



Recommendations for Preventing the Spread of a New  
Coronavirus Infection During Training Activities of the  
Russian National Ice Hockey Teams

Moscow, 2020

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## Introduction

In connection with the threat of the spread of a new coronavirus infection (COVID-19), the Chief State Sanitary Doctor of the Russian Federation obligated the senior officials of the constituent entities of the Russian Federation by the Decrees No. 6 “On Additional Measures to Reduce the Risks of Spread of COVID-2019” (as of March 13, 2020), No. 7 “On Ensuring the Isolation Regime in Order to Prevent the Spread of COVID-2019” (as of March 18, 2020) and No. 9 “On additional measures to prevent the spread of COVID-2019” (as of March 30, 2020) to ensure the timely introduction of restrictive measures, including limiting mass events and self-isolation regime.

The spread of the new coronavirus infection (COVID-2019) is an extraordinary circumstance unavoidable under the given conditions, which led to the introduction of a regime of increased readiness in accordance with Federal Law No. 68-FZ as of December 21, 1994 “On Protection of the Population and Territories in Case of Natural or Man-made Disasters”, which is a force majeure event.

In this regard, the regional authorities in the field of physical culture and sports made decisions on the introducing high alert regime, cancelling or rescheduling various sport events.

The order of the Ministry of Sports of the Russian Federation No. 216 dated March 16, 2020 “On the Cancellation or Rescheduling of Sports Competitions in the Territory of the Russian Federation in Order to Prevent the Spread of Coronavirus Infection (COVID-19)” recommended that all-Russian sports federations cancel or reschedule all official sports competitions starting from March 21, 2020 until further orders.

In the second half of May 2020, the Federal Service for Surveillance on Consumer Rights Protection and Human Wellbeing (Rospotrebnadzor) issued a number of recommendations which provisions can be applied to the conditions of Russian national hockey teams’ training activities to be held at the official training centers of the Ministry of Sports of the Russian Federation.

### 1. Information on the Novel Coronavirus

The infectious disease is caused by the SARS-CoV-2 virus, which is transmitted from person to person via small droplets produced by coughing, sneezing, and talking, as well as by touching a contaminated surfaced and then touching eyes, nose or mouth.

The virus survival period in the environment depends on the surface material and other conditions (air temperature, humidity) and ranges from several hours to 2 to 3 days.

A significant proportion of cases are asymptomatic, while a person is still a source of infection.

The main symptoms of COVID-19 are similar to those of pneumonia or severe acute respiratory syndrome:

- loss of consciousness (as a result of progressive destruction of the lung tissue)
- dry, non-productive cough
- fever or hyperthermia (38° C or higher, chills)
- shortness of breath or difficulty breathing
- sore throat and body ache
- chest pain
- headache
- muscle aches
- fatigue
- new loss of taste or smell

The incubation period (he time elapsed between exposure to a pathogenic organism and when symptoms and signs are first apparent) is up to 14 days.

None of the existing diagnostic methods has 100% sensitivity, which makes false-negatives possible, i.e. situations when the infected person tests negative.

At the same time, it is impossible to distinguish coronavirus infection (COVID-19) from another acute respiratory viral infection without laboratory and/or instrumental (CT lungs screening) examination, based on the clinical picture alone (complaints and the result of a medical examination).

The above mentioned circumstances determine the list of measures that must be implemented in order to prevent the spread of the infection.

## 2. General Requirements

– It is necessary to ensure the obligatory use of the PPE for respiratory protection (masks) and the measurement of body temperature with mandatory removal from the training site of persons with a high temperature and signs of ARI. Masks must be changed every 2 hours, reuse is not allowed.

– Exclude from all stages of the domestic and training activities the employees over 65 years of age and all persons with a disability (regardless of age), as well as pregnant women and those diagnosed with: diabetes, obesity, hypertension, chronic obstructive pulmonary disease, bronchial asthma.

– Exclude from any stage of the domestic and training activities those who have been in contact with ARI patients for the past 14 days.

– Decisions on authorization of persons who have had ARI since March 2020 is to be made in each case individually.

–The use of personal vehicles for arrival at training sites is preferable.

–Ventilate the premises every 2 hours.

–Mandatory use of skin antiseptics active against the new coronavirus every hour, before and after eating, visiting the toilet.

– Ensure the collection of used masks (and gloves) in special marked containers.

–Give preference to bottled drinking water, use antiseptics for bottles before drinking.

– Use disposable towels.

### 2.1 Regular Handwashing with Soap

As it's impossible to completely eliminate the involuntary touching of the face with hands, their cleanliness becomes vital.

Ordinary soap is very effective against coronavirus: it destroys the lipid membrane, and the virus dissolves in water. Soap tears off the skin even the pathogenic particles maintaining their integrity - they are easily washed off with foam.

It is important to wash your hands properly:

– the warmer the water the better.

– the type of soap does not make difference.

– recommended duration of soaping - at least 30 seconds.

– soap foam should cover the hands completely, including the wrists and the back of the hand, it is necessary that the foam penetrates between the fingers and under the nails.

## 3. Russian National Teams Players and Team Staff

### 3.1 Before and During the Stay at a Training Center

– Before leaving for training site, it is necessary carry out a survey in order to identify individuals with an unfavourable epidemiological history (who had contact with people with acute respiratory viral infections, even in cases where the coronavirus infection wasn't confirmed in the laboratory).

The Questionnaire can be found in Appendix 1.

– In case of an unfavorable epidemiological history, self-isolation at the place of residence lasting at least 14 days from the last contact is mandatory.

- Limit the social network (no personal contacts) until departure to the venue as early as possible (optimally - not less than 14 days before arrival).
- Limit movements within the territory of the training center (necessary for domestic and training needs).
- Oblige all the residents of the training site to provide information on health status of everyone they were contacting before departure during the first 14 days after arrival. In case of ARI, inform the team doctor immediately.
- Define two categories of contacts for each athlete: 1) personal interaction is necessary (coach, team doctor, massage therapist) and 2) personal interaction is not necessary (hereinafter - List 1 and List 2). Avoid contacts of athletes with persons from List 2 during training activities.
- Before the arrival of athletes and national team personnel, rooms and common areas must be disinfected.
- Vehicles used to team transfers must be disinfected before and after each transfer.
- It is recommended to arrange the arrival of the entire team at the same time (if possible), avoiding joint transportation of persons from Lists 1 and 2, and also taking into account the need to maintain the recommended physical distance (2 m).
- Use travel time for communicating recommendations on restrictive measures. Avoid collecting signatures, etc.
- Upon arrival, ensure accommodation and isolation in single rooms (meals served in rooms) until the results of laboratory test are obtained.
- Athletes, coaches and specialists arriving at the training site from other regions by air or rail are tested for coronavirus twice. After the first test upon arrival, they are self-isolated for seven days and then retested.
- The collection of material for laboratory research should be carried out in rooms.
- Athletes with expired admission to training are subject to detailed medical check-up at the Federal State Budgetary Institution the “Federal Scientific and Clinical Center for Sports Medicine and Rehabilitation of the Federal Medical and Biological Agency” (if they tested negative for coronavirus).
- All tests and examinations are carried out by the Center for Sports Medicine of the Federal Medical and Biological Agency of Russia.

### 3.2 Rules for Players and National Teams’ Staff to Follow During Training Activities

The universal principle “come – do your work - leave” is applicable to any event (training, visiting the cafeteria and other public places): immediately after its completion, it is necessary to leave the public place without delay and stay in your room.

It is necessary to develop a code of conduct (briefing protocol) that should be followed by all staff and players. Any activities requiring the active interaction of the entire team or its specific groups should be minimized. Organize the training process in such a way as to exclude the interaction of training site personnel with players and team members.

Communicate the need to maintain physical distance (at least 2 m), use masks (change the mask at least 1 time in 2 hours), and regularly disinfect hands.

- Eliminate handshakes and hugs.
- Eliminate contacts with persons from the List 2 (unnecessary contacts).
- Personal contacts with individuals of List 1 should be minimized (2 m physical distance), i.e., if a remote session (theory) is possible the choice should be made in favor of this form of communication.
- Eliminate the use of paper media, transferred from hand to hand; use electronic versions of documents (pdf, photos), which are distributed using instant messengers or e-mail.
- Mandatory morning examination by team doctor with obligatory thermometry (contactless, if possible). When measuring body temperature with contact measuring instruments, ensure mandatory disinfection of the devices with recommended antiseptics after each use.
- The use of masks when outside the room is mandatory for everyone except athletes and coaches during practice sessions.

- The maximum number of people for group sessions depends on the area of the premise:  
up to 50 m<sup>2</sup> - no more than 5 people;  
up to 100 m<sup>2</sup> - no more than 10 people;  
up to 200 m<sup>2</sup> - no more than 25 people;  
over 200 m<sup>2</sup> - no more than 50 people.
- Ventilate the premises every 2 hours. Everyone must leave the premises for the period of airing (10-15 minutes).
- Avoid touching your face.
- The use of skin antiseptics active against the new coronavirus every hour, before and after eating, going to the toilet, before training is mandatory.
- It is advisable to provide each athlete with a skin antiseptic in “individual” packaging at the rate of 50 ml per day/250 ml for 5-7 days.
- During training events, periodic examination for coronavirus infection should be carried out in accordance with the decision of team doctor who determines the list of the testees and the date of the examination.
- When performing physiotherapy and rehabilitation procedures, it is necessary to wear a mask and gloves, as well as minimize physical contact with medical personnel (who should wear masks and, if possible, gloves, as well).
- Personal participation in interviews and press conferences, and other similar events is prohibited.

### 3.3 Before and After Practice

- Players change for practices in their rooms (if possible), to exclude sharing dressing rooms.
- Dressing rooms are a potential high-risk area for virus transmission; in order to minimize risks, the presence of personnel in the dressing rooms should be restricted as much as possible.
- It is necessary to minimize the length of stay of players in the dressing room before and after practice.
- If possible, it is necessary to provide as many dressing rooms for a team and coaching staff as possible so you could limit the number of people at any one time.
- Disinfection of a dressing room should be carried out after each use.
- Baths, saunas and pools are prohibited.
- Individual showering is recommended.

### 3.4 Practices

- Gym sessions should be limited; it is necessary, if possible, to replace any type of gym exercise with one that could be performed at a training ground.
- Limit one-time presence: one or two players at the same time.
- Take into account the minimum distance of 2 meters during exercise.
- Provide players with individual bottles and disposable towels.
- Any washable training equipment cannot be shared and should be washed after each use.
- Used equipment must be disinfected at the end of each practice.
- Access to the ice rink should meet physical distancing standards.
- Avoid drills that require to stand in line.
- When designing practice, utilize station based practices and have players / coaches spread out to maintain needed physical distancing.
- Avoid utilizing benches.
- Minimize chalk talk sessions.
- Utilize non-contact drills.
- Coaches should maintain physical distancing while communicating with players.

- When leaving the ice, coaches should excuse players one-by-one giving appropriate time for each player to get off the ice; dismissal process should be planned in advance.
- Players should disinfect helmets, sticks and skates after each training session.
- Wash cloths (jerseys, pant shells, socks and gloves) with high temperature after each training session.

#### 4. Training Center Personnel

It is necessary to strictly limit the circle of communication to the minimum necessary (direct supervisor, employees performing their duties).

Any interaction between training center personnel and national teams athletes and their closest associates (list 1) should be excluded completely (if there is no need for it) (list 2). This is essential for organizing ongoing activities. In addition to eliminating the risk of infection among athletes, this measure minimizes the risk of interruption of the training process.

#### 5. Laundry Service

- Centrally-managed laundry service for sportswear and equipment (shirts, vests, etc.) of athletes, coaching staff and personnel.
- Laundry baskets must be disinfected after each use.

#### 6. Catering

- No extra meals in dressing rooms.
- All meals should be individually packaged whenever possible.
- The use disposable tableware and disposable cutlery is preferable.
- Follow the social distancing requirements in the dining areas (2 m).
- Visits to dining areas should be arranged according to a schedule (1 visitor - 1 table).

#### 7. Response to ARVI Case Identified at a Training Center

– If there are signs of ARI (runny nose, cough, fever), the patient should immediately inform the team doctor, the national team management and the training site administration; remain isolated (if a resident - in the room); exclude any personal contact until a decision on evacuation or self-isolation is made. In exceptional cases of a sharp breakdown the patient can seek medical attention of the training site medical staff.

- Make a list of contacts (for athletes - list 1).
- Isolate contacts in their rooms (exclude face-to-face interaction) for a period of 14 days, arrange medical supervision and laboratory testing for coronavirus infection.
- When evacuating a patient to a medical organization, carry out a final disinfection of the premises using PPE.

## Epidemiological Anamnesis Questionnaire

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Full last name and first name initials, d.o.b.

I, being a player (coach, team staff member) of the Russian National  
\_\_\_\_\_ Team, \_\_\_\_\_,

hereby report that from March 2020 to the present, neither I nor my household members (relatives and other persons) have been diagnosed with COVID-19, pneumonia or acute respiratory disease, and do not show any signs of acute respiratory diseases at the moment.

I am aware that it is an offence to o make a false statement on this form, and I am warned of the corresponding liability stipulated by the legislation of the Russian Federation.

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Signature

### **Information on liability for violation of the law in the field of ensuring sanitary and epidemiological welfare of the population:**

If adverse effects occur, prosecution is held in accordance with the Criminal Code of the Russian Federation:

#### Article 237. Concealment of Information About Circumstances Endangering Human Life or Health

1. Concealment or distortion of information about developments, facts, or phenomena endangering human life or health, or the environment, committed by a person who is duty-bound to supply the population and the bodies authorized to take measures of removing such danger, by said information, shall be punishable with a fine in an amount of up to 300 thousand RUB, or in the amount of the wage or salary, or any other income of the convicted person for a period up to two years, or by community service for a term of up to two years with deprivation of the right to hold specified offices or to engage in specified activities for a term of up to three years or without such, or by deprivation of liberty for a term of up to two years, with disqualification from holding specific offices or engaging in specified activities for a term of up to three years, or without such disqualification.

#### Article 236. Violation of Sanitary and Epidemiological Rules

1. Violation of sanitary and epidemiological rules which has resulted in, by negligence, mass diseases or poisoning of people, shall be punishable with a fine in an amount of up to 80 thousand roubles, or in the amount of the wage or salary, or any other income of the convicted person for a period of up to six months, or by disqualification from holding specific offices or engaging in specific activities for a term of up to three years, or by compulsory works for a term of up to 360 hours, or by corrective works for a term of up to one year, or by restriction of liberty for a term of up to one year.

2. The same act, which has involved by negligence the death of a person, shall be punishable by obligatory labour for a term of up to 480 hours, or by corrective labour for a term of six months to two years, or by compulsory labour for a term of up to five years, or by deprivation of liberty for the same term.

In accordance with the Code of Administrative Offences of the Russian Federation:

Violation of the law in the area of securing the sanitary-and-epidemiological well-being of the population, which has manifested itself in the violation of the effective sanitary rules and hygienic normative standards, shall entail a warning or the imposition of an administrative fine on citizens in the amount of one hundred to five hundred RUB.