



KNOX HOCKEY CLUB – COVID-19 JUNIORS HOCKEY TRAINING PLAN

Knox Hockey Club (KHC) remains committed to protecting the physical health, mental health and safety of its members – players, parents and volunteers alike. Your health is our priority moving forward, to create a fun and safe experience for everyone involved at KHC. The KHC Committee is continually reviewing the various changes to State Government directions issued in relation to COVID-19, with the assistance of Hockey Victoria (HV).

KHC thanks HV for its efforts in developing the HV Return to Hockey Guidelines, which have the support of the State Government through Sports and Recreation Victoria. The HV Return to Hockey Guidelines are an important step in supporting sporting clubs to play their important role within the community.

KHC, following the receipt of the HV Return to Hockey Guidelines, has developed the COVID-19 Juniors Hockey Training Plan. The protocols in this Training Plan reflect the guidance within the Return to Hockey Guidelines. They will take effect as of **1 June 2020**.

KHC confirms that it has the support of The Knox School in returning to the pitch. We are excited to be able to offer training opportunities to our players, as Victoria moves towards relaxation of restrictions to allow for the commencement of the 2020 season.

KHC also confirms that whether you allow your child to train is, as it always has been, entirely up to you. We are here to facilitate training for those who wish to participate given the current restrictions. If you or your child do not wish to participate, there is no pressure to do so. If your child is not participating in these training sessions, we encourage you to find other, fun ways to keep their fitness and skills up during this time.

TRAINING ATTENDANCE

How is your child feeling?

KHC's ability to recommence training is fundamentally based on **trust**. We trust you to maintain awareness of how you and your child are feeling, and react accordingly.

How is your child feeling is a **critical** question you must ask before signing your child up for a training session. Once signed up, you must **continue to monitor** how your child is feeling, right up until the moment they get out of the car and walk down to the pitch.

Common symptoms of COVID-19 include:

- fever
- tiredness
- dry cough

Some people may experience:

- aches and pains
- nasal congestion
- sore throat
- runny nose
- diarrhoea

On average, it takes 5 – 6 days from when someone is infected with the virus for COVID-19 symptoms to show. It has however been shown to take up to 14 days in some circumstances.

If you or your child has been in contact with someone who has the above symptoms within the last 14 days, your child is **asked not to attend the club for a training session**. **Do not allow your child to attend training if anyone in your household been tested for COVID-19.**

We also encourage all children attending training to download the COVIDSafe application to their mobile phone (if they have one).

If your child is experiencing any of these symptoms, please stay home. Your child's coaches will be asked to monitor player presentation, and if your child displays symptoms, you will be contacted to collect your child immediately.

How will training be run?

The HV Return to Hockey Guidelines provide a viable framework to allow players get back on the pitch. The Guidelines confirm:

- training can be run in groups of 10, plus a coach / instructor
- there can be **two** groups of 10 on the pitch at any one time (total of 20 players)
- those groups must be separated into "zones", with a minimum 5 metre gap between the edge of the two zones
- players must not move between zones or groups, including **before or after training**

Training will be structured to limit contact between players within a zone. Further details on movements in and out of training, and behaviour at training, are outlined below.

How do you sign up for your child to attend a training session?

The juniors section has up a TryBooking system so that attendance can be capped during training sessions.

The TryBooking page is accessible here:

<https://www.trybooking.com/eventlist/juniortraining?fbclid=IwAR26qZcFgT-2NmZxUHwz--Ala8CjkeAb5W8cM7NsYygaHSyUUQkzZBIIVhE>

The TryBooking page will be updated each weekend with the sessions for the coming week.

Sessions will be available at approximately the same times as juniors training was previously scheduled, prior to the COVID-19 outbreak. We will, however, require some shorter sessions to allow for player movement in and out of the pitch in a socially distanced manner, and also allow for all juniors to be **completely cleared** from the pitch before the commencement of seniors training on Tuesday and Thursday nights.

Once you have signed up for a training session by TryBooking, your child has permission to attend the ground. If you **cannot** attend, it is **your responsibility** to:

- cancel your child's booking
- advise your child's section so that someone else can take your ticket

These protocols are critical given the limited numbers that can attend training. We are also required to keep a record of who is attending training for COVID-19 tracing purposes, in the event that a player is diagnosed with COVID-19.

You **must not** transfer your ticket to anybody else, or allow another player to use it, without advising your coach prior to the training session.

Unfortunately, the restrictions on group numbers currently permitted by the State Government mean that some children will miss out on training sessions. If you are not successful in booking a ticket for your child, please contact Natasha Walker and express your interest. This way, we can let you know if a ticket becomes available for your child.

We reiterate that there is **no expectation** for your child to attend training if you are not comfortable in allowing your child to do so.

What are the protocols when your child attends a training session?

Your and your child's behaviour at training is **paramount** to ensure that we are protecting the health and safety of your child, your child's teammates and your child's coaching staff. The key message is:

Get in, train, get out!

We require you and your child to observe the following protocols:

- **Movement into the pitch area:** you and your child will not be permitted into the general pitch area until the group before you has completed their session and exited the School. You must remain in your car until the previous group has exited.
- **Movement out of the pitch area:** Once training is complete, your child must return to your vehicle and / or you must collect your child as soon as possible. The circulation area in front of the canteen and changerooms is **not** available for general chit-chat – you will be asked to move on as soon as possible
- **Signing in:** you must sign your child into training when you move down onto the pitch area. There will be a QR code available for you or your child to scan with your mobile phone to register your child's attendance – there will be directions around the pitch to assist you or your child in doing this. Follow **all directions** of your coaches when you move into the pitch area, to prevent congestion. This includes your child moving immediately into your assigned zone through the entry directions and signage around the pitch
- **Personal belongings:** please minimise the amount of personal belongings your child brings down to the pitch. The items your child brings onto the pitch must be left directly adjacent to your allocated zone, e.g. on the benches next to the closest dugout. This is to minimise any congregation in front of the canteen and changerooms before and after training. Your child must attend a training session **dressed and ready to play**
- **Movement during training:** please remind your child to respect the following protocols –
 - ask your child to stay **1.5 metres away** from any other person at all times, including between drills
 - your child must not move out of their assigned "zone" area
 - please ask your child to **not** engage in high fives, handshakes, spitting or other contact with kids
- **Prohibition of sharing equipment:** children are not allowed to share equipment. This includes, but is not limited to:
 - no sharing of hockey sticks, shin pads and masks
 - balls, cones and other equipment must not be handled
- **Bring your own water bottle:** in addition to equipment, your child must bring their own labelled water bottle with you to training. Your child **will not** be permitted to access the water fountains in front of the change rooms
- **Personal hygiene:** we recommend that your child observes the following personal hygiene measures:
 - shower before and after training, if possible
 - use the hand sanitiser provided before and after training – bottles will be available around the pitch to use as soon as you arrive
 - arrive dressed and "ready to train"

Whilst the pitch is open, pursuant to the HV Return to Hockey Guidelines, KHC **will not** be opening or operating the changerooms or canteen. The only toilet available will be the single toilet available in the umpire's room next to the canteen.

Any player observed not adhering to the above measures will be asked to leave the training session.

Of course, we understand that it can be difficult for children to maintain social distancing measures and a "hands off" approach to equipment, particularly at the younger age levels. Teams will be supported by

additional staff to monitor behaviour and gently remind children to observe social distancing during a training session. Further, all gates and equipment will be sanitised with anti-bacterial products between training sessions.

Can parents attend training?

The HV Return to Hockey Guidelines have stated that if a parent is to "attend" training (i.e. stand on the side of the pitch to watch), they are to be counted as one of the 10 people in the relevant training group. Spectators are explicitly discouraged.

To maximise the opportunities for all players to engage in training, we ask that parents **do not** attend training sessions. We ask that you remain in your vehicle for the duration of the training session.

I HAVE BEEN DIAGNOSED WITH CORONAVIRUS – WHAT DO I DO?

If your child, or someone in your household tests positive for COVID-19, contact Steph Mann, President, immediately. Steph's details are as follows:

Steph Mann
0458 602 860 (M) president@knoxhockeyclub.com.au

Steph, on behalf of KHC, will make the relevant notifications to HV. KHC will, in conjunction with HV and the Department of Health and Human Services (as needed), co-ordinate a response with contact tracing activities and KHC will follow their advice.

Members who have tested positive for COVID-19 will be asked not to attend training or any other KHC activity until such time as a medical certificate provides confirmation the member has satisfactorily recovered.

If you have entered Australia within the last 14 days, you must not attend training or any other KHC activity.

If you have been in contact with a proven case of COVID-19, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

QUESTIONS?

This document will evolve over time as State Government and HV restrictions change. Please ensure that you are reading the most current version of this document.

If you have any questions, please contact any of:

- Steph Mann, President – 0458 602 860
- Greg Wright, Head of Hockey – 0418 170 941
- Natasha Walker, Junior Co-ordinator – 0409 344 465