

# EDMONTON DRILLERS: RESPONSE TO COVID-19





## Message from the Board of Directors

Our first priority is keeping our members safe and informed, ensuring that we do everything we can to help support their health during time off the field and when it comes time to resume Club events. We will update you as information becomes available as to what the outdoor season will look like.

### SOCCER AND YOUR WELLBEING

The current situation surrounding COVID-19 presents many barriers to our youth in sport, and although we support Canada Soccer and Alberta Soccer in their decision to cease all sanctioned soccer events, we understand that participation in soccer offers benefits beyond those of the game itself and should be sought during this time off.

In addition to the immediate physical health benefits of soccer, team-based sports impact other health outcomes related to community engagement, mental wellbeing, and sense of purpose. Seeking out alternate ways to achieve these health outcomes without soccer is important for your continued wellbeing.



## STRATEGIES

Listed below are some suggestions for how to keep you and your family safe and healthy while we practice social distancing or voluntary quarantine:

### PHYSICAL ACTIVITY SUBSTITUTES

Maintaining physical activity during social distancing can be difficult when facilities are closed, but keeping up with personal fitness will help keep you in shape for your return to the field, and help keep your spirits up.

- Find **at-home workouts** designed by your favourite fitness influencers online. 20-30 minutes of high intensity bodyweight work has many benefits.
- For families with young kiddos, **Cosmic Kids Yoga** offers hundreds of follow-along YouTube videos that focus on strength and mindfulness. <https://www.youtube.com/user/CosmicKidsYoga>.
- For families with older children, encourage them to **head outside for walks or runs**. There are numerous locations around the city that have **stairs** to support ongoing cardiovascular and respiratory health. <http://www.communitywalk.com/map/list/1791929?order=0>.
- Plan family outings into the **river valley or city promenades**.



## STRATEGIES

### ADDITIONAL WELLBEING ACTIVITIES

- **Keep your brain busy.** Start puzzles, brain games, or read stimulating books.
- Use this time to **connect with family and support people in your community** who are more greatly affected (the immunocompromised, the elderly).
- Now is a great time to **start spring cleaning.** Start collecting items that can be donated. These difficult economic times require us to look out for one another more.
- **Minimize screen time.** The WHO recommends that children 1.5-2yrs have no more than 1 hour of screen time per day; 3-5yrs have up to 1 hour per day; 6-10yrs have 1-1.5hrs per day; 11-13yrs have up to 2 hours per day.
- Use social media, messaging platforms, and video chatting to **stay connected with your network.**
- **Eat nutrient-dense foods and stay hydrated.** If you feel like you cannot get all of your micro and macro nutrients from the food you consume, consider adding supplements. **Immune-boosting supplements** include vitamin C, vitamin E, probiotics, oregano oil, garlic, and ginger, amongst others.





## RETURNING TO SOCCER

When we have the opportunity to return to regular season play, we want our members to feel confident that they will be well-supported by the Drillers Club and have the tools they need to maintain their health. Please be proactive in your personal hygiene, and be conscious of how you may be spreading germs.

- Immediately before and after a team event, **wash your hands using optimal hand washing techniques.** Use warm water and soap to remove dirt and germs, and do not be afraid to use soap a second time if your hands still feel unclean. Wash in-between your fingers, underneath your nails, at the base of your palm, and the tops of your hands. **Avoid sharing towels with people.**
- **Avoid touching your face** during game play. If you are wiping sweat from your face or neck, use the base of your shirt or your sleeve.
- **Do NOT share water bottles.** Clearly label your bottle and double check you've picked up the right bottle before you drink out of it. It is recommended that you **wash your bottle after every use.**



## RETURNING TO SOCCER

- **Avoid unnecessary contact** with teammates and opponents such as hand shaking or fist bumping. Your enthusiasm and respect for each other will still exist without physical contact.
- As soon as your event (practice, game, or otherwise) is over, **immediately change out of your kit** and put it in a separate bag such as a plastic bag or washing bag. This minimizes your kit's contact with other materials in your soccer bag. As soon as you are home, wash your kit or place it somewhere to air out where it does not come into contact with clean garments. Leave your soccer bag open between uses and do not place it on any common surfaces such as tables, countertops, beds, or chairs.
- **Carry hand sanitizer or disposable wipes** with you in your bag. If someone else requests to manually handle any of your belongings, it is not rude to ask them to use hand sanitizer first (ie. sharing your phone).



## COVID-19 FACTS AND PRECAUTIONS

COVID-19 is a **respiratory illness** that transmits person-to-person via **droplets** such as those from a cough or sneeze. You can also contract it by touching surfaces covered in these droplets and then touching your eyes, nose, or mouth.

It is NOT airborne and cannot spread through the air or over long distances. However, infectious droplets from a cough or sneeze can travel ballistically up to 6-8 feet, and can remain suspended for up to ten minutes.

It is not considered rude to ask someone who is coughing or sneezing to do so into their elbow. You should follow the same protocol to ensure that the common spaces you are occupying are free of your germs. If you accidentally cough or sneeze into your hand, wash or sanitize your hands before you touch anything else.

The following are **common symptoms**:

- Fever
- dry cough
- fatigue
- shortness of breath



## COVID-19 FACTS AND PRECAUTIONS

If you feel like you or anyone in your family has these symptoms, navigate through the **COVID-19 self-assessment**:

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

If the assessment suggests you should get testing, do **NOT** go to the hospital, doctor's office, or nearest medical clinic. Call 811 and they will direct you to a testing centre. If you are experiencing any other flu-like symptoms (sinus congestion, sore throat, fever, etc) isolate yourself, stay hydrated, and get plenty of rest.

If at any time, you, someone in your family, or someone you witness is having **severe difficulty breathing**, has severe chest pain, or is losing consciousness, **call 911 immediately**.

The Washington Post published a very **informative visual simulation** to help you and your children understand the benefits of social isolation

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>





## COVID-19 FACTS AND PRECAUTIONS

In periods of uncertainty such as this, many people may experience **heightened levels of anxiety**. Help support your peers, coworkers, and friends by **spreading accurate information** and minimize fear-mongering. If you are feeling increased anxiety, or feel like your chronic anxiety is being exacerbated, seek anxiety-relieving activities and/or confide in someone you trust.

Avoid excessive exposure to the media, and seek information from reputable sources. If you are unsure of who to call for support, the **24-hour information and referral line, 211**, is available to connect you to social, health, and government services.

*Remember, the Drillers Club and your Board of Directors are here to help you with any questions or concerns you may have. If you need additional resources, please do not hesitate to reach out. Again, we will provide you with up-to-date information about Club events as it becomes available to us.*

*Sincerely,  
Edmonton Drillers Youth Soccer Club*

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