



Safe Return to Ice Guidelines

**NWT AMATEUR SPEED SKATING
ASSOCIATION**

August 2020

Purpose

The purpose of this document is to provide guidelines for the safe return to speed skating activities given the Covid-19 restrictions in place for Northwest Territories (NWT). While the Covid-19 restrictions will continue to protect the people of the NWT, we must do our part, remain advised of current recommendations, and adjust our behaviour and training practices to ensure public safety. Information and updates about the Covid-19 virus in the NWT can be accessed at <https://www.gov.nt.ca/Covid-19/en/Covid-19>.

These guidelines are specific to the current Phase 2 of the NWT's Emerging Wisely Response Plan (<https://www.gov.nt.ca/covid-19/en/emerging-wisely-%E2%80%93-continued-public-health-response-covid-19-nwt>). Clubs shall utilize this document as their template to develop a Club plan for a safe return to speed skating activities. Each Club's plan must be in compliance with orders and guidance issued by the Chief Public Health Officer (CPHO) and must be available to the public. Clubs must coordinate with their community facility to ensure adherence to the indoor facility's Covid-19 response plan.

The NWTASSA will release further guidelines regarding the return to speed skating when the NWT moves into Phase 3 and beyond.

Athlete and Coach Wellness

All athletes and coaches will do their best to avoid transmission (person-to-person and surface contact) of the Covid-19 virus. Measures can be put in place to mitigate the risk of transmission.

1. Stay Home if You are Sick:

- Prior to each practice, conduct symptom screening using the Health Screening Questionnaire in Appendix A.
- A Session Participation and Health Screening Tracking Form will be required for each practice and kept on file (Appendix B). This form should be kept by one person to prevent multiple touches on the pen. This information will be required in the event of any cases of Covid-19 and athletes, coaches, and volunteers should be aware in advance that it will be shared with public health should a case occur.
- Implement and enforce a zero-tolerance policy for any participation while sick.
- All Clubs should prepare the WSCC-required Exposure Control Plan (<https://www.wsc.nt.ca/sites/default/files/documents/Exposure%20Control%20Plan%20Guide-May%202020-Eng.pdf.pdf>) and all NWT coaches will complete a Hazard Assessment (<https://www.wsc.nt.ca/sites/default/files/documents/COVID-19%20Worker%20Hazard%20Assessment%20-%20EN%20fillable.pdf>).

2. Personal Hygiene:

- Ensure that healthy respiratory practices are followed (Appendix C).
- Athletes should consider wearing non-medical masks pre and post activity. Coaches and volunteers are recommended to wear non-medical masks. Masks should be worn correctly (Appendix D).

- Coaches should avoid using a standard whistle and consider other options, i.e. electronic whistle.
- Provide supplies, such as hand sanitizer, disposable tissues, and a trash bin with lid for disposing of tissues and other PPE, for use while on ice.
- Consider reducing group size for vulnerable populations, such as immunocompromised or older individuals, if required.
- Ensure that athletes bring their own labelled water bottle, preferably filled at home.
- Skin suits and other washable gear should be laundered following every practice. Non-washable gear should be disinfected after each use.
- No high-fives or handshakes.
- If an athlete, coach or volunteer displays or is experiencing any signs of Covid-19 symptoms (coughing, sneezing, runny nose, tiredness, diarrhea, sore throat, fever, shortness of breath, and/or muscle soreness not related to overexertion of exercise), they will be asked to leave the practice immediately and contact public health authorities for further guidance. The athlete, coach or volunteer will be advised of the Illness Policy (Appendix E).

3. Environmental Hygiene:

- Communicate with the indoor facility to ensure their Covid-19 protocols.
- Avoid sharing equipment, which may result in avoiding some games and drills.
- Consider making it mandatory that athletes supply their own protective equipment. If skates and/or protective equipment are lent by the Club, they must be disinfected before and after each use.
- Develop disinfection protocols for equipment that must be shared, such as protective padding and ice markers. Designate 1 coach, or one coach/athlete per end to touch the ice markers and water buckets. Individuals should always perform hand hygiene before and after moving the protective padding as well avoid touching any other surfaces.

4. Safe Social Interactions

- In Phase 2, the Chief Public Health Officer is allowing indoor gatherings, including sport, of 25 people or less providing that disinfection protocols are in place. Clubs should consider how to divide their training groups into less than 20 individuals, including athletes, coaches, and volunteers. Ensure that maximum numbers follow the indoor facility's plan, which may specify how many athletes and coaches may be on an ice surface at a time.
- Children under 12 are permitted to be closer than 2 meters. Otherwise, athletes, coaches, and volunteers must be able to maintain physical distancing, i.e. always stay a minimum of two (2) metres away from others .
- Athletes over 12 will be assigned to a training bubble of 3 athletes for every practice and all track skating. Drafting and tactics will be allowed within the bubble. Small group drafting and tactics is consistent with the Olympic Oval Elite Athlete Program. At rest or during technical drills, the athletes will be physically distanced to 2 meters. There will be no relays. Physically distanced on-ice activities for coaches to consider include individual technical lane and serpentine drills, pursuit skating with physical distancing, and long track-style relay races.

- In Phase 2, Club members should be training exclusively with their own Club and avoid all territorial travel for training.
- Coaches should consider the use of a voice-enhancing device, i.e. megaphone, to ensure that athletes do not congregate too closely during explanations.
- Clubs should communicate regularly with their indoor facility to ensure compliance with their Covid-19 plan. Parents and spectators will not be permitted to stay and watch practices except for parent volunteers to assist with moving mats and helping with filling the water buckets.
- No loitering in the indoor facility, outdoor venue, or parking lot before or after training. Clubs should consider arrival and departure plans that allow for staggering of training groups.
- During Phase 2, all local competitions are suspended. Competition safety will be reviewed in future phases, taking into consideration all future information and regulations.

5. Physical Modifications

- Clubs will be required to work with their indoor facility and outdoor venues to establish flow of athletes, coaches, and volunteers through the building, use of space within the facility (locker rooms, equipment storage rooms, washrooms), and other modifications to decrease common touch points. Where possible, consider the use of larger areas, such as lobby areas, vs. contained areas, such as change rooms, for putting on skating equipment. Athletes may be required to arrive at the rink with their skin suits already on.
- If change rooms are used, athletes, coaches, and volunteers will practice physical distancing with no more than 5-10 athletes per change room at all times, dependent on change room size.
- Markings on the ice may be used to remind children to maintain physical distancing at rest. If needed, coaches can remain in the players box to allow for more room for athletes to maintain distance on the ice.
- If an athlete requires first aid, all first aid attendants must be wearing a mask, eye protection, and gloves. PPE should be included in the Club first aid kit. Clubs should coordinate with their indoor facility to determine if any additional first aid requirements are in place in their plan.

Member Communication and Training

It is wise for Clubs to maintain timely and accurate communication with their members. Summary messages should be issued as changes occur.

Ensure communication is simple and clear, particularly during on-ice practices with younger athletes.

Clubs must be aware that hosting “traditional” short track speed skating competitions are prohibited during Phase 2 and are advised to clearly communicate this information to their members. As the NWT moves into Phase 3 and beyond, updated guidelines will be released.

Organizational Wellness

1. Solid Governance

- Clubs should prepare for the possibility of increased expense and decreased revenues during Covid-19 restrictions.

- Clubs should consider including with their regular registration package, a signed agreement that ensures each athlete will adhere to the guidelines (Appendix F) and that failure to comply may result in removal from practices. Additionally, an acknowledgement of risk related to Covid-19, when participating in practices, should be signed (Appendix G).
- Clubs must respect that athletes, coaches, and volunteers will have differing levels of risk tolerance. Regularly engaging with athletes, coaches, and volunteers is important to identify and address risk.
- Review all contracts into which the Club has entered, including indoor facility or outdoor venue rental. Ensure any cancellation deadlines or other clauses are noted and addressed as required.
- Despite restrictions on group sizes, ensure the Rule of Two is always followed virtually and in-person (Appendix H).

2. Additional Training Opportunities

- Increase dryland training opportunities, where appropriate, as this has the benefit of being done outdoors. Ensure you have permission to use the outdoor venue.
- Offer technical training on outdoor ice surfaces. Start planning early to ensure all permits and/or insurance and logistical requirements are met.

3. Promote the Speed Skating Community

- Cultivate the short track speed skating community, where possible. Build the Club's sense of community using social media to share Club activities and accomplishments as well as build a virtual community to communicate important updates easily.

Disclaimer

The NWT Amateur Speed Skating Association's (NWTASSA) Return to Ice Guidelines is intended to be used for the purposes set in this document. It is important to note that the NWTASSA's Return to Ice Guidelines is not a legal document and is to be used as a guide only.

In the event of an ambiguity or conflict between the NWTASSA's Return to Ice Guidelines and the NWT *Public Health Act*, regulations, or orders thereunder, the Act, regulations, and order prevail.

Appendix A: Sample Health Screening Questionnaire

Health Screening Questionnaire

Individuals must complete this questionnaire prior to their participation in a Club activity. This questionnaire may be completed verbally but should be completed each time the individual participates in a Club activity.

The answer to all questions must be “No” in order to participate in each Club activity.

1. Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

Yes _____ No _____

2. Do you have any of the following symptoms?

Cough Yes _____ No _____

Shortness of breath Yes _____ No _____

Runny nose, sneezing or nasal congestion Yes _____ No _____
(not related to other known causes such as seasonal allergies etc.)

Sore throat Yes _____ No _____

Difficulty swallowing Yes _____ No _____

Lost sense of taste or smell Yes _____ No _____

3. Have you travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

Yes _____ No _____

4. Have you had close contact in the past 14 days with anyone with a new cough, fever or difficulty breathing or a confirmed case of COVID-19?

Yes _____ No _____

If an individual answers “Yes” to any of these questions, they are not permitted to participate in any Club activities.

Appendix B: Sample Session Participant Tracking Form

Session Participation and Health Screening Tracking Form

All athletes and coaches are expected to be screened prior to their participation in Club speed skating activities. The expectation is that a tracking sheet must exist for each group training session (dryland, cycling, running) or on-ice session to facilitate contact tracing in the event of COVID-19 exposure.

Organizer/Club Name: _____

Session Location: _____

Rink Name: _____

Date: _____

Time: _____

	Athlete/Coach/Volunteer Name (All individuals included in the session must be listed)	Phone Number	Health Screening Passed (Yes/No)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			



Healthy Respiratory Practices

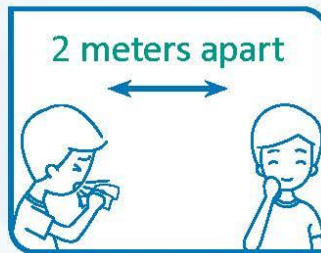
Stop the spread of infections that make you and others sick!

6

things you can do to protect yourself and those around you.



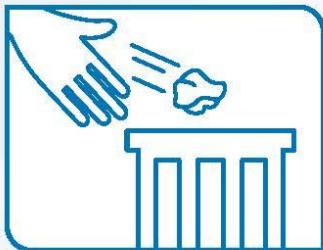
Stay home if you are sick
If you must go out wear a mask especially if you are in a waiting room or in large crowds.



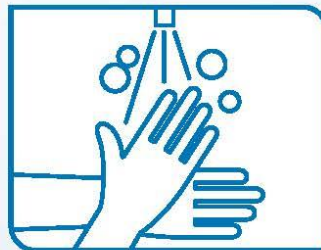
If you are sick, avoid close contact with others



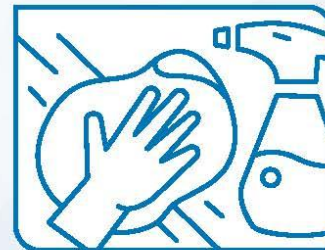
Turn & Cover
Turn and cover your nose and mouth for every cough or sneeze with a disposable tissue. If not available, cough or sneeze into your elbow.



Throw used tissues in the garbage
If no garbage, use small plastic bag to put used tissues until you can put them in a garbage.



Wash your hands
Wash your hands after coughing, sneezing or blowing your nose. Use alcohol based sanitizer if no soap immediately available.



Clean/Disinfect
In your home, clean/disinfect any surfaces or objects you or others might have touched while sick.



REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

 1 Wet hands with warm water	 2 Apply soap	 3 For at least 20 seconds, make sure to wash:	 4 Rinse well	 5 Dry hands well with paper towel	 6 Turn off tap using paper towel
 palm and back of each hand	 between fingers	 under nails	 thumbs		

1-833-784-4397

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Appendix D: Safe Usage of Masks

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

-  **DO** wear a non-medical mask or face covering to protect others.
-  **DO** ensure the mask is made of at least two layers of tightly woven fabric.
-  **DO** inspect the mask for tears or holes.
-  **DO** ensure the mask or face covering is clean and dry.
-  **DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
-  **DO** use the ear loops or ties to put on and remove the mask.
-  **DO** ensure your nose and mouth are fully covered.
-  **DO** replace and launder your mask whenever it becomes damp or dirty.
-  **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
-  **DO** store reusable masks in a clean paper bag until you wear it again.
-  **DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

DON'TS

-  **DON'T** reuse masks that are moist, dirty or damaged.
-  **DON'T** wear a loose mask.
-  **DON'T** touch the mask while wearing it.
-  **DON'T** remove the mask to talk to someone.
-  **DON'T** hang the mask from your neck or ears.
-  **DON'T** share your mask.
-  **DON'T** leave your used mask within the reach of others.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.





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Appendix E: Sample Illness Policy

Illness Policy

The purpose of this Policy is to:

- Establish a protocol if an athlete, coach, or volunteer becomes unwell with Covid-19 symptoms;
- Designate an individual to follow up with any individual, who become unwell with symptoms of Covid-19 during Club activities;
- Establish a protocol for the Club to inform NWTASSA, the indoor facility, coaches, skaters, parents, members and volunteers if there has been an exposure to Covid-19 within the Club or training group or if a Club member is diagnosed with Covid-19; and,
- Establish procedures to modify, restrict, postpone, or cancel practices or other activities based on the evolving Covid-19 pandemic.

An individual becomes unwell with Covid-19 symptoms

- If an individual becomes unwell with symptoms of Covid-19, or if someone is aware of an individual that becomes unwell with symptoms of Covid-19, that individual must immediately stop participation in Club activities.
- If the individual becomes unwell during a training activity, they should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available.
- The individual shall be sent home and instructed to contact public health authorities for further guidance.
- The indoor facility should be informed to determine if any areas need to be closed off and/or require additional cleaning/disinfecting.
- The designated group or individual should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.

An individual is tested for Covid-19

- Any individual that is part of a Club who has been tested for Covid-19 because of showing Covid-19 symptoms must not participate in Club activities while waiting for the results of the test.
- The Club will consult the Session Participation and Health Screening Tracking Form (Appendix B) to inform other Club members who might have been in close contact with the individual.
- Any Club members who were in close contact with the individual should not participate in Club activities and should follow public health guidelines until the diagnosis of Covid-19 is ruled out by health professionals.

An individual tests positive for Covid-19

- If an individual tests positive for Covid-19, they should inform the Club.
- The Club through the designated individual should contact the indoor facility and public health officials. The Session Participation and Health Screening Tracking Form (Appendix B) may be used to assist public health officials in contact tracing.
- Any Club members who were in close contact with the individual should not participate in Club activities for 14 days and should follow public health guidelines regarding self-isolation and testing.

- The Club will inform the NWTASSA of a positive Covid-19 diagnosis by e-mailing nwtspeedskating@gmail.com.

Return to Club activities following illness

- If no test was performed, or the Covid-19 test was negative, the individual may only return to Club activities once they no longer have any symptoms of Covid-19.

Return to Club activities following Covid-19

- Following a positive Covid-19 test, an individual must follow all public health guidelines regarding return to activities.
- The individual will need a note from their physician or public health authority to return to Sport.

Modification/restriction/postponing or cancelling of Club/skating activities

- Based on the evolving Covid-19 pandemic, the Club must be prepared to follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities.
- Clubs should establish a program cancellation policy if one does not exist already.
- Clubs members should be informed as soon as possible of any modifications/restrictions or cancellations.
- Clubs must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials.

Public Health Guidelines

Clubs and members should follow all public health guidelines regarding Covid-19.

These may include:

- Any Club members who themselves have travelled outside of the NWT or has someone in their household who has travelled outside of the NWT must self-isolate and not participate in Club/skating activities for 14 days.
- Any individual who has been exposed to someone with a confirmed case of Covid-19 should self-isolate and is not permitted to participate in Club/skating activities for 14 days.
- Any individual with symptoms of Covid-19 is not permitted to take part in Club or skating activities.
- Any individual who has someone in their household showing symptoms of Covid-19, should not participate in Club/skating activities for 14 days.
- Any individual who has been directed by Public Health to self-isolate must not participate in Club activities.

Appendix F: NWTASSA Return to Ice Guidelines Acknowledgement Form

NWT Amateur Speed Skating Association's (NWTASSA) Return to Ice Guidelines Acknowledgement Form

Athlete/Coach Name: _____

Parent/Guardian Name: _____

Contact Email: _____

Please read the *NWT Amateur Speed Skating Association's Return to Ice Guidelines ("Guidelines")* carefully to ensure that you understand the Guidelines before signing this document.

Acknowledgement:

I have read and been informed about the content, requirements, and expectations of the Guidelines.

I hereby agree to abide by the Guidelines as a condition of organizing speed skating related activities in the Northwest Territories.

I understand that these Guidelines may be updated at any time and that I have reviewed the most recent version at <http://nwtspedskating.ca/>. Additionally, I hereby commit to abide by all future versions of the Guidelines in the applicable timeframes.

I understand that if I have questions, at any time, regarding the Guidelines, I will contact the NWTASSA (executivedirector@ontariospeedskating.ca) for clarification.

Athlete/Coach Signature: _____

Parent/Guardian Signature: _____

Date: _____

Appendix G: Acknowledgement, Release, Indemnity and Assumption of Risk regarding COVID -19

NWT AMATEUR SPEED SKATING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19 (FOR ADULTS & FOR THOSE UNDER THE AGE OF MAJORITY i.e. under 18)

Athlete's Name: _____ Date: _____

1. This ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19 is to be signed regarding each Athlete in the sport of speed skating and/or the practices, training, races, events, programs and/or activities ("**Activities**") organized, operated, conducted or sanctioned by the NWT Amateur Speed Skating Association ("**NWTASSA**") alone or with another organization, including with a member club of NWTASSA (each an "**Organizer**").

2. The undersigned, being the Athlete and, if the Athlete is under the age of 18, the Parent/Guardian of the Athlete (each a "**Party**" and collectively the "**Parties**"), acknowledge(s) and agree(s) that:

(a) the World Health Organization has classified the Coronavirus Disease ("**Covid-19**") outbreak as a global pandemic and are aware of the risks of Covid-19;

(b) they are aware of the risks to personal health, including by the failure to follow physical distancing, flowing from Covid-19;

(c) they are assuming all health risks and adverse health related consequences to the Parties caused by or arising from engaging in any Activities (the "**Assumed Risks**");

(d) the Organizers are implementing NWTASSA's Return to Ice Guidelines (the "**Guidelines**") the most recent version of which will be posted from time to time on NWTASSA's website;

(e) they are aware of the Guidelines, that they will abide by the Guidelines, and that the Guidelines are subject to all federal, provincial and municipal laws, regulations, by-laws and orders as they may exist from time to time;

(f) each of the Parties hereby releases the Organizers, their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, and representatives, as well as the owners/operators of the facility or facilities being used (collectively the "**Releasees**") from all liability, recourse, proceedings, claims, and causes of action of any kind whatsoever, in respect of all damages, personal injuries, death, or property losses which either or both of the Parties may suffer arising out of or connected with the Assumed Risks, the content or implementation of the Guidelines (including without limitation the conduct of any screening of any individual), and the preparation for, or participation in, the Activities, notwithstanding that any such losses were caused solely or partly by the negligence of any of the Releasees;

(g) if the Athlete is under the age of 18, the Parent/Guardian of the Athlete hereby indemnifies and holds harmless the Releasees from any and all damages or losses of any kind as a result of any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of any of the Releasees that may be made or initiated by arising out of or connected with the Assumed Risks as they relate to either or both of the Parties, the content or implementation of the RTS Protocols as they relate to either or both of the Parties, and preparation for and/or participation in any of the Activities;

(h) each Party understands that none of the Releases assumes any responsibility whatsoever for the safety of either or both of the Parties during the course of any preparation for or participation in the Activities;

(i) each Party will comply with the Guidelines and their implementation and that any failure on the part of either or both of the Parties to comply with the Guidelines may have consequences (including without limitation a withdrawal of permission to participate in an Activity or Activities) and could jeopardize relevant insurance coverage;

(j) each Party understands that the implementation of the Guidelines may involve the collection, use and disclosure of personal information about of either or both of the Parties and each of the Parties consents to same;

(k) each Party has carefully read this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19, and that each Party fully understands, and is freely and voluntarily executing, same;

(l) each Party has been given the opportunity, and that each Party is encouraged, to seek independent legal advice prior to signing this document;

(m) each Party understands that the Organizers would not permit either or both of the Parties to participate in any Activities unless the Parties have signed this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19, which applies to all Activities whether occurring in the near or distant future, and that the terms of this document need not be brought to the attention of either of the Parties each time either or both of the Parties participate in an Activity in order for it to be effective;

(n) the term “Activities” as used herein includes, without limiting the generality of that term, training sessions, clinics, and events that are in any way authorized, sanctioned, organized or operated by any of the Organizers on its own or together with another, or to which NWTASSA has issued a permit;

(o) this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19 is in addition to, and not a replacement for, any separate release, waiver, consent, or indemnity agreement which the undersigned has signed or to which the undersigned has otherwise agreed in relation to NWTASSA or any Activity; and

(p) this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19 agreement is binding on each of the Parties, and their respective heirs, executors, administrators, personal representatives and assigns.

By signing below, you agree to be bound this ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding Covid-19.

Name of Athlete (Please Print)

Signature of Athlete

Date

Name of Athlete **under 18** (Please Print)

Date of Birth if under 18

Name of Parent/Guardian (Please Print)

Signature of Parent/Guardian

Date

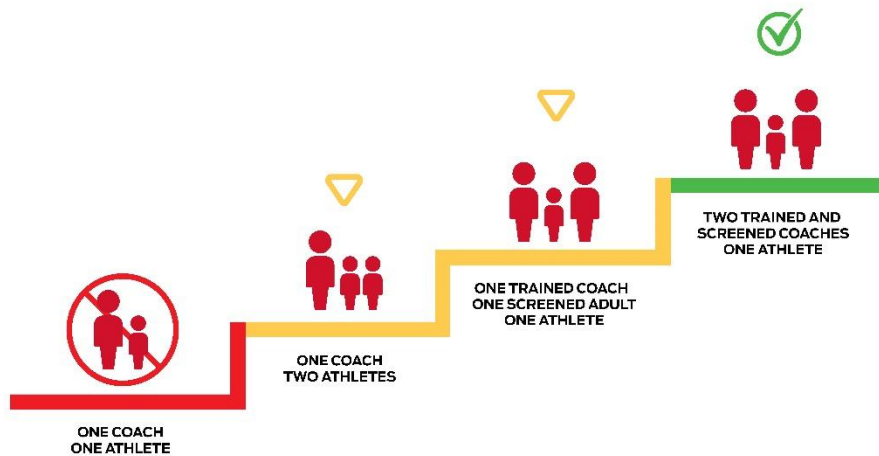
Appendix H: Rule of Two

APPLYING THE RULE OF TWO IN A VIRTUAL SETTING

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.

The Rule of Two should continue to apply to all minor athletes in virtual environments (additionally, for those athletes under age 16, a parent or guardian should be present during the session where possible).

We recommend applying the Rule of Two to non-minor athletes, as well, in the current circumstances.



For every session, the Rule of Two would require two adult coaches be present, or one coach and one adult (parent, guardian, volunteer, club administrator) – one-on-one sessions should be prohibited.

Parents/guardians should be fully informed beforehand about the activities undertaken during the sessions, as well as the process of the virtual session.

Parents/guardians should be required to consent to virtual sessions prior to each session, if irregularly scheduled, or prior to the first session if there is a series of regularly scheduled sessions.

A clear statement of professional standards expected of the coach during calls should be communicated – (i.e., sessions are not social engagements, and should be focused on training/coaching).

It is recommended to record sessions where that capacity exists.

Prohibit one-on-one texting, emailing or online contact between coach and athlete – any texting, emailing or online contact should be limited to group text/email that includes at least 2 adults (2 coaches or 1 coach and 1 adult (parent, guardian, volunteer, club administrator), and limited to coaching (non-social) matters, and parents of minor athletes should be provided the opportunity to receive these texts/emails. Social media contact by coach to athlete should be prohibited (including the sharing of memes, non-training video, etc.)

Encourage parents/guardians to debrief with U-16 athletes about virtual training on a weekly basis.

Communication during each session should be in an open and observable environment (i.e., avoid bedrooms) in the athlete's home (athlete's parents'/guardians' home), and the coach must initiate the session from an appropriate location (i.e., avoid bedrooms or "overly personal"/unprofessional settings).

www.coach.ca/responsiblecoaching



Coaching Association of Canada
Association canadienne des entraîneurs