

## Hockey Ballarat Return to Play Plan

*Version 3.0*

13/7/2020

### Overview – Update

Hockey Ballarat's "Return to Hockey Guidelines Version 2.1" have been operation from June relatively successfully for training. It is exciting to see our juniors taking to the pitch for the first time for competitions this week. The guidelines following are updated as Version 3.0 to now include 'Return to Competition' additions.

The changes and additions are summarised below, but detail is in guidelines.

Key Points:

#### **Key Updates Summarised**

- Competition will start 18th July for juniors, but start is now delayed for seniors (over 18's). Only the POW pitch will be used for juniors in 2020. (No BGS pitch)
- **Minor changes to training arrangements but new competition section added – page 10 details. These meet requirements from State Health and HV guidelines and HB ground requirements for returning to competitions.**
- Spectators will be allowed to watch games up to ruling limit number but separated into team groups North and South. Multiple groups of 10 are allowed but must be separated from players and other groups. ***NB there is a change for pitch entry and pitch exits for players and exit for spectators on game day but one entry into centre remains the same – Page 6 details.***
- A Club will be nominated and rostered for 'whole' of each match to provide entry volunteer to supervise sanitation, recording and entry.
- Changerooms remain closed for players other than for just goal keepers to get kitted up. All other players please come dressed and ready to play. *The reason is the changerooms are just not large enough to allow indoor separation requirements.*
- Players are discouraged from bringing bags into venue but in any event all bags must be taken onto the pitch with players. No bags are to be left in entry, clubroom veranda areas or warmup areas.
- Dugouts will be allowed to be used for games BUT social distancing maintained during games and breaks
- Ice will be available from Tech bench esky but first aid for training and game day must be brought along by teams.
- Clubrooms remain closed but may be booked for child minding under adult supervision.
- Masks must not be shared. They must be sanitised between use and rule for short corner masks will be maintained with one mask for one player for whole match.
- ***Canteen will not be open***, but HB has arranged a coffee van to attend and park in carpark on game days. Exit and entry rules must be adhered to access van.

Good Luck everyone the juniors are busting to get out there and play!!!

Tony Ford

President

Hockey Ballarat – 13<sup>th</sup> July

## **Hockey Ballarat’s – “Return to Hockey Guidelines”**

*Version 3.0*

### **General Overview**

These “Hockey Ballarat Return to Hockey” guidelines are based on recommended guidelines provided by Hockey Victoria taking into account the health guidelines, the AIS return to play documents, National Principles and other associations developed and operating guidelines (Appendices 2,3,4).

### **General Health**

The guidelines are being implemented to increase safety of participants from COVID - 19 and to meet Health Department and government guidelines.

### **COVIDSafe App**

We encourage the Hockey Community in Ballarat to download the COVID Safe 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.

It is important to reiterate the health messages around COVID-19:

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate symptoms.

Common symptoms include:

- Fever.
- Tiredness.
- Dry Cough.

Some people may experience:

- Aches and Pains.
- Nasal Congestion.
- Runny Nose.
- Sore Throat.
- Diarrhoea.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

***If you have or have been in contact with someone who has the above symptoms or have any of these symptoms within the last 14 days, you are asked not to attend the POW venue for your training session or game. It is a Health and Government recommendation you are tested for coronavirus if you exhibit these symptoms. It is a requirement you self-isolate until test results are returned negative.***

## **Reporting**

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated hotline – open 24 hours, 7 days - **1800 675 398**.

If any member tests positive for COVID-19 you should contact your Club President, Vic Health and the Chief Public Health Officer will co-ordinate a response with contact tracing activities and the Club must follow their advice.

Members who have tested positive for COVID-19 cannot to attend POW park to attend hockey until such time as a medical certificate provides confirmation the member has satisfactorily recovered and tested negative.

## **Movement in an out of POW Park Facilities and Pitch**

The following is set out to control access in and out of POW park facility and pitch.

***In the first instance there is to be no access to venue at any time unless attending a sanctioned training, competition or involved in sanctioned work. This means no casual use of ground, no jumping fence or using a known key for unofficial trainings. Clubs must ensure and police this as will HB.***

- Clubs have allotted times for training and will manage access during this time.
- On Competition days will be managed by the Nominated club for the whole of a particular match
- Bookings for other times may be made by Clubs or Westvic (eg Saturday/Sunday) through website as per standard.
- No individuals or other groups will be allowed bookings. The key will not be available for pickup. Clubs have access keys which must be strictly controlled by Clubs and Westvic.

## **Movement in and out of Venue**

- Access to POW facility will be via one point only. Entry will be via alleyway between clubrooms and changeroom buildings.
- On game days: Exit will be via pedestrian gate for South Group Players and spectators located on Aquatic Centre side of club rooms. Exit for Northern Group Players and spectators will be via most Northern club room door and then directly to door opposite to Carpark on game day

- On training days: Exit will be via pedestrian gate at Aquatic end of changerooms
  - Clubs and nominated team 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 or game should remain in their cars until they can enter the facility.
  - Venue entry and exit will be marked with clear social distancing markings and signage
  - Upon arrival at POW Park **all entrants including spectators** must sign in at entry to the venue.
    - HB will provide a table and folder with template in the entry way, but social distancing must be maintained before and after signing in.
    - Alternatively, a list of players from the club booked to attend that particular group/game may be Confirmed and placed in folder
    - All spectators must sign in before moving to their allotted north or south zone after hand sanitising.
  - Club appointed COVID Officers are responsible for adherence to these guidelines including training of volunteers
  - Nominated Clubs must provide a volunteer to be in this entry way to control these access rules for both training and games:
    - to oversee this process, ensure social distancing and moving spectators away and into nominated areas after registering
    - They will, during whole session, control entry limiting entry to people attending just that session or game.
    - operate lighting
    - ensure session (training and game) cleaning requirements are completed
- Details to be collected include:
- Date of entry
  - First name and surname
  - Phone number
  - Time in
  - Time out
  - Club & team, group name
  - Whether they have covid ap installed

These records will be made available to State Health Dept in the event of a case being confirmed and will allow contact tracing. However, all records will be stored securely and disposed of after the nominated period of 4 weeks to meet privacy requirements.

- Hand sanitising stations are located at this point and all entrants must sanitise hands before and after signing in.

#### Entry onto Pitch

- Nominated team and Clubs will ensure players and spectators disperse north and south of entry to the designated and marked marshalling areas while maintaining social distancing while waiting to enter pitch or watch game.
- A whiteboard on game days in entry will indicate which area the team and supporters will use.

- Spectators, where practicable, should not enter facility until close to allotted game time then disperse along fence into their team zones and so as not to congregate and to allow social distancing.

- The two groups or teams must be separated at this time, so clubs must have prearranged group participants before entry.

- The 2 training or playing groups will be designated
  - 1. North Group (Croquet end)
  - 2. South Group (Aquatic Centre end)

***The players on entry to the facility before a game will move to small warmup surfaces at their allotted end designated on whiteboard.***

- Players are discouraged from bringing bags or kit into POW. Where possible leave in car and be ready to play. Goalies with gear will be allowed in centre 20 minutes early to kit up but with no one else and preferably they will kit up at their car. All players will get ready in the car with shin pads etc on before entry. Leave tracksuits and coats in the car except where impracticable.
- Bag, jackets and personal effects (keys, phones) must be taken on ground with player. Dugouts can be used for gear storage once on the pitch.
- No gear is to be left in marshalling area
- Ground entry will be directed by nominated Club and nominated volunteer implicitly at the time when the training groups or playing groups finishing have left the pitch, not before or concurrently.

**Entry to pitch surface must be after previous teams or groups have left via ground exits.**

- Generally, entry door will be locked between groups at training

- ***For Games North group will enter pitch surface via croquet end – North dugout gate and South group/team will enter aquatic end dugout gate. A chain will prevent early entry.***

- ***Exit from pitch surface for North group will be through clubroom gate and then to carpark via Northern end of clubrooms. Exit for South group/team will be via their southern dugout gate and out pedestrian gate to carpark.***

#### Authorised access to facilities within the venue

- Lights will be managed only by nominated club volunteer
- Dugouts are allowed but social distancing maintained.
- Goals can be moved within the designated training zone
- Changerooms will unavailable during this time and will remained locked.
- Toilets will be open in alleyway and surfaces wiped over in between sessions with disinfectant and facilities cleaned and maintained weekly as normal.
- Clubrooms are closed and no access is allowed unless specifically booked with Secretary Judith or through booking system prior to use. Examples of sanctioned use:
  - For meetings- prebooked
  - For adult supervised child minding on game and training days
- Access for volunteer for entry and setup to clubrooms to switch alley lights on and source setup equipment.
- No taps are to be used to fill water bottles

#### First Aid

- Defibrillator can be accessed via key to centre and is located in changerroom as signage indicates.
- Groups must bring own first aid kit.
- Ice will be available at the Tech bench.
- Any injury will be treated on the pitch or the injured person should leave centre to seek treatment. No treating to be in changerrooms, dugouts or toilets. Normal blood rules apply with washing of area allowed as per normal. But injured person must leave ground for substantive treatment.

#### General Hygiene and Cleaning Measures

HB will ensure a thorough cleaning before returning to play and will maintain a standard clean weekly. However, it is requirement that shared facilities surfaces be disinfected regularly. HB will instruct on minimum requirement and how (appendix 2)

- For ease HB has set that regular wipe down with disinfectant/detergent will occur at the end of each training group by that finishing group of volunteers.
- Disinfectant will be provided in entry way as will disposable wipe cloths and disposable gloves.

- Club completing a group training session or the nominated team on game day will be responsible for the following without exception:
  - Toilets – all surfaces including bench and sink, toilet seat and buttons to be wiped down and cloth disposed
  - All door handles in and out of centre, toilet handles, sanitising dispensers, gates in and out of ground
- Each clean between groups and games must be recorded in the supplied cleaning register.

### 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. Importantly sanitise hands at sanitising station on entering by designated entry
- Take care to store your mouth guard appropriately when not in use and importantly don't rinse it in public or on the ground
- Do not 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 will not be available at POW facility and neither will be the taps
- Use hand sanitiser when entering the pitch and at the end as required during your training session using coaches pitch bottle
- If using toilet wash hands with soap and water (20 sec standard) after and use paper towel to dry and open door with used towel before disposing in bin.

### Hockey Activities

#### Training Sessions

- Training drills are allowed in small groups (not more than 20 people plus a coach and assistant or the minimum number of support staff reasonably required to manage the activity) and social distancing rules must be observed.
- Hockey pitch will be divided into two zones which can host 20 participants + 1 coach and 1 assistant per zone or allotted team number on game days. Groups of



**20** should not mix with each other and should remain constant, with participants avoiding swapping between groups.

- The centre line designates separation of 2 zones. Balls should be retrieved from the zone by people in that zone where the balls stop.
- Ideally, please leave a 5m space between the zones each side of centre line at training.
- Parents and guardians taking children to and from training and competition are required to follow the Chief Health Officers' Directions for public gatherings and maintain physical distancing of 1.5 metres at all times in POW surrounds.

There is a designated area for viewing for spectators or parents at POW under these guidelines.

- Parents, guardians or other children that remain with their participants during participation, will be considered part of the group up to 20 people, unless they are formally coaching or instructing the activity.
- Wherever possible, parents/guardians are encouraged to remain in their cars while waiting for their children at training.
- Training start and finish times will be set by clubs within their standard training times.
- No high fives, handshakes, spitting or contact.
- Where more than one group is using the pitch, there must be a scheduled gap between the end time of game or training for one group and the start time of the subsequent group or game to allow players on the pitch to exit through the designated exit point, to avoid congestion.
- Entry onto pitch must be controlled to maintain social distancing onto each end of pitch through the 2 entry points
- Coaches will:
  - Reiterate social distancing rules at the start of each session and while off the pitch
  - Ensure there is no standing around close to other participants during or in between drills or as a substitute in a game.
  - Have a container of hand sanitiser on pitch with them for players to use during and at conclusion of training
- Once the session concludes, game or training participants should leave POW park immediately, directly to the car park using the designated exit gate. *No lingering or hanging out within confines of POW park and outside in carpark. Please observe social distancing requirements including group numbers and 1.5 m spacing at all times.*

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



**‘get in, train, get out’  
HB Guidelines endorse the AIS approach  
[AIS Framework](#)**

**Competition – Game Days**

Competition will be allowed as directed by state health authorities and as advised by HV.

- Full competition rules will apply for games.
- Warmup and dugout areas are designated for teams entering on whiteboard. Players with their gear are to immediately head to that area.
- No hugging, spitting or high fives will be allowed.
- Short corner masks must not be shared, one mask one player.
- No shared drink bottles
- Pitch access is controlled, with all players allowing previous game players to pack up out of dugout and leave the pitch surface before entering.
- Players finishing game must pack up and leave facility as quickly as practicable.

***“get in, play and get out”***

***AIS recommendation***

- Injuries will be treated on the ground and if substantive treatment is required, they should vacate facility.
- Ice is available at Tech bench
- Tech bench pitch gate is to be used for umpires only on game days
- Spectators are to be in team area and separated in no more than ten with social distancing
- For junior U11’s and sixers the pitch surface will be crowded so social distancing must be maintained and coaches and helpers have to be on their toes.
- Bumper sides will not be used in 2020 for Sixers
- Club COVID officers are responsible for training of game day volunteers in these guidelines

**Equipment**

- Hockey equipment such as hockey sticks, masks, and goalkeeper gear must not be shared
  - Short corner masks must be sanitised and be dry between games and must not be shared during games

- *Playing rules will include 1. It is mandatory that just one player uses a particular mask during game 2. Umpires will allow player and their mask to sub into game for corners*
- Club hockey balls and cones/markers can be used if cleaned and disinfected following use and prior to being used again for another session with a different group of 20.
- Clubs can 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. Appendix 1 or click here [Cleaning Link](#)
- 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. *Note: This requirement will usually prevent different club training groups using same equipment, so always have split separate sets of gear to supply back to back sessions while disinfecting a set.*

## Appendices

### Appendix 1 - Environmental Cleaning and Disinfection principles for COVID-19

Explains environmental cleaning of facilities and especially mixing of bleach for disinfecting shared equipment such as balls, cones etc. [Cleaning Link](#)

<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

### Appendix 2 – National principles for the resumption of sport and recreation activities

[Principles return](#)

### Appendix 3 – AIS Framework for rebooting Sport in a COVID-19 Environment

[AIS Framework](#)

### Appendix 4 – Other related documentation

### Appendix 5 – Hockey Victoria Guidelines Vs B3 and subsequent amendments

[HV Guidelines Vs B3 1st June 2020](#)