

Return to Play Guidelines

Under Stage 2 Restrictions

22 May 2020 Version F.2



How to Use This Guide

The Hockey Queensland Return to Play Guidelines have been developed to assist Associations, Clubs and, Venue Operators to prepare a COVID Safe Plan. This document is to be used as a source of information on how hockey can meet the restrictions under Stage 2.

As the information provided is for three different stakeholders there is some information that may not relate to your group. For example, your club might rent a training venue but not run the facility. Therefore you will not be required to put a plan together for a facility.

Your COVID Safe Plan should cover off on the activities, assets, and people your organisation is responsible for.

If you are unsure on how to implement a recommendation please refer to the Tips and Hints document for your group.

If you require assistance putting your COVID Safe Plan together or have any questions please contact any of the Hockey Queensland staff below:

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Overview

On 8 May 2020, the State Government announced the cautious easing of restrictions commencing on Saturday 16 May. The three stage approach outlined in the Roadmap to easing Queensland's restrictions has community sport resuming in Stage 2.

Stage 2 begins on Friday 12 June at 11:59pm and non-contact sport can recommence provided that the following requirements and recommendations are observed and followed.

- Participants gather outdoors in groups of no more than 20, including the coach and any other support staff.
- Parents or other people are required to keep a reasonable distance or will be included in the group of 20.
- No indoor activity indoor physical recreation facilities must remain closed
- Maintain physical distancing of 1.5 metres wherever reasonably possible
- All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance
- No use of communal facilities, except for toilets
- Venue operators must keep a record of attendees including first name, phone number, date and time of attendance.
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment.

The Board and Management of Hockey Queensland (HQ) are committed to delivering a safe, enjoyable and successful Hockey season in 2020. To help us get back on the hockey pitch in accordance with the State Government direction, we have been liaising with the Queensland Sport & Recreation (QSR) and utilising The AIS Framework for Rebooting Sport in a Covid-19 Environment principles and the Hockey Australia Return to Play Framework to develop the Return to Hockey Guidelines (the Guidelines). As the Guidelines will continue to evolve relying on updated direction by relevant authorities, HQ will state the date of when the document was last updated and version number in the footer of the document.

In the event there are changes which will have a material impact on our Associations' guidelines or operations, HQ will highlight these changes in a summary document and distribute via the Association and Club Bulletin (the Bulletin) and by updating the relevant information on the HQ website. In some instances, HQ will send the information directly to the Associations and repeat the information in the Bulletin.

In addition to the guidelines this document also provides checklists and Tips and Hints documents for different stakeholders are also available.



General Information

Queensland Government

Unite against COVID-19

Roadmap to easing Queensland's restrictions

Return to Play Plan

Return to Play Guidelines

Qld Health Promotional Resources, e.g. Posters

Qld Health Advice

Additional Information

Framework for rebooting sport in a COVID-19 environment - EXECUTIVE SUMMARY

Framework for rebooting sport in a COVID-19 environment - ENTIRE DOCUMENT

National Principles for the resumption of Sport and Recreation activities

FIH - Start to plan for when your hockey fields reopen

How To Clean and Disinfect a Workplace

Safe Work Australia COVIDSafe Checklists

Federal Government

Environmental cleaning and disinfection principles for COVID-19

Australian Government Department of Health

COVIDSafe App

We encourage the Hockey Community to download the <u>COVIDSafe app</u>. The COVIDSafe app helps find close contacts of COVID-19 cases and speeds up the current manual process of finding people who have been in close contact with someone with COVID-19.

The app helps state and territory health officials to quickly contact people who may have been exposed to COVID-19. This means you'll be contacted more quickly if you are at risk. This reduces the chances of you passing on the virus to your family, friends and other people in the community.

State and territory health officials can only access app information if someone tests positive and agrees to the information in their phone being uploaded. The health officials can only use the app information to help alert those who may need to quarantine or get tested.

The COVIDSafe app is the only contact trace app approved by the Australian Government.

In preparing the Return to Hockey Guidelines, the safety and protection of the health of individuals and communities has been the primary focus and will remain the focus while the risk of COVID-19 transmission remains.



COVID-19 Symptoms

The Coronavirus can affect individuals in different ways, most infected people will develop mild to moderate symptoms of the virus which may include

- Fever
- Dry Cough
- Tiredness
- Flu like Aches & Pains

Some people may experience the following symptoms

- Nasal Congestion
- Sore Throat
- Runny Nose
- Diarrhea

If you are experiencing any of the above symptoms or have been in contact with someone who has tested positive to COVID-19 or had the above symptoms within the last 14 days, please do not present at a Hockey venue and follow appropriate quarantine and testing requirements.

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated hotline – open 24 hours, 7 days - 1800 675 398.

Please keep Triple Zero (000) for emergencies only.



HQ Return to Hockey Guidelines as per the Easing of Queensland Restrictions

Communication of HQ Return to Hockey Guidelines

The Return to Hockey Guidelines will be emailed directly to HQ Association Presidents and Secretaries in the first instance. A link to the plans will be placed on the HQ Website and notification posted on social media sites with regular updates to ensure members are reading most recent versions.

Any HQ Association and Club returning to hockey activities in stage 2 must prepare a plan that adheres to these guidelines.

Any Association or Club found not to have a plan that adheres to the Government restrictions will not have their activities endorsed by HQ and participants will not be covered for insurance purposes.

General hygiene measures

- Sharing of personal equipment is not permitted
 - Including but not limited to Hockey sticks, shin pads, masks, mouthguards, etc.
 - Group equipment such as balls, training aids (cones/markers, agility ladders etc.) must be wiped down with sanitiser at the end of each training session by the coach.
 - Bibs must not be used (players to bring their own alternate tops)
- Social distancing rules apply to all training sessions on and off the pitch
 - Training drills must be designed with social distancing measures in place
 - There must be a minimum distance of 1.5m between participants at all times
 - NO contested drills, modified game play or penalty corner defending/attacking
- Personal hygiene
 - Shower at home prior to training and wear clean clothing
 - Shower at home after training and wash clothing to reduce transmission risks
 - Wash your hands before and after training.
 - Take care to store your mouthguard appropriately when not in use and don't rinse it in public if possible; don't share sticks, clothing, towels etc
 - Bring your full water bottle to training with your name clearly visible on the bottle. Participants must not share water bottles. Water fountains will not be available at venues.
 - Use hand sanitiser when entering and exiting the pitch and as required during your training session.



Hockey Activities

- No committee meetings or any other non-hockey activity to take place at the facility.
- Non-contact skills training drills are allowed in small groups (not more than 20 people including coach or the
 minimum number of support staff reasonably required to manage the activity) and social distancing rules must
 be observed.
- A Hockey pitch (both turf and grass) can be divided into two zones which can host 20 participants (including the
 coach) per zone. Groups of 20 should not mix with other groups and should remain constant, with no swapping of
 participants between groups.
- It is strongly recommended that Parents and guardians drop and go or wait in their car. If this is not possible the following rules should be followed.
 - For junior training at most 1 x parent or caregiver attend. (no non participating siblings)
 - No other spectators should be present
 - Any non-participating personnel should be a minimum of 1.5m from any training area and maintain minimum 1.5m between each person and remain in the spectator zone.
 - Parents and guardians that remain with their children during participation will be considered part of the group up to 20 people unless there is adequate space at the venue to provide a specific Zone for them, separate to the training group.
- Stagger training start times. Recommend 1-hour training sessions (50min training, 10 min change over and equipment clean)
- No high fives, handshakes, spitting, clearing of nasal passages or contact.
- Coaches to reiterate social distancing rules at the start of each session and while off the pitch:
 - Training drills should be designed with social distancing measures in place remain 1.5m apart at all times.
 - No standing around close to other participants during or in between drills (e.g. when waiting in line/at a cone)
 - Once the session concludes, participants should leave the facility immediately and not gather after training in the venue or car park
 - Accidental/unintentional contact may occur however must be avoided wherever possible.
 - To minimise unnecessary contact to reduce the risk of infection the AIS Framework recommends the following approach to training;

'Get in, train, get out'

Equipment

- While hockey equipment such as hockey sticks, masks and goalkeeping 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 for another session with a different group of 20.
- 1 x sanitising station per zone to include:
 - Bleach solution (for sanitising majority of equipment)
 - Alcohol solution (for hand sanitisation, metal surfaces)
 - Soapy water solution (for cleaning soiled items)
- Always follow the manufacturer's guidelines for the correct mixture and take required precautions when working with chemicals.
- Thoroughly wash equipment (such as balls, markers etc) in the cleaning mixture.
- Equipment is not to be shared between zones.



Movement In and Out of Venues

Facility Responsibilities:

Venues that are catering to multiple groups;

- Must not create an unnecessary risk of people congregating (e.g. at entrances or exits, near toilets or in carparks or other nearby areas).
- Use signage at key areas to reinforce directions and requirements. For example, a group waiting for the next session should remain in their cars until they can enter the facility.
- Wherever physically possible, venue and zone entries and exits should be separate with clear social distancing
 markings and signage. In situations where this is not physically possible, please ensure there is clear directional
 signage and a visible delineation between the entry and exit points.

To manage contract tracing, a hockey venue or training facility must record the details of all entrants.

If an outbreak does occur at your facility, the register will need to be provided to relevant authorities (i.e. Department of Health) in a timely fashion. Minimum details to be collected include:

- Date of entry
- First name and surname
- Phone number
- Time in
- Time out
- Club & team

Please refer to the Tips and Hints document for Venue Operators on how to manage this register.

It is recommended to:

- Provide a map demonstrating how patrons enter and exit the venue and zones
- Complete an induction with leaders of different user groups on how they enter, exit and what their responsibilities are when attending.

Users Responsibilities:

Clubs and Associations that use the facility must adhere to the entry and exit rules outlined by the venue. Coaches or Managers of a training session should also have a copy of the attendance register and take responsibility for confirming the attendance of participants. It is the leader of each user group who is to take responsibility for communicating requirements to members of their group.

If an individual is refusing to register their attendance they cannot gain access to the venue.



Facility

If you manage a facility, either grass or turf you must complete additional measures to create a COVID safe environment for all patrons.

For the FIH guidance on how to prepare your pitch for activities, please see this link.

Due to major differences in regards to venue operations, HQ strongly recommends that if your facility is owned by another committee (i.e. councils, schools, universities), seek additional guidance from the owner and determine if any further requirements are needed. In addition if you share your facility with other stakeholders (i.e. netball, soccer, softball or other groups), to consult and coordinate usage with the other groups. Below is a list of considerations that each venue should take into account before opening for hockey activities.

- Communal indoor facilities such as clubrooms and change rooms (including shower facilities) to remain closed with the exception of allowing access to toilets. Communicate the following messages to users:
 - Arrive at training dressed and ready to train
 - Shower at home prior to training and wear clean clothing
 - Shower at home after training and wash clothing to reduce transmission risks.
- Venues should strongly discourage players from using dugouts during the current restrictions. Please consider an alternative location for participants to store equipment while still maintaining social distancing rules.
- The canteen, bar and function rooms should remain closed until stage 3.
- Turn off water fountains and put up out of order signs
- Zone your facility to cater for the groups of 20. As previously recommended a hockey pitch can be separated into two zones. Remember the space must allow 1 person per 4 square meters.
- Consider using physical barriers that cannot be walked through to separate the zones. Such as netting, ropes and banners, bollards and temporary fencing. See Tips and Hints for Venue Operators for more ideas.
- Remember any non-participant is considered in the group of 20 per zone unless they are in a clearly marked/ fenced zone for spectators. It is highly recommended that spectators including parent and guardians drop and go or remain in their cars.
- It is recommended not to keep lost property. Participants are encouraged to bring essential items only and to check they have all their equipment before leaving the venue

Cleaning Requirements

A full venue clean should be carried out on a weekly basis, with spot cleaning using sanitiser to be undertaken in line with small group training session timings e.g. after each session, the following will be sanitised:

- Handrails
- Sign in tables
- Toilet facilities including toilet lids, seats, taps and basins, cistern push buttons, toilet roll holders, doors, benches, hand dryers, paper towel.
- · Bins not to have lids and to be emptied
- Where possible prop toilet doors open to limit touching handles. Where this is not possible for privacy reasons, place rubbish bins outside of toilet facilities to encourage patrons to open doors with hand towels then dispose of on exit
- Paper towel, soap, and hand sanitiser levels to be monitored regularly

HQ recommends that a COVID Safe Coordinator is allocated to each session to take responsibility of completing the cleaning requirements before the next group arrives.



First Aid and Sport Medicine

Where reasonably possible it is recommended participants administer first aid or sport medicine themselves. E.g. complete their own ankle strapping, apply a band aid etc. In the case of an emergency call an ambulance on 000 and proceed with following standard first aid precautions.

Access to first aid rooms should only be available during an emergency. The first aid tables should covered by a single use towel or linen sheet and the surface cleaned after each use. Linen sheets should be removed and laundered after each use.

Education

Facility Operators, Clubs and Associations all have a responsibility to ensure all users of the facility are provided with information and training on the new requirements.

Refer to the Tips and Hints documents for more ideas to communicate and educate your community.

Outbreak & Reporting

If an outbreak of COVID-19 does occur among the Hockey Community, HQ, Associations and Clubs must fully cooperate with the relevant local authorities. Should an outbreak occur, we must be ready to act quickly following instructions which may include restriction of activity, quarantine of teams and close contacts for a specified period.

If a member of your Club or Association tests positive for COVID-19, this should immediately be reported to a Club Committee member who will report it to the relevant authority who will advise of actions to be taken. Once the authorities have been contacted, please make contact with HQ to report the case at your earliest convenience, hqqffice@hockeyqld.com.au

Parents, guardians and spectators

To slow the spread of COVID-19 and protect community safety, spectator attendance at training activities is discouraged. Only people with an essential role in conducting the training should attend.

- It is strongly recommended that Parents and Guardians drop and go or wait in their car. If this is not possible the following rules should be followed.
 - For Junior Training at most 1 x parent or caregiver attend. (no non participating siblings)
 - No other spectators should be present
 - Any non-participating personnel should be a minimum of 1.5m from any training area and maintain minimum 1.5m between each person.

Parents and guardians that remain with their children during participation will be considered part of the group up to 20 people unless there is adequate space at the venue to provide a specific Zone for them.

Social distancing and hygiene practices must be observed by all parents or guardians, including any facility guidelines that may be specific to your club or training venue.

Non Compliance

It is strongly recommended that failure to adhere to any of the guidelines by an individual, team or club results in their removal from the venue and suspended from further use for a period of time.



Checklists

Club and Association Governance

This checklist is for an Association Board or a Club Committee to complete to confirm their compliance with Government restrictions and to demonstrate their ability to provide a COVID Safe environment for their members.

Consideration	Action	Y/N	Action Required	Person Responsible
Access to information	1) Do you have all relevant facts about COVID-19 and return to sport requirements?			
	2) Are you staying up-to-date?			
	Check official information sources including:			
	 Qld Government: Unite against COVID-19 Qld Health Advice Return to Play Guidelines Hockey Queensland: https://hockeyqld.com.au/about-us/association-club-covid19-hub/ Australian Government Department of Health: https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert 			
Governance	Is everyone clear who within your board/committee who will make and implement decisions on return to sport?			
	4) Does everyone within your board/committee understand their role?			
	5) Has your board/committee nominated an Association/Club COVID Safety Coordinator to oversee delivery of your return to sport plan?			
	6) Does your committee need to amend fixtures, playing and training rules, sporting activities to ensure physical distancing?			
	a. If yes have you done this? If no what needs to be done?			
Financial	7) Does your board/committee know what your new safety/return to sport measures will cost?			
	8) Have you adjusted budgets as necessary for COVID-19 considerations?			
	9) Have you communicated any financial changes (registration/usage/membership fees etc.) to your participants?			



Legal and compliance	10) Is your organisation across all relevant rules applicable to return to sport?	
	11) Is there any necessary consents and approvals to resume sport? And if so have you received these?	
	12) Has your organisation completed a COVID-19 Safety Plan? Does it outline a staged return to training and competition activities?	
	13) Have you considered how it will respond to non-compliance with your return to hockey protocols?	
Communications	14) Do you have a strong communications plan with existing channels – such as email/text/WhatsApp/Facebook groups - to share timely and accurate information with internal and external stakeholder groups?	
	15) Have you prepared key communication to your members on return to play	



Return to Training

This checklist is for Clubs and Associations to prepare for a return to training under COVID-19 restrictions.

Consideration	Action	Y/N	Action Required	Person Responsible
Principles	Are your coaches and community leaders clear on the training protocols allowed under Stage 2 of the Queensland restrictions, including:			
	The principle of "Get in, Train, Get Out";			
	Maximum training group of 20,			
	 Training must be strictly non-contact (e.g. no contested drills and penalty corner defencing/attacking or game based train- ing, high fives, handshakes, spitting, nasal clearing etc.); 			
	 Physical distancing (>1.5 metres) and density (one participant per 4 square metres); 			
	Limit the number of people who attend training to essential participants; and			
	No access to change rooms is permitted			
	Individuals to bring essential items only.			
	Have you documented in a COVID-19 Safety Plan the measures in place to manage training and competition activities?			
Communication and Education	3) Have you communicated your return to training protocols to members, participants, coaches, volunteers and families?			
	4) Have you encouraged all participants to subscribe to and use the Government's COVID Safe app?			
Attendance Records	5) Do you have an attendance register to be maintained for all training days, including venue entry and exit times and contact details?			
	6) Do you have a system to record, store and, if required, share data, subject to privacy law?			



Equipment	7) Are participants encouraged to bring their own water bottles, towels and other personal equipment to avoid sharing equipment where possible?
	8) Have you considered established protocols for rotating or sanitising shared equipment?
Facility	9) Have you consulted with the training facility on their procedures and requirements for training?



Facility Managers

This checklist is for venue operators to complete to confirm their compliance with Government restrictions and to demonstrate their ability to provide a COVID Safe environment for their users.

Consideration	Action	Y/N	Action Required	Person Responsible
Governance	Has the venue management or committee met to discuss the guidelines under which hockey activities will resume at the venue?			
	Have you liaised with the Local Government Authority and/or facility owner to agree on facility use arrangements?			
	3) Has the venue management or committee assigned roles and responsibilities to staff, committee members, coaches and volunteers to ensure a safe return to hockey for participants?			
	4) Have you developed a safety management plan for the venue?			
Managed Access	5) Have you developed a pitch usage plan? Outlining different Zones, entry and exits to ensure different groups of 20 remain apart and cannot mingle?			
	6) Can your organisation arrange separate entry and exit points at your facilities?			
	7) Have you developed a plan to manage the bookings and schedule of users? With managed attendee flows to prevent congestion, including by use of staggered arrival/departure times, one-way movement and use of physical distancing indicators?			
	8) Have determined how you will record all visitors to the venue? E.g. online register, ticketing system, manual register at the gate? And how your process applies to privacy laws?			
	9) Have you updated the terms and conditions to include new COVID Safe restrictions and protocols must be adhered to when using the facility?			
	10) Have you promoted the use of the COVIDSafe app?			
	11) Have you considered other restrictions such as cancelling if wet weather to reduce the risk of people congregating under shelter?			



Hygiene	12) Have you undertaken a thorough clean of the facilities, including, but not exclusively, pitch entry gates, pitch and coaching equipment, clubrooms, toilets? You might want to consider putting a cleaning roster in place to ensure the facility remains clean.	
	13) Where applicable, can you leave doors and gates ajar to minimise contact?	
	14) Do you have a process to wipe down and clean high contact areas between users?	
	15) Do you have enough stocks of sanitizers, detergents and other cleaning material	
	16) Do you have sanitising stations at entry and exit points?	
	17) Have you communicated with patrons their personal responsibility to follow individual hygiene requirements?	
	18) Have you made any changes to the administration of first aid and have they been communicated?	
	19) Have you restocked your first aid kit with appropriate PPE and any other stock that might be low?	
Physical Distancing	20) Has your organisation identified physical distancing protocols to be used within shared facility spaces (e.g., dugouts, bar/canteen, change rooms, toilets, and spectator viewing areas, entrance foyers, corridors and clubrooms)?	
	21) Does your organisation have clear messaging for facility attendees on how to maintain physical distancing (>1.5 metres)?	
	22) Has your organisation documented in a COVID-19 Safety Plan the measures in place to enable physical distancing to occur?	



Preparing Fields for Use	23) Have you conducted an audit of your facilities to ensure that they are in a safe and playable condition? Is the facility accessible and inclusive for all community members?	
	24) Is the playing surface fit for hockey activities?	
	25) Is the playing area and run-offs and perimeter free of any litter, waste or debris that may affect hockey activities?	
	26) Are pitch lines clearly visible?	
	27) Do other pitch fittings or infrastructure (e.g., drain covers, taps, and sprinklers) pose a risk to players and/or other visitors?	
	28) Are goals fit for purpose?	
	29) Are all gates in good working order?	
	30) Are pitch floodlights working and providing a sufficient level of illumination to the playing areas?	
	31) Does ancillary lighting work and provide a sufficient and safe level of illumination around the venue?	
	32) Are any temporary shade structures securely fixed and fit for purpose?	
	33) Have public areas both in and surrounding the facility (e.g., car park, entry paths, walkways) been checked for possible issues (e.g. broken glass, trip hazards)?	
	34) Have drinking taps/fountains been turned off with signage preventing use?	
	35) If pitch entry gates are to be left open for contactless entry/exit, do they pose a risk to players? Gates should open away from the playing area.	
Communication and Education	36) Have you communicated your new protocols that need to be followed to user groups?	
	37) Do you require users or leaders of user groups to undergo an induction or training before using the venue?	
	38) Have you shared your safety management plan with your users?	



Hygiene

This checklist is for Venue Operators, Clubs and Associations to confirm they comply with COVID-19 Hygiene requirements.

Consideration	Action	Y/N	Action Required	Person Responsible
Personal infection control	Has your organisation communicated to your staff, members and participants about personal infection control – including that they should stay home if they have:			
	Any cold or flu symptoms;			
	Been in direct contact with a known case of COVID-19 in the previous 14 days;			
	Travelled internationally in the previous 14 days; or			
	A high risk from a health perspective, including the elderly and those with pre-existing medical health conditions?			
	2) Will your organisation provide advice to participants, coaches, match officials, staff, volunteers and families on personal hygiene such as:			
	Regular and thorough hand washing;			
	Encouraging the carrying and use of hand sanitiser;			
	Covering a sneeze or cough with an elbow or a tissue rather than hands;			
	 Providing bins and encouraging used tissues to be disposed in the bin straight away; 			
	Avoiding close contact with people who are unwell;			
	No touching of eyes, nose or mouth;			
	 No spitting or clearing nasal/respiratory secretions on field of play or in other sport settings; and 			
	Limiting contact with other participants – avoid handshakes, high fives, huddles and celebrations?			



Sanitisation	3)	Has your organisation established compulsory hygiene protocols such as hand hygiene?		
	4)	Does your organisation provide sanitisation stations during training sessions and hand sanitiser in prominent places at facilities, including entry and exit points?		
	5)	Has your organisation provided education or clear guidance on your hygiene protocols to members, participants, coaches, staff, volunteers and families?		
	6)	Can members, participants, coaches, staff, volunteers and families wash or sanitise their hands regularly?		
	7)	Does your organisation have adequate supplies of cleaning and sanitation products?		
	8)	Will your organisation display posters within your facilities to provide regular guidance on hygiene (e.g., https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources)?		
	9)	Has your organisation documented in a COVID-19 Safety Plan the measures in place to ensure personal and facility hygiene can be maintained?		
Cleaning	10)	Does your organisation have a regular and thorough cleaning schedule to disinfect all common areas?		
	11)	Has your organisation established cleaning protocols to ensure high touch surfaces are frequently wiped down with appropriate disinfectant wipes or soap?		
	12)	Does your organisation have adequate waste management protocols?		
	13)	Has your organisation documented in a COVID-19 Safety Plan the measures in place to ensure effective cleaning of equipment and facilities occurs?		
PPE	14)	Does your organisation have an adequate supply of personal protective equipment (disposable facemasks, gloves etc.) if first aid is required?		