

RETURN TO HOCKEY GUIDELINES

STAGE 3 CORONAVIRUS (COVID-19) RESTRICTIONS

Document date: 2nd June 2020

Valid until: 22nd 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 20 plus a coach or the minimum number of support staff reasonably required to run the activity.
- Hockey pitch can be divided into maximum two zones which can host 20 participants + coach/support staff per zone.
- 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.

Reference Material

1. [Hockey Victoria Return to Hockey Guidelines version b.4.](#)
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.](#)
5. [Statement from the Premier of Victoria, 24th of May, 2020.](#)

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 where more than one person has handled the equipment.
 - 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.
- If coach requires help, enlist volunteer 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.
- Maximum number of players in a group is 20, maximum number of players at a session is 40 (2xgroups of 20), ensure the players know which session they are attending and have RSVP'd.
 - If over 20 players, ensure they are split into groups prior to arrival. No mixing between groups.
 - If over 20 players split into one group at southern side of BBQ area undercover for equipment storage, one group at northern side of BBQ area for equipment storage. Ensure the 3m BBQ are segments the groups at all times.
- Ensure there are no more than 40 players on the pitch at any time.
 - If over 20 players, ensure the pitch is clearly divided into two 50m sections with the black tubing.
- Where no volunteer at session, coach is 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.
- 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.
- 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.

- Ensure players check-out via QR code/Google Form at the end of the session and exit through the Southern gate.

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 check in via QR Code/Google Form.
 - 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 20 player/group limit.
 - Wherever possible, parents/guardians are encouraged to remain in their cars while waiting for their children.
- '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 when possible, or use the AHC provided hand sanitizer.
- Try to avoid car-pooling to training whenever possible.
- Maximum of 20 players in one group, maximum 40 players in the facility.
 - No crossover between groups.
 - One group to place equipment northern side of BBQ area, one on southern side of BBQ area. Ensure the 3m BBQ area segments the groups at all time, and within the group your equipment is always 1.5m away from the nearest other players equipment.
- 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.
- Check out via QR Code/Google form as exiting.
- Exit only through Southern end gate near away changerooms.