

## Central Hockey Club Return to Training as at 19 June 2020

This document provides a relevant subset, and is consistent with, Hockey ACT's Return to Training Framework (version 4 updated 19 June 2020) which is available on the Hockey ACT Website:

<https://hockeyact.org.au/return-to-training-guidelines/>

This document must be read by all participating in Central training sessions, including junior and senior players, coaches and parents of juniors. The fuller Hockey ACT document must be read by all coaches, managers and Club officials.

### Key points

1. Failure to adhere to any of the guidelines by an individual, team or club may result in their removal from Hockey ACT venues, events and competitions.
2. UNDER NO CIRCUMSTANCES SHOULD ANYONE WHO IS FEELING UNWELL (HOWEVER MILD THE SYMPTOMS) ATTEND ANY HOCKEY ACT FACILITY OR EVENT WHILE THESE GUIDELINES REMAIN IN PLACE AND THE RISK OF COVID TRANSMISSION REMAINS.
3. The ACT Government is mandating training be conducted under the policy of "Get In, Train, Get Out!", meaning that individuals are not permitted to linger within facilities prior to or after training.

### What if I discover I have COVID-19?

- Follow all medical advice given to you by the health authorities.
- Contact a representative from your club and notify them. Please make the club aware of any sessions you have attended.
- Do not attend a Hockey ACT facility until cleared to do so by health professionals.

### COVIDSafe App

Hockey ACT encourage the Hockey Community to download the COVIDSafe App as this speeds up the contact process for people exposed to COVID-19, helping to support you, your family and friends.

*Downloading the app is a personal choice, and everyone should consider their personal circumstances before downloading the COVIDSafe app.*

### Parent/Guardians

- Only ONE parent and/or guardian will be allowed entry to a Hockey ACT facility with each junior participant.
- Parents and/or Guardians must exercise appropriate social distancing at all times whilst within Hockey ACT facilities. ACT Government Social distancing and hygiene practices must be observed.
- Major walkways and thoroughfares must be kept clear at all times. It is recommended parents and/or guardians utilise grandstand/seating areas when inside the facility.
- Parents and/or guardians that are required to remain in the group to support the team, will be considered part of the group up to 100 people (such as coach, manager or team official).
- Parents/guardians/spectators are asked to remain well clear of group gathering points.

### General hygiene guidelines

- Sharing of personal equipment is not permitted and under no circumstances should an individual handle equipment that is not theirs. – Including but not limited to Hockey sticks, shoes, clothes, face masks, shin pads etc.
- Mouth guards are to only be placed in mouths or storage containers. Please do not place them on facility surfaces or put them in socks. Each time a mouth guard is touched individuals should use hand sanitiser or wash their hands.
- Team equipment and training aids should only be handled by one person during a session.
- Players are to avoid handling hockey balls during sessions where possible.
- Bibs may be used for training. However, they should not be swapped between players during a training session or shared between groups.
- Social distancing rules apply to all training sessions on and off the pitch – Training drills should be designed with social distancing measures in place meaning individuals remain at least 1.5m apart.

### Personal hygiene guidelines

- Take care to store your mouthguard appropriately when not in use
- Do not share drink bottles, clothing, towels etc.
- Bring your own water bottle/s to training filled with sufficient quantities to get through a training session. Taps will be available however usage is discouraged unless essential
- Use hand sanitiser when entering the pitch and as required during your training session. \*Please be advised that this is the responsibility of the individual, and will be a requirement that you bring your own hand sanitiser when attending Hockey ACT facilities. (This is to avoid multiple handling of the same hand sanitiser.)
- Change rooms will be closed.
- Arrive at training dressed and ready to train. Shower at home prior to training and wear clean clothing.
- Shower at home after training and wash clothing to reduce transmission risks.

### General training guidelines

- A total of two (2) groups of one hundred (100) participants maximum can train on one hockey pitch at any one time. This total of 100 includes all participants, coaches, manager or team officials involved with a training session. No other individuals will be permitted access to the field of play.
- Fields will be split into halves, as based on the half-way line. Hockey ACT will do our best to provide additional goals across the fields to accommodate the halves.
- Should your Club only have 1 group during an allocated training session they may use the entire field.
- Every individual involved in the group must be registered for the 2020 season. This is to ensure that we can notify individuals should an outbreak occur and also ensure that individuals are covered by insurance.
- An individual can only interact with 99 other people during the training session. Under no circumstances are people to switch between groups during a training session.
- A player may now attend up to two (2) training sessions per day. Team/club officials may coach/manage multiple groups in one day.
- ACT Government Social Distancing of 1.5m (or 1 person per 4m<sup>2</sup>) must be adhered to all times.
- Full contact training may resume, meaning game simulations/practice matches are now able to take place in training with normal match intensity. However, where possible, this should be kept to a minimum.

### Pitch & facility guidelines

- If you are unwell please do not attend training or Hockey ACT facilities.
- **Spitting is NOT permitted**. Any person seen spitting will be asked to leave the facility immediately. Further suspensions may apply.
- No individual should arrive more than 15 minutes prior to their designated training start time.
- Each pitch will have entry and exit points. Participants are to only access the fields and leave the fields via these points. This is to avoid participants from different groups congregating in high traffic areas.
- To avoid groups mingling with other groups, Hockey ACT will have gathering/meeting points for each group where they can meet prior to training commencing. We ask that players adhere to these gathering zones:
  - All groups will be required to wait in their designated meeting points before their scheduled training time.
  - It will be the Clubs' responsibility to designate groups with their meeting points.
  - Groups are welcome to stretch within these meeting points. No running is allowed. Social distancing protocols must still be adhered to at all times.
- It will now be the requirement of all Clubs to record attendance for every group that attends training.
- Groups should be prepared for the end of their session and be vacating the field when their session ends, not packing down.
- Groups must vacate the facilities within 5 minutes of their training session finishing.
- Groups are not permitted to enter the field of play prior to their training start time.
- Hockey ACT requests that no one enters tech bench areas for any reason. We also encourage groups to limit use of team bench areas if it can be avoided.
- HACT goals must NOT be moved at any time. Half-line dividers (snakes) may be adjusted for use of the full field.