



Return to Training Rules and Information – Phase 3

This guide has been developed to support teams Returning to Training and Competition under the current COVID-19 restrictions (phase 3, commencing 6 June 2020). Maintaining the health of all Peel Hockey participants is our primary concern.

This information is applicable to players, coaches, team officials, officials and spectators.

BEFORE TRAINING AND GAMES

- Understand all COVID-19 return to training and competition conditions (Phase 3) set by Peel Hockey.
- Check your contacts, own health, and travel – if you have come in contact with a known COVID case, recently returned from overseas (less than 14 days), have been unwell recently or are currently unwell – **STAY AWAY.**
- Be aware restrictions still apply to some areas of the stadium including public access to changerooms, limited numbers in the clubroom and spectator stands. Some areas may remain closed – observe signage.
- Bring your own individual equipment, including:
 - A water bottle - The turf hose is not available for drinking).
 - Hockey gear – limit sharing.
- If instructed by Peel Hockey, complete COVID-19 Infection Control training before recommencing training.
- Coaches and / or team contacts must ensure that all participants receive these 'Return to Training Rules and Information – Phase 3' BEFORE a participants first training session.

VENUE, ENTRY AND EXIT

- The venue / stadium is limited to a maximum of 100 people.
- Be aware of any barriers in place, any signage and observe access restrictions.
- Be aware of COVID-19 facility signage and follow instructions.
- Be aware of sanitizers and hand washing available – please use them.
- Alcohol based hand sanitisers are available. Sanitise your hand hands before, during and following training and competition.
- Spectators must use the upstairs public toilets ONLY.

COVID-19 RETURN TO TRAINING AND COMPETITIOIN HYGIENE

- Strictly no sharing of water bottles or towels, and it is important to disinfect these items following each training session (balls, bibs, cones). Disinfect mouthguards after each session.
- Players and coaches should avoid spitting or clearing nasal passages at training.

COVID-19 RETURN TO TRAINING AND COMPETITION RULES

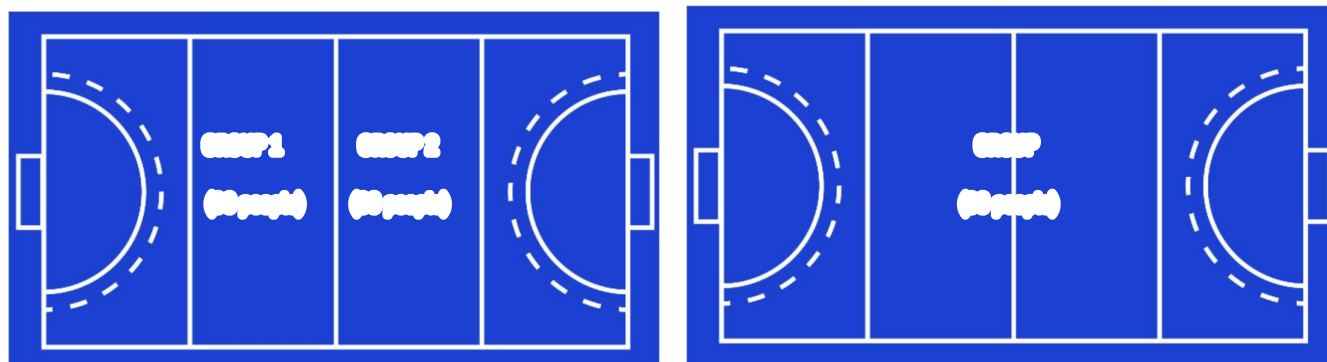
- The attendance of every person, at every training session and game MUST be recorded.
- Maintain a limit of a minimum of 2sqm per person.
- Maintain physical distancing, maintain 1.5 metre physical distance between each person.
- Spectators are discouraged from attending training wherever possible and must maintain physical distancing during games.
- Training and games will still be conducted on a “get in, get out” basis. Come prepared and leave as soon as possible.
- Enter and Exit within ten (10) minutes for your training session.



Return to Training Rules and Information – Phase 3

TRAINING AND COMPETITION RULES

- Coaches to discuss participant health prior to commencing training and games – anyone unwell – send home.
- Maintain physical distancing
 - Maximum of 30 participants in each training zone / area (full or half turf, see below) – all players, coaches and assistants are counted in the maximum 30 people.
 - Participants must remain in their zone / training area. No mixing between zones / areas.
- Clubs must set (clearly marked) areas for training, adhering to physical distancing guidelines.
- Full contact training and competition is allowed.
- A maximum of one (1) group of 30 or less can train on one (1) half of a grass field or turf at any one time, with another one (1) group of 30 or less training on the other half; **OR**
A maximum one (1) group of 30 or less on one (1) full grass field or turf.



- Participants must remain in the same group and designated area for the duration of the session.
- No handshakes, high fives, or other physical contact.
- While hockey equipment such as hockey sticks, masks, bibs, and goalkeeper gear must not be shared, hockey balls and cones/markers can be used if cleaned and disinfected following use and prior to being used again.

TRAINING INJURIES

- Additional hygiene precautions **MUST** be taken when treating an injured participant where physical contact cannot be avoided. These include face masks and gloves for all first aiders.

AFTER TRAINING

- Any person who tests positive for COVID-19, displays symptoms or feels unwell (for any reason) in the days following training, **MUST** inform Peel Hockey's nominated COVID-19 contact person (Administrator – Sandy Williams – 0488 953555).
- If in doubt, report it!