

## **ALTONA HOCKEY CLUB**

### **COVID-SAFE PLAN**

Document updated: 20th June, 2021

The Altona Hockey Club is committed to the health and safety of its members, guests & volunteers. This plan 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.

#### Reference Material:

1. Hockey Victoria Return to Hockey Guidelines version b.21 (appended).
2. [Industry restart guidelines for Hospitality.](#)
3. [Industry restart guidelines for community sport.](#)
4. [DHHS - Coronavirus \(COVID-19\) restrictions.](#)
5. [Face Masks - Victorian State Government information.](#)
6. [COVIDSafe Plan - Victorian State Government.](#)
7. [Statement from the Acting Premier of Victoria, 16th of June, 2021.](#)
8. Hobsons Bay City Council Cleaning Guidelines (appended).

---

The Altona Hockey will adhere to all Hobsons Bay City Council, Hockey Victoria and State Government restrictions. This COVIDSafe Plan will be provided to Hockey Victoria and Hobsons Bay Council and covers the Altona Hockey Facility, and is designed to work in conjunction with the Hockey Victoria Return to Hockey Guidelines.

If you have any doubts or questions, please contact me at [president@altonahc.org.au](mailto:president@altonahc.org.au) or the secretary, Peter Dolenc, at [enquiries@altonahc.org.au](mailto:enquiries@altonahc.org.au).

Signed,



Alex Tyrrell  
President, Altona Hockey Club

## COVIDSafe Plan

Guidance	Action to mitigate the introduction and spread of COVID-19
<b>1. Ensure physical distancing</b>	
You must ensure members and visitors are 1.5m apart as much as possible	<ul style="list-style-type: none"> <li>- Ensure adequate signage and markings through the whole facility to ensure 1.5m social distancing.</li> <li>- Contact allowed on field only, everywhere else social distancing applies.</li> <li>- Players must maintain 1.5m between bags.</li> </ul>
You must apply density quotient to configure shared work areas and publicly accessible spaces	<ul style="list-style-type: none"> <li>- Outside, but within the facility - only those needed to complete training, no spectators allowed.</li> <li>- Inside the clubrooms will be open in-line with hospitality guidelines to a maximum of 45 people (1 patron per 4 sqm for 180 sqm facility).</li> </ul>
You should provide training to workers on physical distancing expectations while working and socialising.	<ul style="list-style-type: none"> <li>- Communication to all members via email prior to attending the facility.</li> <li>- Coaches responsible for training and educating on the rules prior to each session.</li> </ul>
<b>2. Wear a face covering</b>	
You must ensure all visitors entering the worksite wear a face covering as per public health advice.	<ul style="list-style-type: none"> <li>- All members and visitors must wear masks consistent with the latest DHHS advice - masks must be carried and worn at all times indoors and outdoors except when exercising.</li> </ul>
<b>3. Practise good hygiene</b>	
You must frequently and regularly clean and disinfect shared spaces, including high-touch communal items such as doorknobs and telephones.	<ul style="list-style-type: none"> <li>- Provide hand sanitation stations on entry and throughout venue.</li> <li>- Provide soap with each hand basin within the facility.</li> <li>- The organiser in charge of each session to disinfect all high touch areas and shared spaces - inc. gates, locks, high touch surfaces - before and after each session.</li> <li>- Regular cleaning of the clubroom, toilet and changeroom facilities throughout the week when in use, meeting HBCC's cleaning guidelines.</li> <li>- Equipment sharing is to be minimised, if equipment must be shared it will be cleaned and sterilised after each use.</li> </ul>

Guidance	Action to mitigate the introduction and spread of COVID-19
<b>4. Keep records and act quickly if members become unwell</b>	
<p>You must support members and patrons to get tested and stay home even if they only have mild symptoms.</p>	<ul style="list-style-type: none"> <li>- Communicate the importance of staying home and being tested to all members if they show even mild symptoms.</li> <li>- Ensure the coaching staff are also promoting this message to all players.</li> <li>- If a member arrives displaying mild symptoms, send them home safely.</li> <li>- Ensure members displaying symptoms are tested and return a negative result prior to returning.</li> </ul>
<p>You must develop a business contingency plan to manage any outbreaks.</p>	<ul style="list-style-type: none"> <li>- All members are required to notify the President - <a href="mailto:president@altonahc.org.au">president@altonahc.org.au</a> - ASAP if they are either a) confirmed positive, b) in close contact with a positive COVID-19 case, or c) under isolation instructions.</li> <li>- Upon receiving notification of a positive test of a member, the AHC will notify the DHHS, notify all close contacts, notify HBCC, notify HV and close the facility for a comprehensive clean of the facility.</li> </ul>
<p>You must keep records of all people who enter the workplace for contact tracing.</p>	<ul style="list-style-type: none"> <li>- All members and visitors are required to sign-in every time they visit the facility.</li> <li>- The Victorian Government QR codes have been placed at all entry points to the facility with signage advising all patrons to check-in.</li> </ul>
<b>5. Avoid interactions in enclosed spaces</b>	
<p>You should reduce the amount of time workers are spending in enclosed spaces.</p>	<ul style="list-style-type: none"> <li>- When training encourage all members to come already in there training gear and not use changeroom facility unless absolutely necessary.</li> <li>- Inside the facility to remain closed with only changerooms</li> </ul>



# Return to Hockey Guidelines

## Version B.21

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

---

### Overview

#### Circuit Breaker Restrictions

The Victorian Government has announced updates to Victoria's COVIDSafe setting for metropolitan Melbourne and regional Victoria from 11.59pm 17 June. See the [Statement](#) from the Victorian Government.

#### RESTRICTIONS FOR METROPOLITAN MELBOURNE

From 11:59pm on Thursday 17 June 2021 restrictions are in place across metropolitan Melbourne.

- If a facility is used exclusively for community sport, the outdoor cap is 1,000 patrons, with up to 50 patrons max indoors, both subject to 1 person per 4sqm rule. *Note: the outdoor cap direction relates to multisport facilities (i.e. football, soccer, hockey, netball all part of one facility) or multifield facilities (i.e. 15 netball courts complex). Hockey Clubs in metropolitan Melbourne can't use this direction to allow spectators.*
- Community sport can resume for all ages, both training and competition, with the minimum amount of people needed for the activity. This includes players, and coaches & officials with specific roles.
- Spectators are not permitted in metropolitan Melbourne unless to supervise dependants.
- You must check in at all recreation venues using the Victorian Government QR Code Service through the Service Victoria app, regardless of the duration of your visit.
- Equipment must be cleaned between uses.
- You must wear a face mask when indoors, unless an exception applies, or while outdoors if you are unable to physically distance from others. You do not need to wear a mask while exercising strenuously.
- You can travel between regional Victoria and metropolitan Melbourne for community sport or exercise.

---

#### RESTRICTIONS FOR REGIONAL VICTORIA

From 11:59pm on Thursday 17 June 2021 restrictions are in place across regional Victoria.

- Outdoor community sport can continue, and is capped at 1000 people per outdoor space, with up to 300 patrons max indoors, both subject to 1 person per 4sqm rule.
  - Spectators are allowed and required to comply with the indoor and outdoor space limits.
  - You can travel between regional Victoria and metropolitan Melbourne for community sport or exercise.
  - Equipment must be cleaned between uses.
  - You must check in at all recreation venues using the Victorian Government QR Code Service through the Service Victoria app, regardless of the duration of your visit.
  - Face masks are required indoors, except during strenuous activity or if another exception applies. Face masks are recommended when outdoors where physical distancing of 1.5 metres cannot be maintained.
-

Community sport and recreation workplaces, venues/facilities, associations and clubs have two options on how to reopen/operate in line with current public health directions. They can:

- Complete a [Community Sport and Recreation COVIDSafe Plan](#) **OR**
- Update their existing voluntary Return to Play Plan to align with the mandatory [COVIDSafe Plan](#) template.

Hockey Victoria's recommendation is to update your existing Return to Hockey Plan to reflect the current Restrictions.

---

The Board and Management of Hockey Victoria (HV) are committed to enabling a safe, enjoyable and successful Hockey activities in 2020 where safe and possible in accordance with the restrictions. 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

### Victorian Government

**NEW** – [Restricted Activity Directions for Regional Victoria](#)

**NEW** – [Restricted Activity Directions for Metropolitan Melbourne](#)

[Industry Restart Guidelines: Community Sport and Recreation](#)

[Face Masks: whole of Victoria](#)

[Accommodation and food service sector guidance](#) (Guidance for canteens, kiosks or at-venue dining facilities)

[Sign, Posters and Templates](#)

[COVIDSafe Plan for Community Sport and Recreation](#)

[Victorian Government QR Code Service](#)

### 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](#)

[Hockey Australia COVID Safety Support Hub](#)

### 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 must put on a face mask when you go outdoors (i.e. to get a vaccine or get tested). This will help prevent spreading the infection to others. 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-19 dedicated 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](mailto:admin@hockeyvictoria.org.au)) prior to re-commencing hockey activities confirming they have:

- Read and understood the Return to Hockey Guidelines
- Formulated or amended 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 under the current restriction level.

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.**

## HOCKEY ACTIVITIES (Regional Victoria)

- Competition is allowed if conducted under the FIH Rules of Hockey as they relate to the number of players (or less than 11 players per side on the pitch – i.e. 7-a-side).
- Full contact training is allowed.
- HV recommends that, when possible, at least 15-minute gaps are scheduled in between matches and training sessions to allow adequate time for commonly used areas to be wiped with disinfectant (i.e. player benches/dugouts, changerooms, gates, etc).
- **A maximum venue capacity of 1,000 patrons applies, subject to the 1 person per 4sqm rule and the limit of 50 people in a group at any one time, who are required to follow the Chief Health Officers' Directions for public gatherings and maintain physical distancing of 1.5 metres.**
- No high fives, handshakes or spitting.
- Shared equipment to be cleaned between users.
- Coaches to reiterate social distancing rules at the start of each session and while off the pitch, and consider the following:
  - Wherever possible, training drills should be designed with social distancing measures in place.

- Avoid standing around close to other participants during or in between drills' (e.g. when waiting at a cone).
- Consider the position of drink/break stations and entry/exit points to the pitch.
- Once the session concludes, participants should leave the facility immediately.

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 (Metropolitan Melbourne)**

- Competition is allowed if conducted under the FIH Rules of Hockey as they relate to the number of players (or less than 11 players per side on the pitch – i.e. 7-a-side).
- Full contact training is allowed.
- HV recommends that, when possible, at least 15-minute gaps are scheduled in between matches and training sessions to allow adequate time for commonly used areas to be wiped with disinfectant (i.e. player benches/dugouts, changerooms, gates, etc).
- A maximum venue capacity of 1,000 patrons applies, and up to 50 people maximum indoors, both subject to 1 person per 4m<sup>2</sup> rule.
- General spectators are not permitted, unless they are there to supervise dependants. For example, a person accompanying their child can attend training or matches, or a person supporting a disabled person (child or an adult) can attend training or matches.
- Shared equipment to be cleaned between users.
- No high fives, handshakes or spitting.
- Coaches to reiterate social distancing rules at the start of each session and while off the pitch and consider the following:
  - Wherever possible, training drills should be designed with social distancing measures in place.
  - Avoid standing around close to other participants during or in between drills' (e.g. when waiting at a cone).
  - Consider the position of drink/break stations and entry/exit points to the pitch.
  - Once the session concludes, participants should leave the facility immediately.

To minimise unnecessary contact to reduce the risk of infection the AIS Framework recommends the following approach to training

### **'get in, train, get out'**

#### **Facility**

For the FIH guidance on how to prepare your pitch for activities, please see [this link](#).

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:

- **Regional Victoria and Metropolitan Melbourne:**
  - Change rooms and toilets can open and are subject to density quotient of 1 person per 4sqm.

- Use signage to advise the maximum number of people allowed in each enclosed space, use floor markings to promote physical distancing and increase cleaning as appropriate.
- Canteens, kiosks or at-venue dining facilities can open in Regional Victoria and **Metropolitan Melbourne** and are subject to the information and compliance requirements on [this State Government page](#).
- Hockey Victoria suggests that if you are opening your canteen, not to serve food or drinks indoors. **We also discourage any food sharing.**

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, provision of disinfectant, floor marking of 1.5m at the canteen counter, etc.

## COVIDSafe PRINCIPLES

### 1. Ensure Physical Distancing

**You must ensure participants, volunteers and organisers are 1.5 metres apart as much as possible.**

This can be done by:

- Modifying sporting activities to ensure participants remain 1.5 metres apart where possible except when engaging in physical activity permitted under the Chief Health Officer directions (e.g. contact sport where permitted).
- Displaying signs to show patron limits at the entrance of enclosed areas where limits apply (where use of indoor areas are permitted under the restrictions).
- Clearly communicating any specific details that are relevant to participants, volunteers and organisers.
- Ensuring you abide by the relevant density quotient.
- Limiting the total number of patrons in an allowed enclosed area.
- Avoiding carpooling where possible.

You may also consider:

- Minimising the build-up of people waiting to enter and exit the venue/facility.
- Using floor markings to provide minimum physical distancing guides.
- Reinforcing the importance of not attending activities or events if unwell.

You must apply the density quotient (where applicable) to configure shared activity areas and publicly accessible spaces to ensure that you are complying with any density quotient; any group size limits and other restrictions applicable to the type of facility being used. Requirements can be found on above on this page.

### 2. Wear a face mask

- **You must wear a face mask when indoors, unless an exception applies, or while outdoors if you are unable to physically distance from others. You do not need to wear a mask while exercising strenuously.**
- For more information on current face mask requirements, see [Face masks page](#).

### 3. Practice good hygiene

**You must frequently and regularly clean and disinfect shared spaces, including high-touch communal items such as door knobs, hand-rails and shared equipment.**  
**You must display a cleaning log in shared spaces.**

**Soap and hand sanitiser should be available for all participants, volunteers and organisers throughout the venue/facility and encourage regular handwashing.**

Consider the following:

- People should use own equipment where possible and minimise sharing of equipment. If equipment is 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 3 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.
- 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.
- 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

**4. Keep records and act quickly if participants, volunteers or organisers become unwell.**

**You must support participants, volunteers and organisers to get tested and stay home even if they only have mild symptoms.**

**You must keep electronic records of all people who enter the venue/facility for contact tracing.**

**You must develop a plan to manage any outbreaks.**

Outdoor and Indoor physical recreation and community sport facilities must use the free Victorian Government QR Service from 28 May 2021.

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](mailto:admin@hockeyvictoria.org.au)

Consider the following actions:

- Establish a process for notifying participants, volunteers and organisers and close contacts about a positive case in the venue/facility.
- Establish a cleaning process in the event of a positive case.
- Establish a process and responsibility for notifying DHHS, WorkSafe and your health and safety representative/authorised officer, if applicable.
- Establish a process for confirming a participant, volunteer or organiser (with a suspected or confirmed case) does not have coronavirus (COVID-19) before returning to physical venue/facility
- Establish a process for notifying WorkSafe that the venue/facility is reopening
- Establish a process to collect records from participants, volunteers, parents/carers or organisers in attendance for activities/events (including cleaners, delivery drivers), including areas of the venue/facility accessed during each visit.
- Review processes to maintain up-to-date contact details for all participants, volunteers or organisers
- Provide information on protocols for collecting and storing information, e.g. contactless registration systems, 'sign on' and 'sign off' via mobile phone.

#### **5. Avoid Interactions in enclosed spaces**

Reduce the amount of time participants, organisers, parents, carers and anyone in attendance for activity are spending in allowed enclosed spaces (e.g. entrances, toilets, etc). This could include:

- Moving as much activity outside as possible, including meetings, tearooms and locker rooms.
- Enhancing airflow by opening windows and doors.
- Optimising fresh air flow in air conditioning systems.

#### **6. Create activity bubbles**

Limit the number of participants, volunteers and organisers engaging in activities across multiple teams/venues/facilities where practical. This includes avoiding having participants playing across multiple teams.

Consider the following:

- Stagger start and finish times, to reduce the use of common areas at the same time.
- Communicate training groups to participants prior to attending the venue/facility.
- Designate areas within the venue/facility (outdoors) for each group to store equipment and belongings (bags, sticks, etc.).
- Encourage participants, volunteers and organisers to minimise time in shared facilities when taking breaks/between games/sessions.

#### **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](mailto: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 <a href="#">see support for translation service</a> 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?	



## Ongoing Cleaning and Hygiene Protocols for Sports Clubs

This checklist has been developed to assist clubs with implementation of good health and hygiene measures at community facilities and to avoid potential outbreaks. All clubs should ensure that they develop and abide by their COVID Safe Plan and keep with up to date and current advice from the Department of Health and Human Services.

### Communication to Members (on site, digital communications, verbally)

- Stay home if you are unwell
- Wear masks consistent with DHHS advice
- If you experience symptoms, get tested before returning
- Notify the club ASAP if you experience any symptoms
- Notify the club if you have come in close contact with a positive COVID-19 case or are under isolation restrictions
- Wash your hands regularly
- Avoid touching your face, especially your mouth, nose, and eyes
- Practice cough etiquette and respiratory hygiene
- Ensure physical distancing of 1.5 metres is maintained at all times

### Signage

- Where possible, signage must be displayed. There is signage available on the department of health website <https://www.dhhs.vic.gov.au/promotional-material-coronavirus-covid-19>.

### Hand Hygiene

Hand Hygiene is the single most important way to prevent the spread of infection

- Provide soap and water for hand hygiene when hands are visibly soiled
- Provide alcohol-based hand rub/sanitizer for hand hygiene at all other times (NOTE: look for a formulation of at least 60% alcohol in these products)
- Time to practice hand hygiene should be scheduled frequently and into all activities
- Cleaning hands also reduces the contamination of surfaces/objects that may be touched by other people
- Perform hand hygiene before putting on PPE and after removing PPE

### Attendance Register

- Maintain an attendance register to ensure adequate contact tracing of participants.
- Records must be kept for 28 days
- This register must be kept confidential and not be used for purposes other than reporting to DHHS upon request



## **Change Rooms**

- Encourage players to come to games already changed and to shower at home
- It is recommended that coaches address teams outdoors instead of in change rooms whilst maintaining social distancing
- If intermittent access is required to the club room and/or change rooms, the quotient density as outlined by DHHS must be adhered to
- Avoid the sharing of equipment among players

## **Cleaning and Sanitation**

Clean all surfaces and “touch points” prior to the resumption of use and after each training, match, meeting or event. Advice on this cleaning is provided below:

- Surfaces include but are not limited to door handles, light switches, toilets, taps, furniture, appliances, benchtops and cupboards.
- Wear gloves when cleaning and disinfecting. Gloves should be discarded after each clean. If it is necessary to use reusable gloves, gloves should only be used for COVID-19 related cleaning and disinfection and should not be used for other purposes. Wash reusable gloves with soap and water after use and leave to dry. Clean hands immediately after removing gloves.
- Thoroughly clean surfaces using detergent (soap) and water.
- Apply disinfectant to surfaces using disposable paper towel or a disposable cloth. If non-disposable cloths are used, ensure they are laundered and dried before reusing.
- Ensure surfaces remain wet for the period required to kill the virus (contact time) as specified by the manufacturer. If no time is specified, leave for a minimum 10 minutes.
- A one-step detergent/disinfectant product may be used if the manufacturer’s instructions are followed regarding dilution, use and contact times for disinfection (that is, how long the product must remain on the surface to ensure disinfection takes place).
- Where possible, use disinfectant where the manufacturer claims antiviral activity (meaning it can kill viruses). Chlorine-based (bleach) disinfectants is one product commonly used. Follow the manufacturer’s instructions for dilution and use advice.
- If handling bleach or other disinfectant solutions, protective eyewear should be worn to avoid eye splashes
- Ensure any cleaning products are secure when not in use and used in accordance with the manufacture’s advice.
- Wash crockery and cutlery in a dishwasher on the highest setting possible. If a dishwasher is not available, hand wash in hot soapy water.
- Dishes and cutlery should be stored clean and dry in a cupboard or covered to prevent potential contamination from sneezes or coughs.
- Prior to and after handling dishes and cutlery staff are to ensure they practice good hand hygiene (wash with soap and water or use an alcohol-based hand sanitiser).

### **Information source**

This information has been developed based on advice from the Department of Health and Human Service and Victorian State Government.