

# RETURN TO TRAINING FRAMEWORK



## OVERVIEW

Under the State Government's recently announced [COVID-19 WA Road Map](#), "Phase 2" conditions will be applied to all sports on Monday, May 18. This permits groups of up to 20 individuals to return to non-contact training.

It is important that everyone involved within the hockey community clearly understands:

1. The requirements for a safe return to non-contact training and
2. **That the playing of contact sports remains a prohibited activity:** and
3. That the State Government is responsible for guiding all sport as to when it is safe to take the next step towards full training and then competition.

Hockey WA has established a Return to Training Framework for our Clubs and Regional Associations, which has been developed in consultation with Hockey Australia and DLGSC, and is underpinned by the [Australian Institute of Sport \(AIS\) Framework for Rebooting Sport in a Covid-19 Environment](#).

Hockey WA recommends all players, officials and spectators download and use the [COVIDSafe App](#).



## DEFINITION

**NON-CONTACT TRAINING:** Strict compliance with the 1.5m social distancing protocol is to be observed during training by designing and executing drills and exercises that are non-contested and therefore minimise the risk of contact between players (which is prohibited by the State Government). Skills/activities that are therefore banned for this purpose include but are not limited to tackling, close marking, close to goal shooting and match simulation drills.

### Summary of key conditions:

- Return to Training protocols come into effect on May 18
- Training can resume in groups no larger than 20
- All training is to remain non-contact

### Prior to Training Re-commencing:

- Clubs/Regional Associations must complete a Return to Training checklist
- Clubs/Regional Associations must have nominated personnel complete Online education [CLICK HERE COVID-19 infection control training](#)
- Clubs/Regional Associations should seek approval from their Local Government Authority for facility use prior to commencement of any hockey related activity

### During Training:

- Social distancing rules apply
- Strict hygiene protocols must be followed
- Facilities are closed during training with only toilets and handwashing facilities available for use
- Groups must train within allocated areas of a grass field or turf; no cross-over of training groups can occur

'Get in, Train, Get out'

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## RETURN TO TRAINING – ‘GET IN, TRAIN, GET OUT’

### Hockey training can resume if the following protocols are in place:

- Clubs/teams strictly adhere to the maximum of 20 participants (inclusive of coaches), as per the current State Government restrictions
- Strictly no physical contact between players can occur as per Hockey’s non-contact training definition.
- Social distancing of 1.5m must always be maintained, along with ensuring only 1 person per 4m<sup>2</sup>.
- No access to changerooms, wet areas, and club rooms can occur.
- Clubs **MUST** maintain an electronic/manual attendance register for each training session, including venue entry and exit times, and made available upon request by either Hockey WA or Health Authorities. A single person is to have ownership of this process for each training session.
- Participants must remain in the same group and area for the duration of the session
- The Return to Training hygiene practices outlined in this document are to be strictly adhered to.
- Online education is completed by key or nominated club personnel [CLICK HERE COVID-19 infection control training](#)

## RETURN TO TRAINING HYGIENE PRACTICES

### Hygiene Protocols

1. Alcohol based hand sanitisers must be available for all teams training sessions. Sanitise your hand hands before, during and following training.
2. Sanitise your hands before you start, again during and following training as you depart the venue.
3. Strictly no sharing of water bottles or towels, and it is important to disinfect these items following each training session. Disinfect mouthguards after each session.
4. Players and coaches should avoid spitting or clearing nasal passages at training.
5. Avoid handshakes, high fives, or other physical contact.
6. No access to changerooms, wet areas, and club rooms can occur i.e. players arrive at venue ready to train.
7. 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.

### General Hygiene Practices

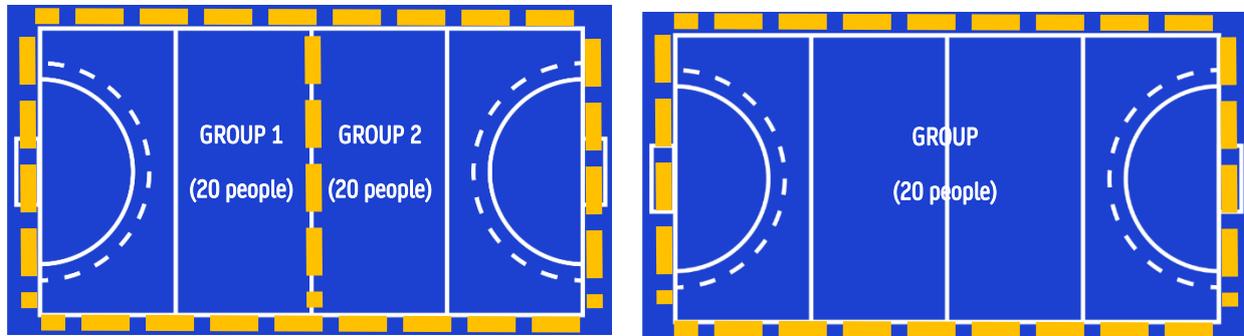
1. Regular and thorough hand washing for at least 20 seconds.
2. Cough and sneeze into your elbow.
3. Avoid touching your eyes, nose, and mouth.
4. Avoid close contact with people who are unwell.
5. Stay home and seek medical advice if you are unwell, or if you have been in contact with someone who has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

**Clubs must ensure that these hygiene protocols are in place for all teams that are training.**

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## GROUP TRAINING PROTOCOLS (20 people or less)



### The following protocols are required to Return to Training:

- Clubs MUST maintain an attendance register for all training, including venue entry and exit times, and available upon request by either Hockey WA or Health Authorities. A single person is to have ownership of this process for each training session.
- Clubs must set (clearly marked) areas for training, adhering to social distancing guidelines.
- Non-contact training.
- A maximum of one (1) small group of 20 or less can train on one (1) half of a grass field or turf at any one time, with another one (1) small group of 20 or less training on the other half; OR
- A maximum one (1) small group of 20 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.
- Players are requested to prepare and dress for your training session at home.
- Players are only permitted to bring the equipment they require for their session e.g. stick, mouthguard, shin pads and water bottle. Sunscreen etc. to be applied at home.
- Enter and Exit within ten (10) minutes for your training session.
- Time gaps to be scheduled between sessions to reduce crossover between training groups at the same venue. Consider shorter training times to manage this requirement.
- The location and access of goals should be located prior training by the nominated ground manager. Goals should not be moved by players.
- Players and coaches must conclude training when instructed by the nominated venue manager.
- 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 and no more than one (1) person per 4m<sup>2</sup>. 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.
- Clubs to provide attendance records prior to training commencement to turf ground staff.

The State Government is continuing to review small group activity within sporting venues and Hockey WA will act in accordance with any future mandate.

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## VENUE REQUIREMENTS

- Venue will nominate a designated contact person to HWA, and must include name, contact number, email address for the purpose of COVID related communication.
- All Venues are required to implement a COVID safety plan, to be signed and returned to HWA.
- Venues provide training to Venue staff and volunteers on the COVID safety plan.
- Promote good hygiene practices and display relevant information about COVID-19;
  - Selects and displays posters in relevant areas
    - All resources - <https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>
    - Hand hygiene - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-print-ads-good-hygiene-is-in-your-hands>
    - Cough & sneeze etiquette - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>
    - Simple steps to stop the spread - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-print-ads-simple-steps-to-stop-the-spread>
    - Keeping your distance - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-keeping-your-distance>
- Venues and clubs schedule training sessions to stagger bookings for arrival and exit. Each group training simultaneously should have a staggered starting time e.g. a single turf facility accommodating a group of 20 participants on each half, each group should commence training at different times. This would be best achieved using start times staggered by 30 minutes.
- Entry exits and accessways to be free-flowing at all times. Entry and exit points clear of any physical or procedural barriers stopping participants from free-flowing movement. Accessways to fields and facilities should be kept clear at all times.
- Designated waiting and personal equipment storage areas prior to taking to pitch
  - Waiting area should be away from entry/exit
  - Waiting area should be away from all access routes to and from the field, facilities, and designated isolation area
  - Adequate space to store personal equipment a minimum of 1.5m apart
  - Adequate space for participants to maintain 1.5m from other
  - No more than 1 person per 4m<sup>2</sup>
- Facilities are closed during training with only toilets and handwashing facilities available for use
  - Clubrooms closed
  - Changerooms closed
  - Food and beverage areas closed
  - Food and beverage outlets closed
  - Showers closed
  - Dugouts closed
  - Storage lockers closed
- Maintain good cleaning standards
  - Increased frequency in high traffic areas and surfaces frequently touched such as interchange and technical benches, goal posts, tech equipment, safety rails and door handles
  - Use an appropriate disinfectant that kills viruses
  - Use in accordance with manufacturer instructions
  - Display checklist of cleaning times
  - Blood spill kit available and accessible always

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  - Use in accordance with manufacturer instructions
  - Display checklist of cleaning times
  - Blood spill kit available and accessible at all times
- Provide bins for disposal of tissues. Foot pedal bins are best option where possible. Empty regularly
- Decommission or close amenities
  - Water cooler and fountains
  - Communal seating
  - Common use surfaces
- Dispose of any forgotten water bottles immediately. Staff to wear gloves when handling items
- Doors allowing access to essential use areas should be kept open where possible
- No training or shared bibs should be made available to participants
- Lost equipment should be stored in an area where it does not come into contact or can be touch by venue users:
  - Lost equipment, clothing and other personal items should be handled with gloves at all times
  - No contact claim process must be utilised for identifying owners of lost equipment
  - Venue manager to assist retrieval of lost items by owner they must not be allowed to 'rummage' through the lost property
- Designate an appropriate isolation area for participants who become unwell during activity with flu or COVID like symptoms
  - Use signage to clearly identify the designated isolation area
  - Area should have access to hand washing facilities and hand sanitiser
  - Area will require immediate cleaning after use
  - Provide map of isolation area to all venue hirers

## Venue Considerations

Due to differences regarding venue operations, Hockey WA strongly recommend that Venues seek facility related guidelines from their facility owners. However, below is a list of considerations that each venue should consider when open for hockey activities.

Have you conducted an audit of your facilities to ensure that they are in a safe and playable and compliant condition?
Have you undertaken a thorough clean of the facilities, including, but not exclusively, pitch entry gates, pitch and coaching equipment, clubrooms, toilets?
Have you displayed COVID-19 hygiene and safe sanitising posters around the venue? If applicable, mark out social distancing (1.5m) crosses on the floor to ensure patrons maintain safe distance.
Have you thought about best practise for using hockey balls or touching training equipment?
Has your Club communicated restrictions that are in place on Clubrooms and Changerooms?

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## CLUB REQUIREMENTS

### 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 Return to Training

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

### The following processes must be undertaken by Clubs:

- Club will nominate a designated contact person to HWA. Name, phone number, email address to be provided for the purpose of COVID related communication.
- All Clubs required to implement COVID safety plan. Sign and return agreement to HWA.
- Clubs provide training to club officials, team officials and players on COVID safety plan.
- All club officials, team officials and players are to be provided a copy of HWA Return to Training Framework.
- All participants must be registered with the club.
- HWA recommend all participants sign a Club waiver acknowledging that participation is at their own risk.
- Venues and clubs schedule training sessions to stagger bookings for arrival and exit. Each group training simultaneously should have a staggered starting time e.g. a single turf facility accommodating a group of 20 participants on each half, each group should commence training at different times. This would be best achieved using start times staggered by 30 minutes.
- 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 and no more than one (1) person per 4m<sup>2</sup>. 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 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

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## Club Considerations

Has the Club Committee met to discuss the guidelines under which hockey activities will resume at the club? Hockey WA has developed the Return to Hockey Guidelines to assist you
Has the club liaised with the Local Government Authority and/or facility owner to agree on facility use arrangements?
Has the Club Committee assigned roles and responsibilities to committee members, coaches, and volunteers to ensure a safe return to hockey for participants i.e. hygiene practices and expectations?
Has the Club Committee developed a pitch usage plan including training dates, times, and procedures to limit team cross over?
Has the Club Committee considered the steps/precautions required should a participant who has used the facility test positive for COVID-19?
Has the Club Committee considered collecting details of participants for contact tracing purposes and asking participants to download the Federal Government Coronavirus Tracking App?
Has the Club briefed its participants on what to do if they are feeling unwell or have been in close contact with people who are unwell?
Has the Club Committee updated the venue Risk Register or Risk Management Plan to include pandemic risk?
Is the club providing a safe environment for children?
Have you developed a communication plan for the Return to Hockey Framework for members, coaches, participants, and volunteers? Ensure this is clearly communicated to all stakeholder groups to manage expectations