

Hockey CoVid-19 Safe Plan V3

Note that paragraphs altered in this version are in blue.

Hockey Albury Wodonga (HAW) recognises that the threat of CoVid-19 is serious and a structure to recommence sport participation is required. The reboot of Hockey will be staged as recommended by the State Governments, AIS and peak sporting organisations.

The return of sport is in three steps and this plan is for Step 2 as at 17 June 2020. It is relevant until 1 July. A new plan will be issued for 1 July.

Facilities

This plan applies to the HAW grounds at Albury and Wodonga. The plan can also be extrapolated for grounds that HAW does not own including grounds used by Corowa Rutherglen United Hockey Club and Wangaratta Hockey Club.

Stakeholders

HAW is a lessee under leases by the Albury and Wodonga Councils. The councils will be notified of ground use dates (subject to club bookings to ensure toilets are cleaned daily).

As recommended under “**Get In, Train, Get Out**” basis the club rooms and changerooms will be closed.

Participants

HAW recommends that players 14 years and over participate in Step 2. Players below this age are unlikely to enjoy the constraints that will be imposed. If your club wishes children under this age to train, the club needs to ensure that they fully understand the restrictions. All players must understand the financial implications of rule breaking which is \$5000 for the club and \$1000 for individuals.

Players who are unwell or have been unwell in the past 14 days should not attend.

Players with families who are vulnerable (caring for aged persons, those with breathing difficulties eg asthma) to the Covid-19 effects should not attend training.

Players that are unwell are to be advised to leave. Refusal will result in an investigation and possible game penalties. If symptoms of CoVid-19 are present the player should attend a clinic. In the event of a positive test their Club and HAW are to be notified.

Bookings

All HAW fields can be sighted by the public, so we are in a fishbowl. Compliance is in our hands.

Clubs must make bookings for ground use. Bookings will allow a 15 minute arrival and 15 minute departure window (comprising half an hour between actual field use). Players are not to enter the venue more than 15 minutes before their training time and must leave the complex as soon as they have finished training

Oversight of the rules is a club responsibility. It is recommended a Marshal (CoVid safe Marshal) be appointed (arm's length) who is not involved in the training to monitor compliance. Instructions will be supplied by HAW for this job.

In the event of breaches, clubs will be warned. Following 3 breaches by an individual, further training will not be permitted at HAW facilities until Step 3.

Security

HAW will ensure grounds are open 30 minutes prior to first use and closed 30 minutes after last use.

Signs

Each club will be sent 3 Covid-19 signs - recommended safe hygiene safe practise notices and a safe training protocol. These will also be posted on notice boards at each ground and in each dugout to ensure players are informed.

Sanitise Common Areas

Sanitiser will be provided in each dugout for use before, during and after training.

Council will clean toilets as is normal practise. The Covid-19 life in external outdoor open areas is reported as relatively short and cleaning of outdoor areas will not be completed overnight.

At weekends if there are morning and afternoon sessions HAW will spray outdoor areas and toilets.

Play protocols as outlined by the AIS and Hockey peak sporting bodies are to be followed.

It is each Clubs responsibility to ensure all their members have read and understood this protocol.

Entry and exit of the grounds will be as signposted to separate those arriving and those departing – there should be very few in crossing over in this category as entry is in the allocated 15 minutes prior to training and exit is immediately after training has concluded.

Training sessions

Clubs are responsible for keeping a list of all persons (including coaches, any officials and any spectators) who enter the facility. A form will be supplied, and details must include:

- The date,
- The club,
- The field,
- A list of persons on the field
- (First name and surname) in each group of 10 and
- Contact details.

This list is to be:

- Put in the results box after each session OR
- Emailed to admin@haw.net.au within 24 hours.

Coaches are to reiterate social distancing and hygiene rules at the beginning of each session.

Warm up and cool down activities are to occur on field within the allocated time.

In Victoria

- People are limited to 20 per half field including the coach (1 person per 4 sqm during Step 2). Under no circumstance is a person is to switch between groups.
- A five-metre zone either side of the centre line will be a no-go zone for each group to avoid contact.
- From midnight on June 21 those who are 18 years old or younger can resume non contact and full contact training and competition. Those over 18 are still restricted as per the points above until 13 July. A new plan will be issued for 1 July.
- All other restrictions listed in this document are in force until 1 July.

In New South Wales

- People are limited to 10 per quarter field including the coach (1 person per 4 sqm during Step 2). Under no circumstance is a person is to switch between groups.
- A five-metre zone either side of each group (centre line and a cross going directly from the centre of the goals at each end) will be a no-go zone for each group to avoid contact.
- Full contact training will resume on 1 July. This is Step 3 and a further document will be released. A new plan will be issued for 1 July.
- All other restrictions listed in this document are in force until 1 July.

Players are only allowed to train once per day.

Physical distancing is the clubs, the coach's, **and** the player's responsibility.

Training sessions should be structured and circulated to participants by the coach or manager/leader.

They will be no activities that involve player contact or have risk of contact such as mini games or 1 on 1 activities.

There will be no spectators for senior training. It is recommended that there are no spectators within the grounds for Junior training. An area will be made available at each end of the synthetic grounds. Any parent of a junior player that must attend must remain 1.5m apart from all other persons. Any spectators who go on the ground will be counted as part of the group of 10 on the field.

Equipment

All players must come dressed for training as there are no changeroom facilities. Stick bags are not to come into the facility. Each player/coach is permitted one small bag to keep their personal things.

Goalkeepers are permitted to bring their GK bags in and kit up in the ground. Their gear is to stay neat and tidy and be at least 1.5m from other's belongings.

Shin pads and are to remain on from before entry to after exit.

Mouthguards are to be in their container or on your person only.

All must bring their own full water bottles (clearly named) to reduce their reliance on club facilities. Taps are available to fill drink bottles, but use is discouraged unless essential.

Sharing of equipment is not allowed – including sticks, shin pads, masks or mouthguards.

Bibs are not to be used.

Protocols for sanitising shared equipment:

- Hockey balls (cleaned pre and after training),
- Face masks are not to be shared,
- Shared GK equipment is to be cleaned after each use and
- No sharing of uniforms/jumpers.

Hockey balls and cones are to be handled by one person per group only – usually the coach/manager. This is the person responsible for cleaning this equipment. If a player wishes to move a ball or cone, they use their stick. Cleaning of equipment is to be done off the field so cleaning products do not damage the synthetic.

Sanitising and hand washing facilities are available for participants, officials, parents/carers. All person entering the field are to sanitise their hands as they enter the field.

Player habits

The HAW Board recognises these are challenging times and the following should be complied with.

This requires changes to participant behaviour during activities (i.e. no shaking hands, high fives, or spitting etc).

Showering before and after training is recommended.

Modifying training/warm up/playing conditions or rules to support physical distancing is required. For example, try not to touch gates or fences when entering the grounds or stretching.

This may be a barrier to participation. We urge sympathy and understanding for participants who require support.

Communications

HAW will not notify health authorities of issues or suspected COVID-19 cases and rely on clubs and individuals to manage this.

HAW will make use of social media, newsletters, emails and signage at venues and any other measures to communicate and provide guidance to participants

Your observations, advice and sharing of any other measures to improve the return to Hockey in managing this transition is most welcome.

Training plan example

Note physical distance 1.5 metres and no contact, tackling etc.

| Minutes | Description |
|---------|--|
| 1 | Overview of training protocols of training hygiene |
| 5 | Warm up run laps of field stretching. |
| 3 | Trapping pushing between 2 variable distance |
| 3 | Trapping hitting between 2 variable distance |
| 3 | Flick trapping between 2 variable distance |
| 5 | Dribbling through hats. |
| 5 | Skill through hats Drag |
| 5 | Junk over and through obstacles |
| 5 | Passing in tram lines return outside hats |
| 5 | Through passing and cross over square pass return outside hats |

| | |
|----|--|
| 5 | Centre player passing to players in an arc 1.5 apart |
| 10 | Players 10 metres apart rapid passing timed. |
| 5 | Cool down and stretches |
| | |

The following information will be made up into a sign that will be on entry gates.

BE COVID SAFE!

Physical distancing is the everyone's responsibility. Stay 1.5m apart

Entry to the field is in the allocated 15 minutes prior to training.

Exit is immediately after training has concluded.

“Get in, Train, Get out”

Players who are unwell or with families who are vulnerable should not attend.

Players that are unwell are not to enter the grounds.

If you enter the grounds you are agreeing to abide by the following rules:

- All players must come dressed for training,
- Stick bags are not to come into the facility,
- Players/coaches are permitted one small bag for their personal things,
- Goalkeepers are permitted to bring their GK bags and kit up at the ground. Their gear is to stay neat and tidy and be at least 1.5m from other's belongings,
- Shin pads and are to remain on from before entry to after exit,
- Mouthguards are to be in their container or on your person only,
- All must bring their own full water bottles (clearly named) to reduce their reliance on club facilities,
- Sharing of equipment is not allowed – including sticks, shin pads, masks or mouthguards,
- Bibs are not to be used (unless you bring your own),
- Balls and cones are only to be touched by the coach,
- Group size limited by the State restrictions in place,
- You are not permitted to change groups,
- You can only train once per day, and
- Spectators are not allowed for senior training and are discouraged for junior training.

Sanitiser is in the dugouts.

Sanitise your hands before entering the field and as necessary