

Adelaide Hockey Club

COVID -19 – Training

The Adelaide Hockey Club remains committed to the health and safety of its members, guests & volunteers as its number one priority. We are perpetually reviewing our operating policies and procedures due to concern in the community and Government mandated changes regarding COVID-19 (Coronavirus).

It should be noted that the Club in consultation with Hockey SA and relevant authorities are removing some restrictions on the use of our facility. Of course, members should exhibit a heightened awareness of personal hygiene and social distancing as has been encouraged by state and federal health departments.

As of 4th May 2020, the Committee and management have implemented the following in an effort to allow players to return to limited training beginning Monday 11th May 2020.

COVID 19 Symptoms

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate symptoms.

Common symptoms include:

- Fever.
- Tiredness.
- Dry Cough.

Some people may experience:

- Aches and Pains.
- Nasal Congestion.
- Runny Nose.
- Sore Throat.
- Diarrhea.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

If you have or have been in contact with someone who has the above symptoms within the last 14 days, you are asked not to attend the club for your training session.

Reporting

If any member tests positive for COVID-19 you should contact President, Finola Dwyer. SA Health and the Chief Public Health Officer will co-ordinate a response with contact tracing activities and the Club will follow their advice.

Members who have tested positive for COVID-19 will be asked not to attend the Club until such time as a medical certificate provides confirmation the member has satisfactorily recovered.

Travel & Isolation

Members who have travelled to South Australia from overseas or interstate must follow the Federal & State Government's guidance as follows:

All travellers must isolate for a period of 14 days after they have entered South Australia effective immediately. This will be supported by border control from 4:00pm Tuesday 24th March 2020

If you have entered Australia within the last 14 days, you must not enter the Club.

If you have been in contact with a proven case of COVID-19 (Coronavirus), you must isolate yourself for 14 days from the date of last contact with the confirmed case.

Adelaide Hockley and Tennis Seniors Centre

Use of the Adelaide Hockley and Tennis Seniors Centre will be restricted to members only. The facility will not be available to external user groups at this time.

Bar

In light of the Prime Ministers restrictions, announced Sunday 22nd March 2020, from 12:00pm Monday 23rd March until further notice, our bar and canteen offering will be closed.

Clubrooms

The clubrooms will remain closed until further notice.

Social Distancing

Members must maintain 1.5 meters (5 feet) of distance from others at all times, and there must be a minimum of 4m² of space available for each person attending the training sessions.

Operational Changes

To help reduce the spread of the virus, the following operational changes have been implemented at the Club to ensure compliance with the Emergency Management (Gatherings No 2) (COVID-19) Direction 2020, effective 10:10 am on 16 April 2020.

- The Main Pitch will be divided into two halves using the current 'tennis curtain'. This will be referred to as Zone One (north end) and Zone 2 (south end)
- The nurse pitch will also be utilised and referred to as Zone 3.
- No more than 8 players and 1 coach will be allowed into each Zone. How the teams will be divided will be at the discretion of the coach and team manager.
- Training times will be reduced by 10 minutes, however, run as per our current roster (Please see Schedule 1 in the addendum). The reduction in ten minutes is to allow the pitch to be cleared prior to the next training session commencing.
- Players must not congregate in groups larger than 8 players any stage on the pitch or around the Centre.
- Players must immediately leave the premises upon completion of their session. It is not acceptable to stay and talk in the car park.
- Equipment, balls, cones etc will be disinfected each day.
- Toilets and Changerooms will be closed.

Whilst Covid-19 restrictions still apply, attendance at training is not compulsory and will not affect a player's selection.

We urge any of our Players that have commenced training to please note if you are feeling unwell and shows signs of the below symptoms to please act accordingly and contact your doctor and coaches ASAP:

- fever
- flu-like symptoms such as coughing, sore throat and fatigue
- shortness of breath

If these feelings occur it is absolutely necessary you DO NOT ATTEND TRAINING. You would be advised to consider your own and others safety: notify a medical professional and self-isolate as recommended.

When training please ensure you undertake these precautions which include:

- Avoiding basic physical contact such as handshakes and hi-fives.
- Thoroughly wash hands on frequent occasions.
- Individual use of drink bottles and snacks (no sharing of lollies, oranges etc.)
- Also no bibs to be shared during training.
- No sharing of masks

In light of the above measures, we ask athletes to please bring the following to trainings:

- Hand sanitiser
- Own drink bottle
- Own snacks, refreshments

Activities NOT Permitted

- No more than 8 players and 1 coach per half field.
- No physical contact with other players. (Handshakes, Hugs etc)
- No congregating before or after your allocated session.
- Access to the clubrooms or bar area.

Acknowledgement:

I acknowledge and understand that as a coach / team manager of an Adelaide Hockey Club team, that this document has been written to comply with, The Emergency Management (Non-Essential Business and Other Activities No 4) (COVID-19) Direction 2020, which came into effect on 15 April 2020 at 11:00 am.

I acknowledge and understand that as a coach / team manager, I am responsible to ensure that when my session is allocated, there are no breaches of the above club rules and The Emergency Management (Non-Essential Business and Other Activities No 4) (COVID-19) Direction 2020.

I acknowledge and understand that Breaches of any of the restrictions detailed in the Direction can lead to a \$5000 on the spot fine for a business and a \$1000 on the spot fine for an individual.

I acknowledge and understand that I may be liable for any on the spot business or individual fines for breaches of The Emergency Management (Non-Essential Business and Other Activities No 4) (COVID-19) Direction 2020 issued during my sessions.

Signed: _____

Name: _____

Date: _____

Schedule One

