



# INTERVENTION GUIDELINES

## COVID-19



INDIVIDUALS IN CHARGE OF  
COVID-19 HEALTH/SAFETY

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## INTRODUCTION

Hockey Québec has designed the following Intervention Guide in order to establish the guidelines to follow should a member contract COVID-19 or present symptoms during an activity.

This guide is meant as a tool for the individuals in charge of COVID-19 health/safety and also includes the social distancing rules and health/hygiene rules that players, coaches, officials, administrators, parents and chaperones must follow, as well as the responsibilities of the individuals in charge of COVID-19 health/safety and relevant information to help our members apply the measures outlined.

### WHAT ARE THE RESPONSIBILITIES OF THE INDIVIDUALS IN CHARGE OF COVID-19 HEALTH/SAFETY?

The individuals in charge of COVID-19 health/safety are selected by the association/organization (at least two for each association/organization) and are responsible for the implementation and complete application of the Return to Hockey Plan.

Responsibilities of the individuals in charge of COVID-19 health/safety:

- The individuals in charge of COVID-19 health/safety for the association/organization must ensure that the measures of the Intervention Guide are implemented and followed.
- If need be, they must communicate with their region and Hockey Québec.
- They should be in direct communication with the participants and/or the parents depending on the situation.
- They must work with the infrastructure managers to make sure applicable social distancing and health rules are implemented and followed.
- They must keep a registry of participants' attendance at each activity in order to be able to refer to them if needed.
- They must ensure the confidentiality of all files related to COVID-19.
- They must make sure the INTERVENTION GUIDELINES measures are implemented should a member contract the virus or present symptoms.

### GUIDELINES TO FOLLOW <sup>1</sup>

The following guidelines are recommended for all personnel, individuals in charge of COVID-19 health/safety for the associations/organizations, parents, and chaperones when dealing with players that are sick or showing symptoms of COVID-19.

It is important to remember that the guidelines given by public health authorities and the advice given by doctors must be followed at all times in any situation where a participant falls ill. The procedures below apply to illnesses that are unrelated to injuries; all other guidelines regarding a return to hockey after an injury remain applicable.

<sup>1</sup> Information sourced and adapted from Hockey Canada's "[Safety Guidelines](#)" and Hockey Québec's "[Return to Hockey Plan](#)."

## **WHAT SHOULD I DO IF A PARTICIPANT SHOWS SYMPTOMS DURING AN ACTIVITY?**

1. The participant immediately informs the team's personnel or the individuals in charge of COVID-19 health/safety.
2. The participant receives a cloth mask and immediately puts it on. Whoever is taking care of the participant must also wear a cloth mask.
3. The individual in charge of COVID-19 health/safety isolates the participant in a separate room\* until their parent or chaperone can take over and immediately take them away from the premises. An incident report must be filled out.
4. The participant showing symptoms must contact a doctor and call the public health line (1 877 644 4545). The isolation guidelines provided by public health authorities must be followed.
5. When the association/organization is informed that a participant has tested positive or has been identified as likely infected with COVID-19, and if this participant has taken part in an activity, the mandatory responsibility of advising all participants that were present during the activity and all those that could have come in contact with the infected participant belongs to the individuals in charge of COVID-19 health/safety. The information can be communicated by email or phone.
6. Before reintegrating participants in activities, the association/organization must receive a medical certificate certifying that they are fit to return to the game.

*\* The room must be disinfected before being used again.*

**REMINDER:** Confidentiality is of the utmost importance and must be respected by all association and organization members regarding all files, including those related to COVID-19.

## **WHAT SHOULD I DO IF A PARTICIPANT DECLARES THEY ARE SHOWING POTENTIAL COVID-19 SYMPTOMS AND THEY WON'T BE IN ATTENDANCE?**

1. If a participant shows potential COVID-19 symptoms, they must consult their doctor and the public health authorities (1 877 644 4545) to receive instructions.
2. Any participant that is suspected or confirmed to have COVID-19 must not return to hockey until all the steps outlined by the public health authorities have been followed. The participant will need a medical certificate to reintegrate the group and return to activities.
3. If a participant's COVID-19 diagnosis is confirmed, refer to the next section for recommended communication steps.

## **WHAT SHOULD I DO IF A PARTICIPANT RECEIVES A POSITIVE COVID-19 DIAGNOSIS AND HAS TAKEN PART IN AN ACTIVITY ORGANIZED WITHIN THE PAST 14 DAYS?**

1. The participant must immediately inform the individuals in charge of COVID-19 health/safety.
2. Public health authority guidelines must be followed.
3. The participant and any other person from their household must immediately be removed from the hockey environment.
4. All those that have been in contact with a person that has tested positive or has been identified as likely infected with COVID-19 must stay in preventative isolation for 14 days, as recommended by public health guidelines.
5. Before reintegrating participants in activities, the association/organization must receive a medical certificate certifying that they are fit to return to the game.

## **IMPORTANT INFORMATION TO KNOW**

### **COVID-19 health regulations <sup>2</sup>**

Currently, the Government of Québec requires individuals frequenting public spaces to respect the following rules:

- Wash your hands often with soap under warm water for at least 20 seconds.
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Follow hygiene rules while coughing or sneezing: cover your mouth and nose with your arm (crook of the elbow) in order to limit the spread of germs. If you use a paper tissue, throw it away as soon as possible and wash your hands afterward.
- Avoid direct contact when greeting others, including shaking hands. Favour using alternative practices.
- As much as possible, maintain a 2-metre distance (around 6 feet) with other people that do not live under your roof.
- If you are sick, stay home and avoid contact with people that are at risk, including the elderly, those who have a weakened immune system, and those who have a chronic illness.

<sup>2</sup> *Government of Québec, 2020. General information about coronavirus disease (COVID-19)*

### **What symptoms should I look for? <sup>3</sup>**

COVID-19 affects different people in different ways. Most individuals that are infected will experience light to moderate symptoms of the disease and will recover without having to be hospitalized.

The individuals in charge of COVID-19 health/safety must pay close attention to the following symptoms:

- The most common symptoms include: fever, dry cough, respiratory difficulties and sudden loss of smell without nasal congestion, with or without loss of taste.
- Symptoms that are less common include: runny nose, aches and pains, sore throat, diarrhea, conjunctivitis, headaches, skin rash or discolouration of fingers and toes.
- Severe symptoms include: difficulty breathing, chest pain or pressure, loss of speech or mobility.

Immediately contact a doctor if you are showing any severe symptoms. Always call before making your way to your doctor's office or health establishment. On average, it takes around 5 to 6 days from the initial infection for symptoms to manifest, but it could also take up to 14 days.

### **What should I do if a player or participant develops symptoms?**

The individuals in charge of COVID-19 health/safety must advise the players or participants that develop symptoms to call the health line at 1 877 644 4545. If needed, they should be informed where to go to check their health status. If a consultation is required, it is essential for the participant to inform the health establishment of their travel history before showing up to the premises, so that the required preventative measures can be applied. The participants can also complete an evaluation of their symptoms using the *COVID-19 Self-Assessment Tool* available on the Government of Canada website.

### **What are prevention and protection measures I can promote to fight the coronavirus disease (COVID-19)?**

Prevention is the only sure-fire way to protect yourself and others. For more information on prevention and protection, please refer to and share/promote the Government of Québec's *Self-Care Guide - COVID-19*.

If you have any concerns, contact 1 (877) 644-4545 or consult the Government of Québec's *Self-Care Guide - COVID-19*.

<sup>3</sup> *Government of Québec, 2020. General information about coronavirus disease (COVID-19)*

<sup>4</sup> *Instructions for people with COVID-19 in home isolation*

## APPENDIX

Mandatory social distancing rules and guidelines for infrastructures, participants and chaperones; mandatory health/hygiene rules and guidelines for infrastructures, participants and chaperones:

- [Hockey Québec's Return to Hockey Plan \(updated on July 18, 2020\)](#)

# Let's continue to protect ourselves!



Cough into your sleeve



Wash your hands



Keep your distance



Cover your face  
(if less than 2 meters)



Limit your travel

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1-877-644-4545

Votre gouvernement

Québec

