

COVID-19: GUIDELINES FOR LIMITED TRAINING ACTIVITIES

The Port Adelaide District Hockey Club continues to follow Emergency Management (Non-Essential Business and Other Activities No 5 (COVID-19) Direction 2020 under section 25 of the *Emergency Management Act 2004* (dated 11 May 2020), together with the Australian Institute of Sport (AIS) Framework for Rebooting Sport in a Covid-19 Environment (01 May 2020), and the directions of the South Australian Minister for Sport, Recreation and Racing, and SA Health.

As long as the following guidelines are followed, limited club training activities can resume again.

Club responsibilities:

As a Club we undertake the following key points:

- We are fully aware of and compliant to the best of our ability with the South Australian and Federal Government legislation and COVID-19 Directions, and
- These Guidelines and Directions are adhered to and ensure that all coaching personnel, athletes and associated persons will be required to fulfil these guidelines.

Guidelines for training sessions:

- The Club will implement training times for both senior and junior athletes.
- Athletes will be required to register on-line to attend a training session. Individual groups will be restricted to ten (10) athletes + one (1) coach.
- Players must not arrive more than 15 minutes prior to commencement of their training session.
- Athletes will be checked off against on-line registrations upon arrival to ensure that in the event that a communicable illness were to occur contact tracing would be readily available. (*Illustration 4*)
- All attendees will be required to enter the club training facility via the front gates in designed entry lane. (*Illustration 3*)
- Athletes will exit the venue in designated exit lane through front gates. (*Illustration 5*)
- The player change rooms will not be open or accessible. (*Illustration 6*)
- The two (2) umpire change rooms (one male, one female) will be open and used only as toilets. Liquid hand rinse and paper towelling will be available in the two designated toilets. (*Illustration 7*). The shower will be locked and not be available for use. (*Illustration 8*)
- A participant is allowed to be accompanied by only one (1) caregiver who is not participating in training. Grandstand seating will be marked to indicate appropriate 1.5 social distancing space for all accompanying caregivers who enter the facility. (*Illustrations 10 and 11*)
- Club members (volunteers) who are undertaking official duties (including coaching staff) at the Club or for the purpose of the relevant activity will not be counted in the maximum number of persons allowed for each activity.

- No food or beverage will be provided at the venue (whether for purchase or otherwise) for consumption at the venue (including the clubrooms).
- In the interests of safe hygiene neither the ice-making machine nor the purified water tap will be available for use at any training session.
- Hand Sanitiser (70% ethanol) to be made available at following points:
 - Entry to the venue
 - Exit to the venue
 - Entrances / exits to the pitch
 - Toilets
 - Adjacent to roller door of canteen (parents, guardians, etc.) (*Illustration 9*)

Hockey Activity:

- The synthetic turf will be divided into thirds and will be delineated by hockey boards, high vis bollards and safety flags. Each third comprises an area (including run-off areas) of 60m x 30m = 180 m² = 18 m² per participant. (*Illustrations 1 and 2*)
- Access to the pitch and exit from the pitch will be by three separate entrances (one for each third). Group 1 (using the southern change room end) will enter and leave the pitch by the dedicated entrance adjacent to the change rooms (Entrance 1). Group 2 (using the northern scoreboard end) will enter and leave the pitch adjacent to the technical bench dug-out (Entrance 2). Group 3 (using the centre third of the ground) will enter and leave the pitch through the double gate entrance to the pitch. (*Illustrations 12, 13 and 14*).
- A maximum of ten (10) participants (athletes) + one (1) coach will be allowed in each designated third of the pitch at any one time.
- Only non-contact skills training drills will be allowed in the small groups. However, accidental contact may occur but there must be no deliberate body contact drills.
- Hockey sticks cannot be shared between athletes.
- Athletes and coaching staff must practice safe hygiene at all times, including washing hands for at least 20 seconds before and after any training session.
- Individuals must leave the premises immediately after the conclusion of their training session. No socialising in groups will be permitted.
- Each coach will be provided with a set of hockey balls and training markers. Only coaches will be permitted to touch the hockey balls and training markers. It will be the responsibility of each coach to clean the markers after each training session.
- Training bibs cannot be used. It will be the responsibility of each player to ensure they bring a dark and light-coloured playing top. All playing kits (shirts, shorts/skirts and socks) should be laundered between each training sessions.
- No athletes and/or coaches will be permitted to use drink bottles unless they are clearly labelled with their individual name.
- Training times will initially be as follows:

- Tuesdays: 5.00 pm – 6.30 pm Under 15 and Under 18
 6.30 pm – 7.30 pm Premier League & Metro 1 women (3 groups)
 7.30 pm – 8.30 pm Premier League & Metro 1 men (3 groups)
- Thursdays: 4.30 pm – 5.15 pm Under 9
 5.15 pm – 6.00 pm Under 11 and Under 13
 6.00 pm – 6.45 pm Premier League & Metro 1 women (3 groups)
 6.45 pm – 7.30 pm Premier League & Metro 1 men (3 groups)
 7.30 pm – 9.00 pm Metro 2 – Metro 6 and Masters (2 men's groups and 1 women's group)
- Saturdays: 10.00 am – 11.00 am Premier League & Metro 1 women (3 groups)
 11.00 am – 12 noon Premier League & Metro 1 men (3 groups)
 TBC Other Senior Grades/Masters

**ILLUSTRATIONS
PADHC LIMITED TRAINING FACILITY SET-UP**



Illustration 1
Main pitch divided into thirds
separated by hockey boards
high vis bollards and safety flags



Illustration 2
Separation of hockey pitch into thirds
Centre third



Illustration 3
Entry to the Venue



Illustration 4
Check-in point - Entry to the Venue



Illustration 5
Exit to the Venue - Sanitiser Provided



Illustration 6
Signage - Player change rooms closed

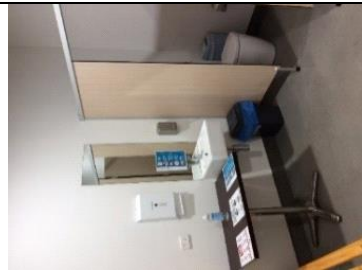


Illustration 7
Off field toilets in Male & Female
umpire change rooms



Illustration 8
Shower in umpire change rooms
locked and not to be used



Illustration 9
Sanitiser Station - General use
(Parents / Ancillary staff)



Illustration 10
Main grandstand facility - 1.5 metre
distance markings



Illustration 11
Grandstand adjacent to Technical
Bench area - 1.5 metre distance markings



Illustration 12

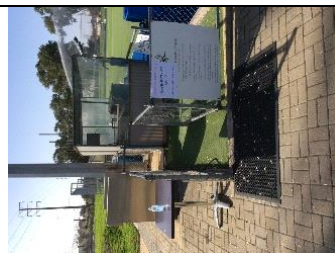


Illustration 13
Entrance 2 - adjacent to the tech
bench. Sanitiser available



Illustration 14

Entrance 1 – adjacent to change rooms Sanitiser available		Entrance 3 – at double gate entry to pitch Sanitiser available