

A banner for Field Hockey Alberta featuring a collage of field hockey action. The background is a dark, semi-transparent image of a field hockey game. Overlaid on this are several lighter, semi-transparent images: a player in a green jersey running with the ball, a player in a red jersey with the number 29, and a player in a white jersey. The text 'Field Hockey Alberta' is written in a light blue, sans-serif font, and 'Safe return to sport 2020' is in a white, sans-serif font. In the bottom right corner, there is a blue owl logo. The entire banner is framed by blue geometric shapes on the left and right sides.

Field Hockey Alberta

Safe return to sport 2020





Content Disclaimer

Field Hockey Alberta has collected information from our governing body (Field Hockey Canada), the Provincial and Federal Government to create this document to assist athletes, coaches, members and clubs with guidance for different stages regarding the return to sport from the COVID-19 pandemic. Since the pandemic is continually changing so will information, rules and regulations, making it imperative that you continue to check and follow federal, provincial and local health organization guidance and government mandates.

The information, protocols and drills contained in this document are recommendations only and should not be construed as legal advice on any subject matter.





Introduction

On March 13, 2020 Field Hockey Alberta suspended all field hockey practices, games, travel and try it free events. Since the suspension we have been monitoring Covid-19 protocols developed by the Provincial and Federal Government. For the period of time that we were unable to participate in any physical activity we provided virtual lessons, activities and drills through our website and social media accounts. Our virtual resources remain available on our website at the following link:

<http://fieldhockey.ab.ca/content/virtual-practices>

Additional tactics, skills and drills can be found under our resource tab.

As we begin to move towards the reopening of sport we have collaborated with other sports to create a three phase approach to a safe return to sport:

- Phase 1 - Return to modified cohort leagues/programs
- Phase 2- Return to full league play
- Phase 3 - Return to travel tournaments

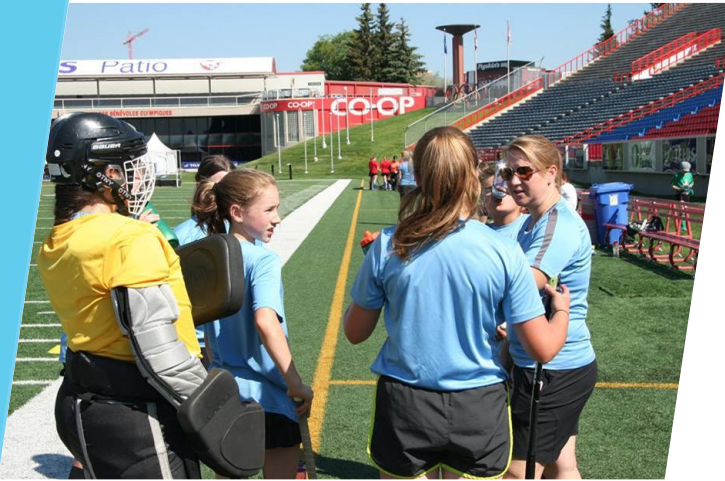
This document focuses on Phase 1 - Other Phases will be released as restrictions become lifted.

Clubs, Leagues and Member Responsibilities

Field Hockey clubs, leagues and teams will need to determine which stage of return best suits their membership and mandate. Local regional restrictions and protocols must also be considered. It is highly recommended that a risk analysis is performed by the retuning league, club or team.

We understand that there is an eagerness to return to play, but ask that individual entities do not create protocols that differ from Field Hockey Alberta, or the Government of Alberta. Failure to comply with the protocols and guidelines may result in fines or loss of insurance coverage.

If government protocols change and field hockey becomes suspended all clubs, leagues, teams and members must comply with these changes immediately. Updates will be provide via email, webpage and social media outlets.



Mini-leagues/Bubbles/Cohorts

All aspects of organized sport, physical activity and recreation may proceed (programming, training, practice and competition) if physical distancing is possible.

If those not participating in physical activity are unable to maintain safe physical distancing, masks should be worn. In sports and activities that generally involve interaction between participants at a distance of less than two-metres, it is recommended that:

- ▶ The activity occur **outdoors**, or Modification of the activity or sport occur to keep participants at a safe distance
- ▶ Where sports and activities cannot be moved outdoors or modified to maintain distance, it is essential to limit the number of contacts between different participants. This is done by playing within set cohorts¹ (e.g., mini-leagues or bubbles with a fixed number of participants).
- ▶ Mini-leagues and bubbles cannot exceed 50 people. This number includes those participants, officials, coaches and trainers who cannot maintain two metres of distance from others at all times. This number does not include parents and spectators.
- ▶ Cohorts, mini-leagues and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city).
- ▶ It is recommended that mini-leagues and bubbles be supervised by a responsible person whose role is oversight over maintenance of the group and other public health guidance
- ▶ Coaches may participate in multiple cohorts as long as they are always able to maintain a distance of 2 meters from participants.
- ▶ **Athletes may only participate in ONE sport cohort of 50.**

Phase I - Required staff



- ▶ **Covid-19 Officer:**
A person over the age of 18 must be available at all sessions to ensure protocols are being followed. The officer will aid in athletes entering and exiting the field of play. They will ensure that athletes are following the proper distancing during practices. They will sanitize equipment. The Covid-19 Officer may be a parent volunteer.



- ▶ **Coach:**
A person over the age of 18 must be available during the session to run the athletes through drills.



- ▶ **Staff must wear masks and have hand sanitizer to use throughout the session.**



Athlete responsibility prior to practice



If you have any minor health symptoms do not attend sessions



If you are considered to be in a risk group do not attend sessions during this phase



Wash hands before attending practice



Go to the washroom before attending practice



Spectators must wear masks



Phase I - Organizational Protocols

All athletes must be registered Field Hockey Alberta members. Membership must be purchased online prior to the session.

All Participants (or parents/guardians if under 18 years of age) must sign the Facility Use and Remote Training Waiver and the Attestation Agreement prior to participating in any sanctioned field hockey activity. (See appendices)

Athletes must come to the field prepared with their own equipment and water bottle.

Parents will drop off athletes no earlier than 10 minutes before the start of the session. The Covid-19 Officer will direct athletes to the proper entrance of the field.

Athletes must maintain a distance of 2 meters apart while waiting for the game/practice to commence.

Phase I - Cohort/League Protocols



Athletes **MUST** maintain physical distancing of at least 2 meters from others when not engaged in game play, unless they are from the same household or cohort family.



Training/league cohorts may have a maximum of 50 athlete participants.



Participants should arrive with their own hand sanitizer to sanitize before and after the session.



No sharing of water bottles, sunscreen, bug spray or other items.



Athletes may not touch or handle equipment



Snacks are discouraged and may not be shared.

Coaching Requirements

Effective immediately Field Hockey Canada requires all new programming and leagues must ensure their coaches have completed the CAC minimum standards for Safe Sport Compliance. This will be a mandatory requirement for all Head Coaches, Assistant Coaches, Managers and Administrators working directly with athletes.

- ▶ Coaches will also be required to have an NCCP number.
- ▶ Safe sport training is a FREE online training program! Safe sport training and NCCP number may be accessed through the link below:
<https://safesport.coach.ca/participants-training>
- ▶ As of April 1, 2020, all Sport Canada-funded organizations are mandated to have training in safe sport available to everyone under their immediate authority.

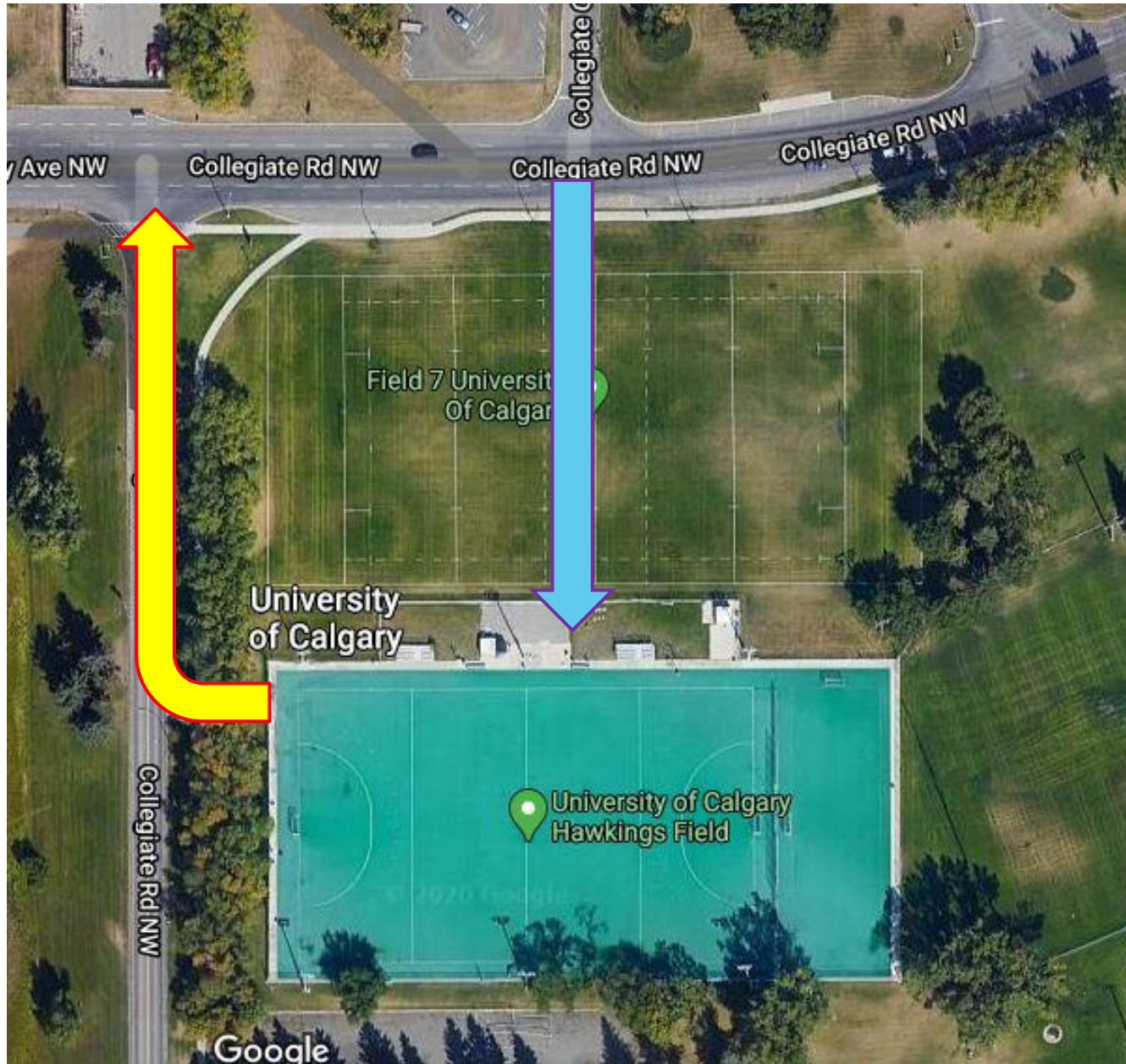
What are the benefits?

With Safe Sport Training from the Coaching Association of Canada, you get:

- ▶ A complete 90-minute program of safe sport training at no cost
- ▶ eLearning that works with all computer operating systems, mobile phones, tablets and other devices
- ▶ Training in your choice of English or French
- ▶ Online training that's compliant with accessibility standards
- ▶ Professional development points for certified coaches



Field Map- Entering & Exit Plan



- Participants enter the field through the north gate (blue arrow).
- Once they reach the gate, they must line up and maintain a distance of 2 meters apart until the other group has exited the field.
- The Covid Officer will direct participants on when they can enter and where to put their equipment.
- Cones will be set up at a socially distanced length for each participant to leave their bag and water.
- Participants will exit the field through the west gate maintaining a minimum of 2 meters apart while exiting.
- Participants must leave the field area immediately. There will be no loitering

While we are all excited to return to sport please remember to:



BE SMART



BE SAFE



BE PATIENT



**BE PREPARED & STAY
INFORMED**