



## COVID 19 – Avoca Hockey Club Guidance for the return Hockey (Updated for National Phase 5 October 2020)

Avoca Hockey Club is committed to doing everything we can to stop the spread of the Coronavirus and avoid people having to suffer from Covid-19. We are working for our members to facilitate as much healthy outdoor activity as we can. There are elements to this guidance that are mandatory and non-adherence may lead to an individual being asked to depart the pitch and facilities. This guidance covers activity at all pitch sites unless otherwise stated.

1. Phase 5: All senior hockey training and matches are postponed from 22/10/20 for 6 weeks.
2. Phase 5: Junior (School going age) non-contact training with social distancing can take place.
3. Phase 5: Junior (School going age) players and club officials/coaches can travel beyond the 5km travel restrictions for the purposes of attending training. A travel letter is available from the Director of Hockey, your manager and the club secretary.
4. Phase 5: All players 12 years and older MUST wear a face mask while waiting to enter the pitch compound and must wear their mask when leaving. It is strongly recommended that all parents/guardians also wear face masks if they leave their vehicles.
5. Phase 5: All Club Officers not on the pitch (Covid Officers/Club Officials) must wear a face mask.
6. Each player MUST bring their own hand sanitiser bottle. Sanitisers will be available on the grounds but it is the personal responsibility of each parent, member or visitor to ensure their own hygiene.
7. Hand sanitisers at the entrance to the hockey field. Every player/coach to clean hands on entering and exiting. Please use your own sanitiser if possible.
8. Each player/coach MUST bring their own individual hydration bottle and snack containers. Bottles and containers are not to be shared and will preferably be non-disposable.
9. Please be on-time for drop and collect. Short gaps are being put between youth training sessions and we need your help to make them work.
10. All waste/rubbish is to be removed from the facility by the person who brings it. There are no longer any bins or refuse facilities in Newpark and all sites are now no trash zones.
11. Please note where you are asked to pick up, drop off and present for check-in (for Phase 3 - 5):
  - a. If using through the main gate in Newpark, park in the school/sports centre area.
  - b. If using the back gate (Newpark basketball court) please drive around the pitch, park in the back car park and present at the back gate.
  - c. For Sion Hill, the rear car park is closed: please park out front. It is desired that during phase 3-5 only the player presents at the pitch gate at this location.
  - d. For Loreto Foxrock on Sunday, park in the carpark and present at the pitch gate. Please return to your car during Phase 5.
  - e. During Phase 3- 5 only players and club staff can enter the pitch compound in each site.
12. Social distancing is to be maintained in any off-pitch area of the facility, pitch enclosure, school grounds and sports centre. Please avoid any congregation anywhere on the grounds.
13. While it is recognised that some parents will want to stay and watch (During Phase 1 & 2 scenarios) we ask that social distancing with no congregation is adhered to. Avoca remains a committed social and inclusive club; however, public health measures are required at this time. If possible, during the period of the pandemic, please limit your social interaction at Avoca sites. Again – parents should not remain during phases 3-5, unless there is a special reason – please talk to your manager.
14. Unfortunately the sports centre in Newpark is closed again so there is no toilet – we are working to see if we can find a solution for Phase 5 but please prepare for this.
15. The Toilets in Loreto Foxrock remain closed.
16. The toilets in Sion Hill can now be used, one at a time, and must be cleaned by the manager at the end of each session – a record must be kept and provided to the school. A mechanism for this will be available from the Club Secretary.
17. Every person will have to FILL IN THE HOCKEY IRELAND COVID ASSESSMENT FORM BEFORE ARRIVING at training for the first time. This can be completed on ClubZap. This only needs to be completed once and it is then the responsibility of each participant or attendee to ensure that they comply with national health guidelines.



18. Your manager will put a check in form on ClubZap before each training session or match. You must attest attendance YES or NO in advance. This is mandatory and is to allow the club fulfil our contact tracing obligations.
19. No players to touch any coaching equipment and only touch their own equipment, and nobody else's. This includes cones, ladders etc. Club Coaches and leaders will manage all equipment. (as normal please have shin guards and gum shields to be allowed play)
20. No players to touch any balls with their hands (Phase 3) – they can use their stick only. Club Coaches and leaders will manage all equipment.
21. IMPORTANT: All personal kit is to be left against a fence, at around 2m from the next person's kit. No kits is to be left in viewing areas – kit must be inside the pitch fence.
22. No bibs will be used with players required to have their own WHITE AVOCA TOP AND A COLOURED TOP if required for your session. Coach will advise. (Avoca are sourcing affordable reversible bibs that will be mandatory kit)
23. We would guide that you minimize car-pooling and if unavoidable, adhere to national guidance on the use of sanitation and masks.
24. Goalkeepers will have their own kits.
25. People who seem unwell before or during training will be asked to go home. In the case of a minor the parent/guardian will be asked to collect. (either by a club leader or the child may call if desired – child's choice)
26. Please DO NOT come to train/play or support if you are unwell.
27. As a principle, lost property cannot be retained or handled by the clubs personnel – your property is your responsibility.
28. For those deemed as High Risk or Vulnerable person under government advice, please take extra care should you need to come to the facility (e.g. guardians). Persons deemed High Risk/Vulnerable under government advice are advised not to take part in Hockey at this time.
29. Training (Phase 3-5): As a general rule training is to be non-contact, in pods of 15 people. Practice match play is not allowed but there is to be no tackling.
30. A nominated covid officer must be present at each training session.
31. Matches (Phase 5): No matches
32. Away Teams (Phase 1-3): Away teams are asked to complete a pre-match assessment which is available on our Web Site. Please contact Al Robinson as below for guidance in this regard.
33. Queries: Contact Club CoVID Officer - Al Robinson [clubsecretary@avocahockeyclub.ie](mailto:clubsecretary@avocahockeyclub.ie)

We really appreciate your support at this time. Please help us make the experience fun and easy as possible.

**AHC Committee 21st October 2020**

**Leinster Hockey Association Guidance Page (Including Hockey Ireland updates):**

<https://www.leinsterhockey.ie/covid19/>

**Avoca Hockey Club Documents**

<https://avocahockeyclub.ie/documents/>