

## Hockey Ballarat Return to Play Plan

Version 4.2

8/6/2021

### Overview – Update

The guidelines following are updated after receiving advice from HV. Following regional lockdown, their will be resumption of play for juniors on the 11<sup>th</sup> 12<sup>th</sup> of June and resumption of training for all from Monday 7<sup>th</sup> of June (juniors and seniors). Basically, same “Return to Play” guidelines as 2020 but with various current mandatory and recommended HV guidelines. Our aim and requirement is to provide a covid safe plan and environment to allow juniors and seniors to safely resume.

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

Key Points:

#### **Key Updates Summarised**

1. All players, parents, officials will need to be recorded before entry to ground.  
*COVID QR* scan is mandatory for all venues.
2. Change rooms and clubrooms can be used with 8 allowed in each changeroom and maximum of 20 in club rooms with social distancing. **Over 12's must wear masks.**
3. **The ground remains closed to all, except for team training and game days**
4. **Only carers and support staff are allowed in ground, but no spectators,** and all must be spread out to either north or south zones. They must wear masks and maintain social distancing. Mandatory cap of 50 carers and support people in ground at one time in groups of 10 but **we ask all to minimise attendance in care capacity.** This is achievable but social distancing a must.
5. Facemasks must be worn in and around the facility for all over 12's. **If without a mask - do not come into facility.** Removing mask on field of play is acceptable.
6. **Players and their teams before a game and indeed training groups MUST be separated into north and south zones.** On the pitch a maximum of 16 adults or 32 juniors U18's are allowed on each of the 2 zones for training. If mixing adults and U18's the lower applies.
7. Players will enter and leave pitch through dugout gates only “**after**” finishing team vacates pitch and their dugout. Team finishing are asked to vacate dugout “**immediately**” they finish their game with their gear and immediately leave. **General entry** through officials gate in centre of pitch should be avoided when practicable.
8. Entry remains same through main club room passage doors so as to record and control entry. No entry through any other way.
9. **Two separate exits are now in force again,** for game days, with exits via clubrooms for North group and exit for South group via south pedestrian gate  
That is one entry point and 2 exit points.
10. All existing general guidelines, between groups cleaning, behaviours and social distancing remain in force.
11. Players and carers must leave immediately at completion.
12. **No gear is to be left in area around ground. Players MUST take bags with them onto ground and place in dugouts without exception.** Note: this will be enforced by Club Covid officers. **IT IS RECOMMENDED COME READY TO TRAIN OR PLAY WITH GEAR ON** and no bags. We had previously taken relaxed approach but not now.



**13. Club Covid officers are required to continue to ensure players and carers adhere to these guidelines**

Back and going in 2021 – Hooray!

Tony Ford  
President  
Hockey Ballarat – 8<sup>th</sup> June 2021

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

*Version 4.2*

### **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 through website as per standard, **no casual use**.
- Other groups, such as schools, will be allowed bookings.
- **The key will not be available for pickup at Aquatic Centre.** Clubs have access keys which must be strictly controlled by Clubs and Westvic.

## Movement in and out of Venue

- Maximum number of carers and support people for whole venue is 50. **Please ensure social distance is adhered to around the ground and in no more than 10 in a group.**
- **No general spectators allowed.**
- Access to POW facility at any time (training and game days) will be via one point, the alleyway, for players, family and spectators.
- Entry on game day will be via alleyway for players, spectators and families.

- On game and training days: Exit will be via pedestrian at Aquatic end gate for south zone players and support staff and via clubrooms for North zone players and support people (croquet club)
- 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).
- Venue entry and exit will be marked with signage
- Upon arrival at POW Park **all entrants including players and carers** must scan the Covid QR scan and register their name and contact details. Players for a game will be on a team sheet with their coaches but please use covid QR where possible.
- All players (over 12) and carers **must wear a mask** when entering and staying in centre at all times. Players must social distance but are not required to wear masks on the pitch.
- 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 to people attending just that session or game.
  - operate lighting
  - ensure session (training and game) cleaning requirements are completedDetails to be collected in include:  
Date of entry, name, phone number, number signing for.

These records will be made available to State Health Dept in the event of a case being confirmed and will allow contact tracing from either hard copy or covid app printout. 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 entry points for teams and all entrants must sanitise hands before and after signing in.***

## Entry onto Pitch

- Each team will enter pitch through dugout gates, after other team has vacated pitch and dugout.
- Nominated team and Clubs will ensure players and carers disperse north and south of entry 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.
- **Carers** where practicable, should enter close to allotted game time then disperse along fence into their team zones and so as not to congregate. This will allow the required social distancing.
- The 2 training or playing groups will be designated
  - 1. North Group (Croquet end)
  - 2. South Group (Aquatic Centre end)
- ***The team playing next will congregate, as a team, on small warmup surfaces 10 mins before their game. Their allotted end is 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.**
- **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. This is now being enforced**

### ***No gear is to be left in marshalling area or under awning area***

- Entry to pitch 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 pitch**

## 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 available during training and games BUT 2 sq m per person must be adhered to so 11 Players cannot be in changerrooms at same time only 8 maximum. **Masks must be worn.**
- Toilets will be open in alleyway and surfaces wiped over in between sessions with disinfectant and facilities cleaned and maintained weekly as normal.
- Clubrooms access is allowed with a maximum of 20 of sanctioned use:
  - For meetings- prebooked
  - For adult supervised child minding on game and training days
  - For club functions prebooked
- **Masks must be worn**
- Access for volunteer for entry and setup to clubrooms to switch alley lights on and source setup equipment.
- Taps are to be used to fill water bottles

### **First Aid**

- Defibrillator can be accessed 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. Normal blood rules apply with washing of area allowed as per normal. But injured person will likely 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

- Dugouts
- 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. Taps are available for filling water bottles
- Use hand sanitiser when entering the pitch and as required during your training
- 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 ideally small groups and social distancing rules must be observed where possible during session.
  - Maximum of 32 juniors or 16 over 18's are allowed in each zone. When mixing groups lower number applies
  - Hockey pitch will be divided into two zones
  - The centre line designates separation of 2 zones.
- There is a designated area for viewing for carers at POW under these guidelines.
- Wherever possible, carers are encouraged to remain in their cars while waiting for their juniors 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 entry points
- Coaches will ensure social distancing rules are adhered to on and 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.
- 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 2 m<sup>2</sup> 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-play, 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.
- Use hand sanitiser before games
- Warmup and dugout areas are designated for teams entering on whiteboard..
- 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 only for umpires and officials on game days
- Spectators are not allowed but carers must be in team area and separated in no more than groups of 10 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 be used in 2021 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.
- 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 B14 and subsequent amendments

[HV Guidelines](#)