



Covid-19 Guidelines for all Hockey Activities #1.

All hockey participants must play a role if we are to help slow the spread of COVID-19, including people organising, attending or supporting attendance at hockey activities.

Effective 16 March 2020, the following guidelines should be adhered to for all Hockey Queensland activities, including training and matches.

1. Before participating in hockey activities (includes training and matches)

Participants should not present to participate in hockey if they:

1. have any flu-like symptoms;
2. have been in direct contact with a known case of COVID-19 in the past 14 days;
3. have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
4. are at a high risk from a health perspective, including the elderly and those with pre-existing medical/health conditions.

2. Attendance at hockey activities

- Only essential participants should attend hockey activities, i.e. players, coaches, match officials, staff and volunteers involved in operations and parents/guardians of participants;
- Only attend as close as practical to the start of any hockey activity and leave as practically possible after;
- Children to be accompanied by not more than one parent or guardian, if possible.

3. Practice social distancing at hockey activities

- Amend pre and post-match protocols so players and officials do not touch each other, e.g. no shaking hands,
- When spectating or attending at a hockey match/training, ensure you keep a distance of 1.5 metres between yourself and others;
- Restrict access to change room areas to only players, officials and essential staff;
- If watching hockey and confined to a small area nearby other people, seek to move around the facility to avoid close contact with others.

4. Hygiene and Behaviour

Hygiene:

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with Disinfectant;
- Provide hand washing guidance (http://www.who.int/gpsc/clean_hands_protection/en/);
- Promote regular and thorough hand washing by staff and participants;
- Provide sanitising hand rub dispensers and soap in prominent places around the event (particularly entry or high use areas such as a registration desk, change rooms, toilets or kiosk);
- Make sure hand rub dispensers and soap are regularly replenished.

Behaviour:

- Cover mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze;
- Provide bins and put used tissues in the bin straight away;
- Wash hands with soap and water often;
- Use hand sanitiser gel if soap and water are not available;
- Try to avoid close contact with people who are unwell;
- Do not touch your eyes, nose or mouth if your hands are not clean.

Organisation of hockey activities:

- Promote preventive actions amongst participants – lead by example;
- Plan ways to reduce in-person contact for participants and staff;
- Plan for increased levels of staff/volunteer absences;
- Keep volunteers, staff and participants informed of actions being taken.

Hockey Queensland has been closely monitoring the situation as the health and safety of all members of the Queensland hockey community remains our priority.

Hockey Queensland will continue to work with Hockey Australia to provide updates as the latest information becomes available.