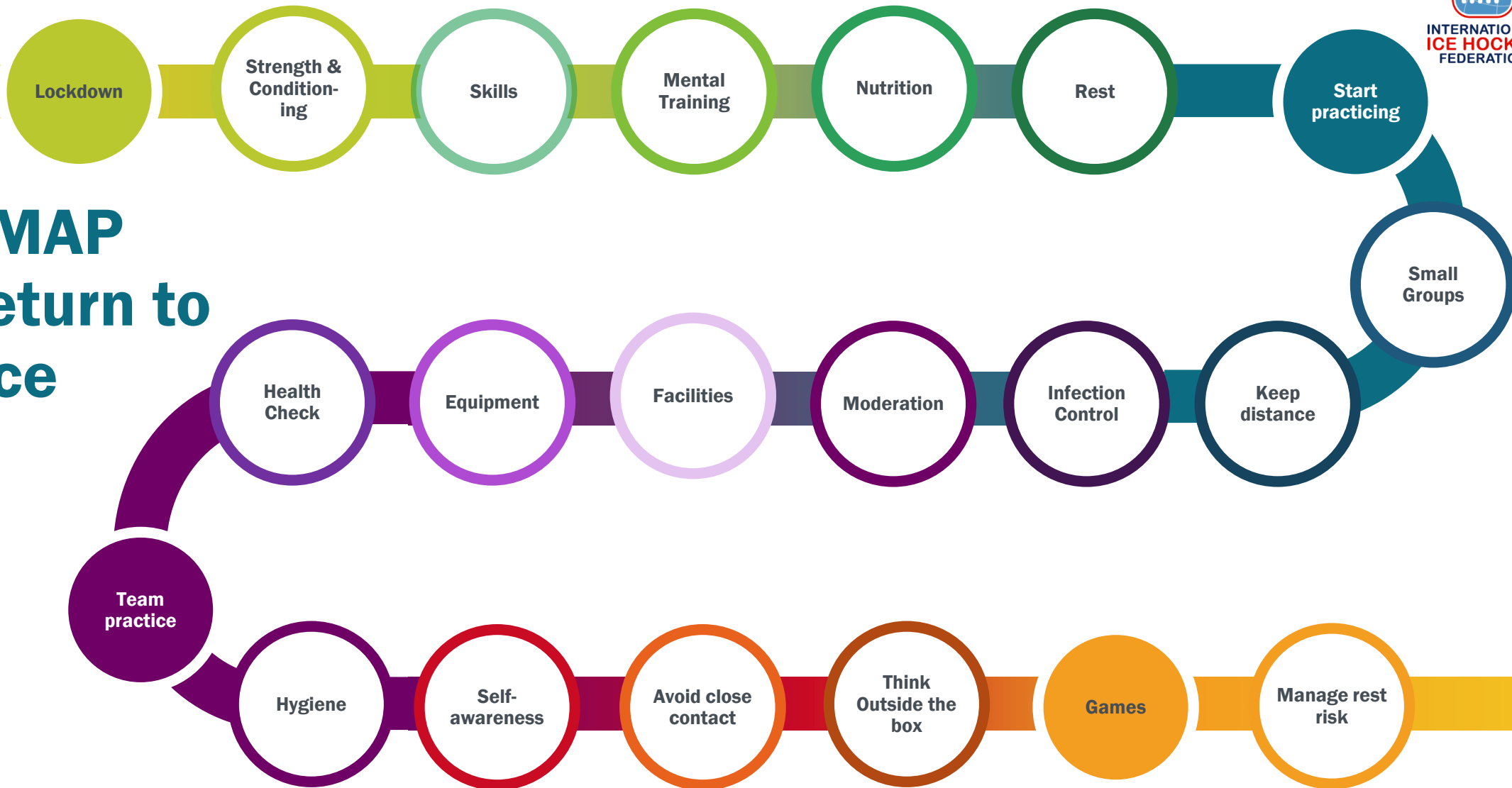




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ROADMAP safe return to practice *COVID-19*



Protection
concept

Security
Person

Communi-
cation

Disclaimer:

The following recommendations are not complete and should only be used to supplement all National Public Health guidelines, policies and procedures; specifically, moving from phase to phase should only occur with National Public Health and Government approval. The timing of the phased-in approach is extremely variable according to a variety of factors such as geographic areas, disease burden, recent trends, documented immunity, local restrictions, player age and level and health risks of participants.

**Corona
Measures**

**Protection
concept**

- MNA, Leagues, Clubs shall create a protection concept in accordance with the general recommendations and guidelines of Public Health Institutions tailored to the respective needs of the region and target groups

**Security
Person**

- A Security Person per Club/Training Group shall be identified who will ensure that these rules and recommendations are complied with. This person shall also monitor government websites for updates or changes to guidelines

**Communi-
cation**

- It shall be ensured that the rules and recommendations are communicated to all individuals and that the Security Persons and participants are trained adequately
- Inform participants what to expect and what measures are taken

Specialists

- A Public Health/Infectious Disease specialist shall also help with the creation of guidelines that will fit the local needs of the Clubs

4 PHASES OF THE ROADMAP



Lockdown

- **Phase 1: Lockdown**
- No organized sport is possible
- Players can work-out individually at home or outside



Start practicing

- **Phase 2: Start practicing**
- Some first organized trainings are possible in small groups



Team practice

- **Phase 3: Team practice**
- Smaller groups than usual to ensure social distancing
- Training is adjusted but similar to normal training



Games

- **Phase 4: Games**
- Leagues continue
- Games take place

Lockdown

Strength &
Condition-
ing

- Individual varied Strength & Conditioning Workouts (get inspired also online)

Skills

- Skills training

Mental
Training

- Focus on Mental training
- Look after your [mental health](#)

Lockdown

Nutrition

- Focus on Nutrition
- Caloric needs might decrease due to moderate training
- Possible limited access to some foods of usual diet

Rest

- Use time for rest

Start
practicing

Small
Groups

- Training in small groups (tracking possibility)
- Training takes place under the supervision of a trainer (possibly also video surveillance)
- Fitness facilities should not be public but exclusively reserved for members of the ice hockey team
- Ensure longer gaps between turnover
- Ensure internal contact tracking
- Follow public health guidelines for number of players allowed in training facility
- Small numbers with staggered hours

Keep
distance

- Maintain social distancing (keep a distance of at least 2 meters)
- Try to avoid public transportation when arriving to training or use respective protection (masks, hand sanitizer, etc.)
- After training, rooms must be left individually and immediately
- Consider not using locker rooms: chairs can be placed in common area to ensure social distancing
- Showering shall be done at home

Start
practicing

Infection
Control

Moderation

- Practice rigorous [Infection Control](#)
 - Daily Temperature
 - Strict hand hygiene: [soap and water](#) for 20s or [dispensers](#) (minimum before and after training)
 - Use protective mask if possible
 - Fitness equipment and high-touch-surfaces shall be disinfected by the players immediately after use
 - Towels are personal
 - Participants with risk factors/illnesses are generally excluded
 - Participants with signs of illness are strictly advised not to enter the premises and seek medical attention immediately
 - No sharing of water bottles (name your bottles)
 - Avoid handshakes
-
- As a rule, the duration of training should be max. 60 minutes and initially 80% of maximum capacity (avoiding the "open window" of the immune system)

Start
practicing

Facilities

- Separate entrances to separate ice surfaces
- Limit number of players according the size of the training facility and government regulations
- Arena staff to increase cleaning and disinfection between sessions
- Consider reconfiguration of dressing rooms
- Spectators should be limited as much as possible
- Consider mark-offs for socially-distant viewing points

Equipment

- If possible, players should arrive to training fully geared (except skates)
- Disinfect helmets, sticks and skates after each training
- Wash clothes (jerseys, pant shells, socks and gloves) with high temperature after each training

Health
Check

- Screen all players and staff as they arrive in a central location with possible testing if available
- Screen players on a periodic basis with possible testing if available
- Isolate and test players who do not feel well
- Follow local guidelines after a positive test

Team
practice

Hygiene

- Wash hands thoroughly and regularly with soap and water or use hand sanitizer
- Cough and sneeze etiquette
- No spitting

Self-
awareness

- If you don't feel well, stay home and seek medical care
- Better safe than sorry
- Return to training after clearance from medical personnel

Avoid close
contact

- No body checks
- No body contact
- Practice social distancing during practice
 - choose drills that don't require players to stand in line
 - minimize chalk talk sessions
 - do not use player benches
- Consider wearing a full visor
- Create distance in dressing room setup (may have to use two dressing rooms)

Team
practice

Think
outside the
box

- Consider shifting from 5on5 to 4on4 or even 3on3 plays
- Configure drills so that they respect social distancing



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Games

Manage rest
risk

- As a contact and team sport the risk remains rather high
- Conduct risk assessments for your games ([WHO risk assessment template](#))
- Prepare Emergency Action Plans including isolation plans for persons showing signs and symptoms
- Use infection control thoroughly
- Consider games without spectators
- Get permission from players / parents
- Use (gloved) fist or elbow bumps
- Celebrate goals with fist or elbow bumps

**Follow the recommendations and
guidelines from your government /
Public Health Authorities**



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