask before entering the facility.
5. Comply with CoE facility entrance requirements. Use door #3, the one by the daycare and school.
6. Meet your cohort captain at the designated location.
7. Cohort Captain will record your name and confirm that you completed your Wellness Questionnaire and direct you to your designated change room.
8. Sanitize hands
9. Put on skates, helmet, eye protection.
10. Sanitize hands.
11. Put on gloves.
12. When instructed you may remove your mask and proceed to the ice surface (coaches must keep their masks on). Entry to the ice should be orderly and appropriately distanced.
13. Place your hard guards and water bottle in the designated location.
14. Adhere to basic hygiene rules while on the ice.
15. At the conclusion of training, when instructed, collect water bottles and hard guards, and return to the change room.
16. Immediately put on your non-medical mask.
17. Remove gloves.
18. Sanitize hands.
19. Remove eyewear, skates, helmets.
20. Depart change room promptly and meet parents/guardians (if necessary) at the designated location.
21. Depart the facility promptly.
22. Sanitize eyewear, helmets, skates, guards, gloves. Launder suits at regular intervals.

APPENDIX A - Wellness Questionnaire

This tool has been developed to support activity organizers and facility operators in reducing the risk of transmission of COVID-19 among attendees. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answers YES to any of the questions, they must not be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Covid-19 Symptoms Checklist for Staff / Coaches / Participants

| Do you/your child have any new onset (or worsening) of any of the following symptoms:

| **CIRCLE ONE**

- | · Fever | **YES** | **NO**
- | · Cough | **YES** | **NO**
- | · Shortness of Breath / Difficulty Breathing | **YES** | **NO**
- | · Sore throat | **YES** | **NO**
- | · Chills | **YES** | **NO**
- | · Painful swallowing | **YES** | **NO**
- | · Runny Nose / Nasal Congestion | **YES** | **NO**
- | · Feeling unwell / Fatigued | **YES** | **NO**
- | · Nausea / Vomiting / Diarrhea | **YES** | **NO**
- | · Unexplained loss of appetite | **YES** | **NO**
- | · Loss of sense of taste or smell | **YES** | **NO**
- | · Muscle/ Joint aches | **YES** | **NO**
- | · Headache | **YES** | **NO**
- | · Conjunctivitis (commonly known as pink eye) | **YES** | **NO**

| Has the person attending the activity/facility travelled outside of Canada in the last 14 days?

| **YES** | **NO**

| Have you/your child had close unprotected* contact (face-to-face contact (within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?

| **YES** | **NO**

| Have you/your child attending the program or activity had close unprotected* contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**? | **YES** | **NO**

| Have you/your child or anyone in your household been in close unprotected* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?

| **YES** | **NO**

* "unprotected" means close contact without appropriate personal protective equipment (PPE)

** "ill" means someone with COVID-19 symptoms on the list above

If an individual answer 'YES' to any of the questions above, they are not to be permitted to participate in training for a minimum of 14 days UNLESS a negative Covid-19 test result is received after answering 'Yes' to the above.

**Essential workers who travelled outside of Canada for work-related purposes are exempt to travel restrictions and may be permitted to participate.*

Link to the AB Health Daily Checklist

<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>

A link to the document will be posted on the ESSA website

APPENDIX B – City of Edmonton Arena User Guidelines



As the City of Edmonton relaunches Arena operations, we ask for your full cooperation and commitment to follow the new facility guidelines of the Alberta Health Services Phase 2 reopening. Our first priority is the health and safety of our customers, users, and employees. Please review the additional City of Edmonton Arena Guidelines below:

Physical Distancing: Maintain 2-meter physical distancing between people, except those who reside in the same household or who belong to an existing cohort.

Limit Contact only 50 people: Where sports and activities cannot be modified to maintain distance, groups must limit the number of contacts between different participants. This is done by playing within sport cohorts of up to 50 people including participants, officials, coaches, and trainers. Only 50 people will be allowed on the ice at one time.

Pre-screening measures: Stay home if you are sick or displaying any symptoms of COVID-19. Follow the prescreen procedures outlined by your organization or Alberta Health Services.

Cleaning and Sanitizing - Additional cleaning and sanitizing measures will be in place to ensure a safe and health environment for everyone. Arena staff will be disinfecting all areas of the arena and common touch points in between users.

Arrival Times: Players and coaches can enter the facility 15 minutes before their booking and must exit the facility 15 minutes after their booking. Facilities will promote physical distancing by promoting one-way traffic flow to reduce interactions between groups. Common area chairs tables may not be available to reduce gathering areas and to promote physical distancing.

Arrive ready to train or play: Participants are encouraged to arrive with their required equipment on, as dressing room space will be limited to accommodate physical distancing. Groups or teams may be provided with more than 1 dressing room to allow for adequate space where possible. Bring a pre-filled, labelled water bottle. Bottle fillers are available but drinking fountains are not available.

Dressing Rooms limited: Dressing room space will be extremely limited in order to provide greater physical distancing between individuals and groups. Shower facilities are not available. Try to minimize contacting high-touch point surfaces such as door handles and going in and out of dressing rooms. Indoor warm-up space is not available at this time.

Additional support required: User Groups with younger children requiring assistance with skate tying should consider how to manage this within physical distancing guidelines. Skate tying prior to arrival and the use of skate guards is strongly recommended.

Limited Spectators: Spectators will not have access to the facility until the scheduled booking time, and should exit the facility as soon as the booking time slot has ended. Spectators will not be allowed in the participant areas. Physical distancing should be maintained and masks are recommended for spectators. There is limited spectator space. Spectator areas are restricted to 25% of total seating to a maximum of 100 people as per the Alberta Health Guidelines.

All Arena Users: Sport and recreation organizations are responsible for keeping track of all participants for each activity for the purpose of contact tracing in the event of an outbreak. Please refer to the Alberta Health Services Guidelines for COVID-19 Relaunch Guidance for Sport, Physical Activity and Recreation - Stage 2 for more information: Return to Sport, Physical Activity and Recreation .

Additional support required: User Groups with younger children requiring assistance with skate tying should consider how to manage this within physical distancing guidelines. Skate tying prior to arrival and the use of skate guards is strongly recommended.

Specific-Sport Guidelines: Many sport governing bodies have developed, or are in the process of developing sport-specific guidelines to provide direction on how their sports' activities can be modified to comply with Alberta Health Services (AHS) and Government directives regarding physical distancing and avoiding the sharing of common equipment. Groups are expected to follow the sport governing body's guidelines with respect to these modifications. It is also the group's responsibility, if applicable, to ensure that sanctioned activities are permitted through their association and/or sport governing body.

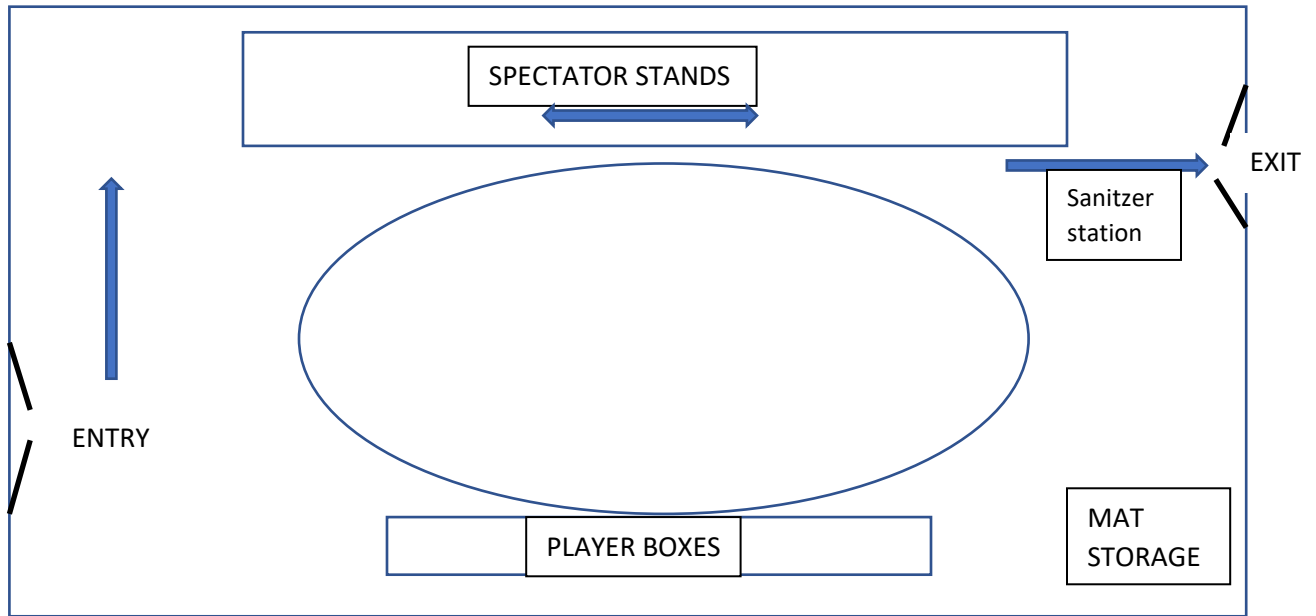
Welcome back: We look forward to welcoming you, your organization, and its members back to City of Edmonton arenas within the new guidelines and facility procedures. Facility specific measures may be in place at some arenas. Your collaboration and communication are very important as we go through the reopening and relaunch phases of Arenas. The health and safety of everyone is our priority. If you have any questions, please let us know.

Please note: The City of Edmonton will continue to monitor the virus and its impacts to public health, in partnership with the The Government of Alberta and the Government of Canada. As this situation changes, we will keep you informed. Information about the City's response can be found on City of Edmonton website COVID-19 PAGE .

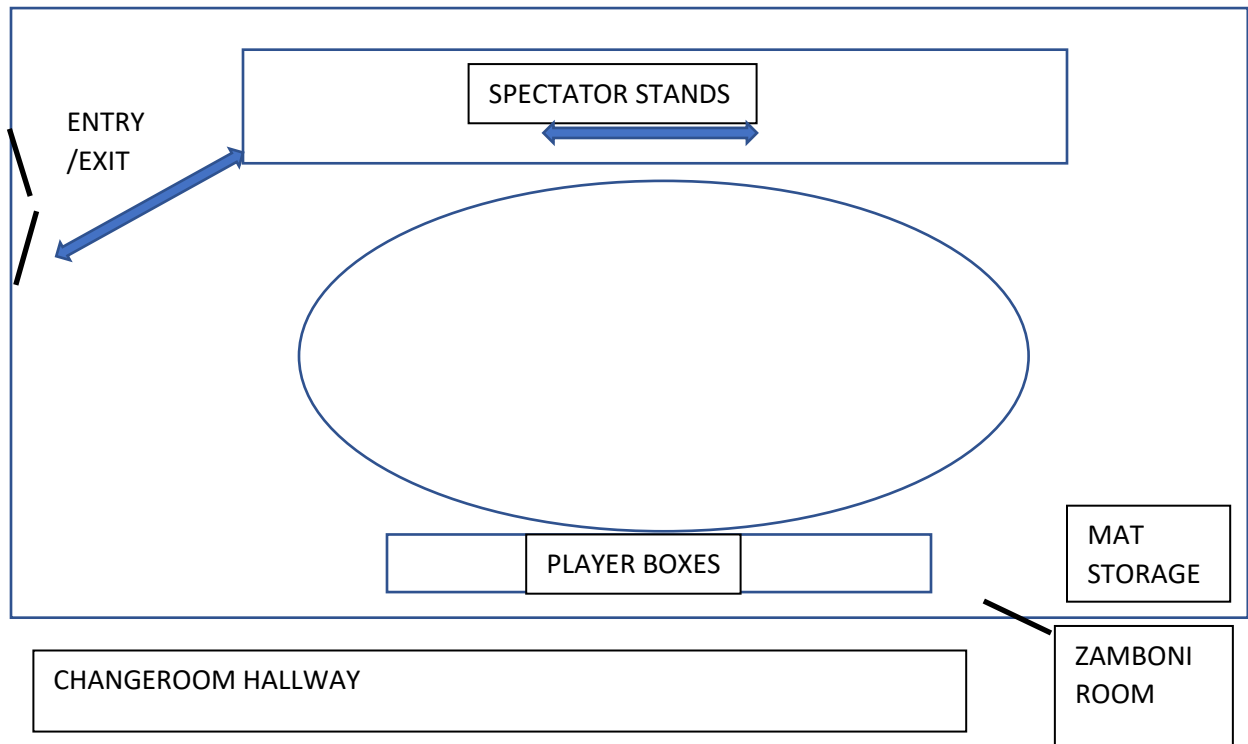
A link to the PDF document will be posted on the ESSA website

APPENDIX D – Spectator Entry/Exit Clareview and Kinsmen Arenas

CLAREVIEW ARENA

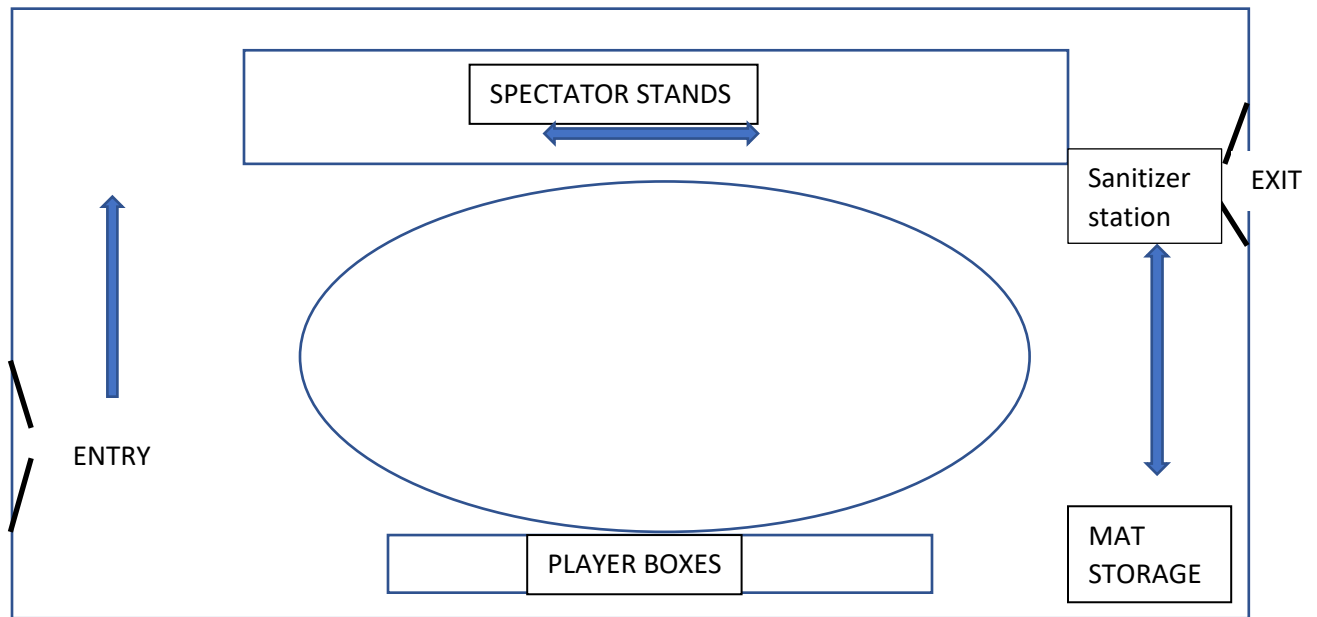


KINSMEN ARENA (to be confirmed)

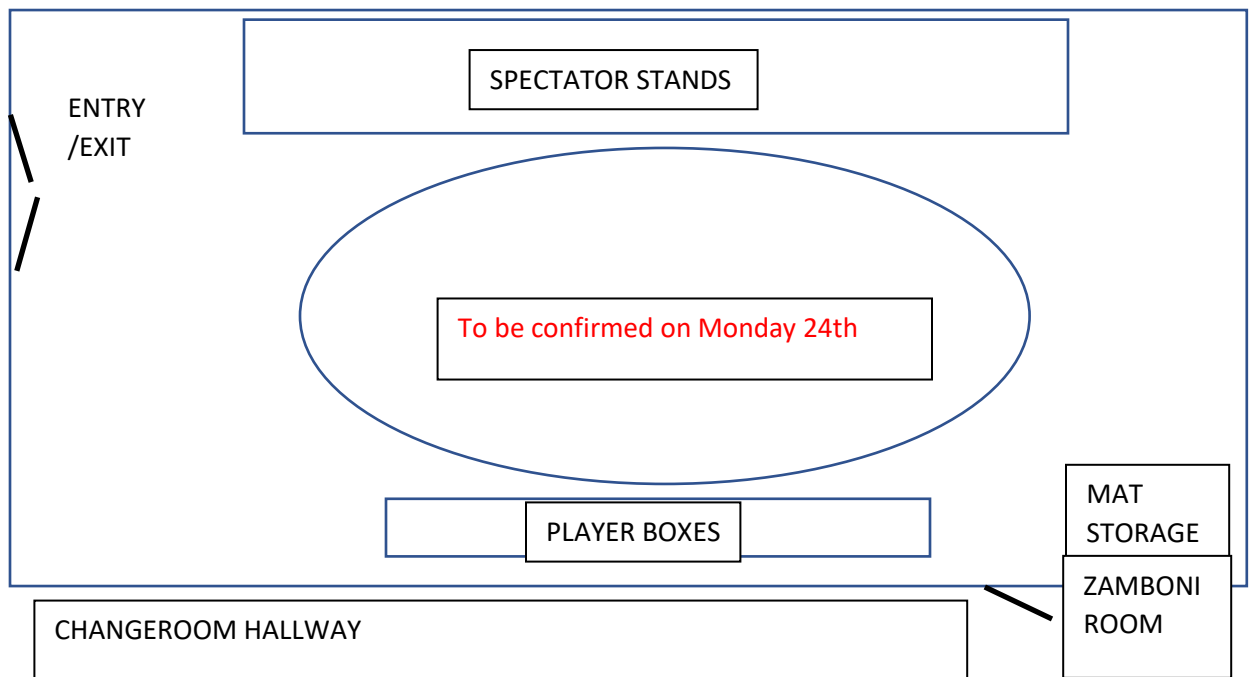


APPENDIX E – Access to Mat Storage Areas Clareview and Kinsmen Arenas

CLAREVIEW ARENA



KINSMEN ARENA (to be confirmed)



APPENDIX F – Group Training Checklist

When introducing group training to your club's activities, the requirements and procedures outlined in this checklist must always be adhered to.

Before the session begins

☑ A responsible person (over 18 years of age) must oversee the activity to ensure public health guidelines are adhered to. The [Rule of Two](#) (as outlined by the Coaching Association of Canada) must always be maintained during a group training session

This individual may not be the coach or training group leader; however, this individual assumes the responsibility that public health guidelines are adhered to.

If this individual is the coach or training group leader, they may do so only if they are able to ensure public health guidelines are adhered to

☑ The responsible person(s) should screen all participants for symptoms of COVID-19 prior to the commencement of any activity. Please use the **Alberta Health Daily Checklist**

Anyone that is exhibiting any symptoms or answers YES to any of the questions in the Alberta Health Daily Checklist must not be allowed to participate in the group training. **Please refer to the Alberta Health Daily Checklist for next steps**

The **Alberta Health Daily Checklist** should be used by the responsible person(s), the coach(es) and training group leader(s)

☑ Attendance shall be tracked for each training session using the **Contact Tracing Log** available in Appendix F. The attendance tracking must include the following:

☑ Physical distancing (2 metres or 6 feet) must be always be maintained. This does not apply to members of the same household

☑ The number of contacts between different participants should be limited by playing within set cohorts or having a fixed group of participants that do not exceed 50 people, including the responsible person(s).

If the size of cohort exceeds 50 people, please consider splitting your group into a smaller cohort allowing the responsible person(s) to ensure public health guidelines are adhered to at all time. Once your cohort is split into a smaller cohort(s), the participants in each cohort should remain set and closed for the period of the group training

Please refer to the [Guidance for Cohort](#) document.

Equipment Rental and/or Use (if applicable)

☒ Each participant should be provided with assigned equipment (for the duration of the group training) or use self-owned, disinfected equipment. This does not apply to members of the same household.

☒ (if applicable) Sharing equipment that is handled by hands or head, and other personal items should be minimized. The equipment must be cleaned and disinfected in between each use by different participant

Personal hygiene

☒ All participants should follow proper hand hygiene, which includes frequent hand washing (for a minimum of 20 seconds), refrain from touching their face with unclean hands, and it is recommended that all participants carry and use hand sanitizer at least a 60% alcohol content

☒ If a facility to wash hands with soap or hand sanitizer with at least a 60% alcohol content is not readily accessible during a group training session, member clubs can choose to provide hand sanitizer for participants or request that each participant carry their own hand sanitizer

☒ A participant who does not have their own hand sanitizer is not permitted to participate in the group training when a facility to wash hands with soap or hand sanitizer containing at least 60% alcohol is not readily accessible or the member club chooses not to provide hand sanitizer

☒ All participants should follow proper respiratory etiquette. This includes sneezing or coughing into the crook of your elbow, no spitting and no clearing of nasal passages

☒ Water bottles and/or sport drinks should be clearly labelled with the name of the owner; these should not be shared

☒ Considerations should be given to how to appropriately include or accommodate vulnerable persons such as seniors and people with compromised immune systems

Name of the Group Training Responsible Person:

Signature of the Group Training Responsible Person:

Date (mm/dd/yyyy):

Should you have any questions or concerns, please contact info@aassa.ca