



COVID-19 PHASE 3 RETURN TO SPORT TRAINING GUIDELINES

CHECKLIST FOR CLUBS and VENUES:

This guide has been developed to support teams Returning to Sport under the current State Government COVID-19 restrictions. The Club and teams have an obligation to strictly adhere to these protocols at every session i.e. training and competition. During Phase 3 easing of restrictions Hockey WA's guiding principle remains at "Get In, Train/Play, Get Out".

100/300 RULE: Not more than 100 people in a single undivided space at any one time, with at least 2sqm for each person.

- General venue staff are not included in the 100/300 count.
- Players, Coaches, Officials, Parents and Spectators are included in the 100 count.
- Only essential participants, team officials, match officials should attend matches. Spectators are considered non-essential.

FULL CONTACT SPORT IS NOW PERMITTED: Contact sport and training, including tackling are now permitted.

PHYSICAL DISTANCING: Maintain physical distancing where practicable during the session i.e. 1.5m between individuals and no more than one person per 2sqm, whilst both inside and outside venues.

EQUIPMENT IS ALLOWED:

- Hockey balls and cones/markers can be used. Please make sure that equipment is cleaned appropriately after each session.
- Training bibs are NOT to be shared during training or competition.
- Protective equipment and goal keeping equipment should NOT be shared during training or competition
 - Clubs to take responsibility and instruct their players to disinfect all face masks before, at half time and at the conclusion of the game. Club to provide disinfectant.

HYGIENE PROTOCOLS ARE IN PLACE: Appropriate hygiene protocols have been implemented.

- One-way traffic flow, dedicated entrance and another dedicated exit to help minimize congestion. i.e. enter via footbath, exit via turf gate on far side and exit through double gates. Accessways to fields and facilities must be kept clear at all times.
- Sanitise your hands before you start, again during and following as you depart the venue.
- Players and coaches should avoid spitting and clearing nasal passages during training and competition.
- Avoid handshakes, high fives, or other physical contact.

GENERAL HYGIENE PRACTICES:

1. Regular and thorough hand washing for at least 20 seconds.
2. Cough and sneeze into your elbow.
3. Avoid touching your eyes, nose, and mouth.
4. Avoid close contact with people who are unwell.
5. Stay home and seek medical advice if you are unwell, or if you have been in contact with someone who has been unwell.





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ONLINE EDUCATION COMPLETED Online education is completed by key or nominated club personnel 'COVID-19 infection control' training prior to commencing club training.

- Club Officials, Team Officials, Players, Staff, Volunteers are to stay home under the following circumstances:
 - a) Contact with a known case of COVID in the last 14 days.
 - b) Have flu/COVID like symptoms.
 - c) Have travelled internationally or have been in direct contact with a known case of COVID in the previous 14 days.

ALL HOCKEY CLUBS PLAY AN IMPORTANT ROLE IN:

- Reducing the spread of COVID-19
- Promoting good hygiene practices amongst players and officials
- Adhering and promoting the State Government Requirements around social distancing, and gatherings; and
- Following the protocols and requirements around Phase 3 - Return to Training Framework

It is vital that all Club participants, coaches, volunteers, and parents are educated in the key principles of the Return to Sport protocols.

The following processes must be undertaken by Clubs:

- All club officials, team officials and players are to be provided a copy of HWA Return to Sport framework.
- All participants must be registered with the club.
- Clubs to maintain a manual attendance register for each session i.e. training or competition, including date, name and contact details. This list to be provided to Peel Hockey on training night.
- If required young participants should be accompanied by one (1) parent/guardian. Parent/Guardian must maintain social distancing and density requirements at all times by maintaining a minimum of 1.5m distance from all people. Parent/Guardians may not approach team officials or group participants at any time. Should a minor require Parent/Guardian assistance they are to approach the Parent/Guardian away from the group.
- Only essential participants should attend activities:
 - Participants may not exceed the number of participants approved by government restrictions
 - Participants will be calculated including all active and inactive individuals
- Clubs MUST provide first aid kit, disposable gloves, and cleaning equipment for team officials.
- Clubs should follow up with all participants required to leave a match or training due to illness with flu or COVID like symptoms. If participant tests positive for COVID-19, HWA to be immediately notified as per positive participant protocol.
- If participant tests positive for COVID, designated club contact to notify Public Health via the Coronavirus Information Helpline (13 COVID - 13 26843) and take advice regarding notification and contact tracing

CLUBS AND TEAMS UNDERSTAND THE RETURN TO SPORT PROTOCOLS:

Clubs and teams have read, understood and agree to adhere to the guidelines outlined in Peel Hockey's Return to Sport Guidelines.

