



Return to Hockey Guidelines

Version B.9

Please note that any content in red font signifies an update from the last version of the document.

Overview

RESTRICTIONS FOR METROPOLITAN MELBOURNE

As of 11:59pm on 18 October 2020 community sport training and competition still **cannot** occur within metropolitan Melbourne. If you live in metropolitan Melbourne, you **cannot attend or participate in community sport elsewhere**. People aged 18 years and younger are **not exempt** from this restriction.

COMMUNITY SPORT IN REGIONAL VICTORIA

From 11:59 pm on 18 October 2020, regional Victoria remains at the Third Step towards COVID Normal with no changes in regards to Community Sport.

- Outdoor non-contact sport can resume for adults:
 - non-contact sport is any sport where you can maintain 1.5 metres between yourself and others while playing.
 - you can play sport with the number of people required to play plus necessary coaches and umpires.
 - spectators are not allowed.
 - Outdoor sport can resume for people who are 18 years of age and younger, this includes contact sport:
 - you can play sport with the number of people required to play plus necessary coaches and umpires.
 - spectators are allowed if they are supervising children or supporting players with additional needs, while maintain gathering limits of less than ten people.
 - Toilets and communal changerooms are open subject to the four-square metre density rule.
 - Canteens, kiosks or at-venue dining facilities can open subject to the [industry restart guidelines for hospitality](#)
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The Board and Management of Hockey Victoria (HV) are committed to enabling a safe, enjoyable and successful Hockey activities in 2020 where safe and possible in accordance with the restrictions. To help us get back on the hockey pitch in accordance with the State Government direction, we have been liaising with the **Sport & Recreation Victoria (SRV)** and utilising **The AIS Framework for Rebooting Sport in a Covid-19 Environment** principles to develop the Return to Hockey Guidelines (*the Guidelines*). As the Guidelines will continue to evolve relying on updated direction by relevant authorities, HV will state the date of when the document was last updated and version number in the footer of the document.

In the event there are changes which will have a material impact on our affiliates' guidelines or operations, HV will highlight these changes in a summary document and distribute to the affiliates via Hock-e-comms

and by updating the relevant information on the HV website. In some instances, HV will send the information directly to the affiliates and repeat the information in Hock-e-comms.

The Guidelines, in addition to general hygiene advice, will cover advice on movement of people in and out of hockey facilities, hockey activities, use of equipment and communication as they relate to the current restriction level.

General Information

Additional Information

[Framework for rebooting sport in a COVID-19 environment – EXECUTIVE SUMMARY](#)

[Framework for rebooting sport in a COVID-19 environment – ENTIRE DOCUMENT](#)

[National Principles for the resumption of Sport and Recreation activities](#)

[FIH - Start to plan for when your hockey fields reopen](#)

[Hockey Australia COVID Safety Support Hub](#)

Victorian Government

NEW – [Industry Restart Guidelines: Community Sport and Recreation](#)

[Victoria's Restriction Levels](#) (including the Restrictions Map)

[Sport and exercise: Regional Victoria Third Step](#)

[Restrictions for areas outside of metropolitan Melbourne](#) (SRV website)

[Industry restart guidelines for hospitality](#) (Guidance for canteens, kiosks or at-venue dining facilities)

[Face Coverings: whole of Victoria](#)

[DHHS Promotional material - coronavirus disease \(COVID-19\)](#)

[Wash your hands poster](#)

[Cover your cough and sneeze poster](#)

[Slowing the spread of coronavirus poster](#)

Federal Government

[Environmental cleaning and disinfection principles for COVID-19](#)

COVIDSafe App

We encourage the Hockey Community to download the [COVIDSafe app](#). The COVIDSafe app helps find close contacts of COVID-19 cases. The app helps state and territory health officials to quickly contact people who may have been exposed to COVID-19.

The COVIDSafe app speeds up the current manual process of finding people who have been in close contact with someone with COVID-19. This means you'll be contacted more quickly if you are at risk. This reduces the chances of you passing on the virus to your family, friends and other people in the community.

State and territory health officials can only access app information if someone tests positive and agrees to the information in their phone being uploaded. The health officials can only use the app information to help alert those who may need to quarantine or get tested.

The COVIDSafe app is the only contact trace app approved by the Australian Government.

In preparing the **Return to Hockey Guidelines**, the safety and protection of the health of individuals and communities has been the primary focus and will remain the 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 to 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

If you are experiencing any of the above symptoms or 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 follow appropriate quarantine and testing requirements.

If you have any symptoms, you should put on a mask (if you have one) when you go to get tested. This will help prevent spreading the infection to others. If you need one, you will be given a mask to wear by your doctor when you are tested. Avoid using public transport, taxi or rideshare services.

If you have symptoms and are advised by a doctor or healthcare worker, you should return home immediately after the test. There is a risk that you could have coronavirus (COVID-19) and could spread the virus to other people. You must remain in self-quarantine at home until you find out your test result.

For more information, read the [factsheet for suspected cases](#) of coronavirus.

COVID-19dedicated hotline – open 24 hours, 7 days - **1800 675 398**.

Please keep Triple Zero (000) for emergencies only.

HV Return to Hockey Guidelines under the Restricted Activities Direction

Communication of HV Return to Hockey Guidelines

The Return to Hockey Guidelines will be emailed directly to HV Affiliate Presidents and Secretaries in the first instance and after every subsequent change to the document. A link to the plans will be placed on the HV Website and notification posted on social media sites with regular updates to ensure members are reading most recent versions.

All HV affiliates returning to hockey activities for the first time under these guidelines, irrespective of the document version, are required to provide a written statement to HV (admin@hockeyvictoria.org.au) prior to re-commencing hockey activities confirming they have:

- Read and understood the Return to Hockey Guidelines
- Formulated or amended their own individual plan based on the HV Return to Hockey Guidelines
- Received approval from their Facility Owner (i.e. council, school, university) to return to the facility and conduct hockey activities under the current restriction level.

Once your Club/Association has sent the confirmation to HV as per the above, we ask you to regularly update your plans based on the most recent version of the HV Return to Hockey Guidelines. There is no requirement to notify HV every time your Plans are updated to reflect the most recent set of directions from the Government authorities.

It is hugely important that all Hockey Victoria affiliates and members follow all COVID-19 directions provided by the State Government and contained in this document. There is still a possible scenario where a rollback of tighter restrictions is implemented. In case that this scenario occurs, the communication protocol described above will be utilised to inform the hockey community.

Participants, coaches, support staff, parents and guardians are strongly advised to not attend any hockey activities if they are feeling unwell.

General hygiene measures

- 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 for participants 19 years and older.
 - 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
 - Shower at home prior to training and wear clean clothing
 - Shower at home after training and wash clothing to reduce transmission risks
 - Wash your hands before and after training.
 - Take care to store your mouthguard appropriately when not in use and don't rinse it in public if possible; don't 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. Water fountains may be available at your venue; however, usage is discouraged unless essential.
 - Use hand sanitiser when entering the pitch and as required during your training session.
 - **Everyone above the age of 12 years old must wear a face mask when they leave their home, unless you have a lawful reason for not doing so. A face mask is a fitted face mask that covers the nose and mouth to provide the wearer protection against infection. Face shields on their own do not meet these requirements. Please refer to the [Department of Health and Human Services' guidelines](#) for further information.**

The concept of a "bubble" has been highlighted by the SRV when considering delivery of hockey activities. Affiliates are encouraged to keep their teams and coaches together for training and matches, with SRV

providing advice that players should only play for a single team and that coaches should only coach a single team to prevent any potential cross-infection among different teams.

Hockey Activities for people 19 years of age and over

- If a player 18 years and under is training with a group of players 19 years of age and over, they must comply with all of the rules below.
- Non-contact skills training drills are allowed in small groups (not more than 15 people plus a coach or the minimum number of support staff reasonably required to manage the activity) and social distancing rules must be observed.
- If you are doing exercise or a physical activity where you are not out of breath or puffing, then you must wear a **face mask**. For example, if you are stretching before your training session.
- It is recommended to wear a **face mask** as soon as you complete your training session and step off the hockey pitch.
- It is recommended that coaching and support staff wear **face masks** (unless physically participating in the training session).
- Hockey pitch can be divided into maximum of **three** zones which can host **15** participants + coach/support staff per zone. Groups of **15** should not mix with each other and should remain constant, with participants and coaches **not allowed to swap** between groups. It is advised to establish a “zone” for your group to train within, ensure the zone is clearly marked, which will allow other groups to avoid any unnecessary contact. Ideally, please leave a 5m space between the zones. It is important to review all protocols relating to social distancing and movement of people in and out of the facility to avoid unnecessary risk of congregation during all periods before, during and after training.
- Please reduce the number of people attending hockey activities to those who are essential to its conduct. If medical staff are attending hockey activities, please ensure they are following all hygiene and other applicable directions, such as cleaning of equipment.
- **Spectators are not allowed.**
- Stagger training start times (where more than one group is using a pitch, as above, and/or where a facility has more than one pitch), and schedule a gap between the end time for one group and the start time of the subsequent group, to avoid congestion. Consider conducting 45-minute training sessions under the current restrictions.
- No high fives, handshakes, spitting or contact.
- Coaches to reiterate social distancing rules at the start of each session and while off the pitch and consider the following:
 - Training drills should be designed with social distancing measures in place – remain 1.5m apart at all times.
 - Space available for the group and marked out, and separation to the second group on the pitch.
 - Avoid game based/competitive drills as they could increase the chances of contact and consider modifying your drills in other ways to further reduce the chances of contact, i.e. create zones for players within your available training space.
 - No standing around close to other participants during or in between drills’ (e.g. when waiting at a cone)
 - Use additional cones to guide players and keep them at 1.5m apart.
 - Consider the position of drink/break stations and entry/exit points to the pitch.
 - Once the session concludes, participants should put their **face masks** on and 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’

Hockey Activities for people 18 years and under

- Competition is allowed under the FIH Rules of Hockey as they relate to the number of players (or less than 11 players per side on the pitch – i.e. 7-a-side).
- HV recommends that at least 15-minute gaps are scheduled in between matches to allow adequate time for commonly used areas to be wiped with disinfectant (i.e. player benches/dugouts, gates, etc).
- Full contact training is allowed. HV recommends that, in the interest of reducing the risk of COVID19 spreading, that training for participants in this age group is kept to **three** zones (one zone = **quarter** of FIH dimensions hockey pitch) and maximum **15** participants per zone. **Participants and coaches must** not mix with each other and should remain constant during each session.
- Consider staggering training start times in particular when a group of people 19 years of age and over is training on the same day.
- No high fives, handshakes, spitting or contact.
- Spectators are allowed if they are supervising children or if needed as support persons for persons with additional needs. All parents, guardians and spectators are still required to follow the Chief Health Officers’ Directions for public gatherings and maintain physical distancing of 1.5 metres. Spectators should be in groups of no more than 10 and spread out around the ground or venue.

Equipment

- People should use own equipment where possible and minimise sharing of equipment. If equipment is shared, it should be cleaned and sterilised before and after each use.
- It is advisable to clean and disinfect hockey balls and cones/markers following use and prior to being used again for another session.
- Use cleaning products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants or freshly made diluted bleach solution in accordance with Department of Health guidelines available on the link provided on page 2 of the document.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Wash equipment (such as balls, markers etc) in the cleaning mixture, leaving it on for at least ten minutes, before rinsing and drying.

Movement In and Out of Venues

The affiliates must ensure that catering to multiple groups does not create an unnecessary risk of people congregating (e.g. at entrances or exits, near toilets or in carparks or other nearby areas). For example, a group waiting for the next session should remain in their cars until they can enter the facility. Wherever physically possible, venue entry and exit should be separate with clear social distancing markings and signage displaying the key information relating to resumption of activities. In situations where this is not physically possible, please ensure there is a visible delineation between the entry and exit points.

While the requirement for signing in and out of all participants has been removed, HV encourages all affiliates still put a system in place to manage the number of people attending training sessions.

Record Keeping is now a must.

- **All venues and clubs/teams must keep records of every person who attends the venue/facility or participates in community sport and recreation and should have a response plan, as part of their COVIDSafe Plan, ready for the possibility of a person with coronavirus (COVID-19) at their premises.**

Face Masks

If you are doing exercise or a physical activity where you are out of breath or puffing, such as hockey training/matches or running, you do not need to wear a **face mask**. You must carry a **face mask** with you and wear it before and after you exercise.

If you are doing exercise or a physical activity where you are not out of breath or puffing, then you must wear a **face mask**. You must wear a **face mask** while walking, unless you have a lawful reason not to.

It is important that you keep at least 1.5 metres between yourself and others while exercising, even when wearing a **face mask**.

Facility

For the FIH guidance on how to prepare your pitch for activities, please see [this link](#).

From 11:59pm on 16 September, restrictions in relation to sport facilities will be eased, however due to major differences in regards to venue operations, HV strongly recommends that affiliates seek facility related guidelines from their facility owners (i.e. councils, schools, universities) before implementing any of the below:

- Change rooms and showers can open. However, limits are applicable to the number of people accessing these amenities and are equal to total accessible space (in square meters) divided by 4. For example, if your change room floor space is 20m², then 5 people are allowed in the changeroom at any one time.
- Use signage to advise the maximum number of people allowed in each enclosed space, use floor markings to promote physical distancing in changerooms and increase cleaning as appropriate. Consider closing off some seats, benches, lockers and cubicles to make it clear how many users are allowed in each area.
- Canteens, kiosks or at-venue dining facilities can open subject to the [industry restart guidelines for hospitality](#)
- Hockey Victoria suggests that when considering opening up canteens to also keep in mind other measures to assist with minimising unnecessary risk of congregation. For example, clear signage on the number of people allowed indoors, floor marking of 1.5m at the canteen counter, etc.

Cleaning Requirements

A full venue clean should be carried out on a weekly basis, with spot cleaning using sanitiser to be undertaken in line with small group training session timings e.g. after each session, the following will be sanitised:

- Handrails
- Sign in tables
- Toilet facilities – including doors, benches, hand dryers, paper towel bins emptied
- Rubbish bins will be placed outside of toilet facilities to encourage patrons to open doors with hand towels then dispose of on exit
- Paper towel, soap, and hand sanitiser levels to be monitored regularly

Outbreak & Reporting

If an outbreak of COVID-19 does occur among the Hockey Community, HV and its affiliates must fully cooperate with the relevant local authorities. Should an outbreak occur, we must be ready to act quickly following instructions which may include restriction of activity, quarantine of teams and close contacts for a specified period.

If a member of your Club or Association tests positive for COVID-19, this should immediately be reported to a Club Committee member who will report it to the relevant authority who will advise of actions to be taken. Once the authorities have been contacted, please make contact with HV to report the case at your earliest convenience admin@hockeyvictoria.org.au

Parents, guardians and spectators

To slow the spread of coronavirus (COVID-19) and protect community safety, 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. Parents/guardians and spectators **for hockey activities for people 18 years and younger** should be in groups of no more than 10 and spread out around the ground or venue. **Adult hockey activities are not allowed to have spectators.**

Six COVIDSafe Principles

All venues and facilities must have a COVIDSafe Plan (see [this link](#) for more information and templates). A COVIDSafe Plan applies the six COVIDSafe Principles and sets out actions to help prevent the introduction of coronavirus (COVID-19). Display COVIDSafe signage in appropriate, high visibility locations. See the next page for the summary of the six COVIDSafe principles.

Non-compliance

Directions will continue to be enforced through spot checks by Victoria Police and use of emergency powers by the Department of Health and Human Services and authorised officers to ensure compliance with the directions of the Chief Health Officer.

Hockey Victoria will utilise its powers and procedures under the HV Constitution and the Rules & Regulations to provide a response to any instances of non-compliance to the HV Return to Hockey Guidelines.

If you have any questions about the above, please refer to the State Government resources in the first instance, and if required then contact Hockey Victoria.

Key contact:

Sash Herceg, Chief Operating Officer

E: sherceg@hockeyvictoria.org.au

M: 0413 133 833

Six COVIDSafe Principles



1. Ensure physical distancing

All people in the workplace must be at least 1.5 metres apart and there should be no overcrowded areas. This means:

- Staff should work from home if possible
- Ensure staff and customers are at least 1.5 metres apart at all times. Where this is not possible, the duration of the close contact should be minimised
- Ensure the workplace abides by the four square metre rule density quotient
- Limit the total number of staff and customers in an enclosed area
- No carpooling between staff unless there is no alternative mode of transport to work



2. Wear a face mask

Staff and customers must wear a face mask in the workplace, except when in a pool, exercising or where health or other exemptions apply. This means:

- Provide face masks to staff throughout the shift
- Ensure all staff wear face masks while working, in accordance with defined exemptions
- Do not take face masks off when talking on the phone or with others
- Use full PPE for high-risk settings



3. Practise good hygiene

Operators must regularly clean high touch-surfaces and encourage good hygiene practices by staff and customers. This means:

- Schedule regular cleaning and disinfecting of high-touch surfaces (including all surfaces and equipment) and make gloves available for this purpose
- Encourage regular handwashing by staff and customers and make soap and hand sanitiser available for all staff and customers throughout the workplace



4. Keep records and act quickly if staff become unwell

Have a strict policy that any staff who feel unwell must stay at home. This means:

- Support staff to stay home and get tested even if they only have mild symptoms.
- Have a plan to immediately close down for cleaning and contact tracing if there is a confirmed case of coronavirus (COVID-19)
- Keep records of staff and customer details for contact tracing



5. Avoid interactions in enclosed spaces

All activities must be in outside areas, which don't have a roof or ceiling. This includes;

- Staff meetings
- Lunchbreaks
- Customer registration



6. Create workforce bubbles

Limit the number of people staff have prolonged close contact with. This means:

- Keep pools of staff rostered on the same shifts
- Avoid overlap in shift changes
- Reduce staff working across multiple sites

COVID-19: Return to Hockey Facilities Audit Checklist

Pitch and Surrounds	YES	NO
Is the playing surface fit for hockey activities?		
Is the playing area and run-offs and perimeter free of any litter, waste or debris that may affect hockey activities?		
Are pitch lines clearly visible?		
Are fences free from visible hazards with all signage and/or windbreaks attached correctly and securely?		
Are goals fit for purpose?		
Are all gates in good working order?		
Do other pitch fittings or infrastructure (e.g., drain covers, taps, sprinklers) pose a risk to players and/or other visitors?		
Are pitch floodlights working and providing a sufficient level of illumination to the playing areas?		
Does ancillary lighting work and provide a sufficient and safe level of illumination around the venue?		
Are any temporary shade structures securely fixed and fit for purpose?		
Have public areas both in and surrounding the facility (e.g., car park, entry paths, walkways) been checked for possible issues (e.g. broken glass, trip hazards)?		
Have drinking taps/fountains been turned off with signage preventing use?		
If pitch entry gates are to be left open for contactless entry/exit, do they pose a risk to players? Gates should open away from the playing area.		

Any items where 'no' is ticked should be addressed prior to play.

RETURN TO HOCKEY CHECKLIST

1. CLUBS/FACILITIES

#	Action	Notes
1.1	Has the Club Committee met to discuss the guidelines under which hockey activities will resume at the club? Hockey Victoria has developed the Return to Hockey Guidelines to assist you.	
1.2	Has the club liaised with the Local Government Authority and/or facility owner to agree on facility use arrangements?	
1.3	Has the Club Committee assigned roles and responsibilities to committee members, coaches and volunteers to ensure a safe return to hockey for participants?	
1.4	Has the Club Committee developed a pitch usage plan to manage the potential demand on facilities? Contact Hockey Victoria for any support you may need around this.	
1.5	Has the Club Committee considered the steps/precautions required should a participant who has used the facility test positive for COVID-19? Has the Club Committee considered collecting details of participants for contact tracing purposes and asking participants to download the Federal Government Coronavirus tracking App?	
1.6	Has the Club Committee updated the venue Risk Register or Risk Management Plan to include pandemic risk?	
1.7	Is the club providing a safe environment for children?	

2. MARKETING/COMMUNICATIONS

#	Action	Notes
2.1	Have you developed a communication plan for the Return to Hockey strategy for members, coaches, participants and volunteers? Ensure this is clearly communicated to all stakeholder groups to manage expectations	
2.2	Have you accessed the marketing resources available on the DHHS website?	
2.3	Has the club developed a contact list should club members or community members have any questions regarding COVID-19?	
2.4	Has the club thought about how it can recognise and support its sponsors when play returns?	

3. FACILITY

#	Action	Notes
1.1	Have you conducted an audit of your facilities to ensure that they are in a safe and playable condition? Is the facility accessible and inclusive for ALL community members?	
1.2	Have you undertaken a thorough clean of the facilities, including, but not exclusively, pitch entry gates, pitch and coaching equipment, clubrooms, toilets? You might want to consider putting a cleaning roster in place to ensure the facility remains clean	
1.3	Have you displayed COVID-19 hygiene and safe sanitising posters around the venue? If applicable, mark out social distancing (1.5m) crosses on the floor to ensure patrons maintain safe distance. If you feel that you need to provide posters in other languages please see support for translation service to cater for your local community	
1.4	Have you decided facility operating hours and whether pitch lighting will be available?	
1.5	Where applicable, can you leave doors and gates ajar to minimise contact?	
1.6	Have you thought about best practise for using hockey balls or touching gates and equipment?	