



COVID-19 Guidelines

These guidelines should be followed by any player or spectators including parents/guardians attending games or training sessions at Ryde Hunters Hill District Hockey Clubs venue – Keith Thompson Hockey Centre

- Refer to the Hockey NSW Individual Checklist as a personal guide to help keep yourself and others safe
- Please do not come to the venue if you are unwell or may have been in contact with anyone with COVID-19 symptoms or have been in any identified hotspot areas in last 14 days
- Physical distancing of 1.5m must be maintained by everyone who enters the venue excluding those in the same family or household
- Use hand sanitiser when entering the venue
- An Attendance Register is kept on the table on the verandah area or can be accessed electronically via Service NSW QR codes located around the venue and must be completed by anyone who comes to the venue for any reason other than dropping off/picking up players. This includes all players including juniors and any spectators.
- Spectators are allowed to watch the game from the verandah, grass area in front of the bbq or along the field fence but are not allowed on the dugout side of the field fence. Please stay away from the teams waiting to enter the field or doing team talks/warm ups. Keep 1.5m distance from others at all times
- Club chairs may be used on the verandah or you can bring your own fold up chair. Cleaning cloths and spray are available from the canteen (games) or change rooms (training) if you would like to clean a club chair prior to using it. Please return chairs to the stack once you have finished using them.
- Canteen facilities will be available at games and selected training sessions. While waiting to be served the queue will be along the verandah on the marked spaces ensuring 1.5m physical distance to be maintained at all times and only 1 person at a time at the canteen counter. Eftpos payment preferred but cash will be accepted.
- The Club room will be available for use but physical distancing of 1.5m must be maintained at all times and no more than 15 people to be in area at one time.
- Toilets will be available for use, maximum of 2 people inside at any time, please wait outside in corridor 1.5m apart.
- Change rooms facilities will be available for changing clothes/privacy only, no team meetings or gatherings. It is preferred players shower at home. Maximum of 14 people in Ryde change room and 12 in Visitors change room at one time.
- Visitors change room is to be used for first aid and isolating unwell participants while waiting to leave the venue during training sessions. It can be used by visiting teams as change room facilities for games. Isolation/first aid area will be located in the Club room during games. Ice and a basic first aid kit is available in the Visitors change room at all times.
- Cleaning supplies are located in the change rooms, canteen and dugouts.
- Car pooling is not recommended with participants from different households.
- Please leave the car park as soon as possible after your game, it is not an area to congregate in with your team mates or friends.
- Please notify the Ryde COVID-19 Safety Coordinator if you have been to the venue and later experience COVID-19 symptoms.

Training Specific Guidelines for Players

- Arrive no earlier than 15 minutes before your training session.
- You may leave your bag/belongings on the verandah then go and wait 1.5m apart near the gate marked for the side of the field your team will be using for training. Dots are painted on the ground to mark 1.5m spacing and a field entry/exit plan is displayed at the top of the verandah stairs and on the field fence at bottom of stairs.

- Take your water bottle onto the field and leave it near the fence for easy access during training.
- Make sure you have signed in before going onto the field.
- Do not enter field while other teams are training.
- Use the correct entry and exit gates at all time – enter through the gate near the stairs if using the field near the vacant block (field A), enter through the gate near the scoreboard if using the field near the road (field B) and exit through dugout gate closest to the side your team is training on.

Game Specific Guidelines for Players

- Bring your own water bottle as they can't be shared.
- Face masks and other personal equipment are not to be shared. It is up to individual teams to determine how protective equipment for PCs will be managed during the game.
- Arrive at the field ready to go on if possible – shoes, shinpads already on. GKs may use the verandah to get ready.
- Teams may warm up or do team talks on the grass areas near the change room, on the grass at the end of the carpark or near their specific field entry gate but 1.5m physical distance must be maintained at all times. They may enter the venue to leave their belongings in one of these areas to go for a warm up run around the surrounding streets, etc.
- You may take your bag/belongings to the dugout with you for your game.
- Only players and team officials (eg coaches, managers) are allowed to enter the field.
- Home team enters the field from the gate nearest to the verandah stairs, Away team from the gate closest to the scoreboard. All teams exit from the relevant dugout gate. Field entry/exit plans are displayed at the venue at the top of the stairs on the verandah, on the field fence at bottom of stairs and in the dugouts.
- Wait 1.5m apart near your team entry gate before the game. Dots are painted on the ground to mark 1.5m spacing.
- Do not enter field until previous teams have exited.
- Leave your bags/belongings along the field sideline fence near the dugout until the previous team has left the dugout area, then bags are to be moved to outside the field fence.
- Do not enter the dugout until the previous team has cleaned it and left the area.
- Dugout gate can be used as normal by the team during the game for players to enter/exit the field for subs, etc.
- To exit the field use the gate closest to your dugout.
- All teams must nominate 1 person to clean the dugout bench and tap with the supplied cleaning materials and ensure the area is clean and all belongings removed before leaving the dugout
- Please leave the dugout area as quickly as possible after the game to allow the next team to enter, do not stay in that area for a team talk.

Guidelines for Umpires/Technical Officials

- Umpires and officials enter the field from the gate at the bottom of the stairs (field A entry) and exit from the Officials dugout gate.
- All officials must nominate 1 person to clean the dugout table, bench and tap with the supplied cleaning materials and ensure the area is clean and all belongings removed before leaving the dugout.
- Refer to the Hockey NSW Umpire or Technical Official Checklist as a personal guide to help keep yourself and others safe.

We appreciate you following these guidelines to ensure we can all return safely to and continue to play hockey.

Questions/Concerns:

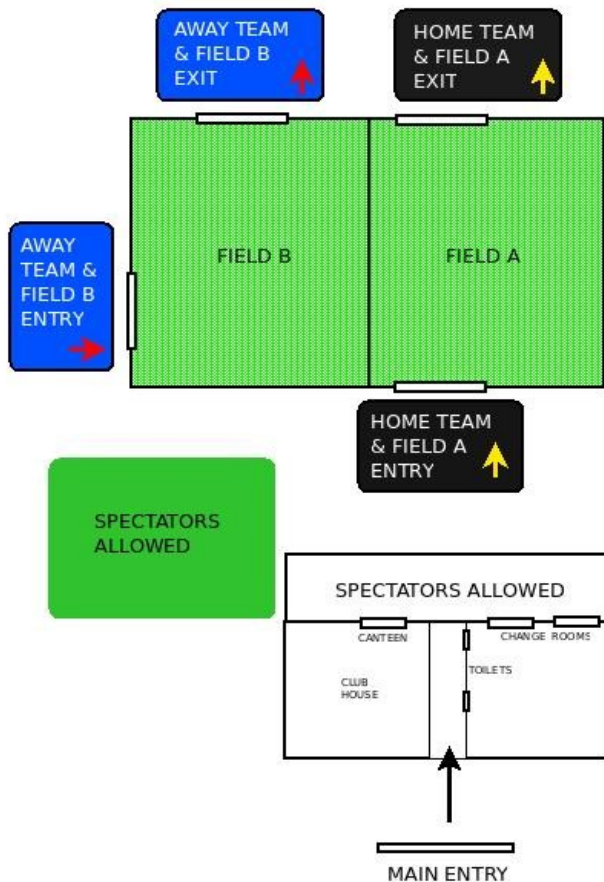
Please contact our Ryde COVID-19 Safety Coordinator - Kirrily Pereira

rydecovidcoordinator@gmail.com ph: 0417 808 587

Attendance Register QR code



RYDE COVID-19 FIELD ENTRY & EXIT PLAN



INDIVIDUAL CHECKLIST

FULL NAME _____

PERSONAL CONSIDERATIONS:

- | | YES | NO |
|--|-----------------------|-----------------------|
| 1. I have considered downloading the COVIDsafe app? | <input type="radio"/> | <input type="radio"/> |
| 2. I am up-to-date with all the latest COVID-19 information from the NSW Government? | <input type="radio"/> | <input type="radio"/> |
| 3. Have I been unwell with flu like-symptoms in the past 14 days? If yes, I am not to attend training | <input type="radio"/> | <input type="radio"/> |
| 4. I have showered and changed before heading to training? | <input type="radio"/> | <input type="radio"/> |
| 5. I will wash and sanitise my hands regularly at the fields? (when appropriate) | <input type="radio"/> | <input type="radio"/> |
| 6. I will check in and out via the Attendance Register at the venue? | <input type="radio"/> | <input type="radio"/> |
| 7. I will "Get In, Train, Get Out"? | <input type="radio"/> | <input type="radio"/> |
| 8. I will maintain social distancing (1.5 metres) where possible? | <input type="radio"/> | <input type="radio"/> |
| 9. Do I have my own labelled water bottle that I won't share? | <input type="radio"/> | <input type="radio"/> |
| 10. I will avoid spitting and will use a tissue to blow my nose? | <input type="radio"/> | <input type="radio"/> |
| 11. I will avoid physical contact? (e.g. high fives, handshakes, huddles etc.) | <input type="radio"/> | <input type="radio"/> |
| 12. Do I have access to all my own equipment? (I.e. stick, gloves, mouthguard) | <input type="radio"/> | <input type="radio"/> |
| 13. I will allow my coach to handle all communal equipment? (e.g. cones, balls etc.) | <input type="radio"/> | <input type="radio"/> |
| 14. Am I in a high-risk category? (ie elderly, immunocompromised). If yes, seek medical advice, consider avoiding communal activities and inform your club of your individual training routine | <input type="radio"/> | <input type="radio"/> |



For more information about Hockey NSW's Coronavirus (COVID-19) response visit hockeynsw.com.au