



COVID-19 SAFETY PLAN

SYDNEY MASTERS HOCKEY ASSOCIATION

Association/Club/Venue	Sydney Masters Hockey Association
Ground Location (if applicable)	Sydney Olympic Park Hockey Centre – Olympic and Pitch 2
Club Facility Location (if applicable)	N / A
Association/Club President/Venue Contact	Greg Kay
Contact Email	president@smhockey.com.au
Contact Mobile Number	0412 751 957
Version	2021
Effective Date	1/2/2021

Greg Kay is responsible for this document.

TABLE OF CONTENTS

INTRODUCTION	3
KEY PRINCIPLES	3
RESPONSIBILITIES UNDER THIS PLAN	4
RETURN TO HOCKEY ARRANGEMENTS.....	4
RECOVERY	5
APPENDIX 1: OUTLINE OF RETURN TO HOCKEY ARRANGEMENTS LEVEL C - COMPETITIONS..	6
SOPA HOCKEY CENTRE COVID-19 RESPONSE.....	12

INTRODUCTION

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Sydney Masters Hockey Association (SMHA) to support its administrators, members and participants in the resumption of community sport (field hockey) activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the SHMA resumed competition including the interfaces with facilities it uses, the playing behaviour of all members and participants and the monitoring and reporting of the health of attendees at SHMA competition matches.

This Plan includes, but is not limited to, the conduct of:

- a) competition activities (Hockey operations); and
- b) facility management and supporting operations (facility operations).

The Plan is subject at all times to all regulations, guidelines and directions of government and public health authorities.

KEY PRINCIPLES

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**). It also complies with the [NSW Government Public Health Order](#).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is our number one priority.
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on SMHA return to Hockey plans.
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19.
- Competition cannot resume until the arrangements for Hockey operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to Hockey competition process SMHA must consider and apply all applicable local restrictions and regulations. SMHA needs to be prepared for any localised outbreak at the facilities it utilises, within its competitions or in the local community.

RESPONSIBILITIES UNDER THIS PLAN

SMHA retains the overall responsibility for the effective management and implementation of the return to Hockey competitions and operations outlined in this Plan.

The Board of Directors of SMHA Club is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required and ensuring it reflects up to date information from government and public health officials.

The Board has appointed the following person as the SMHA COVID Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

NAME	Greg Kay
CONTACT NUMBER	0412 751 957
EMAIL	president@smhockey.com.au

SMHA expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time.
- Understand and act in accordance with this Plan as amended from time to time.
- Comply with any testing and precautionary measures implemented by SMHA.
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

RETURN TO HOCKEY ARRANGEMENTS

The Plan outlines specific requirements that SMHA will implement for Level C of the AIS Framework for Re-Booting Sport in a COVID-19 Environment to resume competition at the SOPA Hockey Centre.

AIS Framework Arrangements

The protocols for conducting Hockey operations and facility operations under Level C of the AIS Framework are set out in the Appendix.

Roadmap to a COVIDSafe Australia

SMHA will also comply with the Australian government’s [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required	Level B: Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed	
	Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework	Step 2: Indoor/outdoor sport up to 20 people. Physical distancing (density 4m ²)	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.

RECOVERY

When public health officials determine that the outbreak has ended in the local community, SMHA will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. SMHA will also consider which protocols can remain to optimise good public and participant health.

At this time the Board of Directors of SMHA will consult with key stakeholders to review the delivery of its return to Hockey arrangements and use feedback to improve organisational plans and systems.

APPENDIX 1: OUTLINE OF RETURN TO HOCKEY ARRANGEMENTS

Level C - Competitions

ASSOCIATION OR CLUBS WHO RUN A VENUE

Organisational & Operational Considerations

Area	Plan Requirements (for activities under AIS Framework Level C & NSW Government Public Health Order)	Additional or Different Measures for Level C? Please comment.
Approvals	<p>The Association must obtain the following approvals to allow a return to Competition at Level C:</p> <ul style="list-style-type: none"> • NSW Government Public Health Order permits a return to Sporting Complexes. • Local government/venue owner approval to competition at venue, if required • Hockey NSW approval to return to competition based on the submission of the COVID-19 Safety Plan • Venue committee has approved return to competition for Association where applicable • Insurance arrangements confirmed to cover competition i.e. registered participants only 	<p>Hockey NSW must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • Hockey NSW COVID-19 Safety C committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition.
Association/Club responsibilities	<p>The Association will oversee:</p> <ul style="list-style-type: none"> • Provision and conduct of hygiene protocols as per the Plan. • The capture of a record of attendance at all competition activities and maintaining an up-to-date log of attendance. • Coordination of Level C field operations. • Interface with the facilities in support of all competition activities in accordance with this Plan. 	<p>Yes – in line with Sydney Olympic Park Hockey Centre Safety Plan, Appendix 2 and Attendance logging system will be used.</p>

COVID-19 SAFETY PLAN SMHA

<p>Employees & volunteers</p>	<p>The Association will:</p> <ul style="list-style-type: none"> • Ensure you operate COVID-19 safe workplaces and educate volunteers and staff on safe work practices. Facilitate COVID-19 education for volunteers and administrators in community sport on COVID-19 transmission control, see, e.g., https://www.safework.nsw.gov.au/resource-library/COVID-19-Coronavirus/pandemic-plan-advice). • Ensure volunteers need to stay home when sick or when caring for a sick family member. 	<p>Yes – information to be sent to umpires, team managers, umpire manager and administrators prior to recommencement.</p> <p>Yes – information to be sent to umpires, umpire’s manager and administrators plus signage at SOP Hockey Centre.</p>
<p>Facilities</p>	<p>Association to detail specifics of how facilities will operate (interfaced with). These should cover, but aren’t limited to:</p> <ul style="list-style-type: none"> • What parts of facilities are available during Level C restrictions; limit to toilets and medical facilities and minimise use of communal facilities? • What are the hygiene and cleaning protocols, including the process/procedure that is being implemented to minimise the risk of transmission? • What physical distancing protocols to be used within shared facility spaces (e.g., bar/canteen, change rooms, toilets, spectator viewing areas, entrance foyers, corridors and clubrooms), clearly demonstrate these protocols through marking tape and/or signage and encourage individuals to be respectful of shared space, minimise time spent in these areas and observe physical distancing measures. • Consideration of whether to permit bar/canteen operations – if so: <ul style="list-style-type: none"> ○ Implement queuing requirements to maintain physical distancing ○ Ensure appropriate food/beverage and cash handling arrangements ○ Implement low/lower risk menu options (i.e., those requiring less direct food handling/contact); and ○ Implement hygiene measures including hand sanitiser at point of sale, gloves and facemasks for bar/canteen volunteers and consider the use of protective physical barriers/shields. • Determine if water fountains can be used – if so, ensure users are aware of appropriate usage protocols. 	<p>The facilities will be interfaced with in line with the Sydney Olympic Park Hockey Centre Safety Plan, Appendix 2</p> <p>Changerooms – only toilets will be used.</p> <p>Get in, play, get out messaging – no access to change rooms for changing / showering communication to players, team managers and umpires.</p> <p>Access restrictions as per SOPA Hockey Centre Safety Plan.</p> <p>Minimise use of dug outs – bags spaced at 1.5m.</p> <p>Canteen – no canteen facilities required / used.</p> <p>Sydney Olympic Park safety plan – water fountain will be disabled. Players and umpires communicated to bring their own water bottle.</p> <p>Sydney Olympic Park Safety Plan will provide PPE and sanitiser. SMHA will monitored after each game night by Safety Officer and report to SOPA via SMHA Comp Manager.</p>

COVID-19 SAFETY PLAN SMHA

	<ul style="list-style-type: none"> Where will the appropriate health and safety equipment, personal protective equipment (PPE) and personal hygiene cleaning solutions be stored? How will stock be monitored? 	
<p>Facility access</p>	<p>Association to detail specifics of facility access protocols. These should cover, but aren't limited to:</p> <ul style="list-style-type: none"> What are the details of any health screening measures (e.g., temperature checks etc.) prior to entry to any facilities? What are your protocols to limit excess to the facility of anyone who has: <ul style="list-style-type: none"> COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days Flu-like symptoms or who is a high health risk (e.g., due to age or pre-existing health conditions) Travelled internationally in the previous 14 days? Who may attend the facilities e.g. only essential participants should attend to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government allowances. How will you encourage any spectators that they must observe physical distancing requirements (>1.5 metres)? How will the Attendance Registers to be implemented and maintained? 	<p>Attendance register includes screening question, any player indicating the below criteria will be immediately excluded. Clear and regular communications to all SMHA players and umpires with expectations. Expectation for self-isolation. COVID-19 safety officer at each game expected to send home any player displaying symptoms.</p> <p>Designated session times for individual players and umpires allocated and published. No spectators as per SOPA Hockey Centre Safety Plan.</p> <p>Player and umpire attendance will be recorded via a web based system (match card). This is checked at game start and completion and signed off via umpires.</p> <p>All records are stored and retrievable.</p>
<p>Physical distancing</p>	<p>Association:</p> <ul style="list-style-type: none"> Develop and implement physical distancing requirements at your venue and activities, including: <ul style="list-style-type: none"> On-field protocols to maintain a distance of at least 1.5 metres where practical, such as avoiding team huddles, handshakes and high fives, no sharing of headsets or computer screens/iPads when sitting on the side lines. Specific restrictions on contested training drills during Level C of the AIS Framework. 	<p>20 persons/half field</p> <p>Communication to all SMHA members reminding them of importance of physical distancing and how to enact it in hockey training environment. Send out Hockey NSW Checklist.</p> <p>No training drills.</p>

COVID-19 SAFETY PLAN SMHA

Hygiene	<p>Association to detail specifics of hygiene protocols to support competition. These should cover, but aren't limited to:</p> <ul style="list-style-type: none"> • Promoting regular and thorough hand washing by employees, volunteers and participants and providing relevant guidance by displaying posters: https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources • What will be the guidelines for sanitisation and cleaning, including requirements for sanitisation stations? • What are the guidelines for sanitisation and cleaning of facilities? • Will safe hygiene protocols be adopted, including: <ul style="list-style-type: none"> ○ Availability of hand sanitiser at entry/exit points to venue and elsewhere ○ Protocols for sanitising stations, sanitising shared equipment, uniforms ○ Cleaning standards – increase regular cleans and frequent wiping of high touch surfaces ○ Displaying posters outlining relevant personal hygiene guidance ○ Avoiding shared use of equipment ○ Provide suitable rubbish bins with regular waste disposal? • Will safe hygiene protocols be distributed to members, either directly or via Clubs? 	<p>Communications with SMHA players and umpires as per the requirements of SOPA Hockey Centre Safety Plan.</p> <p>The actual facilities are cleaned via SOPA.</p> <p>Communications will be made to Team Co-Ordinators and to all players. The SMHA web site will be updated with all relevant COVID information.</p>
Personal health	<p>Association/Club to detail specifics of personal health protocols. These should cover:</p> <ul style="list-style-type: none"> • What measures has the Association/Club/Venue taken to ensure that all members are aware of the personal hygiene controls they must take before, during and post training? • Washing of hands during, after training and use of hand sanitiser where available. • Will there be advice to players, coaches, volunteers and spectators to not attend if unwell i.e. any symptoms of cold and flu? 	<p>Email to all teams attending for competition advising of COVID-19 safety protocols and checklist.</p> <p>Ensure all teams presenting to ground have their own COVID safety plan.</p>

COVID-19 SAFETY PLAN SMHA

Competition processes	<p>Association/Club to detail specifics of competition processes.</p> <ul style="list-style-type: none"> Provide scheduling details of playing sessions, including number of groups, length of sessions and time between sessions to reduce overlap. How will the playing Attendance Register be implemented and monitored? This register must record all participants playing, their time in and time out. Have clubs/programs been informed of the current playing restrictions? Will the Association/Club/Venue emphasise the AIS Framework principle of “Get in, play, get out” – arrive ready to play? Will there be Sanitising requirements, including use of sanitising stations per training group? Will there be resources available for treatment of shared equipment (e.g., sanitise equipment before, during, after sessions) and use of such equipment to be limited? Will personal hygiene be encouraged e.g. wash hands prior to training, no spitting or coughing? Will there be guidance for travel arrangements e.g., physical distancing on public transport, limit carpooling etc.? 	<p>No training is done.</p> <p>Competition games are scheduled:</p> <p>Pitch 2 Tuesday and Wednesday nights 18:30 – 23:00 Game 1: 18:30 – 19:45 Game 2: 19:55 – 21:10 Game 3: 21:20 – 22:35</p> <p>Olympic Pitch as per Pitch 2 except each 2nd Tuesday Game 1: 20:10 – 21:25 Game 2: 21:35 – 22:50</p> <p>Match attendance monitored by web based match card system.</p> <p>Clubs / players to be informed of competition requirements and expectations.</p> <p>All clubs, players and umpires will be expected to abide by the plan and communications sent to them.</p>
Management of unwell participants	<p>Association/Club to detail specifics of protocols to manage unwell participants at an Association/Club activity. Will the Association/Club:</p> <ul style="list-style-type: none"> If possible, identify with clear and unambiguous signage, a space that can be used to isolate participants who become unwell at an activity and cannot leave immediately. The isolation area should be equipped with necessary PPE supplies to facilitate hand hygiene and respiratory etiquette. Ensure, as far as reasonably practicable, participants who become unwell, immediately isolate and given a clean disposable facemask to wear. Establish procedures to help unwell participants leave the venue as soon as possible. Train volunteers on treatment of symptomatic participants and disinfecting of facilities used by such participants. 	<p>YES – isolation room provided and identified in Sydney Olympic Park Safety Plan.</p> <p>Relevant competition games attendance registers will be provided immediately, along with other contact details held for relevant members. Public statement will be pre-prepared by the SMHA in case of a confirmed case that had played a competition game while infectious. Clear communication will be provided to all members about the confirmed case (within privacy limitations) and encouragement provided to all members to get tested.</p> <p>Immediately inform HNSW of the positive case.</p>

COVID-19 SAFETY PLAN SMHA

Communications	<ul style="list-style-type: none"> If informed of a positive COVID-19 case by Authorities, what measures will be undertaken by the Association/Club? <p>Association to detail how they will communicate this Plan to players, coaches, members, volunteers and families. Examples for comment are:</p> <ul style="list-style-type: none"> How will players, coaches and volunteers be briefed on return to competition protocols including hygiene protocols (e.g., letter, email, text/WhatsApp message, Facebook post) and reinforcement of hand washing and general hygiene etiquette? How will good personal hygiene practices be promoted in and around training sessions and in Club facilities? (e.g., posters in bathrooms) Will there be endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app? 	<p>Work with NSW Health to put in place appropriate cleaning measures, depending on timing of notification training may be cancelled to allow cleaning/contact tracing to occur.</p> <p>Email to all players and umpires and update of SMHA web site information.</p> <p>COVID Safety Officer at each game.</p> <p>Yes</p>
----------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

I have completed and reviewed this Plan, in consultation and collaboration with members, for and on behalf of the Association/Club. The Plan represents a true and correct reflection of the Association/Club approach to each of the considerations set out in the Plan.

Signed: *Greg Kay*
 Name: Greg Kay
 Position: President
 Association/Club: Sydney Masters Hockey Association

Date: 29/1/2021

Please return to: james.p@hockeynsw.com.au

APPENDIX 2.

SOPA HOCKEY CENTRE COVID-19 Response

Updated: Friday 29 January 2021

Training & Competition – Conditions of Entry & Use of Facilities

In the interests of staff and customer safety and our efforts to resume operations and provide access to the Hockey Centre the following measures are in place:

Social Distancing

- Adhere to assigned entry and exit points.
- Always keep a minimum 1.5 metre distance between yourself and others.
- The current social distancing restrictions allow for 1 person for every 4 square metres of space to a maximum of 500 people. Group sizes is limited to 20 people plus coaches and assistants but can have multiple groups on a pitch which includes 4 squad metres space per person.
- Place belongings minimum 1.5 metres apart.
- Avoid touching common contact points.

Hygiene

- Wash and/or sanitise hands upon entry/exit and before and after using toilet facilities.
- Wash your hands frequently, cover coughs and sneezes and dispose of tissues.
- Stay home if feeling unwell. If symptoms develop onsite leave the venue immediately and follow the COVID-19 testing advice as per NSW Health guidelines.

Restrictions

- Basic warm up and stretching within 4 square metres area permitted.
- Showers and changeroom facilities are closed. Toilets facilities will be available.

COVID-19 SAFETY PLAN SMHA

- Drink fountains are not in use, bring your own water bottle.
- Bring your own labelled personal equipment and keep within your designated booked space.
- Consider your personal circumstances and whether you are at greater risk of more serious illness with COVID-19 (refer to [health.gov.au](https://www.health.gov.au)). Seek your own medical advice and consider not visiting the venue if possible.

Access

- Entry permitted between 10 mins prior and 15 mins post allocated booking start time.
- Exit the venue no later than 15 mins post allocated booking time.
- Get in, Train, Get Out. You are required to arrive dressed and ready to train. At the end of your training session, collect your belongings and proceed to exit the venue.
- Athletes and coaches only admitted through entry and are to restrict access to booked zones and adhere to directional signage. No spectators on site.
- All sessions are to be only hockey training activities. No games will be permitted and scoreboards will not be in use.
- No social gathering/meetings and inter-mingling in groups permitted.
- Parent/Carers drop off players only. If a carer please contact Venue Management prior to attendance.
- Adhere to the NSW Public Health (COVID-19 Restrictions on Gathering and Movement) Order 2020 and related exemption orders.

Failure to comply with the above conditions may result in cancellation of bookings.



**APPENDIX - AIS FRAMEWORK FOR REBOOTING SPORT IN A COVID-19 ENVIRONMENT
(COMMUNITY HOCKEY RELEVANT CONTENT)**

	Level A	Level B	Level C
Australian Institute of Sport	General Description <ul style="list-style-type: none"> Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports – general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books). 	As per Level A plus: <ul style="list-style-type: none"> Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²). Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Uncontested drills only. No tackling, defending or oppositional drills. No contested modified games. Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met. 	As per Level B plus: <ul style="list-style-type: none"> Full hockey activity that can be conducted in groups of any size including fully contested competition, tournaments and matches. Tackling, defending, oppositional drills and contested modified games permitted. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities.
	General Hygiene Measures <ul style="list-style-type: none"> No sharing of exercise equipment or communal facilities. Apply personal hygiene measures even when training away from group facilities – hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor). Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged. 	<ul style="list-style-type: none"> Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. 'Get in, train and get out' – be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training. No socialising or group meals. 	<ul style="list-style-type: none"> Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B. If any massage beds being used, hygiene practices to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. Limit unnecessary social gatherings.
	Spectators, Additional Personnel <ul style="list-style-type: none"> No spectators unless required (e.g. parent or carer). 	<ul style="list-style-type: none"> Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m. 	<ul style="list-style-type: none"> Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. Non-essential personnel should be discouraged from entering change rooms.
	Hockey Specifics <ul style="list-style-type: none"> Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including for example passing, stick on ball skills, rebound receiving (e.g. against wall) to self. 	<ul style="list-style-type: none"> Core and specialty skill drills, receiving and distributing. No contested drills or modified games. Small group (not more than 10 athletes/staff in total) sessions. 	<ul style="list-style-type: none"> Full training and competition.



APPENDIX - HOCKEY AUSTRALIA FRAMEWORK FOR COMMUNITY HOCKEY RETURN TO PLAY

	Level A	Level B	Level C	
Hockey Australia Checklist	Hockey Facilities	<ul style="list-style-type: none"> • Closed 	<ul style="list-style-type: none"> • Ensure Facilities are available for use • Ensure Facilities are ready for use (e.g. running water, electricity, lights etc) • Ensure training area is ready for use (mowed, free from hazards, goals in good condition, fences clear of hazards etc) • Ensure Clubhouse Rooms remain closed (except for toilet and emergency medical facilities) • Appoint individuals for registering training attendance and ensuring social distancing and hygiene • Association and/or Club Committee to identify (where practicable) and monitor "at risk" people at the facility (e.g. immuno-compromised, 70+ etc) • Communicate to members to download COVIDSafe app to their smart phone 	<ul style="list-style-type: none"> • Consider Clubhouse Rooms to have one-way routing and/or physical distancing indicators • If any massage beds being used, hygiene practices to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.
	Coaches & Players	<p>Individual No more than 2 people gatherings Physical distancing required</p> <ul style="list-style-type: none"> • Physical conditioning program to include fitness components related to Hockey • Ensure HockeyEd accreditation is current • If not currently accredited, register online at HockeyEd • Encourage players to keep in regular touch via online social groups such as club, state, national social media platforms • All community Hockey activities including matches, training and face-to-face education courses will not be conducted during this period 	<p>Small Groups Groups of no more than 10 Physical distancing required Equipment (balls, cones, rebound nets) allowed.</p> <p>COVID-19 Items:</p> <ul style="list-style-type: none"> • Maintain an attendance list at all trainings • All equipment is cleaned/disinfected before, during and after training • Players to bring own water bottles to trainings. • Ensure players have washed their hands prior to commencing training as well as post training and during toilet breaks. • Members not to spit, cough into sleeve or tissue and dispose of immediately and no physical greetings (e.g. handshake, high fives). <p>Hockey Specific items:</p> <ul style="list-style-type: none"> • Measure base fitness and identify areas for improvement. • Hockey and specialist skills guidance such as penalty corner skills, receiving and distribution skills to be undertaken in line with government distancing advice. • Modified non-contact conditioning games 	<p>Team Training No restrictions on numbers Person to person contact allowed Equipment allowed</p> <p>COVID-19 Items:</p> <ul style="list-style-type: none"> • Follow the guidelines for Level B, plus <p>Hockey Specific items:</p> <ul style="list-style-type: none"> • Core skills, game knowledge and fitness assessments are all permitted in contested and uncontested environments.
	Officials	<ul style="list-style-type: none"> • As for Coaches and Players, plus: • Ensure Umpire accreditation is current 	<ul style="list-style-type: none"> • As for Coaches and Players. 	<ul style="list-style-type: none"> • As for Coaches and Players



APPENDIX - OPERATIONAL PROCESS FOR COMMUNITY HOCKEY RETURN TO PLAY

Area Description	Level A	Level B	Level C
Hockey Operational Process	<p>Logistics</p> <p>Individual / Remote</p> <ul style="list-style-type: none"> Maintain connection/communication with playing members (e.g. Facebook groups, Zoom meetings etc) All community Hockey activity including matches, training and face-to-face education courses will not be conducted during this period 	<p>Small Groups - no more than 10 people / area Physical distancing required - Get in, Train, Get out -</p> <ul style="list-style-type: none"> Recommend 1-hour training sessions (50min training, 10min change over and equipment clean) Each Hockey Pitch to be divided into two halves. One small group in each half. 1 x sanitising station per area to include: <ul style="list-style-type: none"> Bleach Solution (for sanitising majority of equipment) Alcohol Solution (for hand sanitisation, metal surfaces) Soapy Water Solution (for cleaning soiled items) All equipment to be washed/wiped down (sanitised) before and after sessions No equipment to be shared between areas (unless sanitised first) Attendance record must be kept and filed (easily referred to for Contact Tracing) Participants will: <ul style="list-style-type: none"> Be registered Arrive ready to commence training (appropriately dressed, strapping done at home etc) Bring own water bottle to session Leave personal effects at sanitising station for their area 	<p>No restrictions on numbers Person to person contact permitted All usual Hockey equipment permitted</p> <ul style="list-style-type: none"> All equipment to be washed/wiped down (sanitised) between sessions Attendance record must be kept and filed (easily referred to for Contact Tracing) Participants are to: <ul style="list-style-type: none"> Be registered Bring own water bottle to session
	<p>Hockey Training Specifics</p> <ul style="list-style-type: none"> Develop/Provide individual training content and video to playing members. Provide opportunity to upskill on theory e.g. register on HockeyEd for Coach and Officials accreditation. 	<p>Recommended</p> <ul style="list-style-type: none"> Measure base fitness (e.g. Yo-Yo) Hockey and specialist skills guidance such as penalty corner skills, receiving and distribution skills to be undertaken in line with government distancing advice. Modified non-contact conditioning games <p>Permitted</p> <ul style="list-style-type: none"> Maximum 10 people per area (inc. coach / support staff) Use of equipment including balls, cones, rebound nets and individual equipment (sticks, shinpads, mouth guards) Drills/Skills aiming at receiving, distributing, fitness and game structure (e.g. patterns of play) <p>Not Permitted</p> <ul style="list-style-type: none"> Contacted drills and penalty corner defending/attacking No "team runs" (i.e. need to maintain maximum 10 people in a group) 	<p>Recommended</p> <ul style="list-style-type: none"> Re-do base fitness assessment (e.g. Yo-Yo) Combine a series of contacted and uncontacted activities. Outside of contacted drills and modified games, where possible, continue to maintain 1.5m distance from each other

COVID-19 SAFETY PLAN SMHA



Area Description	Level A	Level B	Level C
Hockey Operational Process	Personal Health <ul style="list-style-type: none"> Look after self and family in line with Government guidelines during COVID-19 isolation 	<ul style="list-style-type: none"> Wear freshly laundered training attire - Recommend old clothing (as disinfectant used on equipment may transfer and have effect on some clothing) Wash hands prior to and after training attending training Use hand sanitiser before, during and after training (where available) Avoid physical greetings (i.e. hand shaking, high fives etc) Avoid coughing, clearing nose, spitting etc DO NOT ATTEND IF YOU ARE FEELING UNWELL! (includes any signs/symptoms of cold, flu, COVID-19 or any other illness) 	<ul style="list-style-type: none"> Same as for Level B
	Parents & Spectators <ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> For Junior Training, recommend at most 1 parent or caregiver attend (no non-participating siblings etc) No other spectators should be present Any non-participating personnel should be a minimum of 1.5m from any training area and maintain minimum 1.5m between each person 	<ul style="list-style-type: none"> Same as for Level B
	Club Rooms <ul style="list-style-type: none"> Closed 	<p>Open for:</p> <ul style="list-style-type: none"> Toilets Medical / First Aid (only if required) <p>Closed for all other amenities, including:</p> <ul style="list-style-type: none"> Change rooms / showers Bar (or other drink service) Carbsen (or other food service) Games (e.g. pool tables, darts, video games etc) Common areas (tables, chairs etc) 	<p>Open and available for use, however:</p> <ul style="list-style-type: none"> Higher levels of sanitisation/cleaning required after each use of the Clubhouse Rooms Hand hygiene (hand sanitiser) on entry and exit to venues, as well as pre, post and during training Preferably shower at home If any massage beds being used, hygiene practices to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. Reasonable social distancing practices to be observed Limit unnecessary social gatherings.