

## APPENDIX B

# Hygiene Checklist

Step	Prior to season/event	Prior to arrival	At event	After event	Travel to tournaments
All participants must adhere to public health authority guidelines.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
All participants must adhere to facility rules and guidelines. <ul style="list-style-type: none"> <li>Communicate with families to make sure they are aware of the spectator rules around physical distancing, as well as on-ice protocol.</li> <li>Work with the facility to have a common area with marked physical-distanced seating and a common area to put on skates or remove skate guards.</li> <li>When local health protocol allows use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help).</li> <li>Encourage participants to minimize their time in or around the facility.</li> <li>Remind players and parents to follow physical-distancing guidelines when leaving.</li> </ul>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Encourage or require patrons to register and pay online prior to arriving.	<input checked="" type="checkbox"/>				
Look at making payment/refund policies more flexible so families do not feel pressured to make an ice session.	<input checked="" type="checkbox"/>				
Host an online meeting with parents/guardians to run through plans and allow them to ask questions related to: <ul style="list-style-type: none"> <li>What they can expect.</li> <li>Planning for the first session.</li> <li>Precautions being taken to keep the rink clean and safe.</li> <li>Facility and hockey association protocols specific to physical distancing.</li> <li>Notify and reinforce the message that players and coaches need to observe physical distancing on the ice.</li> <li>Steps to good hygiene.</li> </ul>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>

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<p>If a player has any cold or flu-like symptoms (runny nose, sore throat, fever, cough), they must advise the team and stay home until symptoms have ended.</p> <ul style="list-style-type: none"> <li>They may need to be tested for COVID-19 should symptoms match universal symptoms; if positive, follow public health authority requirements.</li> <li>A coach should be prepared to require that a player exhibiting symptoms must leave the hockey activity.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>When coughing or sneezing:</p> <ul style="list-style-type: none"> <li>Cough or sneeze into a tissue or the bend of the arm, not the hand.</li> <li>Dispose of any used tissues as soon as possible in a lined waste basket and wash hands.</li> <li>Avoid touching the eyes, nose or mouth with un-washed hands.</li> </ul>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>If symptoms are identified at the facility, advise team staff immediately and put on a cloth mask. Go home and follow up with a physician and the public health authority.</p>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Participants identified as being vulnerable to COVID-19 should be more cautious and should speak with a physician prior to participating.</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Promote strict hand hygiene (washing and sanitizing) before and after training.</p> <ul style="list-style-type: none"> <li>Wash hands after using restrooms with soap and water for at least 20 seconds.</li> <li>Use alcohol-based hand sanitizer if soap and water are not available.</li> </ul>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>It is recommended anyone entering the facility should wear a cloth mask when physical distancing cannot be followed (it may also be required by the facility). The cloth mask can be removed while participating in a hockey activity and physical distancing is practiced. Continue to monitor public health authority guidelines specific to wearing masks.</p>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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Players must have their own labelled water bottle, washed after each session.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hockey bags should have hand sanitizer. Players should wash hands frequently – before leaving home, prior to entering the facility and after leaving the facility.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Travel with family for hockey association activities and away events.		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Leave hockey bags in the car if arriving early and the dressing room is not available; retrieve when the room is open.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Teams exiting dressing rooms have up to 20 minutes. Plan arrival times so to avoid teams entering and exiting the facility at the same time. <ul style="list-style-type: none"> <li>Limit dressing room use as much as possible.</li> <li>Have participants put on their shoes or skate guards so that they can leave quickly.</li> <li>Encourage participants to minimize their time in the facility.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
For age groups where parents need to assist with equipment, limit the number of parents in the dressing room/change area to one per player. Entry should be controlled to meet physical-distancing requirements.			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Have a separate gym bag with clothing for dryland. If possible, have dryland clothes on under street clothes.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wear clothing that minimizes changing in tight spaces. <ul style="list-style-type: none"> <li>If dryland, wear dryland clothing to facility. If on-ice, wear equipment other than helmet, neckguard, gloves, and skates.</li> <li>Try to shower at home. If showering at the facility, practice physical distancing.</li> <li>Do not share soap, shampoo or shaving products.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

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<p>During warm-up the coach should ensure physical distancing is practiced. No sharing of foam rollers or warm-up equipment.</p> <ul style="list-style-type: none"> <li>Observe facility rules regarding team warm-ups, including physical-distancing requirements.</li> <li>Players need to be prepared to disinfect fitness equipment immediately after use.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Absolutely no spitting or open nose blowing in the hockey environment.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<p>Families should minimize the number of parents/spectators that come with the player to limit the people in the facility. Work with the facility to determine what is best.</p> <ul style="list-style-type: none"> <li>Minimize congregation in the lobby as much as possible.</li> <li>Meet family at vehicles if suitable for age of players – follow physical-distancing requirements of facility and public health authority.</li> </ul>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints.</p> <ul style="list-style-type: none"> <li>Team staff should try and control the number of times players enter and exit the dressing room; this avoids hands contacting the handles. Use the elbow to open.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
No sharing of food or drinks.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<p>Towels are on the bench under the guidance of the safety person/trainer for emergency use.</p> <ul style="list-style-type: none"> <li>Towels are not for regular player use. If a safety person/trainer uses a towel on the bench, it must be taken out of use and washed.</li> <li>Paper towels/tissue can be kept on hand to wipe face, blow nose if on the bench.</li> <li>Garbage cans should be placed close by for disposal.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
No handshakes between teams. Referees can greet coaches, but no handshakes.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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<p>Some equipment should be washed (jerseys, pant shells, socks, etc.) after each session, following manufacturer guidelines.</p> <ul style="list-style-type: none"> <li>● Players must ensure that equipment is kept clean.</li> <li>● Encourage players to take equipment out of bags and dry it out after EVERY session.</li> <li>● Wash all undergarments after each session. following manufacturer guidelines.</li> </ul>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Before traveling to tournaments, check federal/provincial/territorial travel restrictions.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
<p>At a tournament:</p> <ul style="list-style-type: none"> <li>● Stay within the team.</li> <li>● Bring plastic glasses, plates and cutlery for the hotel room.</li> <li>● Eliminate buffets.</li> <li>● Practice physical distancing.</li> </ul>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
If at a hotel, follow the steps in the Hygiene section.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Teams/parents should consider creating prevention kits, following steps in the Hygiene section.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>