



MCC HOCKEY SECTION: RETURN TO HOCKEY GUIDELINES

JUNE 1 – July 12 2020

OVERVIEW

In accordance with Hockey Victoria and state government guidelines, the following outlines the processes and protocols that *all* MCC Hockey members must undertake when returning to training during current Covid-19 restrictions. Please familiarise yourself with these procedures and reach out to your relevant section chair if you have any questions.

KEY PRINCIPLES: “GET IN, TRAIN, GET OUT”

- Maintain social distancing (min 1.5m) at all times. Non-contact skills training only.
- Groups of no more than **20** (+ coach) per half, to be designated into Zone A and Zone B.
- Only players and coaches on the grounds; no parents, spectators, managers, etc permitted.
- Use designated entry and exit points only (see maps below).
- No sharing of equipment, with balls and cones only to be handled by coaches if necessary.
- All non-essential areas will be closed: change rooms, water fountain, pavilion, kiosk, cages.
- Prepare fully ahead of training – no changing, etc at grounds.
- Arrive immediately before your designated training time; depart immediately after.
- Do not attend if you are feeling unwell.
- Maintain stringent personal hygiene and cleanliness.
- We encourage all members to download the Covid-19 Safe app.

WHAT YOU MUST DO

STEP 1: PRE-TRAINING, you must:	STEP 2: AT TRAINING, you must:	STEP 3: POST-TRAINING, you must:
<ul style="list-style-type: none"> • be HV and MCC Hockey registered. Sign-up links for training sessions will be sent to Majestri contacts only. • have signed-up for a specific session using signup.com, at least 24 hours in advance (see next page). • be sure of which groups and/or zone of the pitch you will be using (see next page). • ensure best case personal hygiene: <ul style="list-style-type: none"> ○ hands sanitised/washed at a minimum; consider showering fully. ○ clean clothing only to be worn ○ use toilet at home to limit use at club. • get fully kitted-up and bring both white and dark tops, as bibs will not be used. • prepare your own clearly identifiable water bottle. • Have your sticks, water bottle, and protective equipment on you; hockey bags will not be permitted on the ground, though small bags may be used if needed. 	<ul style="list-style-type: none"> • not enter the grounds until 5 minutes before your designated start time. Wait in/at your car if you arrive earlier, or outside entrance observing distance regulations if no car. • enter via the designated entrance gates only (see next page), and head straight onto the pitch. • keep any bags (these should be avoided unless necessary) to the side of the zone entrance/exit gates and 1.5m apart. • warm-up on the pitch. Do not use dugouts. • not share or handle any equipment. Only coaches may move balls or cones by hand. • maintain at least 1.5m distance throughout all drills and briefings. • stay within your own groups and zones only – no mixing or swapping. 	<ul style="list-style-type: none"> • exit via the designated exit gates only (see next page). • leave the grounds immediately – no loitering or socialising. Training sessions will end 15 minutes ahead of the following session and there should be no overlap. • wash or sanitise your hands as soon as possible. Wash clothing. • take a moment and enjoy the fact that things are slowly getting back to normal...!



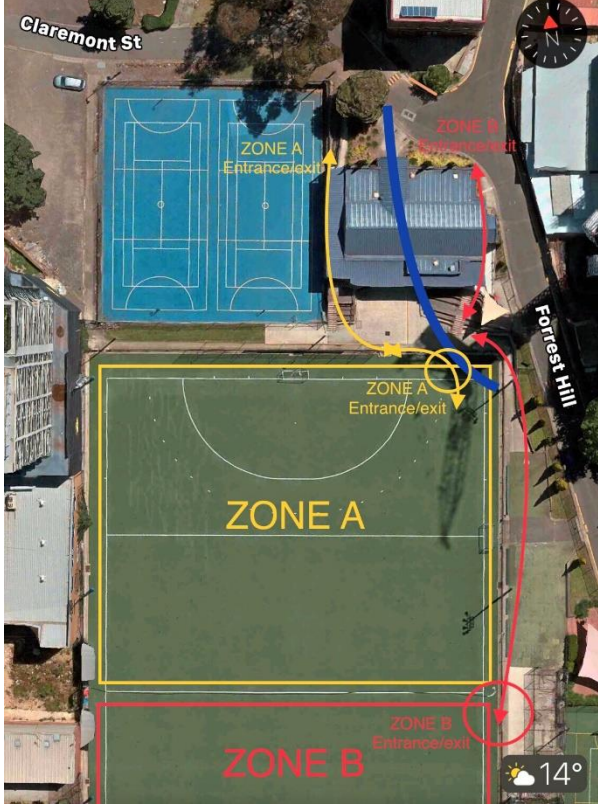
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HOW TO USE SIGNUP.COM

Every hockey club in Victoria providing training under current restrictions is required to keep an attendance register for all sessions, allowing for appropriate information to be shared with relevant authorities should any covid cases be linked with our facilities. MCC Hockey will be using Team App or signup.com for this, with the process for signup as follows:

- All registered players will be sent a signup.com link.
- Specific sessions contain **date, time and Zone/Group information – make sure you know these.**
- Sign-up for your designated session with required personal information. This should be done no later than 24 hours ahead of your designated session.
- Registrations will be cross-referenced for actual attendance. Given strict recording required and number limitations here, if you cannot make a session you have signed up for, you must remove yourself from the registered list. This can be done easily through Signup also.

ENTRANCE & EXIT GATES

MHS	ELWOOD
	
<ul style="list-style-type: none"> • Zone A entrance to grounds via West side of clubhouse (next to tennis courts) and onto pitch via nearest gate. Exit the same way. • Zone B entrance via East side of clubhouse (Chapel St side) and onto pitch via halfway line gate. Exit the same way. 	<ul style="list-style-type: none"> • All facility entry through car park double gates (see separate Elwood Welcome pack for info) to East of ground. • Entrance to pitch is then direct from car park. • Those training in Zone A should stick to right side until entering pitch at closest gate; exit via same gate. • Those training in Zone B stick to left side and continue along South side of ground and enter via halfway line gate. Exit the same way. <p>Same access principle applies for both grounds, where entrance and exit points are fixed depending on training zone/group. This should minimise any overlap for groups training at the same time.</p> <ul style="list-style-type: none"> • Zone A (Group A) entry/exit via near-side/end ground gates. • Zone B (Group B) entry/exit via halfway-line gates.



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WHAT WE ARE DOING/ OUR CURRENT PROCEDURES

DISTANCING & TRACKING	HYGIENE & SANITATION
<ul style="list-style-type: none"> • Players will train in groups of no more than 20 per half field. These groups will remain consistent throughout current restrictions where possible, with no mixing or overlapping on any given day. • Training sessions will end 15 minutes prior to the beginning of the next session, and players not allowed to enter the ground until 5 minutes before their session. This should ensure no overlapping between groups. • Parents, spectators and guardians are not allowed to attend training activities unless a designated coach. If this isn't possible you will be included in the group of 20. We would respectfully request you please remain in your car during training. • Attendance will be tracked using Signup.com. Players register with information (e.g name, time in/out, club) such that in the event of an outbreak connected to either of our facilities, this information can be provided to the relevant authorities. • Entrance and Exit points/gates are fixed for each venue and zone and must be abided by. These will be clearly sign posted. 	<ul style="list-style-type: none"> • All non-essential facilities at the grounds will be closed and are not be used. This includes the change rooms, water fountain, pavilion, kiosk, cages. The ground floor disabled toilet is the only shared facility that will be available. • Gates will be left open during sessions to avoid handling. • Hand sanitiser will be made available. • All balls and cones will be cleaned after each training session.

TRAINING DATES/TIMES

PREMIER LEAGUE/RESERVE	PENNANT & METRO	JUNIORS	MASTERS/ MID-WEEK
<p>Women Tue, 7.30-8.30pm @ MHS Thu, 9.10-10.10pm @ MHS</p> <p>Men Mon, 7.15-8.45pm @ Elwood or Mon, 7.45-9.15pm @ MHS</p> <p>Thu, 7.15-8.30pm @ Elwood or Thu, 8.00-8.55pm @ MHS</p>	<p>Women Wed, 7.00-8pm @ MHS</p> <p>Men Wed, 8.15-9.15pm @ MHS or Thu, 8.45-9.45pm @ Elwood</p>	<p>Juniors See website: https://www.mcchockey.org.au/juniors/jnr-programs-competitions-training/</p> <p>Masters/Mid-week N/A</p>	
<p>Exact times subject to change. Weekly information on specific timeslots and groups will be circulated. This information, as well as Signup/Team App links, will be sent to Majestri listed contacts only (i.e those who have registered with MCC Hockey). You must sign up for your sessions every week.</p>			