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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 will ensure that the measures of the Intervention Guide are implemented and followed.
• If necessary, they will inform participants, parents, the person in charge of COVID in their region and Hockey Québec.
• They collaborate 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.

GUIDELINES TO FOLLOW ¹

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.

¹ 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 procedure mask and immediately puts it on. Whoever is taking care of the participant must also wear a procedure 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. For a participant infected or declared probably infected, he must, before returning to his activities, provide a medical certificate or sign the return to activity consent certifying that he is fit to return to play.

7. Anyone who has been in contact with someone who tests positive for COVID-19 must remain in isolation for 14 days after their last contact with the confirmed COVID-19 case even if they have been tested for COVID-19 and that the result is negative.¹

* The room must be disinfected before being used again.

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 suspected or confirmed to have COVID-19 should not return to hockey until all steps established by the public health authority have been followed. He / she will need a medical certificate or sign the return to activity consent before returning to his / her group and returning to the activity.

3. If a participant’s COVID-19 diagnosis is confirmed, refer to the next section for recommended communication steps.

¹ Public Health Recommendations: Instructions for People Who Have Been in Contact with a Confirmed Case of COVID-19
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. Immediately notify the Federation by email at covid@hockey.qc.ca.
3. The participant and any other person from their household must immediately be removed from the hockey environment.
4. For a participant infected or declared probably infected, he must, before returning to his activities, provide a medical certificate or sign the return to activity consent certifying that he is fit to return to play.
5. Anyone who has been in contact with someone who tests positive for COVID-19 must remain in isolation for 14 days after their last contact with the confirmed COVID-19 case even if they have been tested for COVID-19 and that the result is negative.¹
6. Public health authority guidelines must be followed.

IMPORTANT INFORMATION TO KNOW

COVID-19 health regulations ²

Currently, the Government of Québec requires individuals frequenting public spaces to make sure they have no symptoms and to respect the following rules:¹

- 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.
  - If you are sick avoid vulnerable people including those 70 years of age and up and people with a weak immune system or chronic disease.
  - Avoid direct contact when greeting others, including shaking hands. Favour using alternative practices.
  - As much as possible, maintain a two-metre distance (around 6 feet) with people other than your immediate family. If this is not possible use a face covering.
  - Use face covering in public transport and in public spaces, mandatory for 10 years of age and up.
- Limit your outings as much as possible

¹ Public Health Recommendations: Instructions for People Who Have Been in Contact with a Confirmed Case of COVID-19 [link]
What symptoms should I look for?  
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:

- Fever;
  - in children 0-5 years old: 38.5 °C (101.3 °F) and more (rectal temperature),
  - in children 6 years of age and over: 38.1 °C (100.6 °F) and over (oral temperature),
  - in adults: 38 °C (100.4 °F) and more (oral temperature),
  - in the elderly: 37.8 °C (100 °F) and more (oral temperature),
  - or 1.1 °C higher than a person’s usual value;
- New or worsening cough;
- Breathing difficulties;
- Runny or stuffy nose;
- Vomiting, only in children;
- Stomach pain, only in children;
- Sudden loss of smell without nasal congestion, with or without loss of taste.

Other symptoms may also appear such as sore throat, headache, aching muscles, intense fatigue, severe loss of appetite and diarrhea. Symptoms can be mild or more severe like those associated with pneumonia.

Some people can spread the virus without knowing it because they have no symptoms or have not yet developed them.

Seek immediate medical attention if you have severe symptoms. Always call before going to your doctor or health facility. On average, it takes 5 to 6 days after infection for symptoms to appear, but it can take up to 14 days.

Référez-vous à la fiche d’auto-évaluation COVID-19.

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.

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4 Instructions for people with COVID-19 in home isolation
APPENDIX

All of the necessary resources are available on Hockey Québec’s website

Hockey Québec’s Return to Hockey Plan (Phases 1 to 6)
Mandatory social distancing rules and directives for infrastructure, participants and accompanying persons and health / hygiene rules necessarily applicable and directives for infrastructure, participants and accompanying persons.

COVID-19 Self-evaluation form
Before going to an activity, participants and chaperones / spectators must do their self-assessment confirming that they are fit to go to their activity.

Protection Annex

Procedures for a confirmed COVID-19 case

Return to activity consent COVID-19

Informative capsule produced with Hockey Quebec's medical advisor, Michel Loyer, MD (French video)

COVID-19 health / safety manager training capsule (French video)

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
1-877-644-4545