



## KNOX HOCKEY CLUB – COVID-19 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 Hockey Training Plan. The protocols in this Training Plan reflect the guidance within the Return to Hockey Guidelines. They will take effect as of **9 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 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 do not wish to participate, there is no pressure to do so. Selection for games, once they recommence, will not be based on whether you choose to attend these training sessions. If you are not participating in these training sessions, you should be making your own arrangements to maintain your fitness and skills during this time.

### TRAINING ATTENDANCE

#### How are you feeling?

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

**How are you feeling** is a **critical** question you must ask yourself before signing up for a training session. Once signed up, you must **continue to ask yourself** how you are feeling, right up until the moment you get out of your 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 have or have been in contact with someone who has the above symptoms within the last 14 days, you are **asked not to attend the club for your training session. Do not attend training if you have been tested for COVID-19.**

We also encourage all persons attending training (whether in a participation or limited spectator capacity, e.g. parents) to download the COVIDSafe application to their mobile phone.

**If you experience any of these symptoms, please stay home. Your coaches will be asked to monitor player presentation, and if you display symptoms, you will be sent home 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:

- non-contact skills training drills are allowed in small groups of no more than 15 people plus a coach and social distancing rules must be observed
- if you are doing exercise or a physical activity where you are not out of breath or puffing, then you must wear a face mask. For example, if you are stretching before your training session it is recommended that coaching and support staff wear face masks
- there can be **two** groups of 15 on the pitch at any one time (total of 30 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 to attend a training session?

The men's and women's sections have set up a TryBooking system so that attendance can be capped during training sessions. The details of each TryBooking account will be available on the KHC website and Facebook page.

Session times will be communicated to you through your coaches and section co-ordinator, including booking links. Further detail regarding the groups intended for attendance at each session (e.g. Pennant / Metro, Vic League 1 squads) will be provided by coaching staff.

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

- cancel your booking
- advise your 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.

We reiterate that there is **no expectation** for you to attend training if you are not comfortable in doing so. Your decision to attend, or not attend, training **will not** affect selection once HV confirms the 2020 season can begin.

### What are the protocols when you attend training?

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

**Get in, train, get out!**

We require you to observe the following protocols:

- **Movement into the pitch area:** you 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. Please park in the following areas:
  - **men:** in the "top" car park (near the School gates)
  - **women:** in the "middle" or "lower" car parks (down the hill)
- **Movement out of the pitch area:** Once training is complete, you must leave 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 into training when you move down onto the pitch area. There will be a QR code available for you to scan with your mobile phone to register your attendance. Follow **all directions** of your coaches when you move into the pitch area, to prevent congestion. This includes moving immediately into your assigned zone through the entry directions and signage around the pitch
- **Personal belongings:** any personal items which you bring with you to training should be minimised and left in your car if possible. The items you bring 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
- **Movement during training:** respect the following protocols –
  - ensure you are staying **1.5 metres away** from any other person at all times, including between drills. Do not move out of your assigned zone
  - no high fives, handshakes, spitting or other contact
- **Prohibition of sharing equipment:** you 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
  - bibs, once given to you, become "your bib" until advised otherwise. You are responsible for bringing that bib to training and wearing it when instructed – no sharing is allowed
- **Bring your own water bottle:** in addition to equipment, you must bring your own labelled water bottle with you to training. You **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 you are doing exercise or a physical activity where you are out of breath or puffing, such as hockey training/matches or running, you do not need to wear a face mask. You must carry a face mask with you and wear it before and after you exercise.
- **Personal hygiene:** we recommend that you observe the following personal hygiene measures:
  - shower before and after training, if possible
  - use the hand sanitiser provided before and after training
  - 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

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.

### **When is Masters training starting?**

We are still working to determine a starting date for Masters – this will be communicated to you by the Masters Co-ordinator once COVID-19 restrictions allow.

### **Can parents attend training?**

There are no spectators allowed for senior training.

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

If any member 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](mailto: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
- Michael Saunders, Men's Co-ordinator – 0438 533 525
- Bek Bell, Women's Co-ordinator – 0414 499 580
- Bryan Williams, Masters Co-ordinator – 0430 138 095
- Natasha Walker, Junior Co-ordinator – 0409 344 465