



Coronavirus 2019: Hockey Trainers Tool Kit

Novel Coronavirus 2019 (2019-nCov) is the latest strain of Coronavirus which originated in the Wuhan province of China and originally passed from animal to human. It's ability to transmit between humans has made it the center of global concern.

A hockey dressing room, playing bench and player's equipment are perfect locations for the virus to remain dormant until picked up by a viable host. Therefore, the team's trainer can be a valuable asset in battling the contamination and spread of the virus within a team and the general public.

The following are important points of consideration with regards to creating/maintaining sanitary team environments.

Away from the rink

- Create a handout to parents about the symptoms and considerations for Novel Coronavirus 2019
- Have a team meeting with the players about the virus and explain symptoms and the importance of washing hands, avoiding contact with commonly used public surfaces and not sharing snacks or drinks.
- Make parents aware of the symptoms of Coronavirus and encourage them to be proactive with any suspected infection and seek medical attention.
- Ask the coach to readjust team rules/expectations toward missing practice to avoid sick players showing up to practice until they have been medically found not to be contagious.
- Make players aware of cough etiquette (covering coughs with their sleeve)

At the rink

- Use Lysol wipes to clean door handles and other areas of the dressing room and bench that players may make frequent contact with their hands.
- Make hand pump dispensers of Instafoam hand sanitizer available and encourage players to use some upon entering and leaving the dressing room.
- Make packages of wipes available in the dressing room.
- Take water bottles home bi-weekly to run through a sanitization cycle in the dishwasher.
- Players showing up to practice with flu-like symptoms should have their waterbottle kept separate from the others and clearly marked with red tape.

Resources for further inquiry:

- <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/novel-coronavirus.aspx>
- <https://www.who.int/westernpacific/emergencies/novel-coronavirus>
- [NSW Health novel coronavirus alerts for GPs and hospital clinicians](#)

