



Southern United Hockey Club Inc

Men, Women, Veterans & Juniors

COVID-19 Guidelines for resumption of limited training

From 11:59 pm on 22 November 2020, the following key principles apply to Community Sport across Victoria:

- Contact sport can resume both indoors and outdoors for both adults and children. Outdoors groups are limited to up to 50 people with an overall cap of 500 patrons. Indoors up to 20 people can participate per group exercise or activity or as many people as are required to play an indoor sport with an overall cap of 150 patrons
- When outdoors you need to wear a face mask if you cannot maintain 1.5 metres of physical distance between yourself and other people you do not live with. A face mask is not required
 - while engaged in strenuous physical exercise, such as jogging or running.
 - Communal change rooms, showers and toilets can open.
 - Canteens, kiosks or at-venue dining facilities can open subject to the industry restart guidelines for hospitality

Club responsibilities:

As a Club we undertake the following key points:

- We are fully aware of and compliant to the best of our ability with the Victorian and Federal Government legislation and COVID-19 Directions, and
- These Guidelines and Directions are adhered to and ensure that all coaching personnel, athletes, parents and associated persons will be required to fulfil these guidelines.

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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 & Pain

Some people may experience the following symptoms:

- Nasal Congestion
- Sore throat
- Runny Nose
- Diarrhoea

If people are experiencing any of the above symptoms or have been in contact with someone who has tested positive to COVID-19 or has the above symptoms within the last 14 days, they should not be present at a Hockey venue.



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Guidelines for managing training

- The Club will implement training times for both senior and junior athletes.
- Training times will be allocated to coaches and players
- Players must not arrive more than 10 minutes prior to commencement of their training session..
- Players must wait outside the facility – 1.5m apart to be checked in
[See](#)
- [Figure 6 Waiting spots for entering facility – Farm Rd](#)
- If players are warming up as a team/group prior to entering the facility, they must check in via the QR code displayed on the gate, selecting “I am warming up outside the facility before entry”
- All attendees will be required to enter the club training facility via the designated entry gates and must have checked in via the QR code displayed on/at the entrance gate. They must show their check in confirmation to the coach/COVID coordinator when they enter the facility. They need to check in only once for a particular training/game, either when they go and warm up, or when they enter the facility, whichever is first. See [Figure 7 Entry and Exit – Farm Rd](#)
- Training group can only enter when previous training/playing group has departed. When training Coach of group must be the last of the group to depart and is responsible to confirm that their whole group has departed before them. For games, the COVID co-ordinator for the games must determine that the teams, coaches and spectators have departed before the next group enter. Athletes will be checked off upon arrival (See Check in procedures) to ensure that in the event that a communicable illness were to occur, contact tracing would be readily available.
- Once attendees enter training facility they must leave their items in the bag drop area (other than water) in the locations designated for their zone.
[See Figure 5 Allocation of locations for Zone A Bag Drop – Farm Rd](#)
- Goal keepers will kit up (check in area) and unkit (outside exit gate). If it is wet, and baseball is not in attendance, they can use under the baseball overhang.
- If it is wet, and baseball is not in attendance, they can use under the baseball overhang.
- Athletes will exit the venue in designated exit lane through gates
Farm Rd – Double Ambulance Gates [See Figure 7 Entry and Exit – Farm Rd](#)
- The player change rooms will be open, but limited numbers may enter, and they cannot be used for meetings.
- Hand Sanitiser (70% ethanol) to be made available at following points:
 - Entry to the venue
 - Exit to the venue
 - Zone Bag Drop area
 - Toilets



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Hockey Activity

- Hockey sticks cannot be shared between athletes.
- Athletes and coaching staff must practice safe hygiene at all times, including sanitizing hands before and after any training session.
- Individuals must leave the premises immediately after the conclusion of their training session. No socialising in groups will be permitted.
- Each coach will be provided with a set of hockey balls and training markers. Only coaches will be permitted to touch the hockey balls and training markers. It will be the responsibility of each coach to clean the markers after each training session (at home)
- Training bibs cannot be used. All playing kits (shirts, shorts/skirts and socks) should be laundered between each training sessions.
- No athletes and/or coaches will be permitted to use drink bottles unless they are clearly labelled with their individual name.

First Aid Provisions

- Extra care should be taken by any members required to administer first aid to another member.
- First aid requires you to come within the 1.5m area recommended distance for social distancing and therefore extra precautions should be taken while administering first aid.
- At Farm Rd Protective masks and gloves will be stationed next to both the first aid kit near shop and defibrillator should either be required to be used.



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Responsibilities

All people attending the Southern United facilities must

- Check in using the QR code available at the facility.
- Check the DHHS site for risk locations and follow instructions on the DHHS site if they have been at locations follow instructions as per DHHS. <https://www.dhhs.vic.gov.au/case-locations-and-outbreaks>

Player Responsibilities

- Whilst Covid-19 restrictions still apply, attendance at training is not compulsory and will not affect a player's selection.
- We urge any of our players & coaches that have commenced training to please note if feeling unwell and shows signs of the below symptoms to please act accordingly and contact your doctor and coaches ASAP:
 - Fever
 - flu-like symptoms such as coughing, sore throat and fatigue
 - shortness of breath
- If you have had any COVID-19 Symptoms in the past 14 days, it is absolutely necessary you **DO NOT ATTEND TRAINING**. You would be advised to consider your own and others safety: notify a medical professional and self-isolate as recommended.
- During training
 - When training please ensure you undertake these precautions which include:
 - Avoiding basic physical contact such as handshakes, hugs, hi-fives. Spitting is also NOT allowed
 - Individual use of drink bottles and snacks (no sharing of lollies, oranges etc.)
 - If layers of clothing need to be removed when training, these items must be taken to their allocated "bag drop" location, they cannot be left on fences or on the pitch.
- Personal Hygiene
 - If possible, shower at home prior to training and wear clean clothes.
 - Shower at home after training and wash clothes to reduce transmission risk
 - Wash your hands before arriving at training, and use sanitiser as you enter the ground.
- Before and after training
 - On arrival players will only be able to enter the Farm Rd facility once "checked in" and when the previous training group have left the facility, under direction of coach and/or site manager.
 - Leave your hockey bag in the car.
 - When entering the facilities, small bag of important items can be left in the "bag drop" allocated to the player (
 - Farm Rd In front of the pavilion *See Figure 5 Allocation of locations for Zone A Bag Drop – Farm Rd*
 - When training is finished, player must pick up their items and leave the facility via the exit gate immediately.
- Goalies
 - Kit up outside the facility in the "check in area". If it is wet, and baseball is not in attendance, they can use under the baseball overhang.
 - Unkit outside the exit gate after leaving the facility.



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Parent Responsibilities

- Inform your child about the rules and regulations in regards to COVID-19 and training and make sure they understand they have to follow these guidelines and instructions from the coaches ALWAYS and ANYTIME
- Make sure your child arrives in time, but not earlier than 10 minutes before training start
- Be ready outside the club grounds on the carpark to pick up your child from training
- Don't bring your child to training when he/she has any symptoms as described earlier or has had those symptoms in the past 14 days.
- Don't bring your child if any in your household has been positively tested, and follow the instructions.
- Parents/carers/guardians don't have access to the training facility. We recommend you stay in your car. If you wish to watch, you can do so from outside the fence, with appropriate social distancing.
- Always follow the instructions of the site manager.

Coach Responsibilities

- Coach is to be the only person to touch hockey balls and cones.
- Coach is to clean balls and cones after each training session. This can be completed at their own home with water and diluted disinfectant and bucket. Items to remain in solution for 10 minutes.
- Coach is to ensure that they finish training at their allotted finish time, they cannot wait until the next group is on the sidelines to start – as this will not happen. Recommend setting timer to go off at the appropriate time.
- Coach must be the last of their group to leave, thus allowing the next group to enter the facility.



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Operating the Farm Rd Facility

Use of Toilets

- Each time the toilets are used, the “touch spots” must be cleaned, this will be completed by the person using the toilet (seniors) and the age co-ordinator (juniors). Gloves and cleaner tools will be available. The women’s home toilets will have a designated unisex toilet and will be the toilets used (Men’s toilets will not be open) Liquid hand rinse and paper towel will be available in the two designated toilets. The shower will be locked and not be available for use. Toilets and touch areas will be cleaned after each use.

Opening & Closing the Farm Rd Facility

- The facility will be opened by the coach, the COVID-19 co-ordinator or designated person for the training. Process for juniors will be different to seniors.
- To open up: Person puts on gloves and opens up gates and toilet - relocks the toilet door so that it can be pulled shut later and puts key back in key lock. Makes sure hand sanitizers have been placed outside entry gate, on locations inside and also basket of cleaning items near the toilets. If they don't use gloves to open gate, doors etc then they need to clean down areas after them
- To close up: Person puts on gloves, places sanitisers away, locks gate.

Operating Dendy St Procedures

- Dendy St teams will use the “alternate check in procedure”.
- Players wait at cars until preceding team leaves (or on hill spaced at fence posts along the car park - which are more than 1.5 M apart)
- Coach checks all players have filled in form
- Preceding players exit through gate from car park.
- Players then enter through the game from the car park
- Players drop their “small bag” at posts along the pitch – these are more than 1.5m apart. Using waterproof bag that they must bring if they want to keep items dry.
- Pitch will be divided in to two zones, C - Car Park End, D – Toilets End
- Toilets end uses pitch gate near the “pavilion”
- Car park end uses gate to pitch at other end
- Toilets will not be open (not abnormal for Dendy st)
- Players will leave immediately after training finishes.

Opening/Closing up at Dendy St

- Person who has key, opens up the gates, and turns on the lights (key required – not a switch), and wipes down lock after the open up. Person with key must have wipes as part of the kit bag.
- Person who locks up at Dendy St, locks the gate and wipes down the lock. Person who locks up must have wipes as part of their kit bag.

Coach Responsibilities

- Each coach will have a sanitiser bottle in their coach’s bag. They will have this for each player as they enter the area.



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Check in procedures

Opening up/Check in Process

- Check in procedure for club training & users of ground (except school)
- SUHC use the QR app Guest Track for recording of attendance.
- Players, coaches, administrators and spectators (only allowed for juniors) must check in via the QR code at the entrance gate.
- If warming up as a team prior to entrance to the facility they must check in prior to that warm up,
- Coach/COVID co-ordinator will check that attendees have checked in via reviewing attendees phone or via the QR Code tracking app

See Figure 17 Guest Track confirmation screen

- If they are not able to check in (eg no phone) Coach/COVID Co-ordinator will check them in to the Guest Track QR system.
- Coach/Co-ordinator will only allow players/coaches to enter facility when all players/coaches in previous sessions have left the facility

Process for Grand Masters

- The grand masters train at Farm Rd under the auspices of Southern United Hockey Club.
- Grand masters can return to training at Farm Rd under the proviso that they follow the same guidelines as Southern United club training.



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Dendy St Procedures

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Illustrations Farm Rd Facility



Figure 1 Farm Rd Facility layout



Figure 2 Gate to Pitch Zone A - Canteen End – Farm Rd



Figure 3 Gate to Pitch Zone B - Uniform Shop end – Farm Rd



Figure 4 Pitch divided in to two zones – Farm Rd

Figure 5 Allocation of locations for Zone A Bag Drop – Farm Rd



Figure 6 Waiting spots for entering facility – Farm Rd



Figure 7 Entry and Exit – Farm Rd



Figure 8 Toilets



Figure 9 Zone Farm Rd Set up



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Figure 10 Parents/Spectators can only view from outside fence (social distancing rules apply)

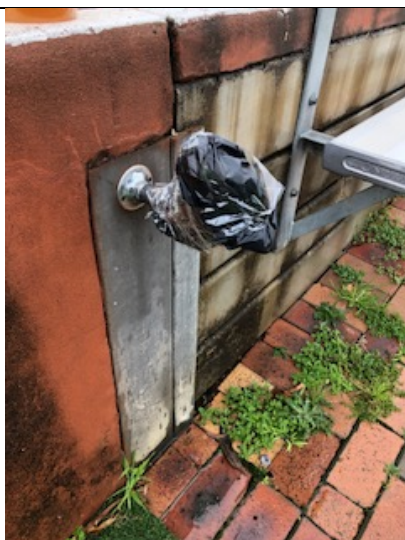


Figure 11 No taps available

Illustrations Dendy St



Figure 12 Layout Dendy St



Figure 13 Entry & Exit Gate Dendy St



Figure 14 Entry to Pitch Zone C Dendy St



Figure 15 Entry to Pitch Zone D Dendy St

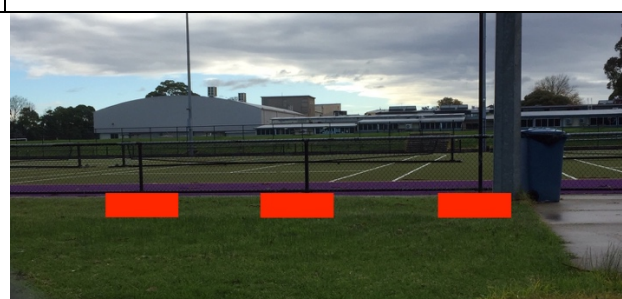



Figure 16 Bag Drop Location Zone C Dendy St





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Optus AU 3:15 pm 48%
guesttrack.com.au



Confirmation

 **1 People**
Anna Jennings

 **Checkin New Visitors** >

 **Join GuestTrack** >

How was your checkin experience?

 **Good**  **Had Issues**

check out will be available in 180 seconds

Figure 17 Guest Track confirmation screen



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Reporting of positive case

- The SUHC COVID-19 Co-ordinator will advise Department of Health & Human Services on 1300 651 160 – line is open 24 hours per day (player may have done this already but we should still do it)
- SUHC COVID-19 Co-ordinator will send email to/contact the CoM to advise above.
- SUHC COVID-19 Co-ordinator Find out the dates and times that this person was in contact with other people at the club within the 24 hours preceding the showing of symptoms. This can be achieved by using spreadsheet at jotform and spreadsheets previously sent to COVID-19 Co-ordinator
- SUHC will contact and advise the contacts that a person that they have been in contact with has been diagnosed with Covid 19. Ideally all players will be contacted at the same time, so task will be shared by available CoM members.
- SUHC COVID-19 Co-ordinator Advise all sections to cancel training sessions for the following 48 hours – an email to members should be sent to advise of a confirmed case but that according to our training records they haven't been exposed to that person at the club. They are not to resume until we have been given clearance.
- SUHC COVID-19 Co-ordinator Arrange for a full clean down of the facilities
- SUHC COVID-19 Co-ordinator Advise Hockey Victoria via admin@hockeyvictoria.org.au
- SUHC COVID-19 Co-ordinator Review the above processes

Phone call to the contacts will state:

- We have been advised by a player that they have tested positive to Covid 19. According to our records they were in a training group with you/your child on the following dates. Given that all precautions were taken there is limited risk of infection but we would ask that they self isolate until we get confirmation from the Dept of HHS.

We would follow up with email.