



Yarra Valley Hockey Club

Cyril Cummins Reserve, 67 Liberty Parade, Bellfield, 3081

COVID-19: GUIDELINES FOR LIMITED TRAINING ACTIVITIES

The Yarra Valley Hockey Club continues to follow Emergency Management (Non-Essential Business and Other Activities No 5 (COVID-19) Direction 2020 under section 25 of the *Emergency Management Act 2004* (dated 11 May 2020), together with the Australian Institute of Sport (AIS) Framework for Rebooting Sport in a Covid-19 Environment (01 May 2020), and the directions of the Victorian Minister for Sport, Recreation and Racing, and Vic Health.

As long as the following guidelines are followed, limited club training activities can resume again.

COVID 19 Symptoms

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate symptoms. If you have any of the symptoms outlined below, please stay at home and get yourself tested as soon as possible

Common symptoms include:

- Fever.
- Tiredness.
- Dry Cough.

Some people may experience:

- Aches and Pains.
- Nasal Congestion.
- Runny Nose.
- Sore Throat.
- Diarrhea.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

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.

Club responsibilities:

As a Club we undertake the following key points:

- The health and safety of our club members and associated support personnel are paramount.
- 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 and associated persons will be required to fulfil these guidelines.

Information to club members:

The club will communicate to all members the following information:

- We recommend all members to download the COVIDSafe app to allow for contact tracing
- If members have experienced any of the following symptoms in the last 14 days or have been in contact with someone who has tested positive to COVID19, we will ask them to stay at home and not participate in any hockey activities – fever, dry cough, tiredness, flu-like aches & pains, nasal congestion, sore throat, runny nose or diarrhea.
- All members need to shower at home (not at the club) and wear clean clothing
- All members will need to wash hands before and after training
- Mouthguards should be stored in a container and members must bring their own labelled water bottle
- Players must sanitize their hands when entering and leaving the pitch
- Members must practice social distancing of 1.5m always during training.
- Bibs will not be worn during training. Players will need to bring light & dark tops to training. Balls & cones will be disinfected after each training session.
- Cleaning will happen between each training session to ensure no cross-contamination.
- The change rooms are unavailable for use. Access only for use of toilet.
- Exception: change rooms shall be unlocked and designated for the sole use by goalkeepers from Group A and Group B to put on and take off their goal keeping equipment.

Guidelines for training sessions:

- The Club will implement training times for both senior and junior athletes. Training times will be staggered for the 2 groups who are sharing the pitch. There will also be a 15-minute gap between trainings to allow time to sanitize high touch zones and to allow one group to exit the facility & the other to enter, without cross-over. (*Appendix A*)
- Athletes will be required to register on-line via a google sheet (*Appendix B*)to attend training sessions and will need to provide their full name and phone number. Players will be marked off for each training so it can be tracked who has attended training. Individual groups will be restricted to ten (10) athletes + essential coaching staff.
- Players must not arrive more than 10 minutes prior to commencement of their training session. Players can perform their own warm-up but must do this out of the boundaries of the Yarra Valley Hockey Club (eg at Ford Park football oval).
- All attendees will be allocated a group they will be training in (group A or group B), on the day of training. Players will be directed to park and enter the facility according to the group they are allocated to ensure no cross-over with the 2 groups (*Appendix C*)
- Attendees will exit the facilities through the same point they entered through (*Appendix C*)
- The player change rooms will only be open for use of the toilets. Liquid hand rinse and paper towelling will be available in the toilets. (The showers will not be available for use)
- Club members (volunteers) who are undertaking official duties (including coaching staff) at the Club or for the purpose of the relevant activity will not be counted in the maximum number of persons allowed for each activity.
- A junior participants parent can drop off their child but cannot get out of the car and must remain in the carpark. Parents cannot spectate training sessions.
- The upstairs club rooms and bar will not be open.
- No food or beverage will be provided at the venue (whether for purchase or otherwise) for consumption at the venue (including the clubrooms).
- In the interests of safe hygiene, the water tap and water fountain will not be available for use at all.
- Hand Sanitiser (70% ethanol) to be made available at the following points:

- Entrances / exits to the pitch
- Toilets

Hockey Activity:

- The synthetic turf will be divided into halves and will be delineated by hockey boards to avoid balls going into the other half of the pitch.
- Access and exit from the pitch will be by two separate entrances (one for each half). Group A will park in the northern carpark and will enter and leave the pitch by the main gate entry to the pitch. Group B will park in the southern carpark and will enter and leave the pitch through the emergency vehicle gate.
- A maximum of ten (10) participants (athletes) + essential coaching staff will be allowed in each designated half of the pitch at any one time.
- Only non-contact skills training drills will be allowed in the small groups. However, accidental contact may occur but there must be no deliberate body contact drills.
- Hockey sticks cannot be shared between athletes.
- Athletes and coaching staff must always practice safe hygiene , including washing hands for at least 20 seconds 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. **Get in, train, get out**
- Each coach will be provided with a set of hockey balls and cones. Only coaches will be permitted to touch the hockey balls and cones. It will be the responsibility of each team to clean the balls & cones after each training session.
- Training bibs cannot be used. It will be the responsibility of each player to ensure they bring a dark and light-coloured playing top. 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.
- Training times will initially be as follows for Group A:
 - **Mondays:**

5.10 pm – 6:05 pm	U8 Junior teams (2 groups)
6:05 pm – 6:20 pm	Cleaning time and changeover of groups
6:20 pm – 7:15 pm	U8 Junior teams (2 groups)
7:15 pm – 7:30 pm	Cleaning time and changeover of groups
7:30 pm - 8:30 pm	Pennant Women & Masters men (1 group each)
8:30 pm – 8:45 pm	Cleaning time
 - **Tuesdays:**

5.10 pm – 6:05 pm	U14 Junior teams (2 groups)
6:05 pm – 6:20 pm	Cleaning time and changeover of groups
6:20 pm – 7:15 pm	U14 Junior teams (2 groups)
7:15 pm - 7:30 pm	Cleaning time and changeover of groups
7.30 pm – 8.30 pm	Premier League women (2 groups)
8:30 pm - 8:45 pm	Cleaning time and changeover of groups
8:45 pm – 9:45 pm	Premier League men (2 groups)
9:45 pm – 10:00 pm	Cleaning time
 - **Wednesdays:**

5.10 pm – 6:05 pm	U8 Junior teams (2 groups)
6:05 pm – 6:20 pm	Cleaning time and changeover of groups
6:20 pm – 7:15 pm	U10 Junior teams (2 groups)
7:15 pm - 7:30 pm	Cleaning time and changeover of groups
7.30 pm – 8.30 pm	Pennant Men (2 groups)
8:30 pm - 8:45 pm	Cleaning time and changeover of groups
8:45 pm – 9:45 pm	Masters men (2 groups)
9:45 pm – 10:00 pm	Cleaning time

- | | | |
|---------------------|--------------------|--|
| - Thursdays: | 5.10 pm – 6:05 pm | U12 Junior teams (2 groups) |
| | 6:05 pm – 6:20 pm | Cleaning time and changeover of groups |
| | 6:20 pm – 7:15 pm | U16 Junior teams (2 groups) |
| | 7:15 pm - 7:30 pm | Cleaning time and changeover of groups |
| | 7.30 pm – 8.30 pm | Premier League men (2 groups) |
| | 8:30 pm - 8:45 pm | Cleaning time and changeover of groups |
| | 8:45 pm – 9:45 pm | Premier League women (2 groups) |
| | 9:45 pm – 10:00 pm | Cleaning time |
| - Fridays: | 5.10 pm – 6:05 pm | U16 Junior teams (2 groups) |
| | 6:05 pm – 6:20 pm | Cleaning time |

First Aid

- If first aid treatment is required by a participant during training he/she will self-care, using club single-use/disposable equipment.
- If the seriousness of the injury/illness of a participant requires assistance from other training participants, attendees must wear mask and gloves as a minimum. Family and/or Ambulance '000' should be called.
- In the event the cardiac defibrillator is required the operator will sanitise the machine pre and post usage and defibrillator pads disposed of post use. Operator will be required to wear full Personal Protective Equipment.

Reporting

If any member tests positive for COVID-19 they will be directed to contact the President Craig Lovel and/or their Section Representative. Vic Health and the Chief Public Health Officer will co-ordinate a response with contact tracing activities and the Club will follow their advice.

COVID19 hot line: 1800 675 398 . Refer: <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

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

**Appendix
YVHC TRAINING FACILITY SET-UP**



Appendix A
Main pitch divided into halves

Yarra Valley Hockey Club Seniors Training Attendance

Rules of Sign Up Sheet

If you put yourself down to attend training, and you are unable to attend you MUST remove your name As Soon As Possible and IF someone has placed their name on the wait list you MUST ring them to all the club to maximise training numbers.

Rules of Training Attendance

1. We recommend all members to download the COVIDSafe app to allow for contact tracing
2. If members have experienced any of the following symptoms in the last 14 days or have been in contact with someone who has tested positive to COVID19, we will ask them to stay at home and not participate in any hockey activities – fever, dry cough, tiredness, flu-like aches & pains, nasal congestion, sore throat, runny nose or diarrhea.
3. All members need to shower at home (not at the club) and wear clean clothing
4. All members will need to wash hands before and after training
5. Mouthguards should be stored in a container and members must bring their own labelled water bottle
6. Players must sanitize their hands when entering and leaving the pitch
7. Members must practice social distancing of 1.5m at all times during training.
8. Bibs will not be worn during training. Players will need to bring light & dark tops to training. Balls & cones will be disinfected after each training session.
8. Cleaning will happen between each training session o ensure no cross-contamination.

Day:

Date:

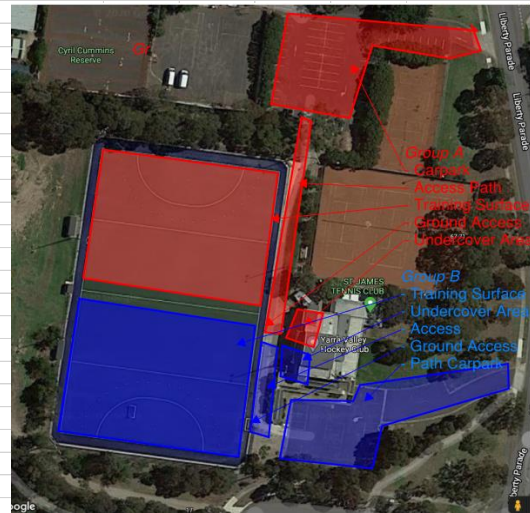
Sign In Group A (X:XX Time Slot)

Player	Attendance Confirmed	Phone Number

Sign in Group B (X:XX Time Slot)

Player	Attendance Confirmed	Phone Number

Wait List	Phone Number



Appendix B
Player attendance sheet(on line document)



Appendix C
Access Routes for Group A and B to the Hockey Club