



Return to Hockey Guidelines

14 May 2020 – Version B.1

Overview

Sport and active recreation play an important role in community development, connectiveness, physical and mental health. On 11 May 2020, the State Government announced the cautious easing of restrictions commencing at 11:59pm on Tuesday 12 May, following the continued low number of new cases and the encouraging public response to COVID-19 in Victoria.

From 11:59pm on Tuesday 12 May, any sport may recommence, provided that the following requirements and recommendations are observed and followed.

-
- Participants gather outdoors in groups of no more than 10 (or people from the same household), plus a coach or the minimum number of support staff reasonably required to run the activity
 - Parents or other people are required to keep a reasonable distance or will be included in the group of 10.
 - No indoor activity – indoor physical recreation facilities must remain closed
 - Maintain physical distancing of 1.5 metres wherever reasonably possible
 - All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance
 - No outside communal gyms, playgrounds or skateparks can be used
 - No outdoor or indoor swimming pools can be used.
 - No use of communal facilities, except for toilets
 - If the activity is run by an operator of an indoor physical recreation facility (such as a gym, health club or fitness centre), a personal training facility (indoors or outdoors) or an arena or stadium, then the operator must keep a record of attendees including first name, phone number, date and time of attendance
 - No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
 - Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment.
-

The Board and Management of Hockey Victoria (HV) are committed to delivering a safe, enjoyable and successful Hockey season in 2020. 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. A new set of guidelines will be issued once we enter a different restrictions stage.

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](#)

Victorian Government

[Restricted Activities Direction](#)

[Resumption of sport and recreation activities](#)

[Sport, Cultural and Recreational Activities Restrictions \(as at 13 May 2020\)](#)

[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 suspect you may have the coronavirus disease (COVID-19) call the dedicated 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. 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.

Any HV affiliate returning to hockey activities under these guidelines is 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 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

Any affiliate found in breach of the above requirement will not have their activities endorsed by HV and participants will not be covered for insurance purposes.

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
 - 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.

Hockey Activities

- 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 can be divided into maximum two zones which can host 10 participants + coach per zone. Groups of 10 should not mix with each other and should remain constant, with participants avoiding swapping between groups (HV is verifying if this applies to a single session only or as a general rule for hockey activities). 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.
- Parents and guardians taking children to and from training activities are required to follow the Chief Health Officers' Directions for public gatherings and maintain physical distancing of 1.5 metres.
- Parents and guardians that remain with their children during participation in sport, will be considered part of the group up to 10 people, unless they are formally coaching or instructing the activity.
- Wherever possible, parents/guardians are encouraged to remain in their cars while waiting for their children.
- 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:
 - Training drills should be designed with social distancing measures in place – 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'

Equipment

- While hockey equipment such as hockey sticks, masks, and goalkeeper gear must not be shared, hockey balls and cones/markers can be used if cleaned and disinfected following use and prior to being used again for another session with a different group of 10.
- 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.

Upon arrival at a hockey venue or training facility **all entrants** must sign in before entering the venue. HV will provide a template, however each affiliate can use their own sign-in method (i.e. could be digital). If an outbreak does occur at your club or facility, the sign in sheets will need to be provided to relevant authorities (i.e. Department of Health and Human Services) in a timely fashion. Minimum details to be collected include:

- Date of entry
- First name and surname
- Phone number
- Time in
- Time out
- Club & team

Please ensure social distancing measures are maintained at sign in desk by marking spots on the ground and putting up signage where possible and hand sanitiser is available before reaching the sign in sheets at hockey venues.

Facility

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

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). However, below is a list of considerations that each venue should take into account when open for hockey activities.

- Communal indoor facilities such as clubrooms and changerooms (including shower facilities) to remain closed with the exception of allowing access to toilets.
 - Arrive at training dressed and ready to train
 - Shower at home prior to training and wear clean clothing
 - Shower at home after training and wash clothing to reduce transmission risks
- Venues should strongly discourage players from using dugouts during the current restrictions. Please consider an alternative location for participants to store equipment while still maintaining social distancing rules.
- The canteen, bar and function must remain closed until further restrictions are lifted.

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, 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 or 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.

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

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?	

<Insert date>

Hockey set to resume at <insert club>

Hockey clubs and venues across Victoria are set to reopen based on **Hockey Victoria's Return to Hockey Guidelines**. The guidelines provide details on how Hockey can operate within Federal and State restrictions updated on 11 May 2020.

On 11 May, the Victorian State Government announced it will gradually ease restrictions while under a State of Emergency from Tuesday 12 May at 11:59pm. As a result, Hockey can return in a limited way.

What does this mean for Hockey in Victoria?

- Gatherings of no more than 10 + coach/support staff as required
- Pitches can be divided into two zones with each zone accommodating 10 + coach/support staff required
- All activities must be outdoors and modified to adhere to social distancing rules.
- Clubhouses/rooms to remain closed, with only toilets accessible.
- Competition is not permitted.

Hockey provides great opportunities to **be active in an environment that can enable social distancing rules to be observed.**

By following Hockey Victoria's **Return to Hockey Guidelines**, <insert club> is able to provide playing opportunities to our community to help boost both physical health and mental wellbeing.

Hockey Victoria Chief Executive Officer **Andrew Skillern** said, "We are excited to see coaches and players returning to the pitches across Victoria. The Hockey community has been extremely patient and understanding through this difficult time and we want to thank everyone for doing their part in helping manage this public health crisis."

"Hockey Victoria's Return to Hockey Guidelines will support our affiliates to now recommence hockey activities on a limited basis whilst observing social distancing and hygiene protocols which remain a priority for the safety of the community."

"Hockey Victoria will continue to work with all stakeholders to ensure people can play Hockey safely as we work through a phased return to play."

People looking to return to hockey are encouraged to contact <insert details of club contact or website, etc.>

For more information please contact:

<Name>, <Position>, <Club name>

<email address>

<phone number>