



Covid-19 Guidelines

The most important preventative measure remains to not conduct matches or training if your members are sick and showing the following symptoms:

Symptoms of COVID-19 can include:

- * Fever
- * Breathing difficulties such as breathlessness
- * Cough
- * Sore throat
- * Fatigue or tiredness.

If any of your members experience the above symptoms, we would recommend that they contact their GP for medical advice/attention and they will be able to inform your member of the best course of action. If COVID-19 is confirmed, please notify Hockey Queensland ASAP.

Other preventative measures include:

1. **Reminding players and volunteers/staff of hygiene protocols such as:**
2. Washing hands often with soap and running water, for at least 20 seconds. Dry with a paper towel or hand dryer.
3. Trying not to touch your eyes, nose or mouth.
4. Covering your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
5. Avoiding shaking hands etc.
6. **We strongly encourage all members of the hockey community to receive the flu shot (available from April).**

With the spread of COVID-19 likely to continue to impact for many weeks, please continue to be informed through the media and the Department of Health website. <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

Some athletes may feel anxious about the impact of the virus and Dr Michael Carr-Gregg has prepared advice to guide parents in talking about this issue: https://schooltv.me/wellbeing_news/special-report-coronavirus

As the situation in regards of cases of Coronavirus is evolving rapidly please use the available resources to keep informed of the latest updates.

Other key resources are listed below:

SmartTraveller Website: <https://www.smartraveller.gov.au/news-and-updates/coronavirus-covid-19>

Australian Government Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Worksafe QLD: <https://www.worksafe.qld.gov.au/news/2020/coronavirus-covid-19-workplace-risk-management>