

APPENDIX - AIS FRAMEWORK FOR REBOOTING SPORT IN A COVID-19 ENVIRONMENT (COMMUNITY HOCKEY RELEVANT CONTENT)



		Level A	Level B	Level C
Australian Institute of Sport	General Description	<ul style="list-style-type: none"> Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports – general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books). 	As per Level A plus: <ul style="list-style-type: none"> Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²). Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Uncontested drills only. No tackling, defending or oppositional drills. No contested modified games. Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met. 	As per Level B plus: <ul style="list-style-type: none"> Full hockey activity that can be conducted in groups of any size including fully contested competition, tournaments and matches. Tackling, defending, oppositional drills and contested modified games permitted. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities.
	General Hygiene Measures	<ul style="list-style-type: none"> No sharing of exercise equipment or communal facilities. Apply personal hygiene measures even when training away from group facilities – hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor). Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged. 	<ul style="list-style-type: none"> Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. 'Get in, train and get out' – be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training. No socialising or group meals. 	<ul style="list-style-type: none"> Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B. If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. Limit unnecessary social gatherings.
	Spectators, Additional Personnel	<ul style="list-style-type: none"> No spectators unless required (e.g. parent or carer) 	<ul style="list-style-type: none"> Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m. 	<ul style="list-style-type: none"> Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. Non-essential personnel should be discouraged from entering change rooms.
	Hockey Specifics	<ul style="list-style-type: none"> Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including for example passing, stick on ball skills, rebound receiving (e.g. against wall) to self. 	<ul style="list-style-type: none"> Core and specialty skill drills, receiving and distributing. No contested drills or modified games. Small group (not more than 10 athletes/staff in total) sessions. 	<ul style="list-style-type: none"> Full training and competition

APPENDIX - HOCKEY AUSTRALIA FRAMEWORK FOR COMMUNITY HOCKEY RETURN TO PLAY



	Level A	Level B	Level C
Hockey Australia Checklist	Hockey Facilities	<ul style="list-style-type: none"> • Ensure Facilities are available for use • Ensure Facilities are ready for use (e.g. running water, electricity, lights etc) • Ensure training area is ready for use (mowed, free from hazards, goals in good condition, fences clear of hazards etc) • Ensure Clubhouse Rooms remain closed (except for toilet and emergency medical facilities) • Appoint individuals for registering training attendance and ensuring social distancing and hygiene • Association and/or Club Committee to identify (where practicable) and monitor “at risk” people at the facility (e.g. immuno-compromised, 70+ etc) • Communicate to members to download COVIDSafe app to their smart phone 	<ul style="list-style-type: none"> • Consider Clubhouse Rooms to have one-way routing and/or physical distancing indicators • If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.
	Coaches & Players	<p>Individual No more than 2 people gatherings Physical distancing required</p> <ul style="list-style-type: none"> • Physical conditioning program to include fitness components related to Hockey • Ensure HockeyEd accreditation is current • If not currently accredited, register online at HockeyEd • Encourage players to keep in regular touch via online social groups such as club, state, national social media platforms • All community Hockey activities including matches, training and face-to-face education courses will not be conducted during this period <p>Small Groups Groups of no more than 10 Physical distancing required Equipment (balls, cones, rebound nets) allowed.</p> <p>COVID-19 items:</p> <ul style="list-style-type: none"> • Maintain an attendance list at all trainings • All equipment is cleaned/disinfected before, during and after training • Players to bring own water bottles to trainings. • Ensure players have washed their hands prior to commencing training as well as post training and during toilet breaks. • Members not to spit, cough into sleeve or tissue and dispose of immediately and no physical greetings (e.g. handshake, high fives). <p>Hockey Specific items:</p> <ul style="list-style-type: none"> • Measure base fitness and identify areas for improvement. • Hockey and specialist skills guidance such as penalty corner skills, receiving and distribution skills to be undertaken in line with government distancing advice. • Modified non-contact conditioning games 	<p>Team Training No restrictions on numbers Person to person contact allowed Equipment allowed</p> <p>COVID-19 items:</p> <ul style="list-style-type: none"> • Follow the guidelines for Level B, plus <p>Hockey Specific items:</p> <ul style="list-style-type: none"> • Core skills, game knowledge and fitness assessments are all permitted in contested and uncontested environments.
	Officials	<ul style="list-style-type: none"> • As for Coaches and Players, plus: • Ensure Umpire accreditation is current 	<ul style="list-style-type: none"> • As for Coaches and Players.



APPENDIX - OPERATIONAL PROCESS FOR COMMUNITY HOCKEY RETURN TO PLAY

Area Description		Level A	Level B	Level C
Hockey Operational Process	Logistics	<p>Individual / Remote</p> <ul style="list-style-type: none"> Maintain connection/communication with playing members (e.g. Facebook groups, Zoom meetings etc) All community Hockey activity including matches, training and face-to-face education courses will not be conducted during this period 	<p>Small Groups - no more than 10 people / area Physical distancing required ~ Get in, Train, Get out ~</p> <ul style="list-style-type: none"> Recommend 1-hour training sessions (50min training, 10min change over and equipment clean) Each Hockey Pitch to be divided into two halves. One small group in each half. 1 x sanitising station per area to include: <ul style="list-style-type: none"> Bleach Solution (for sanitising majority of equipment) Alcohol Solution (for hand sanitisation, metal surfaces) Soapy Water Solution (for cleaning soiled items) All equipment to be washed/wiped down (sanitised) before and after sessions No equipment to be shared between areas (unless sanitised first) Attendance record must be kept and filed (easily referred to for Contact Tracing) Participants will: <ul style="list-style-type: none"> Be registered Arrive ready to commence training (appropriately dressed, strapping done at home etc) Bring own water bottle to session Leave personal effects at sanitising station for their area 	<p>No restrictions on numbers Person to person contact permitted All usual Hockey equipment permitted</p> <ul style="list-style-type: none"> All equipment to be washed/wiped down (sanitised) between sessions Attendance record must be kept and filed (easily referred to for Contact Tracing) Participants are to: <ul style="list-style-type: none"> Be registered Bring own water bottle to session
	Hockey Training Specifics	<ul style="list-style-type: none"> Develop/Provide individual training content and video to playing members. Provide opportunity to upskill on theory e.g. register on HockeyEd for Coach and Officials accreditation. 	<p>Recommended</p> <ul style="list-style-type: none"> Measure base fitness (e.g. Yo-Yo) Hockey and specialist skills guidance such as penalty corner skills, receiving and distribution skills to be undertaken in line with government distancing advice. Modified non-contact conditioning games <p>Permitted</p> <ul style="list-style-type: none"> Maximum 10 people per area (Inc. coach / support staff) Use of equipment including balls, cones, rebound nets and individual equipment (sticks, shinpads, mouth guards) Drills/Skills aiming at receiving, distributing, fitness and game structure (e.g. patterns of play) <p>Not Permitted</p> <ul style="list-style-type: none"> Contested drills and penalty corner defending/attacking No "team runs" (i.e. need to maintain maximum 10 people in a group) 	<p>Recommended</p> <ul style="list-style-type: none"> Re-do base fitness assessment (e.g. Yo-Yo) Combine a series of contested and uncontested activities. Outside of contested drills and modified games, where possible, continue to maintain 1.5m distance from each other



Area Description		Level A	Level B	Level C
Hockey Operational Process	Personal Health	<ul style="list-style-type: none"> Look after self and family in line with Government guidelines during COVID-19 isolation 	<ul style="list-style-type: none"> Wear freshly laundered training attire – Recommend old clothing (as disinfectant used on equipment may transfer and have effect on some clothing) Wash hands prior to and after training attending training Use hand sanitiser before, during and after training (where available) Avoid physical greetings (i.e. hand shaking, high fives etc) Avoid coughing, clearing nose, spitting etc DO NOT ATTEND IF YOU ARE FEELING UNWELL! (includes any signs/symptoms of cold, flu, COVID-19 or any other illness) 	<ul style="list-style-type: none"> Same as for Level B
	Parents & Spectators	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> For Junior Training, recommend at most 1 x parent or caregiver attend (no non-participating siblings etc) 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 	<ul style="list-style-type: none"> Same as for Level B
	Club Rooms	<ul style="list-style-type: none"> Closed 	<p>Open for:</p> <ul style="list-style-type: none"> Toilets Medical / First Aid (only if required) <p>Closed for all other amenities, including:</p> <ul style="list-style-type: none"> Change rooms / showers Bar (or other drink service) Canteen (or other food service) Games (e.g. pool tables, darts, video games etc) Common areas (tables, chairs etc) 	<p>Open and available for use, however:</p> <ul style="list-style-type: none"> Higher levels of sanitisation/cleaning required after each use of the Clubhouse Rooms Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training Preferably shower at home If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. Reasonable social distancing practices to be observed Limit unnecessary social gatherings.