

PHASED RETURN TO SPORT PROTOCOL

GENERAL DESCRIPTION

The health of Player and organization personnel is the Edmonton Inline's top priority, as it relates to adoption of preventative measures to help protect against contraction of COVID-19, as well as procedures regarding detection of infection and transmission of COVID-19. This Protocol, while very comprehensive, cannot mitigate all risk. A range of clinical scenarios exist, from very mild to fatal outcome. COVID-19 generally affects older age groups and those with previously existing medical conditions, more so than younger, and otherwise healthy, individuals, and we recognize that Players and personnel have family and household members who may fall into these vulnerable categories.

Inline activity will be permitted only in those jurisdictions where the applicable health authorities have sufficiently relaxed local restrictions to permit such gatherings. Edmonton Inline is required to comply with the public health mandates/recommended best practices of the CDC and/or Public Health Agency of Canada ("Health Canada") applicable to them and also the facilities in which return activities are to take place, including any changes to such recommendations that may take place after the initial opening.

SYMPTOMATIC PERSONS / TEMPERATURE CHECKS

During reopening and throughout our season any player or volunteer who develops symptoms (or if persons sharing a home develop symptoms or tests positive for COVID-19) shall immediately notify their coach or Edmonton Inline registrar and shall self-isolate according to the Covid-19 suggestions by Alberta Health Services

All Players and volunteers shall immediately notify the registrar if he or she suspects contact with someone that has COVID-19. The following are common symptoms of COVID-19:

- Cough
- Shortness of breath
- Chest pain
- Feeling feverish, chills
- Muscle pain (not exercise-related)
- New loss of smell or taste
- Gastrointestinal symptoms (nausea, vomiting and/or diarrhea)
- Sinus or cold-like symptoms (headache, congestion/runny nose, sore throat).
- Fever (temperature > 99.5°F or > 37.5°C)

Contact tracing shall be conducted by the Edmonton Inline in alliance with arena staff immediately upon a positive test result, and shall be in conjunction with, and pursuant to, regulations from local health authorities to identify other people who have been in contact with the person who tests positive. Teams should proceed with contact tracing even if the response of local health authorities is delayed.

Volunteers are asked to notify the Registrar if they become aware of Players or other volunteers who test positive for COVID-19 during reopening/throughout our season.

Edmonton Inline asks that every player conduct a temperature and symptom checks the day before their game and on the day of their game, 2 hours prior to arriving at the facility. These checks shall be self-administered at the homes of Player prior to their departure for the facility. Should a player (or family member if they are also tested) have a temperature >99.5°F or > 37.5°C, we ask that they refrain from going to the game/facility until their temperature or other symptoms are no longer present. This will be done on the honor system and we hope all players adhere to the requirement.

PERMITTED PERSONNEL

As a guiding principle, the greater the number of people involved in each inline's season activities, the greater the risk of possible infection. To limit the possible exposure and risk of transmission during the season, activities must be limited.

1. PLAYERS:

Teams will follow the regular season limit of 10 players per team, inclusive of a goalie. Players will be expected to follow the rules below:

- Players must show up no earlier than 15 minutes prior to their game starting and must proceed directly to their assigned locker room. No socializing in common areas of the facility will be permitted.
- Once the game is over players have 15 minutes to undress and leave the locker room and facility.
- The schedule will allow for an extra 15-30 minutes between games to allow for proper disinfecting of locker rooms and bench areas; and to ensure that there is no overlap between Players departing and the next group arriving.
- Players in the locker room must make efforts to appropriately socially distance (i.e., be at least 6 feet apart). If locker rooms are small shifts may be required and players will stand along the wall outside their locker room continuing to remain appropriate distances apart.
- Where possible, players should dress or partially dress in their equipment prior to arriving at the facility.
- Players in the penalty box must remain on the side of the box nearest to their bench and at the furthest point away from the timekeeper.
- It is recommended that players wear masks when entering and exiting the facility through common areas.
- While it is understood that contact with other players will be made during the game, at this time fighting is not permitted and doing so may result in an immediate game or two suspension.
- If you are feeling unwell or show symptoms of Covid-19, or have been in contact with someone showing symptoms of Covid-19, do not enter the facility.

2. COACHES

Coaches will be expected to follow the rules below:

- Coaches must show up no earlier than 15 minutes prior to their game starting and must proceed directly to their assigned locker room. No socializing in common areas of the facility will be permitted.
- One the game is over coaches must immediately leave the facility.
- Coaches in the locker room must make efforts to appropriately socially distance (i.e., be at least 6 feet apart).
- It is recommended that coaches wear masks at all times when in the facility.
- The amount of coaches permitted on the bench will be determined by the bench guidelines under gameplay procedures.
- If you are feeling unwell or show symptoms of Covid-19, or have been in contact with someone showing symptoms of Covid-19, do not enter the facility.

3. TIMEKEEPERS:

Timekeeper will be expected to follow the rules below:

- One timekeeper will be allocated for each surface for the entire night whenever possible
- If there needs to be a timekeeper switch the area must be sanitized prior to the second timekeeper starting their shift
- Timekeepers must use their own laptops. If they do not have a laptop to bring to the facility handwritten stats will be recorded and the timekeeper will update the website the following day
- It is recommended that timekeepers wear masks and gloves while in the time box
- If you are feeling unwell or show symptoms of Covid-19, or have been in contact with someone showing symptoms of Covid-19, do not enter the facility.

3. REFEREES:

Referees will be expected to follow the rules below:

- Referees must show up no earlier than 15 minutes prior to their game starting and must proceed directly to their assigned locker room. No socializing in common areas of the facility will be permitted.
- One the game is over referees have 15 minutes to undress and leave the locker room and facility.
- The schedule will allow for an extra 15 minutes between games to allow for proper disinfecting of referee locker rooms and bench areas; and to ensure that there is no overlap between Players departing and the next group arriving.
- Games will be scheduled in a staggered manner to limit the number of referees in the locker room at any given time.
- Referees in the locker room must make efforts to appropriately socially distance (i.e., be at least 6 feet apart).
- It is recommended that referees wear masks when entering and exiting the facility through common areas.
- Referees should limit any contact with players on the surface as much as possible.
- If you are feeling unwell or show symptoms of Covid-19, or have been in contact with someone showing symptoms of Covid-19, do not enter the facility.

4. SPECTATORS

Spectators will be expected to follow the rules below:

- Only one spectator per player will be permitted at each game
- It is recommended that spectators wear masks the entire time they are in the facility
- Areas of the facility may be closed/marked as not accessible. It is expected that all spectators respect these areas.
- Should the facility have specific rules listed for safety at this time, spectators will be expected to follow all of these and noncompliance may result in a temporary ban from the facility.
- Spectators may enter the facility 5 minutes before the start of the game and are expected to wait outside immediately after the game has ended. No socializing in common areas of the facility will be permitted.
- If you are feeling unwell or show symptoms of Covid-19, or have been in contact with someone showing symptoms of Covid-19, do not enter the facility.

SOCIAL DISTANCING, PPE, AND OTHER SAFETY MEASURES

Please note that the following requirements denote the minimum standard teams and players must abide by. Teams, Player or Volunteers may follow more stringent safety precautions while in the facility should he/she choose to do so.

1. SOCIAL DISTANCING:

- Players and volunteers shall maintain 6-foot physical distance (“social distancing”) from each other at all times while in the facility (outside of change rooms and game areas)
- Players shall be discouraged from socializing with one another in close contact before or after the game.
- The only exception to social distancing restrictions while in the facility would be medical encounters

2. USE OF PPE:

In addition to maintaining social distancing from one another at all times, the following measures shall also be adopted regarding the use of PPE, such as a surgical mask or cloth face covering, and nitrile gloves. (NOTE: We recognize the priority use of PPE in your local communities by health care personnel and it is not our intention to take away access to PPE from such personnel by imposing these requirements.)

2.1 PLAYERS:

- Face coverings (cloth or surgical-type mask) are recommended – other than while on the surface -- when entering or leaving the facility and while inside the facility where social distancing cannot be maintained.
- Players are not required to wear face coverings when they are on the surface.

2.2 TIMEKEEPERS

- Face coverings (cloth or surgical-type masks) are recommended to be worn when in the facility. This includes when they are working the time clock.

- Gloves should be worn when working in the time area. Alternatively, frequent use of hand sanitizer can be utilized.

2.3 REFEREES

- Face coverings (cloth or surgical-type mask) are recommended to be worn – other than while on the surface -- when entering or leaving the facility and while inside the facility where social distancing cannot be maintained.
- Referees are not required to wear face coverings when they are on the surface.

2.4 SPECTATORS

- Face coverings (cloth or surgical-type mask) are recommended to be worn while inside the facility.

2. OTHER SAFETY MEASURES:

RELIEF GELS/BALMS/CREAMS/STICKS:

- Use of common (i.e. shared) creams, gels, balms, and sticks is prohibited

FOOD/BEVERAGES:

- Players must use water bottles and lids that are permanently marked with their Player number or other means of identification.
- Only single use beverages or snacks (i.e. granola or power bars) may be provided and consumed at the facility.

PERSONAL SAFETY PRECAUTIONS

As a general matter, the following safety precautions shall continue to be followed:

- Wash hands frequently with soap and water for at least 20 seconds (sing “Happy Birthday” twice).
- If soap and water are not readily available, use an alcohol-based hand sanitizer. All players should always carry an individual bottle of hand sanitizer with them.
- Wash or sanitize hands before eating and after touching possibly contaminated surfaces (such as high-touch areas).
 - Avoid touching your eyes, nose, and mouth.
 - Avoid close contact with people who are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
 - Continue to avoid handshakes, high fives, and fist bumps, even with individuals and teammates you know well.

GAME PLAY PROCEDURES

Depending on the recommendations from Alberta Health Services, the Alberta government and the City of Edmonton game play will be played in one of the manners listed below to best align with the current regulations. As the situation will be fluid the process in which the game is played may change throughout the season to ensure we continue to align with best practices.

Game play

Option 1

Game play will follow the regular Edmonton Inline season. It will consist of 4 players and a goalie from each team on the surface at any given time and will allow for up to 6 additional players on the bench.

Option 2

Game play will follow a 3 on 3 format.

It will consist of 3 players and a goalie from each team on the surface at any given time and will allow for up to 5 additional players on the bench.

Option 3

Game play will follow stoppage of play format. It will consist of 4 players and a goalie from each team on the surface at any given time and will allow for up to 6 additional players on the benches.

The game will consist of two – 24 minute periods, with a stoppage of play every 2 or 3 minutes (depending on age bracket) for teams to switch players.

Bench options

Option 1

There will 1 bench used for each team – home and visitors – and players will be asked to maintain as much space as possible between them. This method there could be up to six players on the bench with roughly one to two feet per player.

Bench movement will be in a “one way traffic” format, with players entering the surface from one door and player leaving the surface entering the other as opposed to having forwards use one door and defense use another.

This format will permit one coach on the bench.

Option 2

There will 1 bench and 1 modified bench used for each team – home and visitors – and players will be asked to maintain as much space as possible between them. Five players of the team will use the regular bench and five of the players on the same team will use the hallway with the surface door as their bench. This will allow minimal cross contact between players. Two players from each bench will be on the surface at any given time allowing for social distancing to remain for the three remaining players on each bench.

This format will allow for two coaches on the benches. One coach will be on the bench and one coach will be on the modified bench.

CLEANING AND DISINFECTING

Edmonton Inline will work with the facilities ensure it is meeting requisites for regularly cleaning and disinfecting its facilities, to be in compliance with Alberta Health requirements.

At a minimum, throughout our season, this cleaning must be completed:

1. before the facility opens for the day
2. between games
3. regularly on high touch areas
4. at the end of each day

FACILITIES

To the extent possible, and as resources allow, facilities shall be made as “no-touch” as practicable, to reduce or remove the use of high touch areas (push-bar entrances, doors barred open, etc.)

Facilities shall post signage throughout the facility with appropriate precautions (e.g., best practices for hand and respiratory hygiene) and identification of COVID-19 symptoms.

CLEANING AND DISINFECTING REQUIREMENTS

This document sets forth the requirements for the cleaning and disinfecting of facilities to help prevent the spread of infections among Players and volunteers. Edmonton Inline will work with Facility staff prior to the season starting to establish the cleaning process and determine where responsibility will lay.

CLEANERS AND DISINFECTANTS:

Edmonton Inline and facility staff are required to thoroughly clean and disinfect all areas addressed throughout this document, with a focus on “high touch, high risk” surfaces.

To clean these areas, use of detergent-based cleaners or EPA registered detergent/disinfectants that will remove bacteria like MRSA from surfaces and kill common viruses like mumps, measles, cold, coronavirus, and influenza viruses.

All cleaners and disinfectants must be used in accordance with their label instructions (e.g., Does surface need to be cleaned before using the disinfectant? What is the contact time? Does the product need to be diluted with water?). The additional benefit of specialized disinfection systems or products remains to be established.

Water Bottles

- There shall be **no sharing of water bottles**.
 - Water bottles, and corresponding water bottle tops (Gatorade/Powerade Squeeze bottles), should be labeled for the individual Player with the Player’s name or number (or both) on both the top and bottle for identification purposes.

- All Gatorade/Powerade ready to drink bottles must be labelled for the individual Players and marked properly with the Player's name or number (or both) prior to use. Please note these bottles, once used, may not be re-used by other Players.
- The penalty boxes shall be void of bottles for consumption. Water bottles can be passed to the player to drink while in the penalty box but must be placed back on the appropriate bench.

Towels

- There shall be **no sharing of towels**. All towels shall be treated as personal use and shall not be used by another Player.
- Once a towel is used, each towel shall be washed before being used again. Players cannot bring a previously used towel onto the bench for a second game.

Hand Cleaner:

- All players should bring a personal sized container of hand sanitizer with them for use in the locker room, common areas and on the bench if they so chose.

HOME & VISITING LOCKER ROOMS:

To help reduce the spread of infectious diseases and viruses, it is important to properly clean and disinfect **all surfaces and areas which come into contact with Players within the confines of the locker room on a daily basis, as well as after each game,** in order to properly remove athletes' sweat and bodily fluids.

Edmonton Inline and facility cleaning will collaborate on the cleaning and disinfecting, including trash disposal, mopping the floor and, specifically:

- Change room stalls.
- Bathrooms, including washroom stalls, toilets, and urinals.
- Showers.
- Doorknobs, tables, counters and other "frequently touched" surfaces.
- Bench areas (see below)

Players are asked, if possible, to gear up at home. Edmonton Inline is encouraging players to spend as little time as possible in locker rooms to minimize their contact with other players.

BENCH AREAS:

Both home and visiting team benches must be thoroughly cleaned and disinfected before each use.

At a minimum, this includes:

- flooring
- bench surface
- top of dasher boards
- water bottle storage area
- ledges

OFFICIALS ROOM

In addition, facility cleaning personnel will need to disinfect the officials room including, but not limited to, all seating areas, floors, and all surfaces within the room.

The Officials (Referees and Linesmen) shall utilize their own water bottle or Aquafina bottle, which they shall bring to the timekeeper's box at the start of the game. These bottles should be labelled with their names to ensure no cross use.

DISINFECTANT CHECKLIST REQUIREMENTS

- **Requirements:** All surfaces and areas of the locker room which come into contact with a Player or Official ***must be properly disinfected on a daily basis***, and after any team vacates the facility. This includes:
 - Locker stalls (including seats, all areas of the stall, and the tops of the stall).
 - Bathrooms, including washroom stalls, toilets, and urinals.
 - Showers.
 - Doorknobs, tables, counters and other "frequently touched" surfaces.
 - Bench areas
- **Cleaning Agents:** Staff and volunteers are required to thoroughly clean and disinfect all areas addressed throughout the Cleaning and Disinfecting Requirements, with a focus on "high touch, high risk" surfaces.

To clean these areas, use of a detergent-based cleaners or EPA registered detergent/disinfectants that will remove bacteria like MRSA from surfaces and kill common viruses like mumps, measles, cold, coronavirus, and influenza viruses is required.

All cleaners and disinfectants must be used in accordance with their label instructions (e.g., Surface cleaning before using the disinfectant; contact time; dilution with water). The additional benefit of specialized disinfection systems or products remains to be established.