

# ONTARIO HOCKEY FEDERATION

400 Sheldon Drive, Unit 9  
Cambridge, ON N1T 2H9  
T: 226 533.9070 F: 519 620.7476  
www.ohf.on.ca



## OHF Bulletin

To: OHF Members

From: Phillip McKee, Executive Director

Date: 10/30/2020

Re: U7 Physical Distance Guidelines

Reference: 1102201

---

The Ontario Hockey Federation has developed Guidelines for U7 Physical Distancing. U7 Programs, where there are kids just learning to skate and coaches are traditionally needed to help pick kids up off the ice after they fall.

The below provide both coaches and volunteers with guidelines to engage with young athletes who may require more support or different kinds of support than older players.



# ONTARIO HOCKEY FEDERATION

## *Physical Distance in U7 Programming*

How to deal with physical distancing for U7 Programs, where there are kids just learning to skate and coaches are traditionally needed to help pick kids up off the ice after they fall.

### ASSESS THE SITUATION

- Limit coach/player contact while on the ice.
- Coaches should use verbal cues when instructing students rather than physical contact where possible.
- Positive reinforcement is key when assisting players on the ice.
- Using a skating apparatus, skating sled etc. to assist the player.
- Build skill progression with players off ice and then on ice if required
- Focus on the skill of falling down and getting up before progressing to other skills.
- Coaches are encouraged to review their resource materials from their Coach 1 reference material. Visual demonstrations are available on the Hockey Canada Network App.

Wearing of a protective face mask for on ice bench staff when working with a player within the 2 metre physical distancing.

Once players are comfortable getting up on their feet encourage them to march on the spot. When they've mastered shifting their weight from one foot to the other, they can start to move slowly across the ice.

**Special Needs hockey programming.** A family member of a SHI player will be able to go on the ice and assist the player. These family members will be identified by wearing an arm band. *(CNSH)*

**Ontario Sledge Hockey Association.** If you are assisting players into and out of sleds, wearing of a mask is required.