



KING'S
ELITE GOALTENDING

**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:

- 1st & 2nd August – 16:00-21:00
- 8th & 9th August – 16:00-21:00
- 15th & 16th August – 16:00-21:00
- 22nd & 23rd 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)

Unfortunately, we will not be able to provide camp jerseys for these lessons, but we are looking to make them available to order through the website. Cost of the jerseys will be £30 plus postage.

Cost per day for these lessons will be £100.

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 to waiver confirming they do not have Covid-19, are showing no symptoms, have not been asked to self-isolate and will not hold King's Elite Goaltending responsible if they do contract the virus.

Students, coaches or parents/guardians with symptoms or signs of illness are forbid 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 masks may be mandatory depending on current government guidelines.

On arrival at the rink you will be greeted by a member of King's Elite Goaltending staff who will conduct temperature checks, as well as have you confirm that you have not in contact with anyone showing symptoms.

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.

Prior to Practice

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.

King's Elite Goaltending will not be providing any training jerseys, these will be made available through the website to order if you wish.

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 you 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. 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.

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 club officials 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 may not be available.

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

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