



## **KING'S ELITE GOALTENDING CAMPS COVID-19 RETURN TO ICE PLAN**

## **King's Elite Goaltending Camps 2020**

With the current pandemic we have had to revert to a new way of working with our students to ensure we can still offer them quality coaching and content in the new world. This document outlines how we will continue coaching our students whilst ensuring safety is our main priority.

All 2020 camps will now be moved to a semi-private lesson format and will take place each weekend during August in Romford.

The new ice slots are:

- 1<sup>st</sup> & 2<sup>nd</sup> August – 16:00-21:00
- 8<sup>th</sup> & 9<sup>th</sup> August – 16:00-21:00
- 15<sup>th</sup> & 16<sup>th</sup> August – 16:00-21:00
- 22<sup>nd</sup> & 23<sup>rd</sup> August – 16:00-21:00

We will split these ice slots into two 2-hour 15-minute sessions giving us a half-hour break in between to clean and sanitise all equipment and have the ice pad resurfaced ready for the next set of students.

The new King's Elite Goaltending camps will consist of:

- One 2-hour 15-minute semi-private lesson working in a 2:1 ratio with the coaches
- Video review post-session emailed over to review at home
- Access to one King's Elite Goaltending Academy webinar (if you are already a member of the Academy, we will add an additional 1:1 call with a coach to go through your camp video review)

Each on-ice slot will have the following on the ice, split into 4 stations:

- Eight students
- Four coaches
- Eight shooters

## **Camp Preparation**

Students with risk factors or illness should not attend any session.

Students and parents will be asked to sign a health declaration confirming they do not have Covid-19 and are showing no symptoms.

Students, coaches or parents/guardians with symptoms or signs of illness are forbidden from attending the camp until they have completed their self-isolation period or can provide evidence of a negative Covid-19 test.

One parent or guardian only can attend the camp and must maintain social distancing at all times.

Students should arrive no earlier than 30 minutes before their allotted ice slot. Face coverings must be worn at all times, other than on the ice.

Sapphire Ice and Leisure have a one-way system in operation, please follow any directions around the facility. Please also be aware that the lift is out of use. The café is also closed.

As per government guidance we urge everyone to follow best practice for travel including minimising use of public transport and limiting car sharing.

On arrival at the rink you will be greeted by a member of King's Elite Goaltending staff who will conduct and record temperature checks on the student and accompanying adult. In the event of a reading above 37.8°C, we will wait 10 minutes before conducting another temperature check. If the reading is then below 37.8°C you will be able to proceed with the session otherwise, unfortunately, you will not be permitted.

A member of staff will be responsible for keeping a clear and accurate log of students and parents who have attended the camp.

Any student or parent/guardian showing any signs of illness or symptoms will be required to leave immediately.

Limited dressing room facilities are available, so we ask that students come in as much kit as possible. As a minimum, please ensure sweat kit is worn to the rink. Students will be assigned to an area to get suited up in and they must remain in the designated area until advised by a member of staff.

The parent/guardian must support the student to dress, if required, as coaches/staff will not be able to assist with this.

Water bottles, or other refreshment containers, should in no circumstances be shared. Students are advised to bring their own, in a labelled or highly distinguishable container.

The sharing of equipment must be avoided where possible. All equipment on the ice will be cleaned and sanitised after each use, including goal nets, pucks etc.

## **Entering the Ice**

Coaches will manage multiple gates for entry to the ice. Students must wait at least 2m apart to be called onto the ice. When invited onto the ice students will be designated an area to go to for the session.

When on the ice, students must remain 2m apart from other students and coaches at all times.

## **Practice Planning**

Each on-ice session will consist of the following, split into 4 stations:

- Eight students
- Four coaches
- Eight shooters

Each station will have a tablet to record the drills to enable the coaches to provide a full video review post-practice via email.

Parents must remain rink side at all times, whilst social distancing and wearing a face covering. If students are not following the social distancing rules, they will be removed from the ice without warning to protect others. Parents will need to support this and receive their child if they are removed.

There will be no coaching board talk during the sessions, coaches will demo and explain the drills at each station.

There is an additional risk of infection in close proximity situations, particularly indoors and when face to face. Students and coaches should therefore avoid shouting and raising their voices when facing each other before, during and after the session. We also ask that coaches, students and shooters refrain from spitting on the ice (including rinsing mouth out with water.)

If a student is down on the ice hurt the coach of the station will manage this from 2m at first if possible. If not, they will approach the student to assist.

### **Exiting the Ice**

When the session concludes coaches will open multiple gates in preparation for exit.

The head coach will instruct 'stations' to exit one at a time with their coach.

### **Post Practice**

Students can then return to their designated area to get changed and exit the rink as soon as possible. Shower facilities will not be available.

Social distancing must remain in place at all times whilst off the ice.

As per EIHA guidelines, all kit should be taken home and deep cleaned after the session.

EIHA guidelines also state that different groups are unable to mix. In order to meet this guideline, we ask that you do not mix with any other students that may be arriving or leaving the rink for a different session to that of your own.

### **Cancellations due to Covid-19**

Should you not be permitted to take part in a session due to a high temperature or Covid-19 symptoms on arrival at the rink or within 24 hours of a session, a 50% refund will be given.

Should you cancel your session with more than 24 hours' notice due to Covid-19 symptoms AND your space can be filled, then a full refund will be given, otherwise a 50% refund will be given.

Should any session be cancelled by King's Elite Goaltending due to coaching staff having symptoms, then an alternative date will be offered or a full refund will be given.