



COVID-19 Training Plan

Effective 25 May 2020

Introduction

The intention of this document is to guide the Southern River Hockey Club members through a safe return to hockey via the gradual lifting of restrictions prior to full competition.

We accept that these guidelines may be changed at short notice and at any stage depending on advice from the Federal, State and Local Government bodies including Hockey WA. The intention of this guide is to provide an informed and measured response to safely allow our members to confidently return to some form of hockey. The benefits of team sport to all ages of our community is well documented and the physical and mental well-being of our members is at the forefront when working through these guidelines.

At no stage will the club coerce any participant or coach to be involved in these arrangements. Every individual or guardian (for a child) can choose to be involved or not at any stage now or in the future.

This document has been produced using the following guidelines from the Federal Government and the Australian Institute of Sport released on 8th May 2020, the WA Four Phase Road Map released on 10th May 2020 and Hockey WA Return to Training Framework released on 14th May 2020 and emailed to member on 17th May 2020.

1. Road Map to a COVIDSafe Australia: <https://www.pm.gov.au/sites/default/files/files/covid-safe-australia-roadmap.pdf>
2. Three step process to a COVIDSafe Australia: <https://www.pm.gov.au/sites/default/files/files/three-step-framework-covidsafe-australia.pdf>
3. The Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment: https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf
4. The Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment – Executive Summary: https://ais.gov.au/_data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf
5. WA Four Phase Road Map (announced 10 May 2020): <https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-wa-roadmap>
6. COVID-19 WA Roadmap: <https://www.wa.gov.au/sites/default/files/2020-05/COVID19-WA-roadmap.pdf>

The above documents confirm the following:

1. Exercise and personal training outdoors for up to 20 persons (including a coach) is allowed from Monday 18 May 2020.
2. No person can be in contact with any shared equipment.
3. Social distancing must always be enforced.

Training

All fitness work can be performed. Social distancing must always be respected (1.5m between all persons). No contact between participants is allowed. No sharing of training equipment. No shared training bibs are to be used.

Players cannot participate and must be asked not to attend if they are showing any signs of illness.

Hockey activities can be commenced but social distancing must be complied with. Hockey ball and hockey goals can be shared but no bodily contact can be made with these items. All non-contested hockey activities can occur with respect to social distancing. When players are in a queue for an activity, marking cones must be setup 1.5 metres apart and this distancing must be enforced by coaches. No tackling will be allowed.

At no stage can a group of up to 20 participants come into contact with another group of up to 20 participants during, before or after these exercises. If meeting within squads needs to occur, we encourage the use of electronic meeting resources such as Zoom.

Parents and relatives are always asked to remain within or near their cars and practice social distancing if they plan to attend the training sessions. Parents of players under 18 years of age can contact the coach directly and any member of the executive at any stage if there are any concerns or queries.

The coach, team manager or nominated representative for each team must keep a log of all the date, time and names of participants for each training session and submit this log to the Club Registrar (registrar@southernriverhockey.asn.au) by email at the conclusion of each session. This will assist with contact tracing if required. The club will keep a list of all coaches participating in these trainings. The club also supports the Federal Government initiative and encourages all members with smartphones to download the [COVIDSafe App](#).

All proposed training sessions must be booked through the Grounds and Facilities Manager for senior teams and the Junior Co-ordinator for junior teams. Confirmation of sessions will be communicated in writing via email or text.

The Les Sands Pavilion, clubroom toilets, SRHC Kitchen and Bar facilities will remain closed during Phase 2 of the WA Road Map in line with the current restrictions. Turf dugouts will be closed in line the Hockey WA Return to Training Framework. The SRHC Committee's main focus is on the return of some form of training in the lead up to further restrictions being lifted in Phase 3 and to allow members sufficient time to adequately prepare physically and mentally for the start of the Hockey WA season if and when it is announced.

During Phase 2 the external toilets of the clubrooms will be opened for emergency use and handwashing only. Changerooms and showers will remain closed. Sufficient hand soap and paper towel (or hand dryers) supplies will be available in these facilities to meet the COVIDSafe recommendations for handwashing before and after training sessions. Hand sanitiser will also be available at clearly marked locations around the venue and should be used prior to, during and at the conclusion of training. It is also recommended that all participants have their own supply of hand sanitiser and personal hand towel if preferred.

Use of Sutherlands Park Grass Field and Turf Facility

Half a hockey field provides a sufficient area to be used by one group of up to 20 participants. Therefore two separate groups of up to 20 participants each can be accommodated on a full hockey field provided no overlap and mixing of groups. The measurements for half a hockey field is approx 45 metres by 55 metres which is an area of 2475 metres squared. This corresponds to just under 125 metres squared per participant. Each coach will be responsible for marking out the area prior to commencement of training with marking cones. Further instructions for coaches and/or team managers are detailed at Appendix 1.

All 5 grass areas and 2 turf areas will be available, for a maximum 7 groups of up to 20 participants at any one time. Lights will be available for after dark use (usually from 5.00pm). See attached marked aerial photo at Appendix 2. Coaches are asked to give clear direction to participants, so they know where they are parking and meeting for training.

There will be a minimum of 15 minutes between any session so that all participants have time to leave before the next set of participants attend. There will be no mixing of groups before, during or after training under any circumstances. Participants should arrive dressed and ready to commence training at the allotted time.

Goals will not be available unless requested by coaches and approved by the SRHC Grounds and Facilities Manager.

Schedule of Times Available for SRHC Use of Grass Fields (refer to Appendix 2 Map)

Weekdays (Tuesday and Thursday)

5.00 pm to 8.00pm 5 areas available, 5 groups of 20 participants (areas A - E)

Weekends (Saturday and Sunday)

9.00am to 5.00pm: 5 areas available, 5 groups of 20 participants (areas A - E)

Schedule of Times Available for SRHC Use of Turf (refer to Appendix 2 Map)

Weekdays (Tuesday and Thursday)

5.00pm to 10.00pm: 2 areas available, 2 groups of 20 participants (areas F, G)

Weekends (Saturday and Sunday)

8.00am to 10.00pm: 2 areas available, 2 groups of 20 participants (areas F, G)

Summary

This document will be updated as the WA State Government and Hockey WA make further announcements regarding new dates and lifting of further restrictions in Phase 3 and 4 of the WA Four Phase Road Map.

Should you have any concerns or queries please do not hesitate to contact the club at info@southernriverhockey.asn.au .

Appendix 1

GUIDELINES FOR COACHES AND TEAM MANAGERS

Before the training session:

Coordinate session time availability with the club. Make sure you have received confirmation in writing for your agreed day and time.

Identify and contact all participants to a maximum of 20 including the coach / assistant coach / team manager.

No participant can attend with any illness including respiratory tract symptoms or fever over 38°C.

Inform all participants of the meeting point as per attached marked aerial photos. (Appendix 2)

Encourage participants to park near meeting point and not arrive more than 10 minutes before the allocated start time. (Appendix 2)

Ask participants to be fully dressed in the appropriate training attire including shin pads, mouthguards, etc and ready to commence training prior to arriving at the meeting point.

Inform parents, families, and observers to stay in or near their cars and observe social distancing guidelines.

For participants in the J5/6 grades and below, one parent/caregiver is permitted to escort their child to the designated meeting point for the purpose of adult to adult supervision. The parent/caregiver must then return and remain in or near their car while the training session is in progress. Strict social distancing must be adhered to during this transition.

Mark out an area for the training session using the attached marked aerial photos as a guide. (Appendix 2)

During the training session:

Always enforce social distancing (1.5m). Cones may be used for this purpose where groups are lining up at one spot for a drill.

Keep record of all participants at session including coach.

There cannot be more than 20 persons participating inclusive of coach and/or team managers.

No interaction can occur between two different groups of participants.

Parents/caregivers are not to approach training participants during the session under any circumstances. If they require their child to leave before the end of the session, they must phone the coach/manager to bring the child to the designated meeting point.

After the training session:

Instruct all participants to leave straight after their allotted session has concluded.

There must be no interaction between two different groups of participants prior to leaving training.

For participants in the J5/6 grade and below one parent/caregiver is permitted to collect their child from the designated meeting point for the purpose of adult to adult supervision. The parent/caregiver and child must then leave the grounds immediately. Strict social distancing must be adhered to during this transition.

Training balls and cones must be disinfected prior to next use by the coach/manager. The club will provide the relevant equipment and instructions on how to comply with this.

Any further discussion between coach/manager and participants can be done electronically.

Send a copy of your participant list including the date and time of the training session via email to registrar@southernriverhockey.wa.asn.au at the conclusion of each training session.

Appendix 2

MARKED AERIAL PHOTO – TRAINING AREAS A-G

SRHC Return to Training
“get in, train, get out”

LEGEND

- Training Area
- Meeting/drop off point
- Parking Areas

BEFORE ARRIVING

- Know your parking area, meeting location/group and training times
- Be dressed ready to train and wash your hands

ARRIVING

- Arrive no more than 10 minutes before your scheduled time
- Register with the coach/manager
- Keep 1.5m away from others

DURING TRAINING

- Follow all coaches' instructions
- Keep 1.5m away from others
NO TACKLING
- Sanitise hands when instructed
- No socialising with other groups

LEAVING

- Wash or sanitise hands
- Go straight to your vehicle and leave the grounds
- Keep 1.5m away from others