

Geelong Hockey Association

Return to Hockey Guidelines

Adapted from Hockey Victoria Return to Hockey Guidelines (14th May, 2020)

Overview

To provide clear, easy to understand and flexible guidelines for returning to training and hockey related activities within Geelong Hockey Association (GHA) during COVID-19 restrictions. The safety and protection of the health of individuals and communities will remain our key focus while the risk of COVID-19 transmission remains.

COVID-19 Symptoms

The Coronavirus can affect individuals in different ways. Most infected people will develop mild or moderate symptoms of the virus which may include;

- Fever
- Dry Cough
- Tiredness
- Flu like Aches & Pains

Some people may experience the following symptoms;

- Nasal Congestion
- Sore Throat
- Runny Nose
- Diarrhea
- Loss of taste and smell

If you are experiencing any of the above symptoms, have been in contact with someone who has tested positive to COVID-19 or has the above symptoms within the last 14 days, please do not present at a hockey venue and seek relevant medical advice.

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated hotline – open 24 hours, 7 days - 1800 675 398.

Goals

To ensure the health and safety of the Geelong Hockey Association community, including its members, supporters and wider community.

GHA will liaise with Hockey Victoria, the Victorian Government and Sport and Recreation Australia as applicable. GHA encourages all members to be flexible and adaptable regarding recommendations from the above agencies.

General Hygiene Measures

Equipment

- Sharing of equipment is not permitted including, but not limited to, hockey sticks, shin pads, masks, mouthguards, etc.
- Coaches must wipe down all shared equipment with sanitiser at the end of each training session
- Bibs must not be used (players to bring their own alternate tops)

Social Distancing *(rules apply to all training sessions on and off the pitch)*

- Training drills must be designed with social distancing measures in place
- There must be a minimum distance of 1.5m between participants at all times

Personal Hygiene

- Wash your hands before and after training.
- Arrive at training dressed and ready to train, this includes having your shin guards and hockey shoes on.
- Shower at home after training and wash clothing to reduce transmission risks
- Take care to store your mouthguard appropriately when not in use and don't rinse it in public where possible. Do not share sticks, clothing, towels etc
- Bring your full water bottle to training with your name clearly visible on the bottle. **Participants must not share water bottles.**
- Use hand sanitiser when entering the pitch and as required during your training session. Hand sanitiser will be available for participant use.

Hockey Activities

Training and Drills

- Non-contact skills training drills are allowed in small groups (not more than 10 people plus a coach or the minimum number of support staff reasonably required to manage the activity) and social distancing rules must be observed.
- Hockey pitch will be divided into two zones which can host 10 participants + coach (support staff) per zone. Groups of 10 are not to 'mix' or 'swap ends' with the other group of 10 and should remain constant from the session start time to the session end.
- A 5m 'exclusion space' will be marked between the zones.
- Strictly no high fives, handshakes, spitting or contact.
- Coaches to reiterate social distancing rules at the start of each session
- Training drills should be designed with social distancing measures in place – participants must remain 1.5m apart at all times.
- No standing around close to other participants during or in between drills' (e.g. when waiting at a cone)
- Once the session concludes, participants should leave the facility immediately
- Accidental/unintentional contact may occur however must be avoided wherever possible.

To minimise unnecessary contact to reduce the risk of infection the AIS Framework recommends the following approach to training.

'Get in, train, get out'

Club Equipment

- Players are not to handle balls or cones. Coaches are to handle balls and cones at the end of the session.
- If cones and balls have been touched by 10 participants, they must be cleaned and disinfected following use and prior to being used again for another session with a different group of 10.
- Cleaning agent will be supplied to sanitise shared equipment (cones, balls etc). Wash equipment (such as balls, markers etc) in the cleaning mixture, leaving it on for at least ten minutes, before rinsing and drying. Always follow manufacturers guidelines for the safe handling of chemicals.

Personal Equipment

- Please leave stick bags in your car. Arrive at training dressed and ready to train, this includes having your shin guards and hockey shoes on. Drink bottle in one hand and your stick in the other.
- Coaches and players are permitted to bring one (1) small bag to keep their personal items. Please place these 1.5 meters from the next bag.

Goalkeepers

- Goalkeepers are permitted to bring their gear bag and get kitted up at the facility. They are to keep their kit neat and tidy, staying 1.5 meters away from the nearest person's belongings. Goalkeepers are the only players permitted to access changerooms.
- Goalkeepers will be permitted to arrive and kit up before the scheduled start of the training session.

Parents, Guardians and Spectators

- To slow the spread of coronavirus (COVID-19) and protect community safety, spectators are not allowed to attend training activities. Only people with an essential role in conducting the training should attend.
- Parents and/or guardians that are required to remain in the group to support their child's participation in sport, will be considered part of the group up to 10 people, unless they are undertaking a formal coaching/instructor role that is required to manage the activity.
- Social distancing and hygiene practices must be observed by all parents or guardians, including any facility guidelines that may be specific to your club or training venue.
- For senior training GHA respectfully requests that parents stay in their car.
- Spectators are not permitted within the ground gates during training.
- Limited seating will be available for those who must attend training and will be marked appropriately to maintain social distancing.

Facility

- Communal indoor facilities such as clubrooms and change rooms (including shower facilities) remain closed except for allowing access to toilets.
- Arrive at training dressed and ready to train. Shower at home after training and wash clothing to reduce transmission risks.
- Dugouts will not be in use during the current restrictions. Please do not bring your stick bags into the facility. Please only bring a small bag/backpack with your personal items.

GHA respectfully asks that all members read and adhere to these guidelines. If these protocols and measures are not followed by members, then it may prove detrimental to the community as a whole returning to hockey in 2020.

Persons found in breach of these guidelines may be asked to leave the facility.

Hockey Activities cont.

Entry and Exit of Stead Park

Participants are respectfully asked to arrive on time for their training session to limit the risk of people congregating in common areas. If players arrive early they are to wait in their cars if possible.

Participants will enter through the single gate and proceed left as per the outlined path. Participants will exit via the ambulance gates. Measures will be put in place to direct the flow of traffic.

Participants are reminded to maintain social distancing upon entry and exit.

Groups Training on Pitch 1

Participants training on Pitch 1 will be directed down the steps in front of the pavilion and move to the end they are training at.

Groups Training on Pitch 2

Participants training on Pitch 2 will be directed to continue across the front of the pavilion and move via the path to Pitch 2. They will then move to the relevant end of the pitch. Participants are asked to walk on the left of the path to ensure social distancing is met and limiting interaction with those leaving from Pitch 2.

Monitoring of Attendance

Clubs are asked to 'book in' players (via appropriate means) who are attending training so as not to exceed acceptable number of participants and be in breach of the guidelines.

Recording of Attendance

Coaches (or a designated participant) are required to take attendance of those attending training. GHA will provide a template, but clubs may use their own. If an outbreak does occur GHA needs to ensure that we can provide attendance list to relevant authorities in a timely fashion. GHA are asking that clubs make note of date and time of training, club and team and players first name and surname. Nicknames are not to be used. Clubs need not write down the phone number of each participant so long as individual clubs have contact information for participants if an outbreak does occur.

GHA encourages all members to download the COVIDSafe App to assist with contact tracing where possible.