



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 **9th November 2020**.

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 pre-season training for the 2021 season.

KHC also confirms that whether you allow your child to participate is, as it always has been, entirely up to you. We are here to facilitate hockey activities 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 hockey activities to resume for people 18 years and under.

The Guidelines confirm:

- full contact training is allowed
- the recommendation is that there can be **three** groups of 15 on the pitch at any one time (total of 45 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**

All of our activities will be structured to limit contact between players within a zone. Further details on movements in and out of the pitch and clubroom area, and behaviour whilst attending our activities, 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 activity 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.

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 may miss out on hockey activities. If you are not successful in booking a ticket for your child, please contact the Junior Co-ordinator 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 the Club's junior activities if you are not comfortable in allowing your child to do so.

What are the protocols when your child attends a 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 –
 - 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.
 - no bibs to be worn
 - 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. Your child **will not** be permitted to access the water fountains in front of the change rooms
- **Wearing of facemasks:** Everyone above the age of 12 years old must wear a face mask when they leave their home unless you have a lawful reason for not doing so. A face mask is a fitted face mask that covers the nose and mouth to provide the wearer protection against infection. When your child is doing exercise or a physical activity where they are out of breath or puffing, such as hockey training/matches or running, they do not need to wear a face mask. However your child must carry a face mask with them and wear it before and after exercise
- **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"
 - take care to store your mouthguard appropriately when not in use and don't rinse it in public if possible

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, when not actively participating in an activity. Teams will be supported by additional staff to monitor behaviour and gently remind children to observe social distancing when not directly involved in hockey activity.

What will KHC be doing?

- equipment such as balls and cones will be washed in a cleaning mixture.
- the only toilet available will be the single toilet available in the umpire's room next to the canteen.
- 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 spectators are allowed if they are supervising children or if needed as support persons for persons with additional needs. All parents, guardians and spectators are still required to follow the Chief Health Officers' Directions for public gatherings and maintain physical distancing of 1.5 metres. Spectators should be in groups of no more than 10 and spread out around the ground or venue. Where possible, in order to limit numbers around the pitch, we would prefer that you remain in your vehicle during the training session. If you decide to remain near the pitch, you will be required to "sign in" separately using our QR code system.

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