

RETURN TO HOCKEY GUIDELINES

STAGE 3 CORONAVIRUS (COVID-19) RESTRICTIONS

Document date: 20th May 2020.

Valid until: 1st of June 2020 or further government announcement.

The Altona Hockey Club is committed to the health and safety of its members, guests & volunteers. These guidelines and procedures will be strictly implemented to minimise risk to the community health, and as a club we will be constantly reviewing these guidelines in line with Hockey Victoria (HV), Hobsons Bay City Council (HBCC), State and Federal government regulations to ensure we are compliant with the latest safety regulations to manage the risk of COVID-19.

Overarching Principles:

- Participants allowed to gather outdoors in groups of no more than 10 plus a coach or the minimum number of support staff reasonably required to run the activity.
- 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.
- At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
- The risks associated with large gatherings are such that, for the foreseeable future, community sport and recreation activities should limit those present to the minimum required to support the participants.
- Hand hygiene, frequent environmental cleaning and disinfection must take place and players and coaches must use their own equipment where possible and minimise sharing of equipment.
- Hockey pitch can be divided into maximum two zones which can host 10 participants plus a coach per zone. Groups of 10 should not mix with each other and should remain constant.

Reference Material

1. [Hockey Victoria Return to Hockey Guidelines \(14th May, 2020\).](#)
2. [AIS Framework for Rebooting Sport in a COVID-19 Environment - Executive Summary.](#)
3. [DHHS - Information on the easing of restrictions around sports and exercise.](#)
4. [National Principles for the resumption of Sport and Recreation activities.](#)

For more information, please visit altonahc.org.au.

CLUB RESPONSIBILITIES

- Notify Hobsons Bay of return to training schedule and guidelines and acknowledge that we will follow all Hockey Victoria and government restrictions.
- Notify Hockey Victoria of return to training schedule and guidelines and acknowledged that we will follow all Hockey Victoria and government restrictions.
- Notify members of return to training schedule and guidelines.
- Ensure signage at the Altona Hockey Club reflects;
 - Entry only point at Northern gate.
 - Exit only point at Southern gate.
 - Social Distancing Guidelines, Sanitation Guidelines and Hand Hygiene.
 - No sharing of equipment apart from hockey balls and cones.
- Maintain and store attendance for all sessions via Google Form (Details: date, name, phone number, time in & out, team).
- Ensure only one nominated club official turn on/off the floodlighting.
- Ensure no use of water/drinking fountains is permitted.
- Frequent facility cleaning and disinfecting.
 - Hockey balls and cones used will be disinfected post each 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, 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.
- Ensure cleaning and sanitation supplies available, inc.
 - Hand Sanitizer.
 - Soap for hand washing.
 - Disposable gloves for coaches/organisers.
 - Disinfectant and cleaning equipment for spot cleaning and facility cleaning.
 - Disinfectant and cleaning equipment for hockey balls and cones.
- The main clubrooms remain closed at all times.
 - Toilets (in portables) are allowed to be open for use during training.
- Enlist volunteer (1 per session) responsible for ensuring;
 - Attendance is taken and stored at all sessions.
 - All equipment is cleaned as per HV guidelines post session.
 - Only toilets (in portables) are open and clubroom is closed.
 - Spot cleaning and sanitizing - hand rails, locks, gates.
 - Hand sanitizer is available.
- Schedule sessions to allow players and coaches to leave the facility prior to next team arrival.
- If notified of a positive case ensure health authorities are alerted and notify HV & HBCC.

GUIDELINES: FOR COACHES/ORGANISERS

- If you are sick, or displaying any cold-like or flu-like symptoms, please notify the board and do not attend any training sessions.
- If you test positive for Coronavirus, notify the President immediately.
 - Contact Alex Tyrrell on 0432 997 181 or president@altonahc.org.au.
- Ask players for RSVP prior to session, they cannot attend without RSVP/notifying coach - players are not required to attend if not comfortable or not well and non-attendance will have no selection impact at this time.
- Ensure attendance taken upon entry through Northern gate via Google Form.
- Ensure only one nominated club official turn on/off the floodlighting.
- Split players into their groups of 10 prior to the session, based on attendance, so upon arrival they know what group they are in.
 - Please try to ensure groups remain as static as possible between sessions, eg. do not mix groups of 10 each session.
- Maximum number of players at a session is 20, If over 10 players in attendance;
 - 1 group at northern end dug-out for bag storage (1.5m apart).
 - 1 group under pavilion cover for bag storage (1.5m apart).
- Split field into 2x50m zones using black tubing.
- Ensure there are no more than 2 groups of 10 players on the field at any one time with a coach per group.
- 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.
 - Encourage players to, train - get in, get out.
- Only coaches/session organiser to handle balls and cones - no players.
- Limit moving between groups, wherever possible 1 coach = 1 group and not moving between.

GUIDELINES: FOR PLAYERS

- If you are sick, or displaying any cold-like or flu-like symptoms, do not attend any training sessions.
- If you test positive for Coronavirus, notify the President immediately.
 - Contact Alex Tyrrell on 0432 997 181 or president@altonahc.org.au.
- You must notify the coach of attendance at least 24 hours prior to session, you cannot attend training without this.
- Enter only through Northern end gate and have attendance marked on arrival.
 - Ensure training prior has finished and players gone before entering.
- Parents/spectators are not allowed within the facility - if a parent must attend and does not have an official capacity, they count towards the 10 person/group limit.
- 'Get in, train and get out' — be prepared for training prior to arrival at venue
- Wash hands thoroughly before & after training.
- Bring your own hand sanitizer.
- Try to avoid car-pooling to training whenever possible.
- You will be split into groups of 10 or less prior to session, upon arrival you must not mix with any of the other groups or switch groups.
 - Maximum of 20 players per session
- Do not share equipment apart from hockey balls.
 - Bring your own water bottles.
 - Bring light/dark shirt - do not use bibs.
 - Do not handle cones.
 - Do not handle hockey balls with hands.
- Maintain 1.5m distance to all players and coaches throughout session.
- No spitting, if coughing use crook of elbow.
- No high-5's, handshakes, hugs.
- Do not hang around to socialise post session, maximum 15 minutes post session to leave.
- Exit only through Southern end gate near away changerooms.