



Footscray Hockey Club

Return to Senior Hockey Guidelines

Adapted from Hockey Victoria Return to Hockey Guidelines 14 May 2020 – Version B.1

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OVERVIEW

To provide clear, easy to understand and flexible guidelines for returning to training and hockey related activities at Footscray Hockey Club through COVID-19 restrictions.

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 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

1. To ensure the health and safety of the Footscray Hockey Community, its members, supporters and wider community.
2. To liaise with Hockey Victoria, the Victorian Government and Sport and Recreation Australia.
3. To be flexible and be able to change with recommendations from the above agencies.

SPECIFICATIONS

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
 - Players are not permitted to pick up or handle balls or cones (coaches are only allowed to handle balls or cones with their hands)
 - Bibs must not be used (players are to bring their own alternate tops)
- Social distancing rules apply to all training sessions on and off the pitch
 - There must be a minimum distance of 1.5m between participants at all times
 - Training drills must be designed with social distancing measures in place
- Personal hygiene
 - If possible, shower at home prior to training and wear clean clothing
 - Arrive at training dressed and ready to train, this includes having your shinguards and hockey shoes on.
 - 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 (or two) to training with your name clearly visible on the bottle. Water fountains and taps will be covered and are not to be used. Participants must not share water bottles.
- 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 will be divided into maximum 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'

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.
- For senior training FHC strongly and respectfully requests that parents stay in their car. Spectators are not permitted within the ground gates during training.

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.
- Chlorine-based disinfectants or freshly made diluted bleach solution must be used to clean equipment. 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.

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 on the concrete spectator area. 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 have their kit bag inside the facility.
- Goalkeepers will be permitted to arrive and kit up 10 minutes before the scheduled start of the training session.

Entry and exit of Footscray Hockey Club

Groups training on F1 Field

Upon arrival at the Footscray Hockey Complex, please only enter through the gate marked **"F1 ENTRANCE"**

- Groups training on *F1 Freeway End* are to place their bags on the concrete area at the Freeway End, 1.5 meters apart and proceed with their drink bottle directly to the field using the Ambulance Gate.
 - When training has finished, please proceed directly out of the Ambulance Gate to pick up your bag and exit the Club using the gate marked F1 Exit. Please make sure to take your drink bottle and stick with you.
- Groups training on *F1 Park End* are to place their bags on the concrete area at the Park End, 1.5 meters apart and proceed with their drink bottle directly to the field using the Normal Field Entry Gate.
 - When training has finished, please proceed directly out of the Normal Field Entry Gate to pick up your bag and exit the Club using the gate marked F1 Exit. Please make sure to take your drink bottle and stick with you.

Groups training on F2 Field

Upon arrival at the Footscray Hockey Complex, please only enter through the gate marked "**F2 ENTRANCE**"

- Groups training on *F2 Freeway End* are to place their bags on the concrete area at the Freeway End , 1.5 meters apart and proceed with their drink bottle directly to the field using the Ambulance Gate.
 - When training has finished, please proceed directly out of the Ambulance Gate to pick up your bag and exit the club using the gate marked F2 Exit. Please make sure to take your drink bottle and stick with you.
- Groups training on *F2 Park End* are to place their bags on the concrete area at the Park End, 1.5 meters apart and proceed with their drink bottle directly to the field using the Normal Field Entry Gate.
 - When training has finished, please proceed directly out of the Normal Field Entry Gate to pick up your bag and exit the club using the gate marked F2 Exit. Please make sure to take your drink bottle and stick with you.

Attendance

- Coaches will be required to mark attendance of players using a template for every session. If an outbreak does occur at our 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
- Clipboards, pens and Player Registers will be made available to Coaches by FHC and they are to be stored in the senior storeroom

Senior Training Times

Early Session	Arrival time 7.00	Departing time 8.25	
Late Session	Arrival time 8.35	Departing time 9.55	
Tuesday Women	7.00 – 8.25	Thursday Women	8.25 – 9.55
Tuesday Men	8.25 – 9.55	Thursday Men	7.00 – 8.25

- Specific information will be provided by directors/coaches to confirm attendance and times.
- Consider conducting 2 x 40 minute training sessions under the current restrictions

Facility

- Communal indoor facilities such as clubrooms and change rooms (including shower facilities) remain closed with the exception of allowing access to toilets.
 - Arrive at training dressed and ready to train.
 - If possible and practical, shower at home prior to training and wear clean clothing.
 - 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.
- The canteen, bar and pavilion must remain closed until further restrictions are lifted