**OBA Enhanced COVID-19 Guidelines and Common Practices**

* Updated March 13, 2021

Hi Coaches,

 Please, please , please read and understand the current [AHS Guidelines](https://www.alberta.ca/enhanced-public-health-measures.aspx?utm_source=google&utm_medium=sem&utm_campaign=Covid19&utm_term=pathforward&utm_content=v1&gclid=CjwKCAiA4rGCBhAQEiwAelVtizagl0a-key_zljFLgSAH4LFVw5uovdgCsOXczmvrtE58G4zBD3hghoC4EQQAvD_BwE) first! They can also be found on our resources page.

As for training sessions with OBA:

* We will need to stagger our arrival/departure times at the Rec Centre as well as any use of the locker rooms (have your kids change beforehand)
* Have the kids sanitize their hands as they come in the gym and leave the gym
* Good practice = have them use their own ball for individual skills and drills – they can place that ball somewhere in the gym for later
* Good practice = when sharing a ball
	+ Hand sanitize
	+ Sanitize the ball
* Please purchase your own sanitizer and keep the receipt, so we can reimburse you
* Remind your players that anytime they touch their faces, cough , sneeze or feel uncomfortable that they should sanitize anytime they want
	+ You should model that behaviour as well
* EVERYTHING is 3 meters distanced
* Think of it this way - ALL OFFENCE... ALL OF THE TIME
* Be creative with your drills – just take out any sort of defence
* Challenges such as anything to do with time and score are even better to use at this time
	+ Record as much as you can so that the kids can see their improvement
* Make everything about having FUN!
* Follow OBA Style of Play document

If you have any questions at all about ANYTHING….Please don’t spend a lot of time researching – REACH OUT!!!!