

PEIFHA – Plan to Operationalize the 2020 season within CPHO Guidelines

Prince Edward Island Field Hockey Association (PEIFHA) is a provincial volunteer organization. What follows is an operational plan for the 2020 season in accordance with CPHO Covid-19 Guidelines.

We at PEIFHA submit the following plan(s) for Stage Zero and Stage 1 for returning to field hockey.

Objectives:

1. To support Island field hockey players through this difficult time by offering programs that fall within guidelines of the CPHO
2. To safely train and play field hockey while following the PEIFHA guidelines
 - a. Ensure athletes play, have fun, and maintain field hockey skills
3. Maintain physical distancing
 - a. Between players, coaches, and staff members
4. To ensure the safety of our athletes, coaches, parents, and Islanders in general
5. To offer Stage Zero: “A Socially Distanced Summer”
 - a. Video sessions to be completed independently at home
6. To offer Stage 1: “Return to the Turf”
 - a. Non-contact sessions offered in small groups at an outdoor turf facility

Background:

- Field hockey is a long-time sport for PEI. We have witnessed several Island athletes successfully play on the Canadian National team, PEI Provincial, and university teams
- Field hockey is played both indoors and outdoors. Indoor is played in a gym, on an indoor turf, or arena. Outdoor is played on an artificial turf field. Players are 5 vs 5 for indoor and 11 vs 11 for outdoor game play
- Field hockey is a non-contact sport, but traditionally play would happen within two meters of another athlete. Field hockey practice will be modified to respect the 2-metre physical distance for Covid-19 requirements
- 2020 has been an exceptional year across the globe. PEIFHA, Field Hockey Canada (FHC) and International Hockey Federation (FIH) acknowledge the necessity to modify how we play sports in order to maximize physical distancing, and ensure the safety of our athletes, coaches, parents and Islanders in general
- PEIFHA’s plan to modify field hockey is described in our return to training and play guidelines

Assumptions:

- Parents of athletes are asked to ensure their athlete and themselves are asymptomatic of Covid-19 symptoms prior to coming to a field hockey session.
- Anyone with symptoms will not be allowed to participate in field hockey sessions until proven negative
 - **Symptoms of Covid-19 may include:**
 - new or worsening cough
 - shortness of breath or difficulty breathing
 - fever
 - chills
 - sore throat
 - runny nose
 - sneezing
 - congestion
 - headache
 - acute loss of sense of smell or taste
 - unusual fatigue
- Self isolation rules for Out of Province Travel are adhered to in the athlete's household
- Athletes in households where household members are awaiting Covid-19 test results shall not attend field hockey until the test returns negative. If positive, and athlete has been in contact with that person, they cannot play field hockey
- Parents and athletes participating in field hockey this season shall cooperate with PEIFHA's training/game modification plans to minimize risk to themselves, family members, athletes, and coaches
- Physical distancing will be practiced when coming and going to the facilities as well as during all drills
- PEIFHA will provide hand sanitizer for those participating in programs
- PEIFHA will adhere to instructions provided
 - by the municipalities/university that rent the playing fields for field hockey
 - by the schools/ indoor turfs/ gyms for field hockey

PEIFHA General Guidelines for All Participants:

- Follow government rules and guidance (federal, provincial, municipal, local public health).
- All participants must be screened and signed in before being permitted to enter the training venue.
 - See Daily Participation Screening Form (Appendix A)
 - See Daily Attendance Form (Appendix B)
- Do not come to training if you are feeling sick. Anyone showing or experiencing signs and/or symptoms of Covid-19 will not be permitted to train.
- If possible, arrive at training on your own using private transportation (personal car, bike, walk). Avoid carpooling and rideshares if possible.
- If you are unable to drive yourself, please have only 1 parent/guardian/family member that lives with you drive you to the venue. They will not be permitted past the screening checkpoint
- Arrive 10-15 mins before training, ready to train
 - Prepare yourself for training at home (training attire, washroom, equipment preparation and check)
- “Hanging out” will not be permitted. You will be asked to remain in your car until the screening area is ready to accept participants. Once you have passed the screening, you will be directed to a waiting area by a Covid-19 Officer
- Proper physical distancing measures must be maintained outside the field until it is your turn to be permitted on the field
- Follow all signs and directions for field entry, exit, and access. A designated Covid-19 Officer will be your escort
- A minimum of 2-metre distance must be maintained at all times between all participants (athletes, coaches, support staff). Respect all ground markers that have been laid out to delineate 2-metre physical distancing.
- Equipment:
 - Do not touch the ball with your hands. Use your stick or feet to retrieve balls
 - Do not touch any other equipment in place for training (cones, containers, etc.). This will be the responsibility of the Covid-19 Officer.
 - Avoid removing/adjusting your mouth guard unless you are in your designated “storage space”. Use hand-sanitizer before and after touching your mouth guard
 - Do not store your mouth guard in your sock, sports bra, pocket, or anywhere else on your body. It must be in your mouth during training activities
 - Store your mouth guard in a closed container when you are not using it
 - Wash your mouth guard according to manufacturer instructions and guidelines upon returning home after training
 - Bring and use your own equipment (stick, glove[s], shin pads, turf shoes, mouth guard, and goalkeeping kit)
 - All field hockey balls will be provided for each session and will be washed after each session. Covid-19 Officer will wash the balls and cones with

soap and water, then balls and cones can air dry. Container holding the balls and cones following practice will also be washed. Covid-19 Officers will practice appropriate hand hygiene post cleaning

- No sharing of equipment
- All participants are to practice proper hand hygiene
 - Frequent handwashing with soap and water (minimum of 20 seconds)
 - Use of hand sanitizer (containing at least 60% alcohol content) when handwashing is not possible
 - Avoid touching your face
 - Hands must be disinfected before and after training, before and after handling a mouth guard, after touching any shared equipment, during all water breaks, and any time you leave and return to the facility
- All participants are to practice proper respiratory etiquette
 - Sneezing into your shoulder/elbow
 - Coughing into your shoulder/elbow
 - No spitting or clearing of throat unless into a tissue/napkin that is properly disposed of in a secure container. Proper hand hygiene must be performed after
 - Avoid clearing of nasal passages unless into a tissue/napkin that is properly disposed of in a secure container. Proper hand hygiene must be performed after
- Washing your hands/using hand sanitizer after a respiratory incident (sneeze, cough, blowing nose, etc.)
- No physical contact celebrations. Refrain from handshakes, hugs, and high-fives and cheering. Instead utilize stick-taps to show your excitement and sportsmanship (using the 2-metre social distancing)
- Do not share clothing or other personal items. A clean personal pinnie will be provided if required
- Water bottles
 - Do not share water bottles
 - Bring your own filled water bottle from home and be prepared to have extra water on hand
 - Water fountains are out of order/closes as indoor facilities remain closed
 - Label your water bottle and be aware of where it is. Keep it in your designated storage area
 - Do not group water bottles together
 - Organizations may need to have extra plastic water bottles on hand for individuals that may need more water. Participants will be responsible for refilling their own water bottles (i.e. support staff/instructors will not be permitted to refill water bottles)
- Cool-down can be completed while maintaining physical distancing. Focus on the task at hand rather than using this as a time to chat and debrief
- Team meetings, gatherings, and debriefs should be completed via virtual means
- Return home directly after training. Do not linger at the venue
- Clean mouth guard, stick, shin pads, turf shoes and other equipment used while training. Athlete should shower and wash training clothes after returning home

- Participants should continue self-monitoring for symptoms, practice physical distancing, and follow public health guidelines when off-site

PEIFHA Return to Training and Play Guidelines:

PEIFHA's return to training and play guidelines are to be viewed without timelines. The timeline for easing of restrictions and allowing more team play is unknown. Everyday is changing for PEIFHA, FHC and FIH. Our executive is waiting for the following:

- FHC confirmation on insurance and waivers
 - FHC has provided us with a waiver for remote training that has been issued to those players taking part in Stage 0
- Prince Edward Island Public Health Office easing restrictions

Framework:

Stage Zero: Individual training at home via “Socially Distanced Summer Program”

- Players are required to work at home/individually or with a family member that lives in the players home
- Videos are prepared and ready to be shared with players via email/YouTube
- There will be approximately 20 sessions over the summer
- Videos prepared by 5 instructors
- All players are required to sign a Remote Training Waiver from PEIFHA/FHC
- If field hockey can eventually move to Stage 1, individual videos will remain throughout the summer

Stage Zero will require the following staff:

- **Instructors:**
 - To create a Social Distancing Video to be used by a player at their home
 - The video will include skills/drills and/or fitness activities
 - Players will have the opportunity to ask questions to the instructors after the video through fieldhockeypei@gmail.com

Stage 1 – Non-contact, small group training

- 2-metre physical distancing in place
- The first turf sessions (3-4 sessions) will be the completion of a program that had run from January to March at East Baseball Academy. The sessions were postponed due to PEI CPHO orders
- Stage 1 will also organize a Summer Program for all field hockey players

FHC is working together with all PSOs under the slogan “Apart Today - Together Tomorrow”

The following information has been borrowed and adapted, with permission, from Field Hockey Ontario. FHO is a sister association that has a lot of experience in what could be offered in regards to modified programming.

Ontario Stage 1 Guidelines to be used by PEIFHA for Stage 1 programming

The following are drills/skills that can be utilized in Stage 1 of return to field hockey programming:

- Dribbling drills
 - Use of obstacles in place of actual defenders
 - Obstacles/cones to be sanitized/disinfected before and after session
- Passing drills
- Shooting drills
- Ariel training
- Passive tactical walk-throughs
 - I.e. breakouts, press, forward rotations
 - 2-metre physical distancing maintained
- Penalty corner specialty skills
 - Will not be at game speed if a stick stopper is used
 - Stick stopper would stop ball, move 2-metres away, and shooter would come in to take shot
 - Defensive players could practice running routes with no goalkeeper in net, no attacking players on circle
- Any other drill or activity that maintains 2-metre physical distancing
- This list is not exhaustive; coaches can work together using examples from Field Hockey British Columbia (FHBC), FHO, and other PSOs to develop creative and exciting physically distanced drills

The following are drills/skills that **cannot** be permitted in Stage 1:

- Tipping in circle congestion or with goalkeeper coming out to pressure
- Offence vs defence
 - Unless 2-metre physical distancing is maintained
- Tackling
- Full penalty corners with offense and defense
 - Unless individual specialty skill training as mentioned above

- Scrimmages/mini-games
- Any other drill or activity that does not respect the 2-metre physical distancing restriction

Stage 1 will require the following staff:

- **Covid Screener (1 per session):**
 - Athletes will fill in Screening Day Form (Appendix A) prior to the beginning of each training session. If the athlete answers “No” to all questions they will then sign the Attendance Sheet (Appendix B). A “Yes” to any of the questions will bar the athlete from training. If an athlete is not permitted to participate they will be directed to the exit gate
 - Each athlete and staff will sign that day’s Attendance Sheet
 - The athletes will then move to line up outside the turf and Covid-19 Officer will then escort the athletes to the turf
 - The Covid Screener will take a picture of the attendance sheet for that day for potential PHO contact tracing. Completed form will be sent to fieldhockeypei@gmail.com. It will be important to monitor those in attendance at each practice. Information will be kept until two weeks past the end of the summer season and will be stored in our association email
 - Covid Screener will remind all athletes to have everything they need for the training session
 - Only athletes registered for the session will be permitted to enter
- **Covid Officer (2 per session):**
 - A person over the age of 18 must be available at all sessions to ensure protocols are being followed
 - The Covid-19 Officer may be a parent or volunteer
 - The Covid Officer will aid in athletes entering and exiting the field of play
 - They will ensure that athletes are following the proper distancing during practices.
 - The Covid Officers will work with the coaches by setting up/moving cones for drills
 - Cones will be set up at a socially distanced length for each participant to leave their equipment/filled water bottle/sanitizer
 - Covid Officer will direct each player to their individual spot for storage of equipment and water bottles
 - Set up hand sanitizers, masks, and help with First Aid
 - Sanitize equipment at the end of the session

- **Coach (2-4 per session):**

- A person over the age of 18 must be available during the session to run the athletes through drills
- Approximately 1 coach per 14 athletes
- Coach will keep physical distance from players throughout the session
- Coach will discuss with Covid-19 Officers the setup for that day's practice (moving of cones, nets, etc)
- Coach will aid with First Aid if required. Should wear a mask/gloves
- If possible the coach could review drills with players a few days before for smooth running
- Coaches must have NCCP "Making Head Way"
- Review PEIFHA Concussion policy
- If possible take the free online course Safe Sport
- Cool-down can be completed while maintaining physical distancing. Focus on the task at hand rather than using this as a time to chat and debrief
- Team meetings, gatherings, and debriefs should be completed via virtual means
- Staff may wear masks and have hand sanitizer to use throughout the session. Those performing First Aid must wear masks /gloves.
 - First Aid
 - Responder to clean hands with hand sanitizer
 - Apply masks and attend to athlete
 - Once the athlete is cleared the responder is to clean their hands using hand sanitizer
 - Remove mask appropriately
 - If EMS are required the PEIFHA will follow the Emergency Action Plan in place for our facility (TBA)

- **Players:**

- All athletes must be registered with PEIFHA and FHC
- All participants (or parents/guardians if under the age of 18) must sign the facility Use and Remote Training Waiver
- Must not attend a session if you have any Covid-19 symptoms
- Must sign the Screening Day form and Attendance Sheet for each session
- Athletes must come to the turf prepared with their own equipment (stick, shin pads, turf shoes, mouthguard, filled water bottle)
- Will be dropped off no more than 10-15 minutes before the start of session
- Players are to wait in vehicle until it is their turn to enter the facility
- Players must follow all rules in place especially 2-metre physical distancing at all times

- Players will wait for direction from coaches and with the help of Covid Officers be positioned on the turf for training
- Players must leave the turf/parking lot promptly at the completion of their session
- **Parent/Friends**
 - At this point parents, friends, or anyone not directly training may not pass by the Covid Screening staff
 - Please drop off 10-15 minutes before session and quickly after practice. No hanging out in the parking lot
 - More information will be available after we have finalized renting our facility (RE: parking option of drop-off or if you are permitted to stay in the parking lot)
 - Athletes should have quick contact with parents for pick up due to injury or sickness. They must leave the turf promptly

Stage 1 Facility Logistics

As of June 26, 2020, the PEI PHO will permit groups of up to 50 at outdoor turf facilities. This number will include athletes, screening staff, Covid-19 officers, and coaches. PEIFHA plans to train at the UPEI turf. Times have been booked with this facility. Further sessions will take part at the Terry Fox Sports Complex in Cornwall PEI. Turf times have also been booked with this facility.

Protocol for use of UPEI Turf as provided by UPEI Athletics & Recreation

Drop Off Directions

- Parking lot (Map) TBA
- Arrive 10-15 mins before scheduled time. Athletes should wait in the car until their turf time, and screening staff are ready to meet athletes
- Please bring all personal equipment, sanitizer and filled water bottle with you to the screening
- At this time parents, family, or friends may not enter inside the facility gates

Turf Field Entrance and Exit

- Participants enter the field through the East gate. (TBA)
- Players will exit the field through the West (TBA) gate maintaining a minimum of 2-metres apart while exiting.
- Participants must leave the field area immediately. There will be no loitering.
- If there is a need to leave to retrieve something in your car please let the **Covid Official** know. Leave the turf through Exit gate and return quickly through the Enter gate.
- Hand sanitizer is required to be used before you exit and return.

General Turf Field Usage Requirements as provided by UPEI Athletics & Recreation

The following is required by UPEI facility rental. All must follow as we do not want to lose the privilege of using the turf. The most important of all “If you are not feeling well please do not attend” Please look after your health and that of your family and friends.

- All users must follow the directional signage and protocols to enter/exit the facilities
- All groups MUST adhere to the CPHO guidelines on mass gatherings of presently no more than 50 permitted outside
- All users/organizations must provide hand sanitizer to all participants to ensure proper hand hygiene is completed. Or groups can request participants come with their own. UPEI will not provide hand sanitizer at the outdoor facilities
- No washrooms/water fountains/locker rooms available. Please come prepared for your activity. No access to any buildings/clubhouse
- Please do not use team benches
- No spectators allowed. All players and coaches must adhere to physical distancing of at least 2-metres (6 feet)

- All users/organizations must adhere to the organized recreational activities and team sports guidance established by the CPHO:
<https://www.princeedwardisland.ca/en/information/organized-recreational-activities-and-team-sports-guidance>

Protocol for the use of Terry Fox Turf Complex as provided by the Town of Cornwall

All Town of Cornwall owned, and operated sport & recreation facilities will follow the recommendations of the Chief Medical Health Office. The following must be completed prior to any usage.

- All facility users are responsible to submit a copy of their operational plan to the Town for review before they are permitted to utilize any facility.
- All groups MUST adhere to the CPHO guidelines on mass gatherings (presently no more than 50 permitted outside)
- All players, spectators, and coaches must adhere to physical distancing of at least 2m (6 feet)
- All commonly touched surfaces at facilities including benches/gates must be disinfected at the beginning and end of each use by the teams or groups using that area.

- All users and organizations are responsible to conduct daily sign in processes of all players, spectators, and coaches on the field/area. This sign in will require names, phone numbers and/ or email address.
- All users/organizations must provide hand sanitizers to players and coaches and ensure proper hand hygiene is completed by all participants.
- At the present time, access to washrooms will not be available.
- No seating will be provided, please bring own seats while adhering to social distancing.
- All players, spectators and visitors must vacate the playing area and parking lot immediately following their booking.
- All users/organizations must adhere to the organized recreational activities and team sports guidance established by the CPHO.
<https://www.princeedwardisland.ca/en/information/organized-recreational-activities-and-team-sports-guidance>

Stage 2 – Some contact allowed, small group training

Field hockey is generally a non-contact sport, however there are portions of the game that require players to be within 2-metres of each other. Stage 2 will continue with the summer/fall program for field hockey players.

- Players must remain stick length away from other players at all times
- Coin flip will decide first possession of the game with possession alternating to begin each quarter / half.
- After a goal the team that has allowed the goal will start with a self pass
- Games will begin as 5 vs. 5 then 7 vs. 7, followed by 11 vs. 11. Field size will be adjusted to accommodate maximum physical distancing while remaining a size that is manageable for the age group.
- Every 2-3 minutes allow for players to switch to and from the sideline (coaches/supervisor)
- Loose balls will be rewarded to the first player who makes clear advancement towards the ball. If there is a tie between two opposing players, possession will be rewarded to the team that was defending when the ball was last possessed.
- Officials are encouraged to make a quick call if one team has a clear path to a loose ball. This will only be a trial rule.
- Players are permitted to play as one defender vs. one attacker (1 v. 1)
- On a free pass the defending team must move back 5 meters
- Players are allowed 2-3 taps when in possession of the ball and then must pass to another player
- Play will be stopped anytime that a person enters another person's stick length zone (trial rule)
- Goaltenders will be given a goalie crease of 1 meter and all players must stay a stick length distance to the goalie (trial rule)
- No player, coach, or official will pick up the ball or touch equipment

- Penalty corner rule: players must wear their defensive corner mask. If sharing then must clean the mask before wearing
- Officials must maintain physical distance from athletes towards the sidelines
-

PEIFHA has completed Stages 1 and 2 and is looking forward to Stage 3. The rest of the sessions in August 2020 will most definitely set the guideline for the return to play for the PEISAA field hockey, university and provincial play.

Stage 3 –Team Training - For Provincial and School (PEISAA)

Playing a regular game as it was prior to COVID-19 with the following rule modifications:

- Players must remain a stick length away from other players at all times
- Coin flip by umpires will determine the first possession of the game with possession alternating to begin each half
- After a goal the team that allowed the goal starts with a self pass
- Games will begin at 11 vs. 11
- Field size will be adjusted to accommodate maximum physical distancing while remaining a size that is manageable for this age group
- Players are permitted to play as 1 defender against 1 attacker (1 vs. 1)
- On a free pass the defending players must move back 5 meters
- No player, coach, or official will pick up a ball or touch equipment
- On penalty corners defending players must wear a penalty corner mask. If sharing the mask must be cleaned prior to wearing
- Officials maintain physical distance from athletes towards the sidelines

Stage 4 - Indoor Field Hockey

PEIFHA will run indoor programming that will run from November 2020 to March 2021. Indoor sessions will be held at the Eastern Baseball Academy (EBA) and the UPEI gymnasium. Guidelines for each of these facilities will be followed.

November 2020

- Make contact with EBA and UPEI for available for U-18, U-16, and U-14 sessions for January to March 2021
- Survey our PEIFHA U-18, U-16, and U-14 through email, Facebook, website, and schools for their interest / availability to attend
- Contact through email, Facebook, and website for interested instructors
- All instructors will have the following:
 - NCCP Making Headway
 - CCA Safe Sport
 - Police Check
- November and December planning will continue for indoor hockey 2021.
- UPEI Field Hockey will likely try to pilot program for indoor for November at EBA or UPEI gym

January 2021

- Contact has been made with EBA with 3 sessions planned from January 9 to March 16, 2021.
- Sessions will be held:
 - Sundays 5:00-6:00 pm
 - Tuesdays 4:30-6:00 pm
 - Saturdays 5:00-6:00 pm
 - There is a maximum of 25 people per session
- Contact has been made with UPEI
 - Wednesdays 4:30-5:45 pm
- Survey completed with 52 players applying
 - Maximum total number including instructors is 75 at EBA

- All field hockey players for 2021 will continue to follow the General Guidelines that PEIFHA have in place for 2020.
- All field hockey players and instructors must be 2021 members of PEIFHA, FHC and required to have FHC Covid-19 surcharge insurance
- Sessions at UPEI - players/instructors are required to follow UPEI protocol guidelines and sign a UPEI waiver
- Session at EBA - all players/instructors are required to follow EBA protocols. This includes the following:
 - 25 players per session
 - all persons must sanitize when entering and leaving
 - all persons must wear masks when not on the turf field (entering, leaving, and in locker room)

April 2021 - Outdoor Update

- Contact has been made with UPEI, Stephanie Knickle, with sessions planned from May 16 - August 29, 2021
 - Sessions will be held:
 - Sundays 6:00-8:00 pm
 - Wednesdays 6:00-7:30 pm
 - Maximum of 50 participants per session
 - A third session at UPEI, Cornwall, or Summerside may be added
 - Plan is to start with 2021 Spring League for 4 teams of 20 players
 - UPEI, Alumni, U-18 PEI East, U-18 PEI West
 - League will be held on Sundays from May 16 - June 13
 - Concurrent with spring league a "Foundations of Field Hockey" program will be hosted by the UPEI Women's Field Hockey team for players in grades 6-7
 - Wednesdays 6:00-7:30 pm

- Following Spring League we will move to Summer Program for U-18, U-16, and U-14 sessions
- Plan is to play Atlantic League 1 or 2 day tournaments if permitted by the CPHO (TBA)
- Provincial ID camps and High Performance FHC Next Gen Camps will hopefully be held sometime in 2021 when permitted by the CHPO
- Survey completed for Spring League with 80 players reapplying
 - Maximum total number including coaches, umpires, and players is 90

Guidelines for 2021

- All field hockey players for 2021 will continue to follow the General Guidelines that PEIFHA have in place for 2020.
- Players have received an updated copy for 2021
- All players and instructors must be 2021 members of PEIFHA and FHC and are required to have FHC Covid-19 surcharge insurance
- Sessions at UPEI
 - Players/instructors are required to follow UPEI protocols/guidelines
- Sessions at other commonly used facilities (Summerside Turf, Cornwall Turf) are required to follow the protocols/guidelines of the host facility
- Screening and attendance taken at each session.
- Protocol(s) for each of these facilities have been forwarded to players.
- Protocol(s) for each of these facilities are found in this document
- Game guidelines
 - Players must remain a stick length away from other players at all times
 - Coin flip will decide the first possession of the game with possession alternating to begin half
 - Games will be played as 'regular games'
 - On a free pass the defending team must move back 5 meters
 - Play could be stopped at any time that a person enters another person's stick length zone (only if in contact body to body)
 - All players must stay a stick length distance away from the goaltender (practice only)
 - No player, coach, or official will pick up the ball or other equipment
 - On penalty corners players must wear the defensive corner mask. If sharing then the mask must be cleaned before wearing
 - Officials must maintain physical distance from athletes towards the sideline
 - Players to follow FHC rules for Covid-19
 - Sanitize hands when subbing on / off field
 - Social distance when on the bench

PEIFHA Project 1 - Funstix

The Funstix program for Public School Elementary Physical Education classes for grades 4, 5, 6, and 7.

With the cancellation of public schools in spring 2020, PEIFHA was not able to offer Funstix in 2020. Therefore PEIFHA will offer Funstix to Island schools in May/June 2021.

Instructors for the program will follow all guidelines for public schools physical education classes. This includes wearing a mask, cleaning equipment, etc.

Instructors will follow PEIFHA requirements of:

1. NCCP Making Headway
2. Safe Sport
3. Criminal record check

Instructors will be screened and sign in for each school.

**Appendix A:
FIELD HOCKEY PEI DAILY PARTICIPATION SCREEN**

The following screening tool must be completed by all participants (athletes, coaches, other staff) upon arrival at all training sessions by a designated screener before being permitted onto the field.

Participant Name:	Screener Name:	
Date of Screen:	Time of Screen:	Location of Screen:
Do you have any new/worsening symptoms including cough, shortness of breath, difficulty swallowing, hoarse voice, runny nose, stuff/congested nose, lost sense of taste, lost sense of smell, digestive issues (nausea, vomiting, diarrhea, abdominal pain), fatigue, falling down more than usual, chills, headaches?	Yes	No
Have you been in close contact with someone who has tested positive for COVID-19?	Yes	No
Have you been in close contact with someone who is sick with new respiratory symptoms? (i.e. fever, cough, difficulty breathing)?	Yes	No
Have you been in close contact with someone who has recently traveled outside of Canada?	Yes	No
Have you traveled outside of PEI / Atlantic Bubble in the last 14 days?	Yes	No

Notes for Screener:

If the participant has answered “NO” to all questions they are permitted to proceed to training, while continuing to follow current Field Hockey PEI return-to-play guidelines. Physical distancing and self-monitoring for symptoms is to be continued.

If the participant answered “YES” to **any** question they are NOT permitted to proceed to training.
Next steps for participant:

- Return/stay home, maintaining physical distancing and self-monitoring
- Self isolation required for 14 days
- Seek testing for COVID-19 if symptoms arise. Contact your local public health unit, doctor or call 8-1-1.
- Call 9-1-1 if symptoms worsen (severe difficulty breathing, severe chest pain, loss of consciousness, feeling confused/unsure of where you are)

