



DASH

- Training -

P R E S E N T S

2020/2021 Season

BOW RIVER BRUINS

TEAM TRAINING

THANK YOU BOW RIVER BRUINS

Hello Bow River Bruins,

My team and I at DASH Training are very excited to work with you this upcoming season! We have developed a training program that will allow you to increase your overall athleticism, improve your on ice game, and have a ton of fun!

As you know, things are a little different this season. With the ongoing COVID-19 crisis, we have added new protocols and cleaning procedures at DASH Training to ensure the health and safety of all athletes and trainers.

We want to thank you in advance for your patience and understanding as we continue to navigate through our new normal.

Looking forward to getting started!

Zac Whitby

Owner of DASH Training Inc.

training@dashtraining.ca

DASH PROTOCOLS

TEAM Training: Bow River Bruins

#1. Self Screening

ALL participants must complete the COVID Self Screening prior to all DASH Training Sessions.

*If athlete answers "yes" to any questions, they are NOT allowed to attend their training session.

#2. Waiver + Release

ALL participants must bring a signed copy of their waiver to their first training session. OR Email a copy of the waiver to training@dashtraining.ca

#3. Wear Clean Workout Attire + Ensure Proper Hygiene.

#4. Arrival

Athletes can enter the facility 3 minutes prior to their training session. Please do not enter any earlier as we need time to clean in between each session.

#5. Parents or Visitors Are NOT Permitted

We want to limit the amount of traffic in the DASH Training Facility. Parents or visitors must wait for athlete in their vehicles.

*One coach is permitted in the facility while the team is training.

#6. Indoor Shoes

Athletes are required to bring a pair of clean indoor shoes to change into once they arrive at the facility. If your shoes have been worn in the parking lot, they are not indoor shoes.

#7. Hand Sanitizer

Athletes are required to use hand sanitizer upon arrival and departure

#8. Water Bottle

Please bring a water bottle clearly labelled with your name on it. There is absolutely no sharing of water bottles.

#9. Departure

Please ensure athletes are picked up immediately after their training session.

You must answer “NO” to all the questions in this questionnaire in order to train with DASH Training. If you answer “YES” to any of the questions, please DO NOT come to your training session.

If you experience any symptoms or answer “YES” to any of these questions, you must immediately contact 811 to receive next steps regarding a COVID Test.

Do you have any of the following symptoms?

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any these symptoms you are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve, whichever is longer:

Do you have any of these symptoms?

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms are gone.

In the past 14-days have you?

- Been in contact with someone who was diagnosed with COVID-19?
- Been in close contact with someone who had COVID-19 symptoms ?
- Traveled internationally or taken a cruise

If you answer “YES” to any of the questions, please DO NOT come to your training session.