



DRAFT COVID-19 RETURN TO PLAY FRAMEWORK

Introduction

SA Hockey return to play and other hockey related activities will be informed by the guidelines of the World Health Organisation the Risk Adjusted Strategy from the South African Government and the FIH Safety Guidelines.

Hockey activities should only recommence and be held as permitted by all regulations as announced from time to time by National Government.

All Occupational Health & Safety and social distancing regulations as per the South African Government Gazette regulations must be adhered to at all times.

The SA Hockey return to play framework will align and integrate hockey activities to the national risk adjusted strategy from the South African Government.

Purpose of the framework

The objective of the framework is to ensure that SA Hockey return to a low risk, safe practice and playing environment within the different national Alert Levels as per the Risk Adjusted Strategy.

To provide a high-level framework for operational guidelines for the return to play.



Summary of alert levels

ALERT LEVEL 5	ALERT LEVEL 4	ALERT LEVEL 3	ALERT LEVEL 2	ALERT LEVEL 1
OBJECTIVE				
Drastic measures to contain the spread of the virus and save lives.	Extreme precautions to limit community transmission and outbreaks, while allowing some activity to resume.	Restrictions on many activities, including at workplaces and socially, to address a high risk of transmission.	Physical distancing and restrictions on leisure and social activities to prevent a resurgence of the virus.	Most normal activity can resume, with precautions and health guidelines followed at all times. Population prepared for an increase in alert levels if necessary.

Glossary of the Key Areas of the SA Hockey Framework

Players and Coaches	<p>Educating players, parents, teachers, facility managers and coaches about COVID -19.</p> <p>Players and Coaches who are not feeling well must stay at home</p> <p>Wash/sanitize your hands before and after the practice/training session and avoid touching your face.</p> <p>Maintain social distancing to at least 2 meters- exercise alongside each other or staggered instead of behind each other.</p> <p>Wear a mask as per current National Regulations</p> <p>No handshakes or team huddles.</p> <p>Maximum of 8 players per quarter Astroturf.</p> <p>Strict hygiene practices [nose blowing, coughing, spitting]</p> <p>No sharing of water bottles.</p> <p>Disinfect equipment [beacons & balls] before and after use.</p> <p>No ice baths</p> <p>Only the coach allowed to pick up the balls and handle the limited training equipment.</p> <p>Avoid public transport and wear a cloth mask when traveling.</p> <p>No physical team meetings</p> <p>Coaches to wear cloth masks</p>
Venue and Change Rooms	<p>Facilities must be cleaned & disinfected constantly or as often as possible as per FIH guideline for facility management.</p> <p>Facility users must maintain principle of “Arrive, Train / Be Active, Depart”</p> <p>No face mask no entry</p> <p>Equipment for screening all participants</p> <p>Sanitiser for all participants on arrival and departure</p> <p>Display information about hygiene and COVID-19</p> <p>Changerooms, showers, gyms must be locked.</p> <p>Discourage the use of toilets- only in emergencies.</p> <p>Facility must be sanitized after use.</p> <p>No icebaths</p>

	<p>Indoor hockey – Ensure adequate ventilation.</p> <p>Players to arrive to training sessions in their kit, reducing the use of the changerooms.</p>
Record Keeping for Contact Tracing	<p>All participants attending the hockey activity must complete a COVID-19 information sheet containing the following information:</p> <ul style="list-style-type: none"> • The participant understands the risks of the COVID-19 disease • The potential of un-intended transmission • Confirmation that to the best of their knowledge are currently disease/symptom [COVID-19 free]
Events and Tournaments	<p>Return to competition will only be allowed once regulations have been issued for the appropriate Alert Level as per the Risk Adjusted Strategy.</p> <p>All permissible events as stipulated by the relevant Alert Level regulations must at all times be compliant with the Safety at Sports and Recreational Events Act 2 of 2010 and any amendments thereto.</p>

SA Hockey's National Risk Adjusted Strategy:

This document assumes that Contact Sport will be permitted to return to play at various Alert Levels to be determined by Regulations publicized from time to time.

Alert Level 5	Drastic measures to contain the spread of the virus and save lives
	<ol style="list-style-type: none"> 1. No hockey activity 2. Individual skills training at home
Alert Level 4	Extreme precaution to limit transmission & outbreaks and allow some activity
	<ol style="list-style-type: none"> 1. No hockey activity 2. Individual skills training at home
Alert Level 3	Restrictions on activities, including at workplaces and socially to address high risk of transmission.
	<ol style="list-style-type: none"> 1. Training phase group with a maximum of 8 players per quarter Astro Turf – Outdoors 2. Training phase group with a maximum of 8 players per indoor court – Indoor 3. No physical contact training
Alert Level 2	Physical distancing, restriction on leisure, prevent resurgence of the virus.
	<ol style="list-style-type: none"> 1. Training phase group with a maximum of 8 players per quarter Astro Turf 2. Training phase group with a maximum of 8 players per indoor court – Indoor 3. No physical contact training
Alert Level 1	Normal activities can resume, with precautions and health guidelines followed at all times.
	<ol style="list-style-type: none"> 1. Modified & Adjusted small hockey games – local leagues 2. Return to regionalized HP training groups

HOCKEY SAFETY GUIDELINES



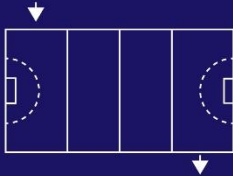
1 RESPECT YOUR GOVERNMENT RULES AND GUIDANCE. ANYONE SHOWING SYMPTOMS OF COVID-19 SHOULD NOT TRAIN



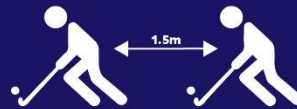
2 ARRIVE AT TRAINING ON YOUR OWN USING PRIVATE TRANSPORT: WALKING, BY BIKE OR BY CAR



3 ARRIVE SHORTLY BEFORE TRAINING



4 FOLLOW THE SIGN FOR ENTERING AND LEAVING THE FIELD



5 RESPECT THE 1.5M DISTANCE BETWEEN PLAYERS



6 DO NOT TOUCH THE BALL WITH YOUR HANDS



7 DO NOT CELEBRATE OR "HIGH FIVE" WITH TEAMMATES



8 CLEAN AND DISINFECT YOUR HANDS BEFORE AND AFTER TRAINING



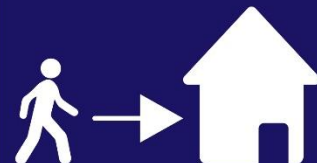
9 DO NOT TOUCH YOUR MOUTHGUARD WITH YOUR HANDS AND NO SPITTING



10 BRING AND USE YOUR OWN WATERBOTTLE ONLY



11 BRING AND USE YOUR OWN STICK, SHIN PADS AND/OR GOALKEEPING KIT ONLY



12 RETURN HOME DIRECTLY AFTER THE TRAINING SESSION

References:

1. WHO guideline for sports organisers
<https://apps.who.int/iris/bitstream/handle/10665/331764/WHO-2019-nCoV-Mass-Gatherings-Sports-2020.1-eng.pdf>
2. FIH Safety Guidelines <http://www.fih.ch/news/safety-first-as-fih-helps-hockey-across-the-world-make-a-cautious-return-to-action/>
3. Start to plan for when your hockey fields reopen <http://www.fih.ch/news/covid-19-fih-issues-guidance-to-ensure-playing-fields-are-ready-when-restrictions-end/>
4. Regulations and Guidelines – Coronavirus Covid-19
<https://www.gov.za/coronavirus/guidelines>