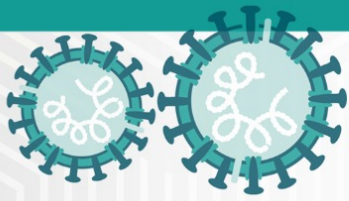




**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

- ▶ ***PHASE-1 / OFF-ICE PRACTICES WITH SMALL GROUPS***
- ▶ ***PHASE-2 / ON-ICE PRACTICES***
 - ▶ ***GENERAL PRECAUTIONS RELATED TO ON-ICE PRACTICES***
 - ▶ ***PLANNING ON-ICE PRACTICES IN 3 STAGES***
 - ▶ ***1st Stage: Practices in On-Ice Divided Areas***
 - ▶ ***2nd Stage: Practices in On-Ice Stations***
 - ▶ ***3rd Stage: On-Ice Team Practices***
- ▶ ***PHASE-3 / GAMES***



PHASE 1



**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

In case there are contradictions
between recommendations given here
and Decisions of Provincial Health
Council, Decisions of Provincial Health
Council are valid.

OFF-ICE PRACTICES WITH SMALL GROUPS

General purpose of practices should not be increasing performances of hockey players but should be practices/exercises made for keeping immune system strong and keeping basic skills up-to-date.



Necessary resting between practise stations as well as hygiene rules should be ensured and especially personal hygiene practises (hand washing, hand disinfection) should be applied carefully before and after practice.



Players should avoid from mass transportation vehicles and collective come-and go during arriving and leaving practices and should take required protection measures (mask, distance and personal protection).



Before each practice, Confirmation Form should be received from the players and trainers (from responsible parent if the player is under 18 years old) and player should be taken into practice after fever measurement was made (if fever degree is bigger than 37 OC, player should not be taken into practice and he/she should be sent to family doctor/health center/hospital).



Phase-1 practices should be carried out in insulated and open areas.



Practices should be made by dividing players into groups where physical distances of players (minimum 2m or length of hockey stick) as well as hygiene rules can be checked. It should be avoided from workings which can breach physical distance and hygiene rules.



Player groups should be planned according to age categories. If it is possible, practices of each category should be performed by different trainers and trainers should always work with the same age category group.



It is suggested that players shall not wear mask during practices. However, it should strictly be recommended that trainers shall wear mask and visor during practice.



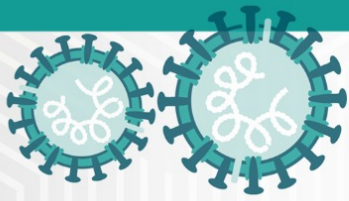
During practice, personal items of players (sport material, mask, cloth, glasses etc.) should be leaved in accordance with physical distance rules against infection risk. Materials used during practice (ice hockey stick, gloves, ball etc.) should not be used collectively and should not be passed from hand to hand.



Water bottles should be labelled against mixing risk and should not be leaved as close to each other and their collective usage by the players should be prevented.



No other persons should exist in practice area excluding players and trainers.



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

GENERAL PRECAUTIONS RELATED TO ON-ICE PRACTICES

** It should not be forgotten that the most important responsibility is "INDIVIDUAL RESPONSIBILITY". Along the Phase-2 practices, both the players and clubs should always be in communication. As the Federation, also we have aimed to close this term without problem as much as possible by always remaining in communication with you and start the matches. Therefore, we would like to be on valued clubs' and players' side by making suggestions to them.*

*** We would like to emphasize that the players should wash their practice cloths (uniform, sock, short sheath, glove) in high temperatures and to disinfect all protective materials.*

**** All studies made are the recommendations for the applicators, administrators, trainers and players who desire to begin on-ice practices and the decisions to be taken by Ministry of Health, Provincial Health Council, Ministry of Youth and Sports and all other authorities related to pandemic period should primarily be taken into consideration.*

***** In order to see general operation in Phase-2 on-ice practices and correct the problems detected, it is suggested that practices shall primarily be started with 15 and above years old player groups whose control is easier.*



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

GENERAL PRECAUTIONS RELATED TO ON-ICE PRACTICES

- ☐ Attention should be paid so that private vehicles shall be used instead of mass-transportation vehicles as much as possible in reaching to the ice rinks. When mass-transportation vehicles are used, necessary protection measures (mask, distance and personal hygiene) should always be taken.
- ☐ Hygiene mat should be placed in ice rink entries so that shoes hygiene shall be provided. If hygiene mat does not exist, it is suggested that overshoes shall be worn temporarily.
- ☐ Before each practice, confirmation form should be received from players and trainers (from responsible parent if the player is under 18 years old) and player should be taken into practice after fever measurement was made. Players should sign the confirmation form while entering ice rink (their parents should sign if they are 18 years old).
- ☐ Entry and Exit directions of ice rinks should be arranged in different directions in such a way that they shall be intersect with each other.
- ☐ Hand disinfectant should be used in ice rink entry and hand disinfectant should be contained in necessary areas within ice rink (dressing room, toilet, field entry-exit etc.).
- ☐ Physical distance between trainer, players and ice rink employees (min. 2m) should be maintained in ice rink.
- ☐ Player should be warned so that they shall not spit during practice in order to prevent infection risk. In possible situations, ice surface should be cleaned and then practice should continue.
- ☐ It is suggested that players shall come to practice as dressed and they shall only wear their skates in ice rink.
- ☐ If coming players to the ice rink as dressed is not possible, it should be ensured that they shall dress in dressing room as small groups according to size of dressing room (one player per 6m²) by providing necessary physical distance. Sitting benches within dressing rooms should not be used. The regions where players shall stand within dressing rooms should be marked.
- ☐ Ventilation of dressing rooms should certainly be provided and, if required ventilation (window, door) does not exist, it should be suggested that doors shall be kept open.
- ☐ Dressing rooms should certainly be cleaned by cleaning employees after groups leaved room. Showers should not be used before and after practice.



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

PLANNING ON-ICE PRACTICES

- ☐ Sharing and explaining practise plans with player group with programs such as Zoom, whatsApp (by taking age group into consideration) shall accelerate practice process. It shall be ensured that players come together as minimum as possible out off-ice before practice or on ice during practice. If practice is realized with small age groups, description of practice can be made after players passed to working areas/stations.
- ☐ In practices, by taking player number into consideration, sufficient number of trainers who can check that the players maintained physical distance and practice was made properly should be charged. Trainers should wear mask and visor (helmet with visor) during practice.
- ☐ Players should remove their masks before entering ice and put on their masks again at the end of practice.
- ☐ It should be determined that field shall be divided into how many areas/stations by considering age groups of players who shall be on ice.
- ☐ Attention should be paid so that players shall be taken onto ice one by one by maintaining physical distance and shall be placed in areas/stations where they shall begin practice under direction of trainers.
- ☐ Attention should be paid so that player benches shall not be used during practice. During practice rests should be taken as the groups of 5 to 6 players for the periods of 1 to 2 minutes. Benches should only be used so that players shall leave their water bottles and players should certainly use their own water bottles and name labels should exist on water bottles in order to prevent any confusion and attention should certainly be paid for physical distance (min. 2m) during break.



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

ON-ICE PRACTICES CAN BE PLANNED IN 3 STAGES:

1ST Stage: Practices in On-Ice Divided Areas

This stage should be considered as the period of adapting to general pandemic measures of trainers and players and the beginning of on-ice practices. The main factor is to ensure that players and trainers shall be adapted to new conditions for using ice rink, general hygienic and physical distance rules. It is suggested that 2. stage on-ice practices shall be passed after trainers and players were adapted to stated main factors.

1. stage should be planned as individual workings of players in special areas limited for them (Example-1, Example-2). When considering an area of 100m² for each player, it is suggested that number of players should not be more than 18 in a standard ice rink of 30x60m.



Example-1

18 Players and 3 Trainers



Example-2

16 Players and 2 Trainers



The lines of the ice surface, tires, cones, separator pads, markings on the board can be used for creating the divided areas.



As a large number of practice areas will be created in the ice, planning the practices by using simple materials will provide convenience (Example: Player's gloves, ice hockey stick, puck, cones, etc.).



Sufficient amount of pucks should be provided so that the players do not leave their areas.



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

ON-ICE PRACTICES CAN BE PLANNED IN 3 STAGES:

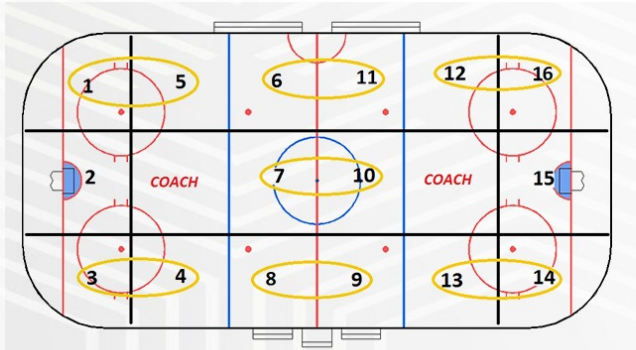
1ST Stage: Practices in On-Ice Divided Areas



It may be planned that players shall make practices such as skating, turning, stick handling, puck control etc. in areas limited for them.



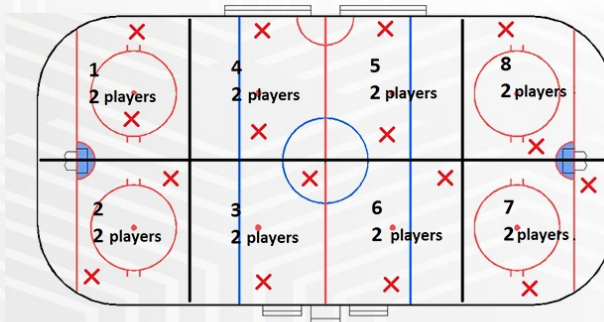
Player can continue to remain in their areas and can make interactive practices with the players in neighbour areas or further areas (Example-3: receiving and giving pass, pass and shot, positioning in their own area according to movements of each other's, repeating movement of one player by the other player as reflection, small races to be made etc.).



*Example-3
Binary practices in different
areas with 16 players*



1st stage on-ice practices can also be planned as practicing of 2 players in an area wider than the one in Example-1. 2 players can make individual or interactive practices by maintaining physical distance between them in the area allocated for them or practice can be planned in such a way that 1 player makes drills while the other player is making resting/active resting at the edge of board. After drills of 1 to 2 minutes, players replace and thereby break requirement is met along the practice (Example-4).



*Example-4
Binary practices in different
areas with 16 players*



PHASE 2



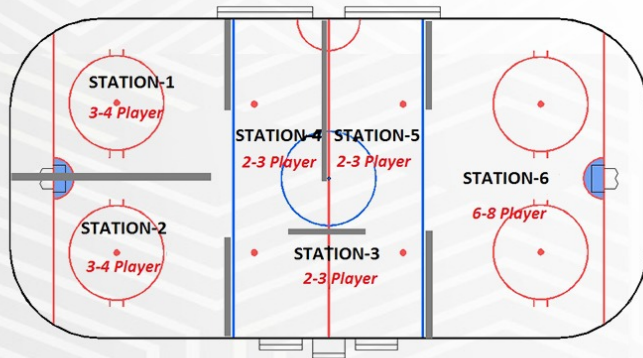
**TURKISH ICE HOCKEY
FEDERATION**

ON-ICE PRACTICES CAN BE PLANNED IN 3 STAGES:

2nd Stage: Practices in On-Ice Stations

After providing that players and trainers were adapted to pandemic conditions for using ice rinks, general hygienic and physical distance rules, it can be passed to 2. stage on-ice practices unless related official authorities have any other decisions.

2nd stage on-ice practices should be planned in such a way that small player groups make practice in different stations established in field. Max. 5 to 6 stations can be established in a standard fice rink of 30x60m. Each station should contain player number according to the magnitude of area established. It is suggested that practice shall be realized with 2 to 3 players in small station areas, 3 to 4 players in medium station areas, 6 to 8 players in big station areas (Example-5) and total number of players existing on the ice simultaneously shall be max. 18 to 20.



*Example-5
Practice plan established with
6 stations*



Plans of practices where players - especially players in lower age group - shall be active along the practice instead of practice where they shall wait by establishing row (physical distance shall disappear and contact shall occur) and stations in accordance with this situation should be established.



It should be ensured that player groups who finished practice in one station shall pass next station by maintaining physical distance under control of trainer.



Samples of station workings where physical distance is maintained and no contact exists between players are given in ANNEX-1 (Related examples were received from practice planning source related to Covid-19 period prepared by USA Hockey).



PHASE 2

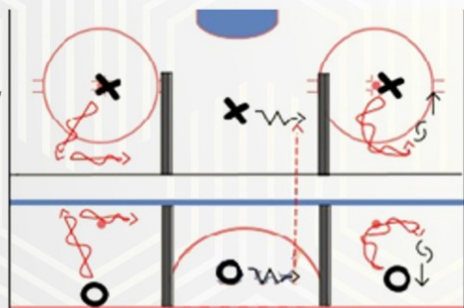
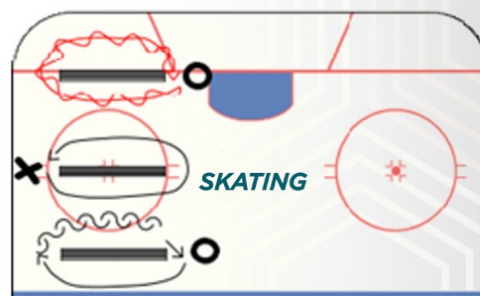


**TURKISH ICE HOCKEY
FEDERATION**

Examples for Practices in On-Ice Stations

SKATING:

Use divider pads for players to practice pivoting technique. Forward to backwards to forwards transition skating technique. Both left to right and right to left, with and without the puck. Additional maneuvers can be used; opening up for heel to heel turns, figure 8 with a jump over the pads, escape 360 and each end of pad, etc.



PUCK CONTROL:

Create areas of play across from a partner. One player is the lead while their partner attempts to mirror their movement. Face your partner at all times. Players can perform any movements or skating maneuvers they choose handling a puck. Players can even pass back and forth. The goal is to control the puck with their heads up tracking their partner.



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

Examples for Practices in On-Ice Stations

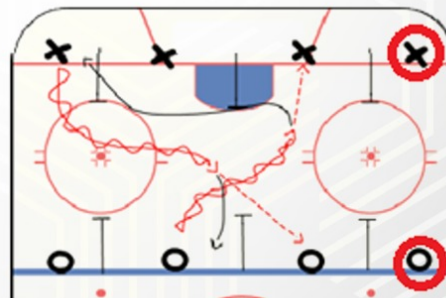
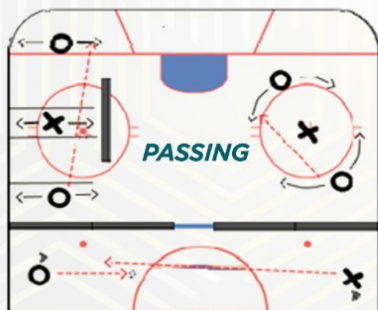
PASSING:

A) Layers: Create a small middle zone and two end zones. The end zone players attempt to pass back and forth while the middle zone player attempts to disrupt a pass. If middle player can touch the puck, that player becomes a new passer. The two passers should use deception to look off passes and manipulate the middle player. To increase difficulty all passes must be on the ice and direct (no bank passes).

B) 2v1 Around the Circle: Two players outside the circle must stay on their own half using the hash marks as a guide and attempt to make passes through the circle. If middle player can touch the puck, that player becomes a new passer.

C) Push of War: Players are on each side boards with puck, they attempt to pass pucks off of the soccer ball to move it to the opponent's side boards.

D) Rise & Shine Passing: Set up areas around the zone to space players out. Two players start with a puck, one from opposite sides of the ice. They pass to any player they chose and then move to an open spot that is different from the person they passed too. Add in variations: call out the players name before you pass to them, pass to the backhand of the waiting players, pass to a waiting player and get a return pass before moving the puck to the next player that will take your place in the middle. Remind players to take wide routes around any other player that is in the middle area.





PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

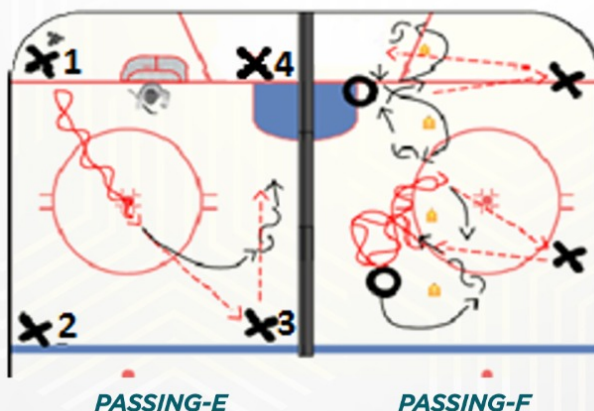
Examples for Practices in On-Ice Stations

E) 3 Pass and Shoot: *Players in four corners. X1 is the shooter and X2, X3 & X4 are passers. Shooter make a pass and gets the puck back from each passer in any order they choose, ending with a shot. Players rotate numerically after the shot. Progressions: Can add that passers must move feet and push/pull or pull/push prior to passing puck back.*

- 1. Pass to back hand of player in line player must one touch to forehand to pass back.*
- 2. Escape - players in middle fake pass and escape prior to passing to different line.*

F) Figure 8 Passing: *Set up players in pairs and have players perform skating figure 8 patterns around cones while passing to their teammate:*

- 1. Skate figure 8 while always facing teammate.*
- 2. Receive pass in middle, escape and make pass back, skate around cone facing teammate.*





PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

Examples for Practices in On-Ice Stations

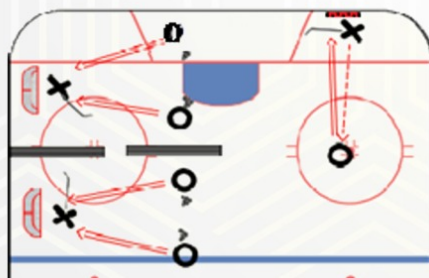
SHOOTING:

A) Tips/Deflections: One player is stationed net front and two others are shooters. The shooters alternate shots for the net front player to tip out of the air.

B) Baseball: Use hockey tape to mark out a strike zone on the boards. One player is the pitcher and one the batter. The batter starts with the puck, passes to the pitcher who catches the pass and immediately shoots to hit the strike zone. The batter attempts to tip the puck. Hitting the strike zone, counts as a run and a touch on the puck is an out. 3 outs and switch roles.

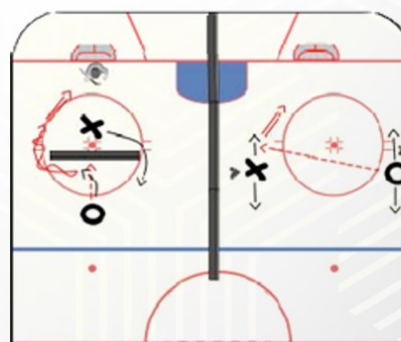
C) UAA Reaction Shooting: Players run this drill as a pair. O begins by passing the puck off of the divider pad and moving quickly to retrieve it. As O begins to move, X picks one side or the other to skate around the pad and back to O's starting position. Player O reacts to the direction and movement of X and then moves with in the opposite direction around the pad for a quick shot on net. Players then switch starting positions and repeat.

D) Bad Pass 1T: Players go in pairs. Players take turns passing pucks to their partner for 1-Timer. The emphasis is to pass the puck slightly in front or slightly behind your partner so that then must adjust by moving their feet to complete the shot. Not all passes are perfect in the game and its more important to be able to get the shot off vs a perfect shot.



SHOOTING-A

SHOOTING-B



SHOOTING-C

SHOOTING-D



PHASE 2



**TURKISH ICE HOCKEY
FEDERATION**

ON-ICE PRACTICES CAN BE PLANNED IN 3 STAGES:

3rd Stage: On-Ice Team Practices

It is the practice stage to be planned as team practices after 2nd stage on-ice practices. After the period of 3 to 4 weeks to be experienced in 1st and 2nd stage on-ice practices, it can be passed to this period unless related official authorities have any other decisions. Practices similar to on-ice practices made in pre-pandemic period can be planned. General Precautions related to on-ice practices and all personal hygienic and physical distance rules should be obeyed.



Workings should be made with groups smaller than normal to provide physical distance.



Practices which are close to normal practice program can be planned.



Physical distance should be paid attention in using dressing room and dressing room should be used by small groups according to player number (6 m2 per player) or 2 dressing rooms should be used.



It is suggested that close contact (body contact) should be avoided as much as possible during practices.



In order to maintain social distance in practices, it is suggested that practice plans which do not require player line up shall be selected, tactics and expressions and talking on board shall be minimized and benches shall not be used.



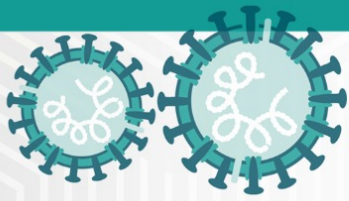
Practices which are close to normal practice program can be planned.



During practice rests should be taken with the groups of 5 to 6 players for the periods of 1 to 2 minutes as being in other stages.



It should be considered that players shall use full-visor. During team practices, it is suggested that practice shall be planned as 4vs4 or 3vs3 instead of 5vs5.



PHASE 3



**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

GAMES

Phase-3 should be applied in periods of practise games, friendly games and official leagues. Decisions to be taken by Ministry of Health, Provincial Health Council, Ministry of Youth and Sports and all other authorities related to pandemic period should be taken into consideration in starting Phase-3. Application of all warnings and measures specified in Phase-2 should continue excluding in-game struggle.

STARTING LEAGUES

- ☐ Risk evaluation should be applied for arranging competitions and games (Risk evaluation template of World Health Organization can be used).
- ☐ Accreditation and confirmation form should be applied for personnel, club members and players to which permission shall be given for entering/exiting ice rinks.
- ☐ Isolation areas and emergency action plans should be established for the persons with possible symptoms who can be detected before games.
- ☐ Confirmation form should be received from players who shall participate in games and their families.

INFECTION MEASURES

- ☐ Measures in Phase-2 for preventing infection in ice rinks should continue.
- ☐ Water bottles and towels used by players should be separate for each player.
- ☐ Fever measurement and symptom observation should be made.
- ☐ Participants being in risk groups should not participate in competitions and games.
- ☐ Hands should be cleaned in ice rink entries and exits by using disinfectants.
- ☐ Participants having disease symptoms should not be received into ice rinks and required guidance's should be immediately be made.
- ☐ Shared usage areas within ice rinks should be disinfected in certain intervals.
- ☐ It should be avoided from hand shaking and similar contacts.



PHASE 3



**TURKISH ICE HOCKEY
FEDERATION**

MEASURES TO BE TAKEN IN SCOPE OF COVID19 PRECAUTIONS

GAMES

PREVENTING CLOSE-CONTACT

- ☐ Body charge and each kind of body contacts should be forgotten or classified.
- ☐ Application of physical distance rules should continue in and around the ice rinks.
- ☐ Player benches, penalty boxes and referee tables should be prepared in accordance with physical distance rules.
- ☐ Dressing rooms should be rearranged according to physical distance rules.
- ☐ It should be avoided from movements such as goal pleasure, greeting, embracing and hand shaking.
- ☐ Matches should primarily be played without spectators.
- ☐ Full helmet visors should be used if possible.




Triage is made by medicine personnel who dressed in accordance with COVID-19 Event Algorithm (*Apron, medical mask, face protector or goggles*)

Is there your fever or fever story? ☐ Yes ☐ No

Is there your cough? ☐ Yes ☐ No

Is there your shortness of breath, sore throat, headache, muscle pain, missing of taste and smell perception and diarrhea? ☐ Yes ☐ No

 If YES answer is given for any of above questions. MASK IS FITTED TO PATIENT and patient is directed to the area allocated for COVID-19.


If all answers of above questions are NO, following questions are asked to the patient.

Were you abroad within last 14 days? ☐ Evet ☐ Hayır

Did any of household return from abroad within last 14 days? ☐ Evet ☐ Hayır

Did any of your relatives stay in hospital because of respiratory track disease? ☐ Evet ☐ Hayır

Was any of your relatives made COVID-19 diagnosis within last 14 days? ☐ Evet ☐ Hayır

 If YES answer is given for any of above questions. MASK IS FITTED TO PATIENT because of COVID-19 risk and patient is directed to the area allocated for COVID-19.

If all answers of above questions are NO, event is accepted as WITH LOWER RISK for COVID-19 and it is directed to related department for evaluating in direction of complaint.

☐ I read event questioning guide and I understood.

I commit that my personal information given by me are complete and true. I accept that responsibility shall belong to me if not. I shall obey the suggestions specified in Phase-1,2,3 prepared by Pandemic Council of Turkish Ice Hockey Federation and participate in Phase-1,2,3 practices/games of my team voluntarily.

If player is younger than 18 years old

Name-Surname

Signature

Name-Surname of his/her parent

Signature