



## **SARS-COV-19 PROTECTION CONCEPT SWISS ICE HOCKEY FEDERATION SIHF**

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\*) To simplify readability, only the male form has been used

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## 1. Objective and general framework conditions (FOPH, see appendix)

### 1.1. Objective:

In 2020, SARS-CoV-19 is defining our lives, actions and behaviour in an unprecedented way. The sport of ice hockey is not excluded from this. The primary objective of all of us is to maintain our health through responsible, personal behaviour and compliance with the Federal Council's guidelines, but we also want to be able to resume our sport of ice hockey as soon as possible.

The framework conditions for an early return to structured training are set by the Federal Council or the FOPH, and are regularly adapted to the situation and strategy. This version 1.0 of the protection concept was written on 26 April 2020 and is subject to constant amendment based on the requirements of the Federal Council.

It is our personal responsibility to live according to these guidelines in every situation, but also to work critically and innovatively to overcome this crisis and to grow daily.

The **objective**, in accordance with the FOPH's instructions, is to achieve a gradual resumption of normal training and, later, competition activity and to **control** the spread of **coronavirus**.

[https://bag-coronavirus.ch/wp-content/uploads/2020/04/DE\\_Ansteckungen\\_16x9.mp4](https://bag-coronavirus.ch/wp-content/uploads/2020/04/DE_Ansteckungen_16x9.mp4)

This requires a **protection concept** that must include the prevailing and periodically amended Federal Council framework conditions and can be implemented on the ground in a practicable way for the different local circumstances of the clubs. This concept will only be successful if everyone - players and staff members - adhere to the guidelines regarding social distancing and hygiene!

The framework conditions remain strictly in place, implementation is defined by each club for its premises and circumstances and is regularly updated and discussed with the responsible key players.

### 1.2. Social distancing:

- Minimum distance 2 m / 10 m<sup>2</sup> privacy
- Documented, possibly trackable training group with max. five people.
- Individual transport (car, bike, on foot) whenever possible. If public transport is unavoidable -> protect yourself and others
- Leave no marks: Athletes come alone in their sports kit with their own towel/water bottle. Before and after the training session use hand sanitiser, disinfect surfaces of equipment used, (hand sanitiser and surface disinfectant are available in every area). Towel and other toiletries are strictly for personal use and are to be brought from home in a plastic bag and taken away again. As a general rule, go straight home from the training site without having a shower/changing. Wash laundry daily (min. 60°C).



### 1.3. Compliance with the hygiene rules of the FOPH



- **Wash your hands regularly** with soap (destroys the greasy virus shell) and dry them with a disposable paper towel or/and with hand sanitiser. Use a moisturising cream on your skin.  
<https://youtu.be/FRi2FTEuY9g?t=4>



- **Sneezing and coughing:** Only into a handkerchief or the crook of your elbow to stop it spreading around you.  
<https://www.bag.admin.ch/dam/bag/de/dokumente/cc/Kampagnen/covid-19/husten-niesen.mp4.download.mp4/husten-niesen.mp4>
- Rigorous **prevention of the infection path:** Virus entry point: mouth/nose, possibly conjunctiva -> keep your **hands away from your face!** No hand jewellery, if possible.
- Masks: A hygiene face mask can slightly reduce the ejection of droplets when breathing, coughing, sneezing etc., but reliable virus protection can only be provided by protective masks with minimal leakage (FFP2)
- Important: Hygiene and social distancing rules are more important than wearing masks (except in specific situations).

Detailed FOPH guidelines (continuously amended):

[https://www.bag.admin.ch/dam/bag/de/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-nCoV/covid-19-erlaeuterungen-aenderungsmodus.pdf.download.pdf/Erlaeuterungen\\_COVID-19-Verordnung\\_2\\_Aenderungsmodus.pdf](https://www.bag.admin.ch/dam/bag/de/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-nCoV/covid-19-erlaeuterungen-aenderungsmodus.pdf.download.pdf/Erlaeuterungen_COVID-19-Verordnung_2_Aenderungsmodus.pdf)

## 2. Swiss Ice Hockey protection concept in accordance with the framework requirements of the Exit Strategy for Sport of the core team

### 2.1. Risk assessment and triage ([symptoms https://youtu.be/M1hm4A6EwOI?t=15](https://youtu.be/M1hm4A6EwOI?t=15))

- Players or staff with any symptoms of illness must stay at home and are strictly instructed to contact the responsible team doctor immediately by telephone in accordance with the club's internal guidelines. The responsible team doctor decides on further necessary diagnostic steps (Covid-19 is not the only illness) and treatment. If Covid-19 is suspected, as a matter of principle, the procedure is in accordance with the current FOPH or cantonal department of health recommendations (Covid-19 PCR test for people showing symptoms, etc.), and possibly a broader interpretation of PCR and anti-body testing (similar to that by those in the health care system).
- These diagnostic steps lead to **home isolation** for at least 10 days or 48 hours after the last symptoms of illness (always cleared by the team doctor) or  
[https://www.bag.admin.ch/dam/bag/de/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-nCoV/merkblatt-selbstisolation-covid-19.pdf.download.pdf/covid-19\\_anweisungen\\_selbst-isolation.pdf](https://www.bag.admin.ch/dam/bag/de/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-nCoV/merkblatt-selbstisolation-covid-19.pdf.download.pdf/covid-19_anweisungen_selbst-isolation.pdf)  
**home quarantine** in the case of intimate contact (e.g. kissing or hugging) with a person with suspected coronavirus symptoms or symptoms in a person within the immediate environment, i.e. same household (including contact up to 24 hours before onset of symptoms)  
[https://www.bag.admin.ch/dam/bag/de/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-nCoV/merkblatt-selbstquarantaene.pdf.download.pdf/covid-19\\_anweisungen\\_selbst-quarantaene.pdf](https://www.bag.admin.ch/dam/bag/de/dokumente/mt/k-und-i/aktuelle-ausbrueche-pandemien/2019-nCoV/merkblatt-selbstquarantaene.pdf.download.pdf/covid-19_anweisungen_selbst-quarantaene.pdf)  
Basic principle: in case of uncertainty, contact the responsible team doctor immediately! The training facilities must not be visited before you have been cleared/diagnosed.

- As part of the training protocol, **internal tracking** should be carried out in cooperation with the staff (e.g. who trains in which training group, next to whom etc.) possibly with more time in home quarantine as a preventative measure. However, consistent adherence to the protection concept should not lead to contact situations that require home quarantine.
- **People at risk:** People over 65 years of age, or people with pre-existing conditions that are not fully under control are not allowed to spend time at the training centre for their own protection. Important: Treated asthma and hay fever do not represent a higher risk.  
<https://www.bag.admin.ch/bag/de/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/besonders-gefaehrdete-menschen.html>

### 2.2. Arriving and leaving club training facilities

Keep it simple and clean: You can travel alone by foot, bike, scooter or car to the car park in front of the training site. The athlete must turn up in appropriate sportswear, which he puts on at home. A personal, freshly washed towel, toiletries and a disposable plastic bag for the used towel should be brought in a small sports bag. The athlete should also bring his own drinks/bottles and snacks in the bag and take them with him from the training site.

The training site is to be entered and exited exclusively via a designated entrance. If several athletes arrive there together, the defined distance-marking lines must be observed. The first action when entering through the door is to use alcoholic hand sanitiser at the appropriate disinfection stations.

After training, the sports bag and plastic bag are packed according to the instructions and the athlete, in the sports clothes he has trained in, leaves the training site directly in his own means of transport.

### 2.3. Infrastructure

#### 2.3.1. Site / training conditions

Training takes place at the club's training facilities (possibly in different areas or locations). Access is only permitted to players and staff members defined by the club.

The required adherence to the distancing rule (2 m) and individual training space (10 m<sup>2</sup>) should be significantly increased for training stations with a constantly high respiratory volume (> 100 l/min at maximum capacity): minimum distance 3-5 m from the next training station, individual training space approx. 25 m<sup>2</sup>.

#### 2.3.2. Changing room / showers / toilets

The cloakroom as well as the wet rooms (showers) are locked and not usable. The accessible toilets with wash basins including soap fittings, sanitiser and disposable paper towels are specified and marked accordingly. They are regularly checked, cleaned and refilled. Washing hands is compulsory (with soap). The player turns up for indoor training in appropriate sportswear (see point 2.2.).

#### 2.3.3. Cleaning and disinfection

One thorough cleaning per day by the equipment team and/or an external cleaning team. In compliance with the hygiene regulations (mask, gloves) all premises used shall be cleaned and treated with surface disinfectants (hospital standard). The waste paper bins in the toilets and at a defined main disinfection point (main waste paper bin) are emptied and the waste disposed of properly using gloves (twice a day).



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The player is responsible for the cleaning and disinfection of the equipment used at the end of his training session under the strict supervision of the coaching staff and/or the equipment team. Sufficient disinfectants (hospital standard e.g. Meliseptol etc.) and disposable cleaning cloths must be available. Properly disposed of in the main waste paper bin.

The next training group is allowed to use the cleaned training equipment at the earliest 15 minutes afterwards.

### 2.3.4. Food and drink

The player comes to training having eaten in accordance with the club's internal guidelines and brings any additional food or snacks with him. Also a filled drinking bottle. As a matter of principle, catering facilities and the self-service drinks vending machines are closed for hygiene reasons.

Where, for special reasons, food and drinks are provided internally, the requirements for "snack bar operations, takeaway, delivery service" apply.

<https://www.admin.ch/opc/de/classified-compilation/20200744/index.html>

### 2.3.5. Accessibility and organisation of infrastructure

Access to the training site is as described in point 2.2. Other entrances remain closed to players and staff, so the training area has only one access point.

The training stations are each about 25 m<sup>2</sup> in size and each is equipped with identical equipment needed for training. The training group consists of a maximum of four players plus the coach (or, in exceptional cases, five players with a coach in the separate coach's office) and 60-90 minutes of training is carried out in accordance with the training load in the SIHF fact sheet "Safe return to practice" (see appendix 1/2).

Depending on the number of squad players in the individual training session, several groups are coached per day. There is a minimum break of 30 minutes between groups to ensure that the correct cleaning and ventilation times are observed.

## 2.4. Form and content of training

The off-ice coach or athletic trainer is responsible for the content and form of training. Content and forms of exercise will have been discussed in advance with the medical staff. For medical questions, a member of the Medical Team can be contacted at any time during training hours. An emergency service must be organized! In case of medical emergencies it can be activated immediately.

Individual training at home is continued according to the instructions and with the supervision of the training crew. Endurance training is also carried out individually as instructed by the conditioning trainer on the basis of the performance test and using Polar watch monitoring (online).

Small group training includes, above all, controlled exercising with heavy weights or specific neuromuscular, musculoskeletal, metabolic and cardiovascular devices/equipment that are not available at home and some of which are specific to ice hockey. This keeps the contact time short, in accordance with the FOPH's guidelines. The equipment is properly cleaned and maintained in accordance with points 2.3.3. and 2.3.5.

Performance tests or training controls are permitted, but testers and assistants who cannot observe the distancing rules must wear personal protective equipment (mask, gloves, goggles, headgear) and must comply with the Covid-19 guidelines of the SIG for Functional Diagnostics in Sports and Pneumology and the Swiss Pneumology Society (SGP).



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The individual recording of exercises and intensities are documented in the training programme and are monitored by the trainers.

In order to be prepared for a further relaxation or even the possibility of more specific team training with closer contact being permitted by the Federal Council/FOPH, the clubs are proactively developing appropriate implementation programmes for the responsible institutions. This concept will then be adapted accordingly.

### **2.5. Responsibility for implementation on the ground**

The office trainer is responsible for the correct operation of the training, including the implementation of and compliance with the listed protective measures. He appoints members of the equipment and medical staff to assist and delegates specific tasks. The sports director and team doctor work in a supervisory manner in that the special nature of the current situation must include open and straightforward communication and supportive cooperation.

The professional players of the NL and SL are called upon to make a responsible commitment to protect themselves and all other team and staff members and the public from the spread of the virus by strictly observing the protection rules. The respective sports director of the performance teams together with the medical team is responsible for informing the players about this concept. After having been informed, the players shall confirm that they comply with the club-specific guidelines. Every player must be aware of the implications and responsibility!

For players from the junior performance teams who are not of legal age, a corresponding declaration for co-signature by a parent will be provided and required before any group training session (manager responsible for junior players or responsible coach) -> Appendix 4. The team doctor is also available for parents to ask questions.

Outside of the unsupervised training time, the training facilities remain closed. Specific exceptions must be approved directly by the sports director and the team doctor.

### **2.6. Communication of the protection concept**

This protection concept for the sport of ice hockey was sent to FOSPO on 27 April 2020 for plausibility checks and accepted without further conditions on 30 April 2020.

Following the plausibility check, the corresponding documents are being distributed as follows:

- By NL and SL Operations: to all clubs in competitive sports (National League and Swiss League)
- By the Regio League: to all junior and amateur sports clubs
- By the members of SIHF management: to all internal departments
- The clubs are responsible for forwarding the documents to their sports infrastructure providers, which is mandatory.

In the event of any further relaxation or other guidelines by the FOPH or the cantonal departments of health, the protection concepts may be periodically adapted and updated in collaboration with the SIHF or NL and SL Operations.