

GUELPH COBRAS FHC RETURN TO TRAINING FRAMEWORK:

1. Follow government and public health rules and guidance.
2. Activities cannot violate a public health order. All programming must adhere to public health orders, government regulations, and facility policies
3. 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 enter the training environment.
4. If possible, arrive at training on your own, using private transportation.
5. Arrive no more than 10 minutes before training, ready to train. (Fully dressed – No equipment bags allowed on field)
6. Practice proper hand hygiene and proper respiratory etiquette. All athletes must sanitize upon arrival to the field.
7. Water bottles must be clearly labelled with athletes name and be placed at their designated cone.
8. 2-metre physical distancing is to be maintained at all times (exceptions → first aid, screening protocols if necessary).
9. Absolutely no sharing of personal equipment.
10. Balls and cones must be cleaned in between each use/training session (as applicable).
11. Avoid touching the ball(s) with your hands. Use your stick to retrieve loose balls.
12. Return home directly after training. No socializing (“get in, train, get out”).
13. Follow all signage, directional flow of traffic, and physical distancing markers. – See University of Guelph “Facility Protocols”
14. Face masks must be worn until training begins.
15. Before entering the field, you must report directly to the Guelph Cobras FHC COVID Officer for attendance and daily participation screening.

