Return to Hockey Guidelines

Version B.6

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

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 from 11:59pm on Tuesday 12 May, following the continued low number of new cases and the encouraging public response to COVID-19 in Victoria. Since then, the State Government have updated sets of rules applicable to community sport applicable with the most recent update effective from 11:59pm on 21 June.

From 11:59pm on 21 June, restrictions on sport and exercise will be further eased to include:

- Indoor sport and recreation activities can resume and playcentres can open, maximum 20 people per space or zone, with up to 10 people per group class. There are no limits on the number of people per group or class if all participants are 18 years old or younger.
- Indoor and outdoor swimming pools can have a maximum of 20 patrons. There is no limit on the number of people per lane in each pool.
- Change rooms and showers can open, and clubrooms at sport venues can have up to 20 people per indoor space.
- Contact sport training and competition can resume for people 18 years old or younger.
- Non-contact competitions can resume for all ages.

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.

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
NEW – Hockey Australia COVID Safety Support Hub

Victorian Government
Restricted Activities Direction
Resumption of sport and recreation activities
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 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

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 over the age of 18.
  - 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 for people over the age of 18

- If a player 18 years and under is training with a group of players over the age of 18, they must comply with all of the rules below.
- Non-contact skills training drills are allowed in small groups (not more than 20 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 20 participants + coach/support staff per zone. Groups of 20 should not mix with each other and should remain constant, with participants and coaches avoiding swapping between groups during a single session only. 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.
- All spectators for training are 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.

- 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 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

- Competitive training is allowed, including practice matches.
- People 18 years and under can train and compete without any limit on the number of participants if all participants are 18 years and under.
- Gathering limits will not apply to participants and those reasonably necessary to conduct the training or competition (e.g. umpires, coaches).
- Consider staggering training start times in particular when a group of people over the age of 18 is training on the same day.
- 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.

HV understands that a person may participate in more than one training session per day providing that they change their clothes, sanitise their equipment and wash their hands.

Equipment

- People should use own equipment where possible and minimise sharing of equipment. If equipment it 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 recommends that all affiliates still put a system in place to manage the number of people over the age of 18 attending training sessions.

Facility

For the FIH guidance on how to prepare your pitch for activities, please see this link.

From 11:59pm on 21 June, restrictions in relation to sport facilities will be further 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, and clubrooms at sport venues can have up to 20 people per indoor space.
- Sporting clubs that operate a restaurant, café or canteen within its facility may reopen with limited dine-in arrangements from 11.59pm on 21 June, provided it strictly adheres to the restrictions on hospitality venues including 20 patrons per enclosed space subject to the four square metre rule. Detailed guidelines of the requirements for cafes, restaurants and food and drink facilities to reopen are now available on the Business Victoria website.
- To support contact tracing, food and drink facilities must request that each person who attends the premises for more than 15 minutes provide contact details (first and last name, phone number). This includes staff.
- 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 should be in groups of no more than 10 and spread out around the ground or venue.

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

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?	